



Democrats Working toward a More Perfect Union



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The current occupant of the White House and his lackeys are doing everything they can to not only bring Iran “back to the stone ages,” but also bring our country back to a monarchy, seemingly without any accountability whatsoever. Meanwhile, the Democrats still “[hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights](#), that among these are Life, Liberty and the pursuit of Happiness.” Democrats have become the modern day revolutionaries, showing up to declare our independence in thought from the ruler of our country, be it by showing up at the No Kings Rallies (the most recent one boasting over [8 million attendees](#) nationwide) or showing up on the ground for Democratic candidates [near and far](#) to ensure we maintain and evolve our “[more perfect Union](#)” envisioned in our Constitution.

Democrats are Good for Your Mental Health

Being Stress Awareness Month, April is the perfect time to explore the depth to which unhealthy stress is woven into the fabric of American Life, not to mention the American Dream. From the pressure to constantly compete against the economic instability that plagues millions of Americans, to the desire to always be the best, stress has become normalized as a feature, not a bug, of modern society. This lack of regard for the self is not

new; it was built through decades of policies and norms that made survival a personal responsibility and rest a luxury, including weak labor protections, the rise of the “no pain, no gain” work ethic, limited paid leave, expensive health insurance, childcare expenses, and the crushing burden of debt. However that mindset is now reaching a breaking point as it affects young people especially (1 in 5 adolescents report symptoms of anxiety or depression).

Because no amount of individual help will fully solve this problem unless the root causes are addressed, Democrats are pushing policies meant to reduce stress at the source, including the [FAMILY Act](#), the [More Behavioral Health Providers Act](#), and proposals to expand the child care tax credit and provide student loan relief. Democrats not only want to treat the symptoms of stress; they want to make daily life less financially and emotionally punishing in the first place. If we want a healthier future, it is our responsibility to build and support a system that does not constantly push individuals toward the brink. In short, **VOTE DEMOCRAT!**

Gordon Chester: The SCCDP’s Choice for San Jose’s District 9

This June, District 9 will be asked to elect a new City Council representative for San Jose. For this race, SCCDP has officially endorsed Gordon Chester, a life-long resident of San Jose. Chester plans to use his experience working for the city’s Department of Public Works to identify and target the areas of the city with the most demand for improvement. Chester was inspired to run in order to ensure his 7-year-old daughter would grow up in a safe, affordable city. His main goals are to increase affordable housing and improve road safety within the District. Chester argues that previous attempts have fallen short in improving the quality of life for San Jose residents. He believes he can provide new solutions to the issue that has been plaguing the city for years.



To learn more, visit Gordon Chester’s website: <https://www.gordonford9.com/>

Help Local SCCDP Endorsed Candidates

In contested local races in the June 2 Primary election the SCCDP has endorsed the following:

- [Sylvia Arenas for County Supervisor](#) (District 1)
- [Peter Ortiz for San Jose City Council](#) (District 5)
- [HG Nguyen](#) and [Rafael Garcia](#) for San Jose City Council (District 7)
- [Gordon Chester for San Jose City Council](#) (District 9)
- [Yes on Measure D](#) - Open Space Authority parcel tax

These wonderful candidates are strongly aligned with our Democratic Party values. Please pick one (or more!) to support and use the links above to visit their website to volunteer and donate. Elections are not a spectator activity!

Join Us in Saving Democracy Across the State

Presenting

ACTION ITEMS OF APRIL ★

Ways to get Involved >

FLIP THE HOUSE!



-VOLUNTEER FOR PHONE BANKING/CANVASSING TO REACH VOTERS AND MAKE AN IMPACT

-SUPPORT VOTER REGISTRATION EFFORTS, ESPECIALLY AMONG STUDENTS AND FIRST-TIME VOTERS

-JOIN A LOCAL GRASSROOTS ORGANIZATION TO STAY ENGAGED

-HELP ORGANIZE EVENTS OR ASSIST WITH CAMPAIGN OUTREACH

-STAY INFORMED AND SHARE UPDATES WITH FRIENDS, FAMILY, AND YOUR NETWORK

SCCDP

While Trump is taking us to the brink of World War III and trying to strip us of our 250 year old democracy, Democrats across Santa Clara County are coming together to organize and take action to ensure we ride a Blue Wave through 2026. Whether it's attending local meetings, volunteering for a campaign, or helping register voters, every action can help strengthen our democracy. Civic engagement makes sure voices are heard, and when more individuals participate, the more California is represented as a whole. The only way our democracy will survive is if you [volunteer](#) stay informed, and get others involved! There are so many choices to become engaged, whether it is phone banking, canvassing, voter registration, campaign outreach, or joining grassroots organizations.

Under The Radar

How bad are things going for the GOP - and what bad things are they doing? Let's check in on things you may have missed while Trump humiliated us in the Gulf with a thumbs-up from the GOP.

- **Over 50 democrats call for the 25th Amendment as Trump made genocidal threats.** <https://www.ms.now/news/democrats-push-25th-amendment-trump-iran-threats>
- **The Pope takes on Hegseth. Hegseth doesn't know he's outranked.**
- <https://www.nytimes.com/2026/04/03/world/middleeast/pope-iran-war.html?smid=nytcore-ios-share> Republicans want to take away medical care to pay for Trump's murderous Iran Temper Tantrum. <https://www.rollingstone.com/politics/politics-news/republicans-health-care-cuts-fund-iran-war-1235538768/>
- **Steven Miller wanted confrontations with protestors - right before Alex Pretti was murdered.** <https://newrepublic.com/post/208362/stephen-miller-orders-ice-alex-pretti-death>

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Santa Clara County Democratic Party | 2901 Moorpark Avenue Suite 110 | San Jose, CA 95128 US

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