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AUGUST 2016 ■ VOL. 12, NO. 7

Willow Glen Times

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Fans dressed as Mr. Freeze, Two-Face, and Poison Ivy have all escaped from Batman to show up at a Heroes & Villains Fan Fest. Cosplay is popular among attendees of the event.

Heroes & Villains Fan Fest: It's not your dad's comic con!

By Lorraine Gabbert
Senior Staff Writer

Super heroes and villains will face off in San Jose at the second annual Heroes & Villains Fan Fest on August 27 and 28 at the San Jose Convention Center.

The brainchild of actor Stephen Amell (who portrays Oliver Queen/Green Arrow) and James Frazier (creator of the zombie/horror event Walker Stalker Con), Heroes & Villains Fan Fest seeks to revolutionize the comic con landscape, offering

something for everyone, from the diehard fan, to those with a growing interest in the genre. "Our biggest draw is our celebrities," says Frazier, "like Amell and his cast from *Arrow*, the cast from *Once Upon a Time* and Clark Gregg from *Agents of S.H.I.E.L.D.*"

Heroes & Villains Fan Fest began when Amell attended a previous con and asked if Frazier would be interested in doing a similar type of event based on a superhero universe featuring shows like *Arrow* and *Flash*.

Fans will have the opportunity to meet their favorite celebrities through panel discussions, photo ops and interactive panels like charades and Pictionary. They will also gain insight into their favorite shows from the creators and talent behind them. See a full list of celebrity guests at: heroesfanfest.com/sanjose/guests.

Frazier says that San Jose is an ideal site for Heroes and Villains Fan Fest as it's a short flight for the cast, whose CW Network shows shoot in
See CONVENTION, page 12



Adrianna De La Torre (left) prepares for the planting of a home's curbside tree.

De la Torre recognized at the AmeriCorps graduation ceremony

Adrianna De la Torre was recognized at the AmeriCorps graduation ceremony on Aug 6, 2016 at Bramhall Park Amphitheatre in Willow Glen. She was joined 30 other service members that have dedicated this past year to helping their community's grow.

Adrianna, 23, remembers how planting a tree at her school at age 11 inspired her to care about the environment. When she later attended

San Jose State University, she signed on to be a Tree Amigo volunteer at Our City Forest, the same nonprofit who had helped her plant the tree at Lee Mathson Middle School.

Adrianna is nearing the end of a year of full-time community service as an AmeriCorps service member with Our City Forest. In this capacity, she has assisted hundreds of residents throughout San Jose in obtaining trees and technical assistance.

Curb café on Lincoln Avenue sparks complaints, confusion

The curb café concept is becoming popular throughout the City of San Jose. The newest one on Lincoln Avenue in front of Tac-Oh! has brought about some negative reactions.

Residents say they are concerned the location is dangerous, while others say they want their parking spaces back.

District 6 Councilman Pierluigi Oliverio says there is no need to panic as there are plenty of spaces, although some are not in plain sight. "There are more than 1500 parking spaces in lots on Lincoln Avenue behind the

buildings, not including the street," said Oliverio.

After business hours, for example, there are plenty of spaces at the Bill's Café and Wells Fargo parking lots. There is also a "park anytime policy" at Bank of America.

As for safety, he said that the placement of the curb café has eliminated a potential safety problem when people back out of the space into traffic it previously occupied.

Oliverio emphasized that the curb café is for everyone to enjoy and not just for patrons of the restaurant.



This "curb café" on Lincoln is causing some controversy

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Times **Local News**

LFC Ambassadors visit Bellarmine Special Olympics soccer clinic

Liverpool FC Ambassadors Robbie Fowler and Ian Rush attended a Special Olympics USA Soccer Clinic to show their support for the charity and the Liverpool FC Foundation.

Special Olympics provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Fowler and Rush attended the Soccer Clinic at Bellarmine College to join in with football coaching for over 30 participants with additional needs.

After joining in with the coaching session, the former Reds strikers took part in a question and

answer session with those in attendance. Official Club mascot, Mighty Red, was also on hand to hand out goodie bags to all participants involved.

On attending the soccer clinic, Fowler said: "Today was great for me and Ian. We really enjoy getting involved in coaching sessions with such inspiring youngsters. The LFC Foundation coaches always provide professional, high quality coaching and ensure that all the participants are having fun."

Cyrus Nassersaeid, Special Olympics, Northern California was thrilled and grateful to partner with the LFC Foundation to provide a tremendous opportunity to improve skills but more importantly use sport as a way to break down barriers, build community, and learn from one another through play."

Andrea Cooper, head of LFC Foundation said: "Special Olympics is a fantastic organisation which we are proud to be supporting today. We are extremely pleased to be working alongside Special Olympics to deliver inclusive coaching for those with additional needs. The Foundation prides itself in working closely with participants to help them fulfil their potential in different ways."

BRUNI selected as the featured artist for SJZ Summerfest

Bruni Sablan, the world renowned "Painter of Jazz Greats," has been commissioned to create the artwork for this year's *San Jose Jazz Summerfest*, which takes place August 12-14.

The painting will be in the abstract BRUNI style that she has become known for throughout the world. This specific piece will depict the spirit of the festival, incorporating musical

instruments and imagery. The artwork will appear on the festival poster, and will also be used as key Art by SJZ in all media, including print and digital ads, T-shirts, social media, The SJZ website and more.

The painting will be on display at BRUNI Gallery following the unveiling ceremony by the San Jose Jazz Society.

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NEW LOCATION
 History Park San Jose

Italian American Heritage Foundation presents
36th Annual Italian Family Festa

The 36th Annual Italian Family Festa is the premier Italian gathering in the Bay Area. This year the Festa is excited to announce its **NEW LOCATION** History Park San Jose at 1650 Senter Road, San Jose. Join us as we bring together the history and future of Italians in the Santa Clara Valley. Savor authentic Italian foods while listening to the sounds of Italian music, play bocce, get your feet moving at our grape stomp, learn some culinary tips, relax in our wine tasting garden, and learn a little something about Italian heritage and history in our cultural tent.

We have something for everyone!

August 27 and 28, 2016
 Saturday - 11:00 a.m. - 8:00 p.m.
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VTA gets ready to roll out electric buses

Federal funding for Santa Clara Valley Transportation Authority (VTA) fleet of electric busses will quick start its plan to roll out zero-emission electric busses.

The U.S. Department of Transportation's Federal Transit Administration (FTA) gave the good news to VTA.

VTA is among just two dozen American transit agencies to receive federal funding for electric zero-emission buses. Plans to roll out the non-polluting buses as part of a pilot project at VTA are in the works, which also include fast-charging stations, an upgrade in maintenance facilities and training for staff to maintain the new buses.

FTA announced the recipients of \$55 million in funding for agencies in 13 states. Eight of the grant recipients, including VTA, will purchase the electric buses from Proterra - a leading innovator in heavy-duty electric transportation based in the San Francisco Bay Area.

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Valley Currents

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

FROM HOMELESSNESS TO INDEPENDENCE

Downtown Street Team aims to promote self-respect

By Renee Robinson

Special to the Times

Chad Bojorquez has gone from homelessness to independence, self-dignity, and personal success. Bojorquez was born with a muscular disease, and by the time he was 10 years old he had under gone 14 surgeries. He was confined to a wheelchair, but even though his body failed him his mind was sharp.

As a youth, Bojorquez had a great deal of academic achievements. He graduated from Campbell's Westmont High School in three years, and was accepted to the University of Southern California. While at the new school, Bojorquez became lonely and depressed. He eventually ended up homeless on the streets of Santa Cruz for four years.

"I just survived that experience, but not everyone gets through it," states Bojorquez.

He worked his way out of those hard times to become a director of the Downtown Street Team, a program to employ the homeless and engage in volunteer projects to improve the community. The biggest challenge he had at his new job was transportation. Because Downtown Street Team has locations all over the Bay Area, he had to travel in his wheelchair throughout Silicon Valley on the bus. In spite of this, he was rarely late.

Julie Matsushima would prove to be the miracle worker he needed. She met with Bojorquez over coffee, and came up with a great idea. Matsushima is a disability advocate in the Bay Area, building playgrounds for disabled children. She and other people got together to fundraise for a van equipped to be driven by Bojorquez. They called the fundraiser, "Wheels for Chad." They were able to raise \$78,000.

"It's incredible. It's a dream come true. I believe in humanity," said Bojorquez.

Bojorquez received the full amount for the van. He says the van is being adapted so he can drive it. "It's currently being worked on to meet

my abilities." Bojorquez says all that's left for him is to learn how to drive.

Downtown Street Team was founded in 2005 in response to the growing homelessness problem in the Bay Area. The main goal of the



Chad Bojorquez poses with his family.

organization was to bring a sense of self-respect to the homeless.

"Simply put, we're ending homelessness through the dignity of work. Team members volunteer in their community, building soft employment skills, which gives them their dignity back moving them into housing and employment."

For more information about Downtown Street Team call 408-899-7350.

"It's incredible. It's a dream come true. I believe in humanity," said Bojorquez.

WORRIED ABOUT ALZHEIMER'S?

Tips to help improve brain health offered

Alzheimer's disease is one of the most frightening, yet least understood ailments we face as human beings.

The loss of memory - forgetting family, friends and the most important events of our lives - is painful, tragic and heartbreaking for anyone who is close to the person suffering from the disease.

But Alzheimer's doesn't just arrive one day, full blown. It begins its insidious work long before the patient has a hint of what's happening.

"Research suggests Alzheimer's disease starts in your brain decades before you experience any symptoms," says Daniel Amen, M.D., a clinical neuroscientist and brain imaging expert who also is the founder of Amen Clinics which treat patients at six locations around the country.

He says the good news is you can find out what's happening in your brain and, while there is no known cure for Alzheimer's, there are things you can do to better care for your brain.

Amen, author of the New York Times best-seller "Change Your Brain, Change Your Life," uses SPECT scans to examine his patients' brains. SPECT stands for single-photon emission computed tomography. Amen says the brain-imaging device can show the abnormal patterns of Alzheimer's and other types of dementia in their early stages and also can help distinguish multiple forms of dementia.

"That's critical information," Amen says, "because the varying types of dementia often have similar looking symptoms - at least in the early stages - but each type has its own 'signature' blood flow pattern in the brain that's revealed with SPECT imaging.

"Identifying the type of dementia a person has is important because the treatment that works best for one type may not be effective for another type."

But Amen also says there are steps that anyone can take to keep their brains healthy long before Alzheimer's becomes a concern as follows:

☐ Maintaining a proper diet. People who focus on healthy eating often are worried about their waistline, but the brain also benefits from or is harmed by what's on the menu. Too many Americans sustain themselves on a diet filled with sugar and processed foods, which are associated with dementia and depression, Amen says. For a healthier mind, he says, there are "super foods" that nourish the brain such as various fruits, vegetables, fish and nuts.

See BRAIN HEALTH, page 9

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Send your letters to editorial@timesmediainc.com or via postal mail to: Willow Glen Times, Silicon Valley Business Center, 1900 Camden Ave., San Jose, CA 95124

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September 11, 2016 10am to 6pm
Almaden Lake Park San Jose

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The Almaden Valley Art & Wine Festival is supported, in part, by a Cultural Affairs grant from the City of San Jose

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Join the Event: The 40th Annual Almaden Valley Art & Wine Festival!



AlmadenWine



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2016 Festival Art: by Josh Kimball • Poster: Elissa Davis Design Inc.

Times Feature



The streets of History Park will be covered with up to 200 vehicles from the late 1800s to 1945.

16th Annual Antique Autos in History Park

By Allan J. Greenberg
Special to the Times

Antique Autos returns to History Park San Jose for the 16th year on Sunday, Sept. 11, from 11 a.m. to 4 p.m.

The event opens with a dancing pair from the Swing Cats Rhythm Revue performing Swing and Charleston dances. Following will be the return of the Toot Sweet Jazz Band playing music from the '20s and '30's.

The grass area between the Hotel and the Empire Fire House will feature demonstrations and displays of early day crafts and collectibles will be presented.

For antique auto enthusiasts, the streets of History Park will be covered with up to 200 vehicles from the late 1800s to 1945. This year the featured automobiles are very early Lincolns which will be on display behind the light tower and many of them will be described by their owners. Some other very rare antique autos will be on display in the Park, such as Stutz, Pierce Arrow, Mitchell, White, Stanley, Rio and Franklin to mention a few.

On display this year will be the first auto produced in the city of San Jose — an 1899 Osen & Hunt. When Willow Glen resident and antique auto buff, Dan Erceg, heard that the only surviving Osen & Hunt auto could now be purchased from an estate in Redwood City, it became his mission to acquire the car for the San Jose History Museum so it could be permanently displayed and take its proper place in San Jose history. Upon hearing of this plan and loving the idea, retired San Jose fire captain, 96-year young Sam Seibert, offered to fund the purchase and promptly donated the ancient gas buggy to History San

Jose. Be sure to hear Dan and Sam describe its history, where it was found, and how it was acquired. And if you are lucky, you may even see the 117-year old Osen & Hunt driven through the vintage streets of History Park.

During the event visitors to the Park will be entertained by a strolling Barbershop Quartet. Strolling also are many participants and visitors dressed in period clothing including members of the Portrait of the Past organization.

Located around the Park will be members of the Early Day Gas and Tractor Association showing their early "hit & miss" engines that powered everything including saws, water pumps, farm equipment and washing machines.

The blacksmiths will be demonstrating making tools and ornamental items and the print shop will be demonstrating early day printing. Most of the homes will be open with docents available to answer any questions.

Vehicles permitted on the grounds of History Park during the event are pre-1946 original or restored-to-original. There is no registration required, and no fee to enter for participants.

The fee for visitors to Antique Autos in History Park is \$5 for all above the age of 2 year. Parking is available for a fee in the City of San Jose parking lots.

Antique Autos in History Park is presented by the Santa Clara Valley Model T Ford Club and History San Jose.

History San Jose is located at 635 Phelan Ave, San Jose, CA. 95112.

For more information go to www.scvmtfc.org or www.historysan-jose.org or call (408) 287-2290.

New teen social program for teens with disabilities

The PRNS All Access Sports and Recreation program is offering a new Teen Social Time program for teens ages 12-16 with disabilities. Staff play games with the teens and help them with learning verbal and socialization skills, taking turns, and following directions. This program meets on Saturday mornings through June at Mayfair Community Center. Another session will be offered in the fall. AASR provides a wide range of programs for individuals of all ages with all ability levels, including those with ambulatory and cognitive disabilities. For more information, please contact Christy Matta at 408.535.3569.

Get rid of your junk for free

Do you have old items you've been meaning to get rid of that don't fit in your garbage or recycling cart? San José residents in single-family homes can now schedule two free large item collections per year. Each collection includes up to three large items, which will be picked up curbside by your recycling collection company. These include mattresses, sofas, refrigerators, tires, and more. Downtown, north, east, and south San Jose residents can call California Waste Solutions at (408) 213-7800.



IMPORTANT COMMUNITY MEETING

The City of San Jose is hosting a community meeting to consider rezoning 27 acres of land on Evergreen Valley College.



MEETING FROM 6 - 7 PM

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STUDENTS LEAVING EVC AND SJCC COLLEGES TO GET THE EDUCATION THEY

An estimated 18,500 students attend other colleges in other local community college districts due to the lack of programs and resources.

IT WILL BE NEXT TO IMPOSSIBLE TO REVERT THE ZONING BACK TO PUBLIC/ QUASI-PUBLIC

The current zoning already allows for an aquatics center, corporate research, UC campus facilities and supporting business. The proposed "Neighborhood/Community Commercial District" has no limit to the size of the stores, and includes multi-tenant commercial development.

THIS IS THE 2ND TIME REZONING HAS BEEN PROPOSED

In 2005 SJECCD Board of Trustees attempted similar zoning changes and their proposal was turned down. Today, the proposed annual return to the district for their land lease is roughly 1% of the district's annual budget.

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 1675 Winchester Boulevard (near Hamilton), Campbell, 95008. Church Office: 378-3472. www.campbell-umc.org. E-mail us at: campbell_umc@earthlink.net. **SUNDAY WORSHIP:** 9:00 and 10:30 a.m. Handicapped, hearing-impaired friendly facility. (Nursery Care available). **SUNDAY SCHOOL** for every age at 9:00 a.m. **WHAT YOU WILL FIND:** Youth/Young Adult programs, Choirs for all ages, Active Senior Fellowship, a dynamic and diverse congregation of seekers motivated to explore the questions of faith and life; opportunities for fellowship, study,

spiritual growth and outreach. Campbell UMC is a Reconciling Congregation — **ALL ARE WELCOME!** Campbell UMC sponsors Bright Days preschool, offering a play-based, developmentally appropriate curriculum. Call 378-8422 for information.

Congregational Church of Almaden Valley, UCC
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 We are a welcoming Church engaged in progressive approach to faith, worship and giving to our local community. We

are proud to be UCC, Open and affirming (O&A) and welcome members of the LGBT community. We support local Invision Shelter Feedings once a month, San Francisco Night Ministry, Second Harvest Food Bank, Church World Service, and Communities Responding to End Poverty.
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 3rd Sundays at Coffee Hour: Round Table Disc.
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Occasions
 Tuesday, AA Meetings, 8:15-9:15 PM.
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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
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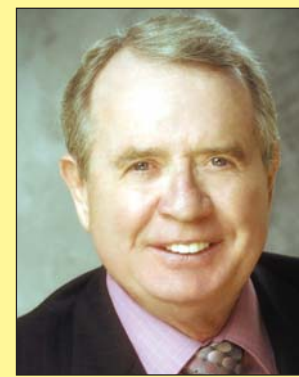
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The Episcopal Church in Almaden 6581 Camden Ave. San Jose, CA 95120. The Rev. Shelley Booth Denney, Rector Phone:408-268-0243 Web:www.ecc-sj.org
At the Episcopal Church in Almaden (ECA), we are joyful followers of Jesus Christ. Through worship, study, 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.

Evergreen Valley Church
Visit our Web Site at www.evcsj.com
2750 Yerba Buena Rd. San Jose, CA 95121. Phone: 408-274-7422. Saturday worship is at 5 pm. Sunday worship services at 9 am and 11 am. Excellent contemporary Christian music and Bible-based teaching. Nursery care and Children's Sunday School programs at 9 am and 11 am. Junior High students meet at 9am and High School students meet at 11am. Nuevo Comienzo: Servicio en español, Domingo 4pm.

First Church Downtown
Worshipping at 55 N. 7th Street, in downtown San Jose. (Horace Mann school) firstchurch-downtown.com
Telephone: (408) 294-7254 x310. We are a community serving the Christ from the heart of the City, working to know Jesus and make Jesus known by serving, worshipping, 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 long-term, life-saving solutions: food, housing, counseling, and spiritual direction. Our children's & families' ministries include Sunday classes, outdoor family activities such as bike rides and fishing trips. Come, Make a Difference and feel the difference God can make in your life!

Holy Spirit Catholic Church
Faith.Knowledge.Community - this is our promise to our members. If you are looking for an active Christian faith community, we invite you to experience Holy Spirit Parish Community. All are welcome! We are located at 1200 Redmond Avenue, San Jose, CA 95120. Mass is celebrated at 8:30 a.m. Monday - Friday. Our weekend Mass schedule is Saturday 5 p.m., Sunday 8 a.m., 9:30 a.m., 11:30 a.m. and 6 p.m. Rite of Reconciliation is every Saturday at 4 p.m. or 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 Sixty High School Youth Ministry by calling 408-997-5106. Holy 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 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.

SAINT ANTHONY CATHOLIC CHURCH
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ST. BASIL THE GREAT GREEK ORTHODOX CHURCH
6430 Bose Lane, San Jose, CA 95120
Church Office 408-268-3214
Clergy: Fr. Allan Boyd
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Holy Week Services preparing for Eastern Orthodox Easter on May 1:
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)
Thursday 4/28 7 a.m. Morning Vespers Divine Liturgy of St. Basil
7 p.m. Nailing of Christ to the Cross - Reading of the 12 Gospels
Friday April 29
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 Vespers Divine Liturgy
11p.m. Candlelight Resurrection Service - "Come receive the light!"
Midnight-Sunday Pascha/Easter Service - Divine

Liturgy
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

St. Francis of Assisi Catholic Church
5111 San Felipe Rd., San Jose, CA 95135
408-223-1562. www.stfrancisofassisi.com
www.stfrancisofassisi.org
We invite you to join our community of faith located in the Evergreen area of San Jose. We are an inclusive diverse community striving to serve as Disciples of Jesus Christ in the footsteps of St. Francis, offering prayerful and joyful liturgies; evangelization, fellowship, and service opportunities to the community. We offer spiritual opportunities for all ages, including children's liturgy, dynamic E.C.H.O - Jr. High, IGNITE - High School and North Star -Young Adult Ministries, along with small faith communities and opportunities to help the poor and marginalized of San Jose. Our Preschool is the only Catholic Preschool offering quality family oriented service in the Evergreen and Silver Creek areas. Our Chapel, Gathering Hall, Parish Office, Mission Center, Parish Gift Shop, Memorial Garden and Preschool are all located at 5111 San Felipe Rd.
Please come join us to worship at one of the following times and locations:
St. Francis of Assisi Chapel
Saturday 5:00PM, Sunday 8:30 AM, 10:30 AM, 12:30 PM, 4:00 PM (Mass in Vietnamese), 6:00 PM Youth Mass
St. Francis of Assisi Gathering Hall
Sunday 9:00 AM, 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!

Worship listing advertisements are \$495 annually. (408) 558-3623.

Brain Health

Continued from page 4

❑ Avoiding too much alcohol and tobacco. Heavy alcohol and tobacco use lowers blood flow to the brain and reduces the ability to think over time.

❑ Exercising the brain. Activities such as dancing, tennis or table tennis (which Amen calls the world's best brain sport) boost your coordination. Mindful exercises like yoga and Tai Chi reduce anxiety, depression and increase focus.

"In spite of the natural process of aging, you actually have a choice in how fast your brain ages," Amen says. "What you

choose to do - in other words, your behavior and habits - can speed up or slow down the rate at which your brain declines with age."

About Daniel Amen, M.D.

Daniel Amen, M.D., a clinical neuroscientist and brain imaging expert who heads Amen Clinics, which are located in Orange County, Calif., Atlanta, San Francisco, New York City, Washington, D.C., and the Seattle area. He has written numerous books, including "The Amen Solution: The Secret to Being Thinner, Smarter, Happier" and "Change Your Brain, Change Your Life." Dr. Amen also has appeared as a guest on such TV shows as "The View" and was a consultant for the movie "Concussion." For more information, visit: amenclinics.com

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Times Feature

Local boot maker takes pride in his work

By Terry Donovan
Special to the Times

In an age of mass production, while almost everything is available to the consumer, too often quality has been sacrificed.

After retirement, I continued wearing boots from my last year of teaching, low cut boots—one pair black, one pair brown. In their third year, the boots looked tired. The soles had given out, and large holes not only let in the moisture when it rained but caused holes in my socks. Some might say I was too cheap to buy new shoes.

Not only had the soles gone bad, but the heels were worn. My wife and grown children started to give me the eye whenever we went somewhere as a family. Without a trace of humor, one son said, "Dad, you live in a really nice house and drive a fine car, but some of the hobos living along the Guadalupe River dress better than you."

That hurt.

Eventually it became clear, even to me, that it was time to buy new boots.

But why did a retired guy need two new pairs of boots? Maybe a little fixing up, a repair job was all it would take to solve my shoe problems.

A local boot maker had recently been written up in the *San Jose Mercury News*. I remembered the article and decided to ask him if my boots were worth fixing. The shop was situated near a busy intersection. A sign above the structure said it all: Boot Maker. On entering, I recognized the distinctive smells of leather and shoe polish. The linoleum beneath my feet was worn, and some squares were mismatched, but the place was clean, well-lighted, and inviting. An old machine filled the room with a loud hum. I watched as a man stood amidst the rapidly running belts, and buffed a shoe. He was in his late 50s, had a graying mustache, and the build of a young heavy-weight boxer. Taped to the glass countertop was the same half-page news article that I had read several weeks earlier.

I felt certain I was seen entering, but the man didn't acknowledge my presence. At length, he pushed a button and withdrew the shoe. Three wide belts slowed and then stopped. The man turned to greet me, unsmiling. "Good morning."

I offered my hand, and he gripped it firmly. "Good article," I said, pointing to the clipping. "Can't buy that kind of publicity," he said.

"How's business?"

"Good," he said, managing a smile. "I keep busy."

"Is there enough work repairing people's shoes?"

"Not really."

The man reached for a pair of boots from a shelf on the wall. "This is what my business is all about."

With professional passion, he held the boots just inches from me. I watched as his thumb moved protectively over the smooth leather tip of one boot. Engraved artwork progressed from that point and up to the very tops of the boots. Even the untrained eye could appreciate the skill and professionalism of the boot work.

"I design and make boots for people of means, people with an appreciation for quality and comfort. The boots that I make aren't for everyday wear. They're for special occasions."

The man showed me a photograph of former president George H. W. Bush. The focal point of the photo was not the president, but the boots he held, each engraved with the Presidential Seal.

The boot maker said, "I wish I'd been commissioned to do those boots. What craftsmanship!"

Soon many photographs and a few articles covered the glass counter. The recent newspaper clipping was all but hidden. A lined face sheltered bygone memories. Callused hands hid the artist within. But, I had missed something, something important.

I reached for my all but forgotten boots on the glass counter, "Are these worth fixing?" I said, as I presented the shoes to the boot maker.

His left hand touched the brown boots, while the other hand held the black ones at eye level.

"Of course," he said promptly.

"How much?"

"Both pair, rebuilt, \$200."

Taken aback by the amount, I stammered, "When the boots were new I paid \$150 for both."

"You paid too much."

I watched as he ran his index finger over the edge of one sole. Without looking up he said, "These were mass-produced and poorly made in some faraway sweatshop by underpaid workers, and I bet they were on sale the day you bought them."

"Yes." My jaw may have dropped a little. "How did you know?"

"I know boots and I know people. It's what I do."

His fingers gently touched the heels. Next he looked me in the eye and said, "Feel the inferior rubber. Touch the leather of the poor quality soles. Basic shoe leather and sole leather accomplish entirely different functions. You get what you pay for."

Taking him at his word, I refrained from reaching out.

"I got three years of wear out of 'em."

"And one more day would've been one day too many. I'll rebuild your shoes, both pair, \$150, not a penny less. They will be better than the day you bought them. Your three-year-old shoes will last another three years. Proper soles, new inner soles, high-quality heels, and a shine that will knock your eyes out—you won't be sorry."

The boot maker withdrew a shoe tag from his stained apron pocket, and began writing up a work order. I noted a trace of a smile as the man's general attitude seemed to soften. Agreeing with his words, I returned his smile.

He said, "I'll give you a ring."

A week later the shoes were ready.

On shelves along a wall, behind the counter, and to the right of the mechanical equipment, rested many repaired shoes. He placed my boots in a large sack. I paid the \$150, thanked him, and headed for the open doorway.

A stern voice resonated from across the room. "Just a minute!"

I turned.

"Aren't you going to check 'em to see if they're satisfactory, that they're okay?"

There was no doubt why he was calling me back. With a weak grin, I returned to the glass counter, removed the items from their sack, and inspected first the black and then the brown boots. They looked great and smelled like new. Smiling, I said, "You did a fantastic job."

Putting the boots back in the sack, I again left the counter and approached the doorway. He called after me a second time. "I'm surprised you didn't first check the work. You know, customer satisfaction is what it's all about."

Mid-stride I stopped, turned, and approached the counter. I had sized up the situation. I realized what I had missed earlier. The boot maker, the professional, the artist, the man wanted recognition of the quality of his workmanship. I had been unintentionally rude.

My eyes met his. "Quality work was a given, I anticipated satisfaction. One expects professionals to do their work, *in a workmanlike manner*. That's a legal term."

With an inquisitive look in his dark brown eyes, a smile formed. The man's massive shoulders leaned forward, followed by the rest of him. "Never heard that terminology before. I've learned something new."

"And so have I. Next time I'll speak up and show more respect for the workmanship and a job well done. My apology."

Those rebuilt boots lasted me another six years.

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Celebrity guests are a big draw for Heroes & Villains Fan Fest. Photo courtesy of Heroes & Villains Fan Fest. Here, **Caity Lotz** (with camera) and **Charlotte Ross** pose for a selfie after a panel session. Photos courtesy Heroes & Villains Fan Fest.

Convention

Continued from page 1
Vancouver, has a large population and is supportive of fan events.

While other cons focus on vendors, Heroes & Villains Fan Fest is mainly a fan meet and greet event with 50 rather than 500 vendors. In addition to shopping for unique items, attendees can view artists at work. "We really tried to build our artist base this year," says Frazier, "with leading artists like Rob Prior, who paints live to music." His previous works include Batman and another piece featuring the various Jokers. "His attention to detail is phenomenal," says Frazier. Other featured artists are Brian C. Roll and Lord Mesa.

"There's lots of fun stuff like dance-offs and Q&As with the actors," says Frazier. "We're not the standard comic con." Fan Fest-goers can immerse themselves in the superhero experience by participating in zip lining, climbing walls and shooting arrows. "People are looking to do more things at cons and have more interactive experiences," says Frazier, "so that's what we're trying to do at our event."

At the Nocking Point San Jose Wine Mixer, attendees can mingle with Stephen Amell and Andrew Harding (Nocking Point co-owner)

while wine tasting. Stephen and Andrew will even pour wine for the guests. In addition to a live band, actors will sing and entertain the guests. "It's a very social mixer and people really enjoy it," says Frazier.

Adding to the fun, some attendees cosplay (dress as characters from a movie, book, or video game) or take pictures with those in costume. "We had an amazing Captain America last year," says Frazier. "A girl did her hair up in WWI big curls and was wearing a bombesque costume. Suicide Squad was big and will probably be bigger this year. People take a lot of time designing their costumes. They do a phenomenal job." Some of his past favorites include Harley Quinn, Flash, Green Arrow and Mr. Freeze. There will be a costume contest on Saturday.

"Our venue is different and more intimate," says Frazier. "Other events have 60,000 people in a weekend. We have a thousand people a day, so their opportunity to interact with celebrities is much greater and I think people really appreciate that. You just don't get that type of interaction at any other event. When people see it for themselves and get a real understanding of just how small the event really is, they get very excited about it."

Please see: heroesfanfest.com for more information.

NEWS BRIEFS

Air China to Begin Shanghai-Silicon Valley Service

Air China's will launch its nonstop service between San Jose and Shanghai on Sept. 1, 2016. The new flight will be operated with A330-200 aircraft, offering business and economy class cabins.

Shanghai will mark the eighth nonstop international destination available at the San Jose Airport. San Jose will be Air China's tenth gateway in North America and its first destination with direct connections to Shanghai from the Silicon Valley.

Volunteer with iMentor to help equip youth for college

iMentor matches every student in their high schools with a committed college-educated mentor, equipped to guide that young person on their journey to college graduation. It builds rigorous, high-impact mentoring relationships that ensure more students from low-income communities succeed in college.

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Times **Opinion**

OP ED

Clinton or Trump: who will do more for the leaders of tomorrow?

As the 2016 presidential elections approach, it becomes clear that Americans will be choosing between Hillary Clinton, representing the Democrats, and Donald Trump, representing the Republicans. Now, lots has been said about each of these two candidates in order to determine who will ultimately be a better president, but in terms of the education system of America, who will have a bigger, more positive influence?

On one hand, we have Hillary Clinton. Her educational plan consists of making all community colleges free. This means that all students attending Evergreen Valley College, De Anza College, Foothill, etc., will be admitted tuition free.

As for public universities, Clinton aims to allow students to graduate debt-free, meaning that students that come from families that make a household income of less than \$85,000 per year will receive free tuition. But what will she do for the younger generation? More specifically, what will Hillary Clinton do to make the Evergreen School District a more enjoyable environment to learn in?

As president, Clinton intends to pay the teachers and educators of public schools a higher salary as well as integrate

computer science courses into the curriculum of K-12 students. Living in the Silicon Valley, it is fundamental for the children of today to be familiar with computer basics, and Hillary Clinton promises to advocate for the teaching of these fundamental skills.

As for Donald Trump, he doesn't seem to be as invested in the education system of the future generations of America. For one thing, Trump states that he would like "colleges to have more skin in the game". What does that mean? Well, Trump wants colleges to share the risk of student loans because, according to recent studies, student loans tend to pile up once a student fails to graduate in the given 4 years because, as a result, they must pay the extra tuition for an unplanned year of college.

Therefore, Trump encourages colleges to be more selective in their admission process in order to ensure that students admitted will surely finish schooling in the expected 4 years and avoid student debt. However, as vague and unclear Trump's plan for college is, he doesn't even have any explicit plans regarding improving the education system for today's K-12 students.

Within 5 months, a new president will be elected to lead the USA for the next four years. While neither candidate is perfect, we must keep in mind what Hillary Clinton and Donald Trump promise to do for our nation. People always say that Today's Students are Tomorrow's Leaders, but which presidential candidate will ensure the well-being and advocacy of today's students? Which presidential candidate will become the role model for tomorrow's leaders? Only time can tell.

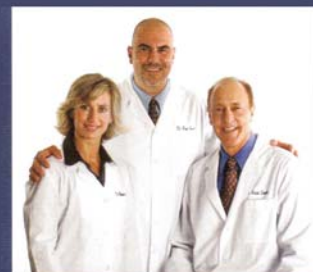
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For Email Guide Book and more information contact Nigel @ nigelctractor@yahoo.com

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