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JANUARY 2018 ■ VOL. 14, NO. 1

Willow GLEN, SAN JOSE = WWW.WILLOWGLENTIMES.COM

# **Tony and Sylvia help the destitute**

#### **By Kevin Larsen** *Times staff writer*

hat can you say, they never give up and they keep at it. This husband and wife have been helping the poor for decades in the City of San Jose.

They believe "Don't judge people based on their outward appearances or life circumstances. Better understand who the homeless are by talking to them on the street or by volunteering to serve food at a mission, shelter, or soup kitchen. You'll be surprised by what you learn."

It all started out as a small car club that honors traditional ways in San Jose. They have a motto and it is, "See you on the boulevard."

Wrapped in family ways, this group began a nonprofit that helps the less fortunate. How incredibly smart their car club was in doing this!

They set up many ways to help those in tremendous need. They state; "Boulevard Bombs Foundation & Blvd BombS Car Club distributes tote bags which toothbrush kit, fleece blankets and more. The homeless people are grateful for their coats, food, tote bags and conversations, for the moment they are happy and appreciate everything. Some have lost their homes, jobs, wife or husband. Some people were in the service and when they returned home they were unable to find a job. Some homeless are sick, drug attics or alcoholics. Regard-less what their reasons are for being homeless, we cannot ignore them; they are all human beings. The little help we as a community can give them will help them through the day, the rain. Hopefully we can keep them from dying on the streets.

For Christmas they take toys to a homeless shelter with single parents and they have a Santa that gives the gift to the kids. A member of their organization states privately,

"Next Saturday we are going to the homeless shelter with single parents. Santa will give the thirty seven children a gift and we are making goody bags for them. We are also taking them snacks and we will have a DJ. Hoping for one moment they will forget about their situation."

Make sure to visit their website called the www.blvdbombs for both Blvd BombS and their nonprofit Boulevard Bombs Foundation. That is the name of their car club started long ago and which was transformed into a one of a kind nonprofit that does so much for so many.

They say, "Thank you for your support and donations, we could not do this without you and donations as well as volunteers are always welcome."

You know, in speaking with Tony and Sylvia Martinez, founders, one gets the understanding that working and connecting with all people in life



Tony and Sylvia Martinez, founders of Boulevard Bombs Foundation.

is very important and no need to be in a millennial rush to smile, shake a hand, or listen to others. Maybe that has something to do with the creed of the low riders. After all didn't that whole genre (a particular type or style of literature, art, film or music that you can recognize because of its special features) also start; you guessed it, here in "San Jo."

"Blvd BombS is more of a social club and we are one Big Family," said Sylvia. "Community oriented no officers, no monthly dues and no monthly meetings. Our mission is to help the less fortunate such as the Homeless, Toys for kids at a homeless shelter for Christmas and other needy kids and turkeys for homeless shelters and much more. With the challenges facing our communities, our nation and world somehow we need to make a difference. The first response is to turn away from these problems and focus on creating a good life for ourselves and our small personal circle. But if we can help someone in a small way, we can make a difference. Our hope is to make our community a better place by making small noticeable changes."

For more information and a look at a truly wonderful website, some say blessed by up above, go to Boulevard Bombs Foundation and better yet, become a volunteer and meet Tony and Sylvia and other most wonderful humble people making a difference in our world.



## 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. Christoph

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

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 See ANTIQUES, page 4

Times Feature



## **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.

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 East Valley YMCA of Silicon Valley, contact 408-351-6500 or visit www.ymcasv.org/eastvallev

Editor's Note: The East Valley YMCA located on White Road allows you to try the Y for free. They offer a free three day guest pass for you to explore the many programs. Also, they offer a Kids Club which offers a place for your children to go while you work out. Their motto is, "come for the fitness...stay for your wellbeing!"

## Give the gift of financial literacy with money oriented board games

By Sean Eastwood Times staff writer

eaching children and teen-agers about money should never take a break, especially when you consider how important a strong financial education can be in preparing them for a successful life.

To keep your children and teens actively engaged about money and finances during 2018, First Bank has put together a short list of board games that would make birthday gifts while teaching your kids valuable money lessons. Monopoly (suitable for ages 8 or older)

Objective: Become the player with the highest net worth by accumulating property and cash.

Financial lessons: Cash management, handling financial setbacks, taxes, investments, financial choices

**The Game of Life** (suitable age 9 and older) Objective: Through life choices, the player with the most money wins.

Financial lessons: Early investing, compound interest, loan payments, taxes, debt, managing net worth.

Cashflow 101 (12 and older)

Objective: Move from the "rat race" and onto the "fast track" by amassing enough income producing assets to exceed your monthly expenses. Once on the fast track, your next goal is to land on your dream space or reach \$50,000 in passive income to win the game.

Financial lessons: Investing basics, basic personal accounting, difference between assets and liabilities, learning how to read a financial statement.

Charge Large (age 14 and older)

Objective: Buy businesses and buildings with a mix of credit and cash and watch your creditlimits climb. To claim victory, you have to have zero debt.

Financial lessons: Responsible credit card use, importance of saving and investing, interest payments, overspending.

Pavdav

Objective: Be the player who has the most cash and savings at the end of the game.

Financial lessons: Assess cash flow, totaling expenses, loan payments, bill paying, basics of budgeting, and the importance of emergency funds and savings contributions.

Let the games begin...

In addition to the board games listed here, there are many others on the market that will provide your kids with hours of fun while teaching them some "real life" financial issues and money lessons. Get into the game and give the gift of literacy this season.

First Bank firstbanks.com is one of the largest privately owned banks in the country with \$5.93 billion in assets and over 100 locations in Missouri, Illinois and California.



## Santa Clara County employees work hard to provide 'Real Life Help' for area residents

By Mike Wasserman Special to the Times very day, Santa Clara 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 developments 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 door-to-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. More information: 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/sites/rda /RT/Pages/stormdamage.aspx

Opening the VMC medical center. In December, the Sobrato Pavilion at Valley Medical Center opened its doors. The long-awaited six-story, 370,000-square-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.

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. Iail reform efforts continue to be a priority with improvements to the public website sccgov.org/jailreforms, making it more userfriendly 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 See COUNTY, next page



County Report

#### Times Feature

# Looking back at 17 years on Caltrain Board of Directors

**By Ken Yeager** Special to the Times n January 4, I attended my final meeting of the Peninsula Corridor Joint Powers Board, better known as the Caltrain board.

When Mayor Ron Gonzales appointed me to the board in early 2001 after I was first elected to the San Jose City Council, I had no idea that I would spend the next 17 years as a member. It has been a constant throughout my career, even as I moved from the San Jose City Council to the Board of Supervisors.

In the early years, the system was struggling. The dotcom bust had shrunk ridership, which began a vicious cycle of fewer trains and fewer on-time arrivals, leading to even fewer riders. There was real fear that Caltrain as we know it would not survive.

So what changed? How did Caltrain transform from a struggling rail line into the backbone of the peninsula's transportation network?

It took bold and committed leadership from the board. Even though average weekday ridership had fallen to 24,000, we decided to increase service, and raise fares in order to pay for it. Most of all, it took lots of hard work from Caltrain's employees, and a magic bullet—or should I say a magic Baby Bullet.

The introduction of the Baby Bullet service in 2004 brought an increase in service from 76 to 96 trains. This began Caltrain's renaissance. Average weekday ridership now stands at 62,000—more than double what it was at our low point in 2004. Think about how bad traffic is

## County

Continued from previous page

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. http://sccgov.org/sites/dpd/PlansOrdinances/Studies/Pages/CAPP.aspx

**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



County Report Ken Yeager, County Supervisor



right now on 101 and 280 during commute hours. Now imagine what it would be like with 30,000 more cars if Caltrain was still limping along with a weekday ridership of 24,000.

Throughout my time on the Caltrain board, I made sure that Santa Clara County and its cities never took a back seat to our two partner counties when it came to making decisions about the rail line. I ensured that when the new maintenance facility was built along Stockton Avenue in San Jose it was sensitively designed to have minimal impact on the neighborhood. I also made sure that ground power was installed at the Diridon station so overnight train cleaning and maintenance can take place without their diesel engines having to idle.

We saved the College Park station and we transformed the Santa Clara station by adding underground tunnels. Santa Clara is now ready for its future role not only as a Caltrain, ACE, and Capitol Corridor station, but also as the final stop for BART.

Most exciting of all for me was last year's groundbreaking for the Caltrain electrification project. When completed in a few years, it will allow us to almost double Caltrain's capacity, while also dramatically cutting the system's carbon emissions.

I'm so proud to have been a part of Caltrain's leadership for the past many years and am so excited for its future.

### **#PixInParks Challenge back for 2018**

The Santa Clara County Parks and Recreation Department has brought the #PixInParks challenge back

#### for 2018.

Again this year, the department has selected seven hikes at county parks. If you complete all seven by December 1, and take a selfie at a designated spot during each hike, you can earn a #PixInParks 2018 t-shirt.

This year's challenge returns to Calero, Coyote-Harvey Bear Ranch, and Mount Madonna county parks with new trails. There are also four parks that are new to the #PixInParks challenge: Almaden-Quicksilver, Alviso, Ed Levin, and Santa Teresa.

I will once more be completing all seven hikes and doing a Facebook Live at each park. Last year, Mercury News columnist Sal Pizarro and I had a friendly challenge with each other to complete all seven hikes and earn a t-shirt. I finished in August and now proudly wear my t-shirt when I'm out on the trail.

#### Retrospective of my journey in politics

In December, I was honored when eBay invited me to their San Jose headquarters to give a public presentation about my career in public office and the struggle for LGBTQ rights in the South Bay.

So much has changed, and we've come so far since I first became involved in local politics as an intern for the San Jose City Councilwoman Susie Wilson in the 1970s. We had a great turnout at eBay.

"To watch the hour-long presentation visit my website at www.SupervisorYeager.org and click on 'LGBTQ'."

Contact me at: 70 West HeddingEast Wing, 10th FloorSan Jose, CA 95110; phone: (408) 299-5040; email: supervisor.yeager@bos.sccgov.org



# Antiques

Continued from page 1 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/antiq ue-show or follow on Instagram Facebook @stchrisanand tiqueshow.

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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

L 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 Sul-livan and Helen Keller, as they explore and embrace the choices before them.

hearing in 1880 Alabama, Helen Keller became blind and deaf in

early childhood and went on to be-come 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 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.



Born with sight and 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.

#### Information

Box Office: Phone 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 pat-rons. 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.

## 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 children are lost in space looking incessantly at video games on cell phones.

What was once purchased for so 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."

See PHONE, next page

# LET THE WILLOW GLEN TIMES HEAR FROM YOU!

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

Times Feature

## **Phone**

Continued from previous page

"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 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).



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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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### PAGE 6 WILLOW GLEN TIMES JANUARY 2018

ONLINE: WILLOWGLENTIMES.COM

Times Feature





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

Publisher oothill 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 Iose.

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 Gardner's multi-city California tour. "I can hardly wait for my first solo tour of California," said Gardner. "Wahoo!"

Abbie toured with Red Molly 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 into the spotlight on her own.

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 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:

can be ordered online at: www.foothillpc.org/abbie-gardner .

## Influenza increasing in **Santa Clara** County

By Sean Eastwood *Times staff writer* lu activity i\n Santa Clara 

the Public Health Dept. А fifth death was recently announced. All deaths related to the flu in Santa Clara County were individuals under the age of 65 years and all deceased residents had not been vaccinated.

Today, along with the Emergency Medical Services Agency and Santa Clara Valley Medical Center (SCVMC), the Public Health Department recommended that residents who are not seriously ill stay home, drink fluids, and take medicine for fever.

People should monitor their own symptoms and if they are getting worse, contact their medical provider. The Public Health Department also recommends that all individuals six months of age and older, including pregnant women, be vaccinated against influenza.

"The influenza vaccination is the best way to protect your family from complications of influenza," stated Dr. George Han, Assistant Health Officer, Santa Clara County. "It's not too late to get vaccinated. Even if the vaccine does not prevent you from getting the flu, it will make it less likely for you to be seriously ill and require hospitalization."

People at risk for complications from the flu have chronic conditions, are pregnant, or are very young or very old. If these people are seriously ill with the flu they should contact their medical provider.

"For the vast majority of us who are not in a risk group, we will get better," said Dr. Jeffery Leinen, Medical Director, SCVMC Emergency Department. "If you're sick, stay home and take care of

yourself. But if you are seriously ill and at risk for complications from the flu, contact your medical provider because you may need additional treatment or hospital care."

Santa Clara Valley Medical Center's Emergency Department has seen an increase of patients who have been diagnosed with the flu. In the first week of December 2017, only 5 patients were diagnosed as having an influenza virus. The numbers continued to increase and for the week of January 1-7, 40 patients were diagnosed with influenza.

"We see increased flu activity with the higher daily ambulance traffic to hospitals. Typically we have 220 emergency medical transports a day. In December 2017 there were 240 daily transports," commented Dr. Kenneth Miller, Medical Director of the Emergency Medical Systems Agency. "And so far this year, January 1 to 10, 2018, we averaged 264 daily transports to local hospitals. That compares to an average of 253 daily transports for the same time period last year. Needless to say, emergency departments are extremely busy and wait times are long."

Health officials recommend that people take the following additional steps to protect themselves and loved ones from the flu:

• Cover your nose and mouth with a tissue or your elbow when you cough or sneeze.

• Avoid touching your eyes, nose, or mouth, since hands may become contaminated with live influenza virus.

• Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, an alcohol-based hand rub may be used.

• Try to avoid close contact with sick people. Stav at least 6 feet away from individuals who are visibly ill.

• If you are sick, stay home from work or school until you have been symptom-free for 24 hours. Going to work or school while ill may pass the disease onto someone who is at risk for serious complications.



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## 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 together 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.

Mitigation and the 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 forward-thinking 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.



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word Sikh (see-kh) means "disciple" or "student." A Sikh is a practitioner of the faith founded in the 15th century by Guru Nanak in Punjab of old British India. A Guru who is a "teacher" or "enlightener" completes the relationship of teaching and learning. Sikhism is monotheistic and stresses the equality of all men and women. Sikhs believe in three basic principles; meditating on the name of God (praying), earning a living by honest means and sharing the fruits of one's labor with others. Currently there are close to one million Sikhs living in the USA and Canada and 25 million Sikhs living around the world. Sikhism is the 5th largest religion in the world. At the Gurdwara (House of God) in San Jose we welcome all. We prav daily for peace and prosperity for everybody in the world. Come to visit and enjoy Langer (food) in our kitchen which is open 365 days of the year and serves complementary vegetarian meals. We also encourage you to enter our history room on site and walk the beautiful grounds. Learn more about us and community events we sponsor by visiting our website; http://www. SanJoseGurdwara.org

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