THE TABARD THEATRE COMPANY PRESENTS 'THE MIRACLE WORKER' PLAY – P4



ST. CHRISTOPHER LADIES' GUILD TO HOST 48TH ANNUAL ANTIQUE SHOW – P10



INCOMING ALMADEN WOMEN'S CLUB PRESIDENT MAKES FRIENDSHIP, SERVICE A PRIORITY – P15

Ines



JAN. 12–JAN. 25, 2018 **VOL. 31, NO. 2**



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Leland graduate **Andrew Meggs** is the Frank Bettencourt award winner at the 34th annual Hot Stove Banquet to be held on Jan. 16 at the San Jose Elks Club.

Leland High School graduate Andrew Meggs to receive Bettencourt award

By Sean Eastwood *Times Staff Writer*

eland graduate Andrew Meggs will receive the Frank Bettencourt Award at the 34th annual Hot Stove Banquet on Tuesday, Jan. 16 at the San Jose Elks Club (444 W. Alma Ave.).

Other awards will be presented to retired Stanford baseball Coach Mark Marquess; Milwaukee Brewers' Eric Thames, a Bellarmine graduate, is the Major League Player of the Year; Minnesota Twins' Trevor Hildenberger, a Mitty graduate, is the Major League Pitcher of the Year; and Westmont graduate Hunter Schilperoort is the High School Player winner.

Both the Westmont and Valley Christian teams will be honored as Outstanding Amateur Organization Award winners.

For more information, e-mail HotstoveSCV@gmail.com.



Superheroes **Steve Lam** as Superman, **Dan Nitschke** as Captain America and **Dave Watkins** as Batman spent time chatting, fistbumping and taking pictures with the children at Kaiser Permanente Santa Clara Medical Center during the holidays.

Local trio offers super-charged holiday cheer to ailing children

By Lorraine Gabbert

Senior Staff Writer

Batman, Superman and Captain America strode down the hallway, their capes billowing behind them. Captain America held his shield and Batman gripped—a teddy bear. Their mission was to spread joy to the children at

Kaiser Permanente Santa Clara Medical Center during the holidays.

"The children will be very excited to see superheroes in the hospital," says Childlife Specialist Ratha Dalal, "It's nice they're bringing holiday cheer to patients and their families. It makes them feel normal again."

"I'd like to see the reactions on the children's faces," says hospital volunteer Charlie Porzio. "It will brighten their day, for sure. It brightened my day and I'm not even a kid."

This December's visit was a reprisal of last year's, which went so well, they couldn't wait to do it again. One little girl left them especially moved as meeting the superheroes brought a huge smile to her face, one that had been absent for weeks.

The idea began when Raley's/Nob Hill, where Dave Watkins is a cashier, held a fundraiser for Second Harvest Food Bank and Food for Families, giving customers 'Buster Cozy' teddy bears in exchange for a donation. As many people gave money without taking bears, manager Nai Baker thought it might be nice to gift them to a hospital. Watkins suggested Kaiser Permanente Santa Clara, where an MRI and CT scan following a car accident in 2016 had revealed a cancerous tumor in his kidney, saving his life (See *Almaden Times*, July 14, 2017). Following his surgery, Watkins vowed to inspire and motivate others and thought this would be the perfect way to start.

"We decided to do this in style," he says. Both times, shortly before Christmas, he and two friends visited the pediatric emergency wing and ICU dressed as superheroes: Steve Lam as Superman, Dan Nitschke as Captain America and Watkins as Batman. The superheroes were respectful of each child's See SUPERHEROES, page 18



Singer-songwriter **Abbey Gardner** performs January 19 at the Foothill Community Concert Series. *Photo by Steve Sandick*

Foothill Community Concert Series presents Abbie Gardner Jan. 19

By William Bellou Publisher

Roothill Community Concert Series presents an awardwinning songwriter, Dobro player Abbie Gardner in concert on Friday, January 19 at 7 p.m. at Foothill Presbyterian Church located at 5301 McKee Rd. in San Jose.

Whether performing solo or with the popular Americana folk singing group Red Molly, Abbie's acclaimed tales of love and loss, both gritty and sweet, are propelled by her impeccable slide guitar playing.

Gardner's newest CD *Wishes on a Neon Sign* is due out this month, including 12 original songs with co-writer Chris Stapleton.

The Foothill Community Concert Series performance on January 19 marks the beginning of See GARDNER, page 8

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Valley Currents

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

The Tabard Theatre Company presents The Miracle Worker

By William Bellou Publisher he Tabard Theatre Company

presents the Tony-award winning play *The Miracle Worker*, which was written by William Gibson and is based on Helen Keller's autobiography "The Story of My Life."

The Miracle Worker will be presented Friday February 16-March 11 at Theatre on San Pedro Square, 29 N. San Pedro Street, San Jose.

This American classic provides us the opportunity to follow the impassioned journey of two remarkable women, Annie Sullivan and Helen Keller, as they explore and embrace the choices before them.

Born with sight and hearing in 1880 Alabama, Helen Keller became blind and deaf in early childhood and went on to become the first deaf-blind person to earn a bachelor of arts degree, becoming an accomplished author, political activist, and lecturer.

This is also the story of Annie Sullivan, "the miracle worker," who brought young Helen out of her dark silence into a world of her own through her own dedication, tenacity, and resilience. For 20-year-old Annie Sullivan it was



Samantha Goes as Helen Keller and **Katie O'Bryon Champlin** as Annie Sullivan in The Tabard Theatre Company's production of The Miracle Worker. *Photography: Edmond Kwong/ImageWurx; Stephanie Whigham.*

to take or reject the assignment to tutor a blind, deaf, spoiled, and wild child. For Helen Keller the choice was to stay in her dark and silent world or embrace the opportunity to break open the world she knew. Annie Sullivan embarked on a journey that would change the life of her charge, Helen Keller, who would, in turn, change the lives of others for generations. This is their story.

The New York Times called The Miracle Worker "profoundly moving."

For every production, Tabard designates a local non-profit that is in some way related to the theme of the show, to receive a portion of its concession proceeds. The designated non-profit for *The Miracle Worker* is Guide Dogs for the Blind.

Information

Box Office: 408.679.2330 or www.tabardtheatre.org/tickets

Tickets: \$32 - \$44 Cabaret Seating: \$44

Tiered Seating: \$32 (Discounts

available for seniors and full-time students)

Performance Schedule

Friday, Feb. 16 @ 8:00pm (Opening Performance)

Saturday, Feb. 17 (1:30pm to 2:00pm. Free hands-on presentation for visually impaired patrons. Everyone is welcome.)

Saturday, Feb. 17 @ 3:00pm Sunday, Feb. 18 @ 2:00pm Friday, Feb. 23 @ 8pm Saturday, Feb. 24 @ 8:00pm Sunday, Feb. 25 @ 2:00pm Thursday, March 1 @ 8pm Friday, March 2 @ 8pm Saturday, March 3 @ 3:00pm Sunday, March 4 @ 2:00pm Thursday, March 8 @ 8pm Friday, March 9 @ 8pm Saturday, March 10 @ 8:00pm Sunday, March 11 @ 2:00pm (Closing Performance)

Parking is validated for most performances at the San Pedro Garage directly across the street.

OP ED School struggles? Supporting children who struggle with reading

By Olaf Jorgenson Special to the Times

hat do Leonardo Di Vinci, Steve Jobs, Bill Gates, Agatha Christie, Steven Spielberg, Cher, Pablo Picasso, Charles Schwab, Octavia Spencer, and Walt Disney have in common? Besides their extraordinary imagination, drive, creativity, talent, and entrepreneurism, they are all dyslexic.

Not all children who struggle with reading have dyslexia, but it is among the most common learning differences: Dyslexia is estimated to challenge as much as 15-20 percent of the student population.

Dyslexic individuals struggle with reading and decoding written language. Related disorders are dysgraphia (writing) and dyscalculia (math), which often accompany dyslexia but can occur on their own; collectively, dyslexia, dysgraphia, and dyscalculia are called language processing disorders.

The difficulties faced by people who struggle to process language (and often, the sources of their extraordinary gifts) are rooted in their neurobiology – the nature of their brains. In most of us, the left hemisphere of the brain is larger than the right. The rest of the population either has a larger right hemisphere or parity between the two regions. Often the larger right hemisphere is highly specialized, and so individuals with language processing difficulties (like those people listed above) also can exhibit great gifts such as creative, expressive, or athletic talents.

However, when placed in situations where the analytical skills of the left hemisphere are required, like decoding language or deciphering mathematical expressions, these people often experience difficulty. It's not for lack of

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intelligence or effort; they simply think differently.

Children with language processing difficulties face significant obstacles in their schools, where instruction is often delivered in large groups with a lot of distractions, usually by teachers who lack specialized training to support their learning needs. These students are otherwise intelligent, and often highly intelligent; but for generations, they have struggled and failed in schools because we did not know how to help them. Now, we do.

In order for children with language processing disorders to learn, they require a specialized program, delivered in an individualized setting that literally builds new pathways in their brains over time. After a period of years in such a program – it does not happen overnight – and with the assistance of a See DYSLEXIA, page 14

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Times Local News



2018 Almaden Valley Girls Softball Registration is OPEN NOW! AGES 4 to 14

Almaden Valley Girls Softball League registration is now open to GIRLS ages 4-14 wanting to play Spring Recreational Softball. AVGSL is a non-profit, 100% volunteer run league. The main goal of AVGSL is to ensure that the players are in a fun, positive environment while learning and expanding their softball skills. AVGSL promotes a sense of belonging for everyone. We emphasize teamwork and the sense of individual success that contributes to team sports.

Please visit our website at WWW.AVGSL.ORG to register.



Enjoy good eats at Nina's One World Café at the St. Christopher Antique Show.

St. Christopher Ladies' Guild to host 48th Annual Antique Show

By Sean Eastwood *Times staff writer*

he St. Christopher Ladies' Guild will host its 47th annual Antique

▲ Show January 26 – 28, 2018. The Ladies' Guild invites you to become a "World Traveler" as you explore antique furniture, jewelry, silver, crystal and more from nearly two dozen antique dealers from throughout Northern California in the "Travelers' Antique Market."

There, you will have the opportunity to hear from Steve Wayne Yvaska, columnist, lecturer and appraiser.

Yvaska will be available on Friday, January 26, from 1 – 3 p.m. for a meet and greet. On Saturday, January 27, at 1 p.m., he will lead a short program on "Let's talk antiques – Where we stand in 2017." The weekend will conclude with his expert appraising on Sunday, January 28, from 11 a.m. - 1 p.m.

Beyond the "Travelers' Antique Market," venture across the breezeway to the "Explore More Tent" where you will find beautiful plants and garden decor as well as handcrafted gifts. You'll also have the opportunity to bid on countless silent auction items. While in the tent, allow yourself to indulge in homemade cakes, pies, cookies and other delicious treats.

At some point during the show, you'll want to make your way to "Nina's One World Café," featuring pepper steak sandwiches, mud pies made by St. Christopher School families, and, of course, Nina's famous meatballs. In the spirit of this year's "Italian World Travelers" theme, the kitchen will transport you to Italy with dishes inspired by regions from around the country and served by enthusiastic eighth grade students. Additionally, the to-go window will be open all weekend for those wanting to enjoy a delicious meal at home.

Finish your day in the "Travelers' Lounge" where you can enjoy a cocktail, listen to music and dance the night away. On Friday night, enjoy favorites from the 70s through today from the BP Band, who kicks things off at 7 p.m. The music gets going at 6:30 p.m. on Saturday night with Cali Entertainment and the Schoolhouse Rock band.

The show is open on Friday and Saturday from 11 a.m. - 8 p.m. The restaurant will remain open until 9 p.m. on those days. On Sunday, the show is open 10 a.m. to 2 p.m., and the restaurant will open at 8:30 a.m. for breakfast and remain open until 2 p.m.

Admission to the Antique Show is \$6 per person. Additional information on the show can be found at: www.stchrisladiesguild.org/antique-show or follow on Instagram and Facebook @stchrisantiqueshow.

San Jose minimum wage rises to \$13.50

On January 1, the minimum wage within San Jose rose to 13.50 per hour.

In November 2016, the San Jose City Council adopted a multi-step increase in the minimum wage that brings the minimum wage to \$13.50 on Jan. 1, 2018 and \$15 on Jan. 1, 2019. Thereafter, the San Jose minimum wage will be automatically adjusted with cost-of-living increases (based on CPI, up to 5%) annually.

Several other Santa Clara County cities have concurrently adopted ordinances to raise the minimum wage to \$15 by 2019, including: Cupertino, Los Altos, Milpitas Mountain View, Palo Alto, Santa Clara and Sunnyvale (note: Sunnyvale and Mountain View will reach a \$15 minimum wage this year).

"Our efforts to raise the minimum wage will provide a significant boost for the thousands of hard-working families across the valley who continue to struggle to keep up with rising costs," said Mayor Sam Liccardo.

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Sunday, January 14, 2018 2 p.m. to 5 p.m. at West Valley College Theater Tickets: music.missioncollege.edu SERVING ALMADEN VALLEY **SINCE 1986** ONLINE: **ALMADENTIMES.COM**

ALMADEN TIMES 🔳 JAN. 12 – JAN. 25, 2018 🔳 PAGE 7





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Times Local News

Santa Clara County offers 'real life help' to those in need

By Mike Wasserman Special to the Times very day, Santa County County employees work hard to provide "Real Life Help" for our nearly two million residents. Many of the County's vital services go unnoticed and unseen. Here are a few highlights from the past 12 months that we accomplished on the Santa Clara County Board of Supervisors:

Adding housing. We approved funding for local housing develop-

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ments that will benefit special needs seniors and the chronically homeless, funded by the 2016 \$950 million affordable housing bond (Measure A). The six projects in Cupertino, Gilroy, Morgan Hill and San Jose will add over 350 units to the housing supply.

Helping the homelessness. We worked with cities and providers to expand cold weather shelter services to add beds and ramp up warming centers for homeless individuals and families. More than 1.700 homeless were housed the previous year according to the 2016 Annual Report for the Community Plan to End Homelessness.

Transporting older adults. In September, we started a new doorto-door transportation program -R.Y.D.E (Reach Your Destination Easily) -- for adults ages 55 and older living in the West Valley Cities. Discounts of up to 90% off the standard fees are available for those who meet income qualifications. This pilot program is supported in partnership by Santa Clara County, VTA, the Saratoga Area Senior Coordinating Council (SASCC), West Valley Community Services (WVCS), and the five West Valley Cities: Los Gatos, Saratoga, Cupertino, Campbell, and Monte Sereno. For more information, visit: wvcommunityservices.org/ryde

Caring for our animals. In November, we announced that planning and funding has begun to replace our current antiquated animal shelter in San Martin with a modern Animal Services Center designed to be a welcoming destination for visitors focused on animal welfare, care and education. Learn more here: countypet.org.

Planning for parks. We launched a comprehensive update to the County Parks Department Strategic Plan to chart the course for the Parks Department's next 20 years. The outcomes

will support programs and provide facilities for the more than 2.5 million visitors enjoy Santa Clara County's 29 parks each year.

Responding to disasters. In March, we responded to flooding, mudslides and road failures with support and resources to local agencies, jurisdictions and the community, including property tax relief for qualified homeowners. \$35 million in road repairs are ongoing in many areas and progress can be followed on the County Roads website: ccgov.org/



Opening the VMC medical center. In December, the Sobrato Pavilion at Valley Medical Center opened its doors. The long-awaited six-story, 370,000square-foot, 168 room state-of-the-art building, is named after Silicon Valley philanthropist John Sobrato, in appreciation of his generous \$5 million donation

to the project.

County

Report

Reforming jails and public safety. In January, we approved body worn cameras for 1,142 sheriff deputies and jail officers. The goal is to help restore trust and confidence in law enforcement. By using this technology, the public can be protected against officer misconduct, and officers can be protected from unfounded allegations. Jail reform efforts continue to be a priority with improvements to the public website See COUNTY, page 20

Gardner

Continued from page 1 Gardner's multi-city California tour. "I can hardly wait for my first solo tour of California," said

Abbie toured with Red Molly

The local Foothill Community Concert Series features a variety of music from bluegrass to classical, jazz to baroque. The 17th season provides family friendly concerts conveniently located for Evergreen Valley residents.

The concert series was created in 2000 as an expression of Foothill Presbyterian Church's belief in the role of music in creating community, and the importance of musical education.

Each season's concert line-up includes a variety of musical genres---jazz, classical, world, folk, bluegrass and even rock 'n roll. Foothill Community Concert Series is currently the premier venue for Bluegrass artists in Silicon Valley.

Foothill Community Concert Series is also the home of the South Bay Philharmonic, which schedules three concerts each year. Past concerts have included award winning artists such as Rob Ickes & Trey Hensley (2017



Abbie Gardner

Grammy nominated for Bluegrass album of the year) and The Tuttles with Molly Tuttle (2017 IBMA -International Bluegrass Music Association - Guitarist of the year).

Watch for Foothill Community Concert Series' recurring ads in the Evergreen Times for more upcoming exciting concerts.

Editor's note: Admission price for the Abbie Gardner concert is \$20, which includes a post-concert reception with a chance to meet the artist.

Foothill Community Concert Series Abbie Gardner w/Jon Paul

Friday, January 19, 2018 at 7 p.m.

5301 McKee Road San Jose, CA 95127

(408) 258-8133

Price: \$20

Abbey Gardner concert tickets can be ordered online at: www.foothillpc.org/abbie-gardner.



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Gardner, "Wahoo!'

for eleven years, gracing stages from Denver to Denmark, from Australia to Austin. The band took an indefinite hiatus in 2015. so Abbie is having a blast doing gigs with different bands, backing up her friends and stepping out





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Times Features

IS YOUR CELL PHONE TELLING YOUR BRAIN 'OUCH' California Department of Public Health issues cell phone radiation warnings

By Kevin Larsen Times staff writer "I lost that battle a long time ago," states a parent whose chil-

dren are lost in space looking incessantly at video games on cell phones. What was once purchased for so

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called safety (the ability to always call mom and dad or vice versa) has turned into what many believe to be an obsession by children watching their phones all day.

"The phone is the gateway to written (texts) and verbal blabbing on and on and on," said a concerned parent.

The global preverbal Pavlov's bell sounds all around us (ring tones or text dings) and has quickly seeped into our human consciousness to cause dependency and salivated responses of robotic movements to answer all calls and feigning to see texts. It's like we are supposed to do it.

This is why people answer calls while driving or during dinner. Always the callers come first for some alluring reason. It is hard not to imagine how love scorn teens might be attached to the wanting text of a person they admire or wish to court. How many hours a day are all attending to screens?

Now, historically, for the first time, there is evidence that leans to say that cell phones might be bad to use all the time. Here is the information and parents can use this data to defend requested cell

phone limits for their children and spouse to abide to.

California Department of Public Health issues suggested cell phone guidelines

The California Department of Public Health (CDPH) has issued guidelines on how to reduce radio frequency energy from cell phones and steps all can take to avoid being harmed. On December 17, 2017 guideline # 17-086 was issued.

Representative Cory Ingle from the CDPH states, "Although the scientific community has not reached a consensus on the risks of cell phone use, research suggests long-term, high use may impact human health."

CDPH public health officer, Karen Smith states, "Although the science is still evolving, there are concerns among some public health professionals and members of the public regarding long-term, high use exposure to energy emitted by cell phones. We know that simple steps, such as not keeping the phone in your pocket and moving it away from your bed at night, can help reduce exposure for both children and adults."

"Children's brains develop through the teenage years and may be more affected by cell phone use," said Dr. Smith. "Parents should consider reducing the time their children use cell phones and encourage them to turn the devices off at night."

The following are important preventative steps both adults and children can take to reduce exposure to radio frequency energy from cell phones as suggested by the CDPH.

• Carry your cell phone in a backpack or purse and not in your pocket, bra or belt holster (get it away from your body).

• Don't sleep with your phone in your bed or near your head (unless the phone is off or is in airplane mode, keep it at least a several feet from your bed).

• Take off the headset when you are not on a call (headsets release a small amount of RF energy even when you are not using your phone).

• Don't rely on a radiation shield or other products claiming to block RF energy, electromagnetic fields, or radiation from cell phones (according to the US Federal Trade Commission, products that interfere with the phone's signal may force it to See RADIATION, page 14



Help the City get rid of E-Waste the right way by diverting it from the landfills to a proper recycling process!

- Electronic discards are one of the fastest growing segments of our nation's waste stream.
- 56% of American households have functional e-products that they will no longer use.
- Less than 10% of e-waste is currently being properly dismantled or recycled. 70% of heavy metals, 40% of lead found in today's landfills come from e-waste.

Saturday Feb 3, 2018 9:00 am to 4:00 pm (RAIN OR SHINE)

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Money raised benefits the Pioneer High Education Foundation!

What is "E-waste"?

E-Waste is defined as any consumer electronic equipment that has reached its 'end-of-life,' 'end-of-usage,' whether in full or non-working condition.

FREE RECYCLING: Computer Monitors, Televisions/LCD's, PC's, Servers, Laptop/Tablets, Cell Phones, PC Boards, Wire

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151 Brahms Way -	Buyer - SOLD	5537 Makati Circle -	Buyer - SOLD	43550 Puesta Del Sol -	Seller - SOLD
1621 Noreen Drive -	Buyer - SOLD	6228 Tibouchina Lane -	Buyer - SOLD	4373 Indigo Drive -	Seller - SOLD
1849 Calle Del Sueno -	Buyer - SOLD	6470 Mojave Drive -	Buyer - SOLD	495 Suisse Drive -	Seller - SOLD
1915 Coastland Avenue -	Buyer - SOLD	6643 Bunker Hill Court -	Buyer - SOLD	6167 Heathercreek Way -	Seller - SOLD
2060 Mardel Lane -	Buyer - SOLD	781 Parma Way -	Buyer - SOLD	617 Flannery Street -	Seller - SOLD
261 Madrone Avenue -	Buyer - SOLD	9620 Blue Heron Court -	Buyer - SOLD	6643 Bunker Hill Court -	Seller - SOLD
271 Moraga Way -	Buyer - SOLD	97 E. Saint James St #37 -	Buyer - SOLD	6688 Buggywhip Court -	Seller - SOLD
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Foothill Community Concert Series Bluegrass & Americana in the South Bay

Located in the eastern foothills of San Jose, Foothill Community Concert Series provides affordable, family-friendly live music to the South Bay.



ABBIE GARDNER **JANUARY 19TH AT 7:00 PM - \$20**

After touring with Americana darlings Red Molly for the past eleven years, Abbie Gardner, the fiery Dobro player with an infectious smile, is striking out on her own! No stranger to solo performing, she has three CDs to draw from, each with award-winning songs. Tales of love and loss, both gritty and sweet, ride the back of her by-now familiar, formidable slide guitar licks. She channels Lucinda and Bonnie, but remains pure Abbie.

RITA HOSKING

JANUARY 27TH AT 7:30 PM - \$15 Rita's style of country-folk has been lauded for story and sense of place, and her performances praised with capturing the audience. A descendant of Cornish miners who sang in the mines, Rita grew up with deep regard



for folk music and the power of the voice.

Concerts are located at Foothill Presbyterian Church, 5301 McKee Road, San Jose Tickets are available at the door, or online at www.foothillpc.org/fccs Children 12 and under are always admitted free. Admission includes a post-concert reception with a chance to meet the artists.

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Radiation

Continued from page 10

work harder and emit more RF energy in order to stay connected, possibly increasing your exposure).

• Reduce using a cell phone when the signal is weak (so try to cut the call short and call them back when you have a proper signal) for the phone's signal may force it to work harder and thus emit more RF energy.

• Reducing the use of cell phones to stream audio or video, or to download or upload large files (what you can do is download the movies first then it is suggested you switch the phone to airplane mode and then watch or listen to the music).

• If you are in a fast moving car or bus it is suggested that you switch to airplane mode (your phone puts out more RF energy to maintain connections to avoid dropping calls as it switches connections from one cell tower to another unless it is put in airplane mode).

Director for school of public health speaks out

Joel M. Moskowitz, Ph.D., Director, School of Public Health, University of California, Berkeley told the Almaden Times, "Although some scientists argue we need more research on cellphone radiation, 236 scientists who published peerreviewed research on electromagnetic fields (EMF) and biology and health have signed the EMFscientist.org appeal which states:

'Numerous recent scientific publications have shown that EMF affects living organisms at levels well below most international and national guidelines. Effects include increased cancer risk, cellular stress, increase in harmful free radicals, genetic damage; structural and functional changes of the reproductive system, learning and memory deficits, neurological disorders, and negative impacts on general wellbeing in humans. Damage goes well beyond the human race, as there is grow-



ing evidence of harmful effects to both plant and animal life. These findings justify the development of more protective EMF guidelines, encouraging precautionary measures, and educating the public about health risks, particularly risk to children and fetal development."

The preverbal cat is now out of the bag We now know that cell phone RF (radio

frequency energy) does not seem to be healthy for humans if we overdo it. We must learn more to ensure good health for all.

Did it take the CDHP too long to release such guidelines? What caused the many years delay for this release?

We are left with wanting to know more about how to protect all from the exposure to cell phone radio frequency energy. By the way, have you noticed that many celebrities actually hook up old phones (the clunky plastic type) and plug them into their cell phones so that they can speak from a distance from the phone?

Much more will need to be explored and written about in the months and years to come. Perhaps persistent headaches may be the cause from excessive cell phone usage. It seems that it may be good to buy a cord to listen to the person and to speak to the person while holding the phone away from the body.

For more resources on electromagnetic radiation safety visit: www.saferemr.com.

Editor's note: At last here's an article which can be used to inform our youth who argue that they need to be on their cell phone all day and night. Now we can tell family members there are healthy reasons to put their phones in the other room when we you sit down for a family meal.

Dyslexia

Continued from page 4

number of readily-available learning tools, young people who once were among the most severe drop-out risks are able to transition to and thrive in mainstream and even honors-level coursework.

Programs that are proven to address language processing disorders include the Orton-Gillingham approach, Lindamood-Bell, and Slingerland method. When delivered by highly-trained and certified professionals, these programs can be extremely effective. Centers at schools I've visited that use Orton-Gillingham, for example, prepare most dyslexic children to transition back into mainstream classrooms in as little as three years. Outcomes can vary, of course, according to the skill level of the instructor, the effectiveness of the program, and the individual learning profile of each student, among other variables.

Some children with language processing challenges receive support from tutors outside of school. A few public school systems in the South Bay offer intervention for dyslexic children; check with your school or district to learn about the options. There are also private schools with programs dedicated to supporting children with language processing disorders: Charles Armstrong School in Belmont, Stanbridge Academy in San Mateo, and The Learning Center (or TLC) at Almaden Country Day School in San Jose where I work all provide specialized programming for students with dyslexia, dyscalculia, and dysgraphia.

In The Learning Center, children receive language arts and math instruction for about half the day; the rest of the time, they join mainstream students in science, social studies, art, music, electives, and afterschool sports and activities. Most of them will be ready to transition into mainstream classes after three years in TLC, and while they will always have dyslexia, the strategies and confidence they gain in our program are permanent keys to their future academic success.

Resources for families with children contending with dyslexia and other language processing disorders are available online; a good place to start for parents is the International Dyslexic Association (IDA) at www.dyslexiaida.org.

Olaf Jorgenson is head of school at Almaden Country Day School. Reach him at oiorgenson@a-cs.org.

Times Feature

Incoming Almaden Women's Club President makes friendship through service a priority

By Beth Swartz

Special to the Times Tuesday evening the Almaden Valley Women's Club installed its 2018 officers, kicking off the year and preparing to host Almaden's annual Art & Wine Festival.

The club has a long history within the Almaden Community raising money each year for scholarships, community programs and other charities through the annual Almaden Art & Wine Festival.

The new officers for the Almaden Valley Women's Club are: Rebecca Stene, President; 1st Vice President of Fundraising, Patty Barbaccia; 2nd Vice President of Membership, Anne Samuel; 3rd Vice President of Programs, Krystal Woodworth; Treasurer, Carina Beal; and Secretary, Michelle Stanley.

Incoming President Rebecca Stene spent two years as the Vice President of Membership. During that time she welcomed in 25 new members. "They come from all walks of life, all ages and ethnicities," she says. "One of the mottos we have is 'friendship through service', so it is important that we are inclusive and care about all of our members, respecting each other."

As the new Club President, Stene wants to continue to support all fundraising efforts and make sure that the friendship through service motto is a priority. "We are all volunteers and my goal is to work hard, but also to play hard, making it a fun year for our members," she says. "As President, I want to show gratitude and make sure all of our members know how much their help is appreciated by each other and our community." The Almaden Art & Wine Festival is the longest continually running festival in California. The club will be hosting the 42nd annual Festival this year in September.

Women from the zip codes 95120, 95123, and 95118 are welcome to join the



Michelle Stanley, Patty Barbaccia, Anne Samuel, Krystal Woodworth, and Rebecca Stene.

club. For more information, please visit their website: https://www.almadenwomen.org



Outgoing President Carina Johnson with incoming President, Rebecca Stene.

Making resolutions is a tradition for millions

aking resolutions is a tradition for millions of Americans; however, while choosing a resolution can be easy, sticking to it can be impossible.

A 2017 survey from Statistic Brain found that less than 10 percent of Americans felt they were successful in achieving their resolution, 48 percent reported infrequent success, while 32 percent confessed that they gave up within the first two weeks of the New Year!

This year, YMCA of Silicon Valley is encouraging community members to give their New Year's resolutions and motivation a boost by ringing in the new year with nation-wide access to the 2,500+ YMCA facilities across the United States that participate in Nationwide Membership. This way, our members can use the Y wherever they are and as often as they like, making it easier to get connected and keep their resolutions where they live, work, play, and travel.

The Y also recommends creating smaller, more manageable goals that can lead to success of a larger one. Broad resolutions like losing weight should be reframed into more specific goals. Resolve to incorporate fruits and vegetables into at least two meals a day. If you're eating out three times a week, make a goal to only eat out two times a week.

Below are four tips the YMCA of Silicon Valley recommends that will help 2018 New Year's resolutions stick.

1. Start small. Break those big resolutions into small, achievable goals. Instead of cutting chocolate out of your diet for good, vow to only have it a few times a week. Or trade your two sodas a day for one soda and a glass of water.

2. Take it one step at a time. Trying to change too many habits at once can easily lead to frustration. Instead of a New Year's resolution, make a new month resolution. Focus on that one change for the month, and add another (small) change when the new month rolls around.

3. Choose a facility that focuses on a holistic approach to health. When it comes to adding healthy behaviors, like increasing physical activity, it's important to find a facility that keeps you motivated. Before committing to a membership, take a tour of local gyms to find the best fit for you.

See RESOLUTIONS, page 19

Water District is working to protect the environment

By Linda LeZotte Santa Clara County Water District

long with providing a safe, reliable supply of drinking water and flood protection, the Santa Clara Valley Water District also has a goal to protect and restore creek, bay, and other aquatic ecosystems.

Caring for streams, habitat and the environment is critical to our mission to provide Silicon Valley a healthy life, environment and economy.

The water district is working diligently to achieve that aspect of our mission. Our efforts span the county and run the gamut of activities. We annually support volunteer

efforts to clean our creeks through National River Cleanup Day and Coastal Cleanup Day. This year, we hosted an additional volunteer cleanup day on Coyote Creek. Taken together, the three cleanups resulted in more than 101,000 pounds of trash being removed from creeks. Our crews removed 393 tons of trash throughout last year. Working togeth-



er we make a greater impact. In 2012, voters overwhelmingly passed the Safe, Clean Water and Natural Flood Protection parcel tax that helps fund a variety of water-related stewardship work throughout our county including habitat enhancement, trails and water quality enhancement. Partnering with local companies, nonprofit organizations and other governmental agencies has helped the money for these items go further. Over the 15-year life of the program, the district expects to distribute nearly \$35 million in grants, partnerships and rebate programs, as part of the water district's commitment to protecting our environment and our work to restore habitat along creeks and the bay, clean pollutants from the water, and make sure water is used efficiently throughout the community.

The water district has completed several projects and is planning new fish passage improvement projects along Stevens Creek

and Uvas Creek. We are also partnering with the City of San José for improvements along Coyote Creek. These passage improvements make it easier for fish to migrate upstream in our creeks.

To expand our knowledge of the fisheries and the health of our streams, we also monitor various parameters including water quality, habitat quality, and perform sampling to track whether mercury accumulates within the food web.

Keeping our waterways and their habitats healthy is important for clean water and environmental stewardship. That's why the water district is involved in contaminant remediation activities such as reducing

mercury, responding to hazardous material releases in waterways, and dealing with pathogens in the environment.

and the Mitigation improvement of habitat is an important part of our work. We manage more than 3,600 acres of land around the county for stream and watershed preservation. We also participate in regional efforts to keep plant pathogens

out of local habitats. We are making a concerted effort to plant clean plants in our watersheds so that pathogens do not spread.

Other activities the water district has participated in include monitoring wildlife corridors in Coyote Valley, participating in a global study of carbon dynamics in freshwater and marine soils, and continued work on our One Water Plan, a forwardthinking holistic approach to water resource management.

The water district is proud to be a staunch environmental advocate. We work hard to enhance, protect and restore our creeks and habitat.

As always, I am available for questions or comments as your District 4 representative for the City of Campbell, portions of Willow Glen and the Cambrian, North Almaden and Blossom Hill neighborhoods of San Jose. Feel free to contact me at (408) 265-2600 or at llezotte@valleywater.org.

Times Local Sports



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Almaden Soccer registration open

By Kevin Larsen *Times staff writer*

Soccer is a popular sport that is great for children to participate in for many reasons.

Many believe that playing sports helps academic skills for it helps in setting goals and organization.

The registration for the Almaden Soccer recreation 2018 Spring Microsoccer season is now open.

The spring microsoccer season begins March-May in addition to the primary fall season from August to October.

If you are a grandparent, wow, what a great gift it would be for you to help sign up your grandchild in such a sport!

Youngest players will be playing in a small sided format of 4v4, increasing their ability to get on the ball, statistically proven to amplify the number of touches for all players on the field and understanding of the game as a whole.

With no goalkeepers and small goals, 4v4 creates an environment of creativity and opportunity for lots of goals and excitement for those on and off the 4v4 standard which began for u8 last fall.

For older players who require extra challenge and emphasis on the strategical elements of the game, the organization will be hosting a 7v7 season with goalkeepers to push older players through their paces.

About AVYSL

Almaden Valley Youth Soccer League (AVYSL) was founded as a non-profit organization in 1967. Almaden Soccer currently has more than 1,500 players in its recreational program.

For more information or to place a player' name forward early to a coach, contact operations_manager@almadensoccer.org Soccer players must be born between 2012 and 2002 to register.

New Almaden FC uniforms for 2018

Brand new Almaden FC uniforms for the 2018 season manufactured by sports powerhouse Adidas feature two unique aspects of Almaden Soccer and our competitive program, Almaden FC.

The new home uniform for 2018 is a back to the future special by reverting white as the main color with our traditional green making appearances sweeping across the mid-torso with gold finish trim. The away uniform is the official home

uniform of affiliate FC Bayern in their traditional colors of red and white this season. Team members are enthusiastic about the new uniform design.

Almaden Little League launches new sponsorship program for 2018

The Almaden Little League launched a new Sponsorship program for the 2018 season.

A sponsorship financial contribution of \$550 includes a banner which will hang at the Majors field and a quarter page advertisement in the yearbook as well as other benefits.

The league features more than 500 players ages 4-15 and play begins February and runs thru June. They also have the 2017 Section 5 11s All-Stars and AAA TOCs reigning champs!

If a business would like to support the players of Almaden Little League please email me and I will get you all required information. Show your business as a supporter of youth sports in our community! Your support is much appreciated!

Almaden Little League is part of the Little League International representing District 12 which is part of Section 5 in the Western Region. Almaden Little League's boundary description for eligible players is identified by the the following zip codes: 95120, 95141 and 95042. Players are also eligible if they attend a school that resides within the Almaden boundary.

For more information, contact Ray Brown at raymybrown@comcast.net.

LOCAL SPORTS Boys Football: BVAL-ST Standings

-						
TEAM	DIV	PF	PA	ALL	PF	PA
Leland	6-1-0	261	111	11-2-0	430	202
Independence	6-1-0	229	114	7-4-0	294	217
Willow Glen	5-2-0	224	145	7-4-0	313	207
Branham	5-2-0	252	184	7-4-0	347	284
Del Mar	3-4-0	157	207	3-7-0	213	325
Silver Creek	1-6-0	152	217	4-6-0	249	274
Gunderson	1-6-0	132	239	3-7-0	199	288
San Jose	1-6-0	119	309	2-9-0	194	46

ALMADEN TIMES ■ JAN. 12 – JAN. 25, 2018 ■ **PAGE 17**

LLEY

Times Feature

LEGAL ADVICE When does friendship or companionship cross the line into financial elder abuse?

Ask the

Lawyer

Steven R. Roeser, Esq. Attorney at Law

By Steven R. Roeser, Esq. Special to the Times This Week's Question:

Dear Steve: I am concerned for my single elderly father and his mental and financial welfare. A new "friend" has entered his life in the form of a woman thirty-seven years his junior ... almost too young to be his child! While we have discouraged this friendship, it upsets him and he is very fond of her. He buys her

meals and gifts frequently. I do not want him to be taken advantage of in any manner that would surely cause him mental anguish in addition to potentially losing assets that he needs to meet his standard of living he worked hard to achieve. How do we know if or when financial elder abuse has occurred?

Billy G.

Almaden Valley Answer:

The situation you find yourself in is all too common, with many different dynamics involved in such

situations. To be frank with you, sometimes the adult children simply do not like their elderly father hanging out with his new younger female friend, while others are worried about their own inheritance. Then you have the majority of adult children facing this scenario with nothing but love for their elderly single parent, with the sole pure intent being protection. Perhaps it is a relative protecting the elderly individual. However, in the end, the motive of the adult child investigating potential elder abuse is irrelevant from a legal perspective. The legal keys are the intent and conduct of the new friend and alleged perpetrator, and the evidence of the wrongful conduct you can obtain.

First, let us take a look at the law surrounding financial elder abuse in California, and the requirements to prove financial elder abuse. California Welfare and Institutions Code § 15610.30 provides that "Financial abuse" of an elder or dependent adult occurs when a person or entity does any of the following: (i) takes, secretes, appropriates, obtains, or retains real or personal property of an elder (age 65 or older) or dependent adult for a wrongful use or with intent to defraud, or both; (ii) assists in taking, secreting, appropriating, obtaining, or retaining real or personal property of an elder or dependent adult for a wrongful cause or with intent to defraud or both; or (iii) takes, secretes, appropriates, obtains, or retains, or assists in taking, secreting, appropriating, obtaining, or retaining, real or personal property of an elder or dependent adult by undue influence, as defined in Section 1575 of the Civil Code."

Therefore, in a nutshell, financial elder abuse occurs when a person (1) takes, secretes, appropriates, obtains or retains; (2) the real or personal property; (3) of an elder or dependent adult; (4) for a wrongful use, or with intent to defraud, or both. A person is also liable for financial elder abuse if the "assist" another in doing any of the above. The "wrongful use" may be demonstrated by showing that the person knew, or should have known, that this conduct was likely to be harmful to the elder. Winning or losing all comes down to the evidence supporting the wrongful conduct and wrongful taking of or retention of assets.

Of course, financial elder abuse is not limited to a new friend or companion. Home improvement contractors, service providers, and other seemingly legitimate businesses, as well as an army of morally and spiritually devoid predators, that we can all simply call ball people, can and do regularly commit elder abuse. After all, no one ever thought Eric Madoff was committing elder abuse in taking financial investments from the elderly ... and it ended up being one of the biggest cases of fraud in U.S. history.

This writer's simple advice: Stay alert and stay involved. Your best protection is your relationship with the elderly person you seek to protect. If you genuinely care about them, visit them often, keep an eye on the people around them, help with their finances to monitor expenditures for anything suspicious (without taking any money!), and just stay involved. It will keep their trust with you and give you access to the information you need to determine whether the person is actually a threat. Open dialogue is best if possible, and in my experience this only works where there is genuine trust by the elderly person in the adult child or other person seeking to protect them. Where the alleged perpetrator is able to dig in roots and strengthen their position well beyond that of the adult child or other protector, sadly it is often too late ... the victim will turn a blind eye as they do not want to lose this person in their life nor believe there was any wrongful intent by their friend. The fight happens after the elderly person dies, with a multi-year lawsuit over the trust or will the children never saw, drafted under the influence of the perpetrator.

Again, proactivity in protecting your elderly loved one is your best approach. Keep them close. If you truly suspect something is wrong, consult with legal counsel.

Until next time ... and have a great day! Kindest Regards.

Steven R. Roeser, Esq.

You can reach Mr. Roeser with your questions by email at info@almadenvalleylawyers.com or steve@roeserlaw.net with "Almaden Times" in the subject line, or by telephone at (650) 300-5778. Your real name will not be used. No attorneyclient relationship is created by these articles, and any information in this article does not constitute legal advice and is not to be relied upon. For more information on our practice, please visit www.almadenvalleylawyers.com



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Times Feature

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(L-R) Batman: **David Watkins**, Superman: **Steve Lam**, Hospital Volunteers: **Michelle Valdez** and **Leslie Rincon**, and Captain America: **Dan Nitschke** delivered teddy bears to pediatrics at Kaiser Permanente Santa Clara Medical Center.

Superheroes

Continued from page 1

wishes, waiting for Dalal to ask whether they were wanted in the rooms. They spent time with any patients who wanted to see them, chatting, fist-bumping and taking pictures. In the Pediatric ICU, the superheroes brought their voices down to a whisper, and gently interacted with the patients. Even the parents of babies or very ill children seemed glad to see them and forgot their worries for a moment.

"Hospitals aren't fun. Kids don't want to be there," says Watkins. "Then, in walks a superhero...He smiles, gives you the softest bear you have ever felt, holds your hand and says, 'You're going to be all right,' and you feel hope."

"I think it's awesome they take the time to visit the kids," says Ruth Henriquez, RN. "It's unfortunate the children are in the hospital during the holidays, but this brings them some joy. Being in the hospital and being poked and prodded, they're not always in the best moods—we don't often see these smiles from them—so to bring in some form of sunshine is just great."

The appreciation is mutual.

"You're doing a great job!" Watkins told the doctors and nurses.

"You're the real heroes here," added Lam. Captain America saluted 5-year-old Armati upon entering his room. When Cap asked him if he'd like to hold his shield, Armati's eyes shone brightly. Nitschke gently rested his shield on the bed, letting Armati hold it. After bantering, Batman engaged the boy in mock arm-wrestling. "Do you work out?" he asked as Armati won. Armati smiled and his parents laughed. The superheroes wished them all a Merry Christmas and said they hoped Armati would be well soon.

Sally, age 9, couldn't believe it when the superheroes appeared by her bedside. "Booyah!" exclaimed Batman. "If Superman and Batman had a fight who would win?" asked Watkins in a deep Christian Bale voice. She pointed at him, to his delight. Spying twin cheetahs by the head of her



Batman bantered with and arm-wrestled patients, bringing a smile to their faces.

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Times Feature



For Dan Nitschke (pictured with Sally), the gift of giving comes straight from the heart. "These kids are in the hospital and it's two weeks before Christmas," says Nitschke. "If we brought them some enjoyment, it's all I want."

bed, Batman didn't miss a beat. "Reminds me of Catwoman!" he exclaimed, causing much laughter. Watching Sally's face blossom into a smile took his breath away. "Look at that smile!" he mused. "I'm just loving her smile." Watkins has a 9-year-old daughter himself. "Keep smiling. Stay strong," he told her.

Not only Sarafin, but also his grandmother received hugs from the superheroes. "I'm so happy for my grandson and me," she said. "They're my heroes."

Sarafin's mother, Gloria Castro, was equally delighted with the visit. "It's awesome they do that for our kids," she said. "It lightens their spirits and makes them happy.

That's what it's all about," says Watkins. "... making a difference in someone's life.'

"That's a real superhero, right there," says Nitschke looking at Sarafin.

"We have faith in God," Sarafin's grandmother said. "I had cancer and I survived."

"So did I," Watkins told her.

"Good morning," Batman said to 15-year-old Sara. "Here's a bear for you."

"You gonna make friends with your Snoopy and the bear?" asked Captain America. Sara nodded before thumb wrestling Batman.

"You have a really strong grip!" Batman said.

"I hope you feel better," Superman sincerely told her before leaving the room. "These guys are wonderful,"

says Terri Williams, Pediatric RN. "They're spreading happiness and cheer to our patients and to the nurses who give care. We're so delighted to have them come visit us."

"They made a lot of happy faces," said one man.

"That's why we're here," answered Watkins. "To make smiles."

"It makes it all worthwhile," adds Lam.

pital volunteer Leslie Rincon.

This time, the superheroes won the day: they not only gave the gift of teddy bears, but most importantly, of simple human caring.





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Resolutions

Continued from page 15

4. Talk it out. It's easier to stick to your resolutions if you have a partner or friend working toward similar goals. Your facility should not be just a gym, but a community organization that offers more health, more hope and more

opportunity for personal growth. At the Y, we strive to create connections within our community by bringing people together through supportive staff and new friendships.

For additional tips, locations or to learn how to join YMCA of Silicon Valley, contact 408-351-6400 or visit www.ymcasv.org.



Times Feature

County

Continued from page 8 sccgov.org/jailreforms, making it more user-friendly with a robust search capability, meeting schedules and searchable updates of more than 600 jail reform recommendations.

Increasing drone safety. In November, I co-sponsored a proposal to restrict private drone use during emergencies such as wildfires so as not to interfere with emergency aircraft; and also to prevent them from flying in airspace above correctional facilities to prevent the illegal transportation of drugs and contraband to inmates.

Preserving agriculture and the environment. Working with the Santa Clara Valley Open Space Authority, we launched the Santa Clara Valley Agricultural Plan in order to conserve the Santa Clara Valley's farmland and ranchland as an innovative climate change mitigation and economic development strategy. In the past 20 years alone, Santa Clara County has lost 45 percent of its farmland, and much of the 27,000 acres remaining are at continued risk of conversion as a result of intense land development pressure. Celebrating local wine month. We declared September "Wine Month" in Santa Clara County, and celebrated the 3 year old Santa Clara Valley Wine Trail, a 28-mile loop showcasing more than 25 wineries throughout Morgan Hill, San Martin and Gilroy.

Accepting partial property tax payments. In October, we launched a new Partial Payment Program for property taxpayers, along with other new features including email notifications and announcements. The new program can provide significant relief to taxpayers who need the flexibility of making multiple partial payments prior to the deadline.

Adopting children. There were 157 children who were formally adopted by local families in Santa Clara County. The County's Department of Family and Children's Services manages foster care and adoption services to provide a stable and supportive home for children in need.

I wish each of you a healthy 2018 and I look forward to another productive year on the Santa Clara County Board of Supervisors. As always, you can reach my office at (408) 299-5010, or you can email me at district1@bos.sccgov.org with your comments or concerns.



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and empowered to

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conversation.

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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 LifeMoves (formerly InnVision) Shelter Feedings once a month, San Francisco Night Ministry, Second Harvest Food Bank, Church World Service. and Communities Responding to End Poverty. Worship Sunday, 9:00 AM followed by fellowship and refreshments. 1st Sunday in Worship: Holv Communion 2nd Sunday in Worship: Folks Choir and Potluck Sunday. Tuesdavs. AA Meetings 8:15 - 9:15 PM. Wednesdays, 9:30 AM, Women's Study Group

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the Almaden Valley Athletic Club). Come make new Christian friends!

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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.com Senior Pastor - Pastor Ron Johnson Community-Life Pastor -Pastor Patrick Boyd, Children's Ministry Co-Directors - Alyssa 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.org THE EPISCOPAL

CHURCH IN ALMADEN

Denney, Rector

care and Children's 6581 Camden Ave. San Sunday School programs Jose, CA 95120. The at 9 am and 11 am. Rev. Shelley Booth Junior High students meet at 9am and High School Phone:408-268-0243 students meet at 11am.

Jesus Christ. Through **FIRST CHURCH** worship, study, fellow-DOWNTOWN ship and outreach, we Worshipping at 55 N. 7th Street, in downtown San Jose. (Horace grow a strong faith com-Mann school) family of all ages, where firstchurchdowntown.com each member feels wel-Telephone: (408) 294-7254 x310. We are a community serving the serve. Children are espe-Christ from the heart of the City, working to cherished as an imporknow Jesus and make tant part of God's family. Jesus known by serving, worshipping, and learn-ing together. Worship All junior high and senior high students are welcome to participate in services are at 10:00 AM at the Horace Mann During the school year Community Center (7th and Santa Clara Streets) Worship includes both contemporary and tradi-Congregational Church tional music, a message of Almaden Valley, UCC. that is relevant to real The Episcopal Church in life, based in the Bible, Almaden offers the foland meaningful to peolowing regular opportuniple of all ages and backties for worship: Sunday arounds. We work in our community to provide real assistance and long-term, life-saving Each Sunday service is solutions food housing counseling, and spiritual direction. Our children's hour for friendship and & 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!

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408-997-5115. Get in

High School Youth

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Ministry by calling 408-

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 auditorium 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 (CREATE); Youth Ministry (BLAST & X-STATIC); Scripture Study (day & evening); Senior's Group and many other adult ministries as well. Saint Anthony parish is located in Almaden Valley at 20101 McKean Road, San Jose, 95120. Our weekend Masses are at 4 p.m. on Saturday at our historic church at 21800 Bertram Road in New Almaden, CA 95042 and on Sunday at 8:30 a.m., 10:30 a.m., and 5:30 p.m. at the McKean Road location. Our Parish Office is open Monday 9 a.m. - 12 p.m. and Tuesday thru Thursday, 9 a.m. -12 p.m. and 1 - 4 p.m. For more information. stop by the Parish Office or call 1+ (408) 997-4800. or visit our website at www.churchstanthonv.com. Fr. Larry Hendel, Pastor.



God is One

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Rab lk Hai

SAN JOSE GURDWARA

The word Sikh (see-kh)

means "disciple" or "stu-

dent." A Sikh is a practi

tioner of the faith found-

by Guru Nanak in Puniab

ed in the 15th century

of old British India. A

or "enlightener" com-

teaching and learning.

Sikhism is monotheistic

and stresses the equality

of all men and women.

Sikhs believe in three

basic principles; medi-

tating on the name of

God (praying), earning a

living by honest means

and sharing the fruits of

one's labor with others.

Currently there are

close to one million

Sikhs living in the USA

and Canada and 25 mil-

lion Sikhs living around

the world. Sikhism is the

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worship: Orthros - 8:30

Divine Liturgy - 9:30 am

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Jose, CA 95135 408-223-1562. www.stfrancisofassisi. com or www.stfrancis ofassisipreschool.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 Everareen 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, 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!

For Worship listing ads, call 408.250.5242

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Swan has been Almaden Valley's #1 Agent each year since 2009. And 2017 was no exception! Swan has been recognized by Wall Street Journal/RealTrends as Top 250 Individual Agents in Nation by Dollar Volume. She is consistently among the Top 100 Agents in the Bay Area.





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