

Grant Ranch House
in Joseph D. Grant
County Park to host
grand re-opening
SEE PAGE 11



Chat with Matt
Homelessness, bad police behavior
remain community concerns
SEE PAGE 4

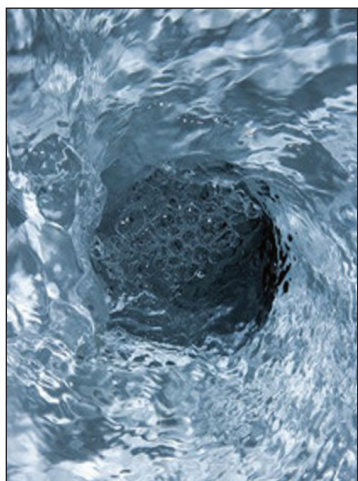
Community leaders
unite to help
beautify Hillview
Branch Library
SEE PAGE 4



JUNE 3 – JUNE 16, 2022 ■ VOL. 39, NO. 12

EvergreenTimes

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Water wasters could face fines of up to \$10K under new rules

*Santa Clara Valley Water District
will begin its conservation
enforcement program June 1*

By William Bellou
Publisher

Residents in Santa Clara County could face fines of up to \$10,000 — for wasting water, under new drought rules approved Tuesday, May 24.

Reservoirs only 23% full

"We are in a water crisis," said John Varela, acting chairman of the
See WATER FINES, page 6

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with Dad Jokes

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Kids Against Hunger benefits from ESD teacher's volunteerism

Lucy Hsu: the saga continues

By Frank Shortt
Times staff writer

Lucy Hsu, who is a very young, energetic teacher of Evergreen School District, is no stranger to the pages of the *Evergreen Times*.

It will be remembered that she has taken several trips to quite a few countries to do educational projects in countries that are not as economically stable as we are in the USA. She has aided in establishing schools for the needy, helped with the training of teachers, and even bought clothing for children when she saw the need!

Hsu's latest chapter is that she has been volunteering at a non-profit organization in Pleasanton called Kids Against Hunger.

"I was looking for a local organization that sends relief to Haiti," Hsu said. "Haiti had a catastrophic 7.0 earthquake back in January 12, 2010, which was my 29th birthday. This inspired me to go to Haiti on relief trips several times in the last few years. During Covid, I could not go to Haiti, and started to look for a local organization that sent supplies there, especially since Haiti had another recent 7.0+ earthquake in 2021."

Hsu continued, "The Kids Against Hunger organization just seemed to fit the bill for this endeavor! They not only feed the hungry locally but have sent over a million meals a year to places such as Haiti and Africa. The food packets took three years to develop by scientists and nutritionists to be extremely high in nutritional value. They contain 21 vitamins/minerals and as much protein as a steak dinner. It has been proven to reverse malnourishment."

After Lucy volunteered for a few months at Kids Against Hunger, she joined as a regular staff member to train new volunteers and run



Cadwallader students volunteer their time at Kids Against Hunger in Pleasanton.

monthly packing events. She volunteered several times a month when Russia attacked Ukraine earlier this year and they began sending food packets to Ukraine and Poland to refugee camps that have cropped up there. So far they have

packed and sent close to 1.5 million meals.

Hsu decided to take her students to the Kids Against Hunger location this month so they could experience a food packing event while making a difference by serving the

needy. She stated, "They were extremely excited, especially after seeing videos of children in Ukraine and various countries eating the food, and what a big difference a simple act can make."

See VOLUNTEER, page 21

First countywide gun buyback since COVID brings in more than 400 handguns, rifles and assault weapons

*Free gun locks provided to
residents to promote gun safety*

The Santa Clara County Gun Buyback at the Milpitas Community Center on May 22, 2022, saw more than 400 firearms voluntarily turned in by residents in the first buyback event since the beginning of the COVID-19 pandemic.

Up to \$100 was offered per handgun or rifle and \$200 per assault weapon or ghost gun. Free gun locks were provided to residents to help promote gun safety.

This successful event was a collaborative effort by Supervisor Otto Lee, Santa Clara County District Attorney's Office, Milpitas Police Department and City of Milpitas, and included law enforcement support from the Santa Clara County Sheriff's Office, and the police departments of San José, Sunnyvale, Palo Alto, and Los Gatos.

Firearms from this event will be destroyed unless



Pictured: Chief Hernandez, Milpitas Police Department; District Attorney Jeff Rosen; County Supervisor Otto Lee.

they are found to be stolen and returned to their owner. "Together, our community has come one step closer to making Santa Clara County safer by getting unwanted guns off the streets," District Attorney Rosen noted. "Let's continue on this same path to end gun violence."

See BUYBACK, page 6

SEE OUR LISTINGS OF EVERGREEN AREA MEETINGS, PLACES OF WORSHIP AND CLASSIFIED ADVERTISEMENTS INSIDE THE BACK COVER



★ **Matt Mahan**
— SAN JOSE CITY COUNCIL —
DISTRICT 10

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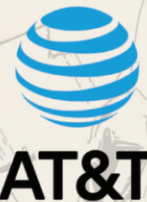


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Community leaders unite to help beautify Hillview Branch Library

By Times Media staff writers

Volunteers planted trees at the Hillview Branch Library followed by a free community celebration on Saturday, May 21.

Eight colorful trees were planted on the grounds of the Hillview Branch Library thanks to a grant from the BeautifySJ Initiative, and the Bend the Arc Grant from the Santa Clara County District Attorney's Office.

The trees were planted by community members and volunteers from the San Jose Police Department, San Jose Fire Department, local schools and library supporters. Planting activity kits were provided along with food and refreshments, plus fun activities for families, and more!

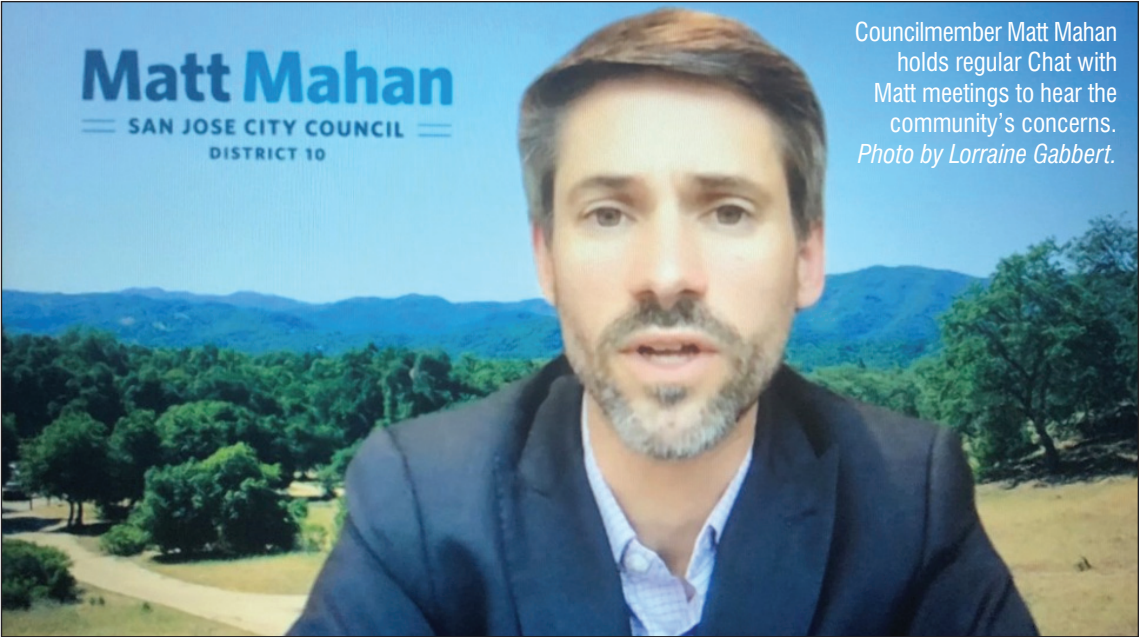
Following the tree planting, a free community celebration was held with live music where families enjoyed an Aztec dance performance and blessing of the trees with Movimiento Cultural Anahuac and live mariachi.

The grants were awarded to the Cassell Neighborhood Association which selected San José Public Library's (SJPL) Hillview Branch Library to undergo a beautification project which included the planting of trees and ground cover, plus a planter with flowers, vegetables, and herbs for the community to enjoy.

The Hillview Branch Library has proudly served the East San José community since 1965.

Valley Currents

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



Homelessness remains a community concern

By Lorraine Gabbert
Senior Staff Writer

Bad police behavior and the homeless are major issues for San Jose residents.

At a Chat with Matt public discourse on May 12, Councilmember Matt Mahan offered his views and possible solutions on these topics.

A string of allegations has recently plagued the San Jose Police Department, from trading a meth pipe for information and drinking alcohol on the job to sexual misconduct. One officer died from a fentanyl overdose.

Resident Brad (last name withheld) said new officers shouldn't be hired before this is dealt with.

"The department is out of control," he said, "and yet we want to hire more police officers?"

But resident Sherry Weldon said more police officers are needed. She is in favor of disciplining problem officers but hiring as many officers as the city budget allows.

"It's critical that we hold our employees accountable," Mahan said, "Officers who engage in criminal behavior or serious violations of their code of conduct should be disciplined...If you're intoxicated on the job, especially in a public safety role, you should lose your job."

Mahan said the majority of police officers care about the community and want to protect and serve. He doesn't think a hiring freeze is the answer but is supportive of expanding the oversight of the independent police auditor.

Many residents expressed their concerns regarding the homeless. The city is leasing the Santa Teresa VTA station for five years for RV parking. Mahan said the goal is to transition people from living in RVs to permanent housing, helping the working poor. He said he'd like the site to be small with onsite services and well managed.

Some residents said south San Jose is being overwhelmed by homeless encampments, keeping people from being able to use trails. Others complained about blight, including cars on the streets with broken windows and graffiti.

Mahan said transitional housing and drug treatment centers need to be equitably distributed across the city. He is a proponent of City Hall focusing on core services affecting quality of life and public safety.

He said regionally, as homelessness has skyrocketed

during the past decade, six jobs were added for every home built. He said the "out of whack" housing to jobs ratio is why two to three families share homes on the Eastside and increasing rents and housing costs have pushed low-income families into living in their cars and RVs.

Mahan said building brand new apartments for the homeless costing \$850,000, which take five years to build, are too expensive and too slow. He sees private, prefabricated units placed on government-owned land as a faster way to end street homelessness. Mahan sees providing the unhoused with a safe place to live and requiring them to be housed as a solution.

Resident Randy Breunling said you can't just tell the homeless to go away as they need somewhere to live. Resident GailAnne Osmer said there just isn't enough housing.

Mahan said investments should be made in job training and placement, as well as expanded addiction and mental health treatment.

"For every population of 100,000 people, our county should have 50 beds for inpatient addiction and mental health treatment," Mahan said. "Despite being one of the wealthiest counties in the country, we have just 13...that is a huge problem."

Residents asked why more homeless people suffering from mental health crises don't receive a 72-hour hold. In California, law enforcement officers and mental health professionals can place a patient on an emergency 72-hour hold against their will for psychiatric hospitalization if they pose a danger to themselves or others.

Mahan said Santa Clara County only enacts the state's 5150 law when a person verbally expresses a danger to themselves or others.

Resident Charles Nolan said a 72-hour hold would allow enough time to determine whether a person posed a danger to the public and should be restrained, but resident Sandra Delvin said her daughter works with 5150 and the holds are sometimes only two hours.

Mahan said there has been resistance to compelling people to receive mental health counseling, but some individuals suffering from mental health issues may not make the right decisions about their care and could endanger themselves or others.

"We are underserving those in our community suffering from mental illness and addiction," he said.

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OP-ED

Who defines disinformation?

By Jane M. Orient, M.D.

Just after Elon Musk bought Twitter, promising more freedom, the Biden administration announces a new government agency to "protect" Americans and the world from harmful disinformation, especially about the COVID pandemic.

It is called the Disinformation Governance Board, although some would call it the Minitrue, short for Ministry of Truth, the ministry of propaganda in George Orwell's novel 1984. The abbreviation differs from KGB by only one letter.

There is the First Amendment, of course, but there is precedent for disregarding it, especially in war. Newspapers were shut down and editors arrested for expressing anti-war views, at the time of the Civil War by Abraham Lincoln and World War I by Woodrow Wilson. President Wilson even suppressed information about the raging 1918 influenza pandemic so as not to interfere with the war effort. The U.S. Supreme Court upheld Wilson's Espionage Act and its 20-year prison terms. Wilson even demanded that the Librarian of Congress report

See DISINFORMATION, page 18

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Evergreen School District
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Evergreen Senior Citizen Property Owners Are Eligible for Measure EE Parcel Tax Exemption

Evergreen property owners age 65 by June 30, 2023 or older are eligible to file for exemption from the annual \$125 Evergreen School District parcel tax for parcels they occupy as their principal residence.

For joint owners of a principal residence, only one owner needs to be age 65.

More information regarding the parcel tax exemption, including a form to request exemption, can be found on our District website at www.eesd.org.

To complete the exemption, the form and supporting documents may be brought into the District Office located at 3188 Quimby Road, San Jose. Call Patty Maciel at (408) 270-6863 to make an appointment.

Residents must file for the exemption in person with documents to prove their home ownership, residency, and age eligibility.

Those who have previously been granted an exemption from the Measure H Parcel Tax, their exemption will continue to be automatically renewed each year as long as you remain eligible for the exemption.

Residents unable to submit the application in person or for additional information, contact Patty Maciel at (408) 270-6863.

Times Community News



SJPD Dispatch: "Did you say there is a cat up in a tree?" Caller: "No not a cat, it's a car!" Photo by David C.

Freak accident results in car launched and perched in tree on Bentley Ridge in Evergreen Valley

Fortunately no one was hurt in an accident on Bentley Ridge by Canyon Hills on Monday, May 23, when a vehicle driven by a 40 year-old-woman at a reported 60 MPH got launched into a tree.

Firemen used metal poles to stabilize the Dodge Challenger for nearly an hour while they got the driver out.

"I was driving home up Bentley Ridge with

my family, when this car came up from behind at blinding speed, said Evergreen resident Larry Cherniss. "She slammed on the brakes and barely missed our car and went into the tree to avoid hitting us, I believe. I called 911 and the paramedics quickly arrived. She was still in the tree when they arrived and told us to leave."

Water fines

Continued from page 1

district's board. "The district's 10 reservoirs are just 23% full."

Due to the worsening drought, dwindling local water supplies and residents' failure to hit conservation targets, the water board for the Santa Clara County Water District, voted unanimously to set up an enforcement program to warn, and then fine, property owners who are violating outdoor watering rules that go into effect June 1.

Dire water conditions

"This is a direction we have never taken in our history," said Rick Callender, CEO of the district. "But never in history have our conditions been as dire as they are now."

Common violations include homeowners or businesses that water lawns more than twice a week, who water between the hours of 9 a.m. and 6 p.m. when evaporation is highest, and who irrigate so much that water flows into the sidewalk or street.

Approved fine procedures

On a first violation, the district will send the property owner a letter. If there is another violation two weeks or more later, after the property owner has had time to correct the problem, the district will send out a staff member to discuss the case with the resident, or leave a door hanger about the rules and fines. On the third violation, the district can issue a fine of \$100, followed by \$250 for the fourth and \$500 for the fifth. In extreme cases, such as where a property owner is dramatically overwatering and openly refusing to follow the rules, the district has the ability to issue a fine of \$10,000, with \$500 per day penalties until the violation is corrected.

Gov. Gavin Newsom is considering issuing an executive order requiring all urban water agencies to make public the list of the 5% of biggest water users every month.

Residents who see water being wasted can notify the district of the address and date of incident by calling (408) 630-2000, email: WaterWise@valleywater.org, or reporting online at www.valleywater.org/droughtsaving-water/report-water-waste.

Buyback

Continued from page 1

"We are thankful to all of our neighbors that voluntarily turned in these unwanted firearms today. When we look at the harm and impacts of gun violence, it's important to hold these events frequently as a service to our community, to help responsible gun owners with no need for the firearms to dispose of them safely," said Supervisor Lee. "I want us to hold these events an-

nually in various parts of our County to stop incidents of gun violence that are preventable. More than 75% of non-fatal injuries are unintentional or accidental, and self-harm makes up for 60% of gun deaths - the guns we collected today will help save lives."

If you know someone who may be a danger to themselves, call the National Suicide Prevention Hotline at 1-800-273-8255. For information on gun safety, visit the County Behavioral Health Services Gun Safety webpage.

Times **Community News**

Gurudev Sri Sri Ravi Shankar addressing the Delaware State Senate.

Gurudev Sri Sri Ravi Shankar to launch 'I Stand For Peace' campaign in Bay Area on June 9 and address mental health

"It is often found that people with a negative mindset are more active than those with a positive one. The time has come for the voice of peace to be heard loud and clear."

— Gurudev Sri Sri Ravi Shankar

The Art of Living Foundation announced that its Founder Gurudev Sri Sri Ravi Shankar will launch the "I Stand For Peace" campaign in the Bay Area at the San Jose Civic on June 9, 2022, 7 p.m.

This is part of a worldwide peace building movement that kicked off in the United Nations Headquarters at Geneva earlier this year and arrives in the San Francisco Bay area next month. The event will bring together nearly 3000 people in solidarity to take the message of peace to every corner of their local community.

The #IStandForPeace campaign aims to bring back the focus on human values of peace and harmony amidst a climate of mental health challenges, social isolation, and business uncertainty. In support of this campaign, the Bay Area chapter of the Foundation is hosting an evening of wisdom and

meditation with Gurudev who is a leader in the space of wellness. Bay area residents can join this global movement at an evening of wisdom, meditation and collective action.

"It is often found that people with a negative mindset are more active than those with a positive one. The time has come for the voice of peace to be heard loud and clear and we should feel proud to take that action," appealed Gurudev. "If each person makes an intention to stand up for peace and makes their mental health a priority, we can make world peace a reality."

"We are deeply committed to raising awareness of mental well-being for individuals and communities by offering tools that empower them to reach their highest potential," said Ryan Vega, Chief Operating Officer for Bay Area operations.

Experts have predicted "a tsunami of psychiatric illness" in the wake of quarantining and distancing. A CDC study found the percentage of the population reporting that they felt depressed has quadrupled.

For more information, call the Art of Living Foundation and LAHV at (650) 666-5294; or email seema.kalra@artofliving.org

Subbaraya Sastri: A Carnatic composer

By Veena Krishnan

Subbaraya Sastri (1803-1862) was a Carnatic composer who made his mark with just a handful of compositions.

Subbaraya Sastri was born as the second son to Shyama Sastri, the oldest of the Carnatic Trinity. Shyama Sastri gave his son initial training in Carnatic music, sending him to learn from Thyagaraja. Later, Subbaraya Sastri also learned a few krithis from Muttuswami Dikshitar. These events make Subbaraya Sastri the only known person to have learned Carnatic music from all the composers of the Carnatic Trinity (Shyama Sastri, Thyagaraja, and Muttuswami Dikshitar).

He also learned Hindustani music, which is



About Carnatic Music

By Veena Krishnan

North Indian classical music, from Meru Goswami, a Thanjavur palace musician; and a recluse named Ramadas Swami who lived in Tiruvudaimarudur (near Kumbakonam).

Though few, all of Subbaraya Sastri's compositions are gems. He is said to have composed about 20 krithis; all in different ragams.

Each of his compositions beautifully showcases the ragam it was composed in. Some of his compositions incorporate swara-saahitya. This is when a passage of notes is sung using the Carnatic solfege and repeated later with lyrics. Some of Subbaraya Sastri's compositions are Janani Ninnuvina in Reetigowla, Ninnu Sevinchina in Yadukula Kambhoji, and Venkatashaila Vihara in Hamir Kalyani. Click here to listen to Vidushi M. S. Subbulakshmi singing Janani Ninnuvina: <https://youtu.be/yMKM-3h4NK8>



Shyama Sastri, shown in this 1985 India stamp, was the father of Subbaraya Sastri.

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If you live in the San Jose area and are interested in learning more about us, please visit our website: <https://www.almadenwomen.org>



Evergreen School District

From strong roots grow bright futures

Measure EE Citizens' Oversight Committee

The Evergreen School District is accepting applications from parents/ community members interested in serving on the Measure EE Citizens' Oversight Committee for the 2022-2023 school year. This committee will oversee the expenditure of Measure EE Parcel Tax funds, ensuring they are spent as approved by the voters.

It is expected that the committee will meet twice a year.

If you are interested in serving on this committee, please submit a letter of interest to:

Evergreen School District
3188 Quimby Road
San Jose, CA 95148
ATTN: Debbie Ashmore

Your letter should include a brief introduction of yourself, your contact information, and an overview as to why you are interested in serving on the committee. **All letters must be received at the District Office by 4:00 p.m. on May 27, 2022.** Applicants will be contacted for follow-up interviews.

If you have questions, please feel free to contact **Katie Coates at 408-270-6827 or kcoates@eesd.org.**

Santa Clara County officials advance ghost gun ordinance

By Eli Wolfe
Article courtesy of
San José Spotlight

Santa Clara County officials discussed prohibiting unserialized firearms and measures to reduce gun violence locally as a mass shooting unfolded in Texas, May 24.

The Board of Supervisors on Tuesday ordered its legal representative to come up with recommendations for an ordinance banning ghost guns—non-serialized firearms that can be assembled from parts or through 3D printers, making them difficult to trace.

The board also received an interim report on the financial cost of gun violence in Santa Clara

County. Firearm incidents cost the county \$72 million each year, according to a county report. This estimate covers the costs from public sector responses to gun violence, including health care and the police, and does not cover incarceration. The report also claims Santa Clara County had about 550,000 firearms in 2021—roughly one gun for every four residents.

Supervisor Otto Lee noted seven ghost guns were recovered at a gun buyback event held in Milpitas on Sunday, which marked the first such event since before the COVID-19 pandemic. Residents turned in a total of 415 firearms.

“I do really think this is the ca-

nary in the coal mine of what’s already in our community,” Lee said.

Several California cities, including San Francisco and San Jose, recently passed laws banning non-serialized firearms. A San Jose memo noted ghost guns are appearing with growing frequency at crime scenes, and in Santa Clara County the number of non-serialized guns found at crime scenes went from four in 2015 to 293 in 2021.

The board agreed to review a slate of recommendations for reducing gun violence at a future August meeting. Recommendations include adopting gun safety policies, evaluating firearm poli-



Homemade firearms recovered in early 2022 by San Jose and Santa Clara County law enforcement from a ghost gun factory in Willow Glen. File photo.

cies through a racial equity lens and using community-centered approaches to reduce gun violence in neighborhoods.

As the meeting reached its conclusion, Supervisor Cindy Chavez noted a shooting had taken place at an elementary school in Uvalde, Texas where a gunman killed 14 children and a teacher [as understood at the time of the meeting].

Chavez said earlier this week that the county decided to examine the cost of gun violence following the 2019 shooting at the Gilroy Garlic Festival. She said the report offers an opportunity for the county to weigh strategies for addressing gun violence.

“There are communities all over the country that have used different kinds of strategies to lower gun violence,” Chavez said. “There are plenty of opportunities for us to look at that aren’t necessarily all very cost prohibitive for us to be able to address this.”

A ‘shocking’ amount

The county considered enhanced gun control measures just before the one-year anniversary of the mass shooting at VTA’s light rail yard. The attack prompted San Jose officials to crack down on gun violence, which included passing the country’s first liability insurance mandate for gun owners. City officials also recently passed a local ordinance that prohibits possessing, manufacturing, selling, assembling, receiving or distributing ghost guns.

Over the past two decades, 1,494 county residents have died from firearm-related injuries, with the most common cause being suicide. The report shows Latino residents are disproportionately impacted by gun violence—more than half of all non-fatal firearm injuries reported at emergency rooms between 2016-2020 were for Latinos, who only account for 25% of the county’s population.

Rosalinda Aguilar, executive board member of the Guadalupe

Washington Neighborhood Association, said a memorial still stands on the corner of Almaden Avenue and Oak Street where a person was killed in a drive-by shooting.

“Our children have the right to walk to and from school without fear of being caught up in the crossfire of gun battles,” she said.

Margaret Petros, executive director of Mothers Against Murder, a nonprofit that assists victims of violent crimes, said she was stunned by the financial cost of gun violence in Santa Clara County.

“\$72 million is shocking to me,” Petros told San José Spotlight. She noted the financial burden of gun violence can be traumatizing for families, citing as an example the exorbitant cost of planning a funeral, which can cost approximately \$25,000.

Petros is dubious that bans on ghost guns will have an impact on criminal violence, noting that people can still harm one another with knives or other weapons. She said it would make more sense for the county to invest in resources to help victims of crimes that would stop the cycle of violence.

“The system needs to start caring about individual people,” Petros said. “If we start educating children at a very young age about how painful (crime) is... that’s when we will prevent crimes and prevent gun violence.”

Jose Valle, an organizer with community advocacy group Silicon Valley De-Bug, said he couldn’t speak on the potential public safety impact of the ghost gun ordinance. But he noted the county should invest more in addressing the root causes of crime.

“The majority of crime that is committed in Santa Clara County is not done by people that are inherently criminal, or inherently malicious,” Valle told San José Spotlight. “A lot of it stems from inequality and poverty—that’s what needs to be discussed and confronted.”



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TASTY TALENTS

ChefCentury: New culinary niche provides talented chefs support with kitchen, marketing and home delivery service

By William Bellou
Publisher

A new San Jose venture called *ChefCentury* is promoting the talents of an array of multi-talented, multi-cultural chefs into a local commissary kitchen to create sumptuous home delivered meals.

The idea was spawned when an entrepreneur looking to make a difference during a pandemic met a chef who decided to come out of retirement to cook home-delivered meals for his many longtime clients.

The new enterprise was founded and funded by Richard Tam with Brad Kunkel. Together they manage the kitchen operations that bring both budding and experienced culinarians in the kitchen:

"Focus on cooking. We handle the rest," is the duos motto. By "the rest," Tam means chefs have the use of a fully equipped and licensed kitchen including marketing, delivery and customer service support. This new culinary niche allows chefs to do what they do best, "showcase their culinary skills and build a future in the emerging delivery food industry."

"A lot of chefs were devastated by COVID, and I thought I should do something to help the small guys," said Tam. "So we started the enterprise off as a social mission, with a profit-sharing model which provides 70 percent of the profits to the chefs; with zero financial risk."

Kunkel explained that Tam's back-

ground is not in restaurants — he was the founder/CEO of a self-publishing business — but his heart is deep into the culinary field now.

"Richard's heart is for the chefs. He wants to help in every way humanly possible so local chefs can pursue their culinary passion," Kunkel said.

During the last 18 months more than a dozen chefs have joined with Tam and Kunkel to fine-tune their skills by preparing lunches and dinners for deliveries, experimenting with pop-ups and donating meals to charitable organizations.

Holiday creations

Creating holiday meals for pickup or home delivery is very popular with clients. On Valentine's Day, "Date in a Box" was a creative idea that included dinner — a cranberry ribeye with garlic smashed potatoes, bacon-wrapped asparagus, chocolate-covered strawberries — along with a long-stemmed rose, tea light candles and red linen napkins. For St. Patrick's Day, Kunkel will be making Guinness-braised short ribs with roasted rosemary carrots and green beans, smashed gold potatoes with caramelized onions and a dessert of Irish creme brulee — and tucking some fun holiday facts into the decorated box.

Wellness meals

ChefCentury has been preparing home-delivered wellness meals that build on Kunkel's experience cooking for clients under his brand, the Nutrition Kitchen.



The enterprise was founded and funded by **Richard Tam** (above) with **Brad Kunkel** (bottom left).

Tam emphasizes that these are balanced farm-to-table meals, not a diet plan. "There are no false promises that this is a quick fix. Eat well and you will get healthier over time," said Tam.

Kunkel, who has had long-term success with clients, said, "If the idea is a lifelong commitment to eating well, you have to make it interesting and not boring. You can't drink smoothies all day. The idea is to have a variety of proteins and cuisines each week. We'll change it out based on the seasons."

ChefCentury has reasonable price points. For example \$10-\$12 for lunches and \$15-\$18 for dinners, with no delivery fee. Tam says the 25 to 30 percent fees being charged by delivery services are "unconscionable."

To learn more about the offerings of *ChefCentury*, visit their website at: www.chefcentury.com.



Top: **Nadia Shami**, marketing. Above: **Natasha Nguyen**, Founder/Operations.



Chef Brad Kunkel's kitchen has a focus on the cooking. Pictured above is a London Broil from the kitchen.



Quinoa tabouleh with souvlaki shrimp.

Times **Community**

Grant Ranch House grand re-opening

By Times staff writers

The grand re-opening of the Grant House located in Joseph D. Grant County Park is scheduled for Saturday, June 18 from 10 a.m. to 12:00 noon.

Tours will be provided of the historic home and attendees can roam freely around the grounds and historic garden. Light refreshments will be served.

The recent completed phase of rehabilitation focused on repair and rehabilitation of the Grant House including high priority items such as seismic and structural upgrades, roofing and gutter replacement, painting and rehabilitation of the siding, windows, shutters, exterior doors, decking and balustrade.

The project also included seismic and structural upgrades and rehabilitation of the Tank House and replacement of roofing on the Guest and Carriage Houses.

Joseph D. Grant County Park is located at

18405 Mt. Hamilton Road in San Jose.

Background

In the early 20th Century, the original Grant Ranch house and surrounding structures built by the Hubbard family in 1882 were acquired by Joseph D. Grant and transformed, in the early 1930's, into an elegant country estate which, in addition to the Main House, included a cookhouse, guest and servant's quarters, a rose garden and large aviary and an outdoor pool. The Ranch complex and surrounding acreage of the ranch property was acquired by Parks in 1975 and opened as the Joseph D. Grant County Park in 1978.

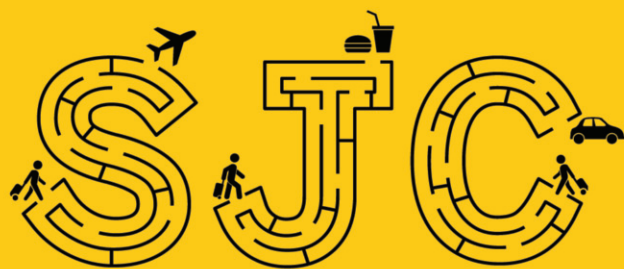
Santa Clara County Parks and Recreation Department has provided recreational opportunities, beautiful parks and precious natural resources for Santa Clara County residents for more than 60 years. This golden legacy has resulted in one of the largest regional park systems in the State of California.



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Times Feature

Santa Clara County stores put purchase limit on baby formula

By Tran Nguyen

Article courtesy of San José Spotlight

The national baby formula shortage is hitting the South Bay, prompting some stores to limit purchases as parents scramble to stock up on supply.

The months-long crisis has reached new heights in the last few weeks—with the national out-of-stock rate hitting 43% as of last week, according to retail data service Datasembly. California is seeing a better rate at 32%—but some families in Santa Clara County are feeling the pressure, with stores such as Walmart and Target setting purchasing limits on the sparse inventory.

The shelves for formula at retailers on Monterey Road in San Jose are mostly empty as of Friday.

San Jose resident Ariel Perez said she has only breastfed her infant, Max, since he was born five months ago. But she's on the hunt for baby formula for her two friends. Their babies, one- and three-months-old, rely on formula, Perez said.

"It's scary for them because they couldn't find their babies' food," Perez told San José Spotlight while shopping at a Target on Monterey Road. "We have been talking about it in our group chat."

Perez said her friends drove from San Jose to Mountain View to look for formula. They have also been watching Amazon and other online retailers with little luck.

"I'm not impacted so I told them if they need, they can come over and use my breast milk," Perez said.

Supply chain woes

Experts blame the shortage on supply chain issues caused by the COVID-19 pandemic. The issue also worsened this year after a shutdown of a key production facility in Michigan in February. Two federal agencies are investigating the plant, owned by Abbott Nutrition, after reports of contaminated formula linked to the deaths of at least two infants, according to national news reports.

The infant formula shortage has also driven up demands for breast milk locally. The Mother's Milk Bank, a 48-year-old nonprofit in San Jose, is seeing more inquiries from families and mothers, said Executive Director Jonathan Bautista.

Donated breast milk is screened and tested before entering the system.

"With the increased media coverage of the formula shortage, we're starting to see more families reach out to us just to get an understanding of what human milk is and what the benefit is for their babies," Bautista told San José Spotlight.

"We are also seeing an increase in moms who have excess breast milk and donate to the bank."

The Mother's Milk Bank, the oldest milk bank in the nation, has seen a 20% increase in demand for supply compared to last year—but Bautista said the demand is mostly driven by needs of premature infants in neonatal intensive care units at hospitals. The organization provides its supply to local hospitals such as Santa Clara Valley Health, Good Samaritan and Lucile Salter Packard Children's Hospital at Stanford. The milk bank also provides services directly to families in need.

The shortage has prompted the White House to consider invoking the Defense Production Act, which would allow the government more control to address the shortage. President Joe Biden also asked states Friday



San Jose resident **Ariel Perez** said she's on the hunt for baby formula for her friends, whose infants are one- and three-months-old.
 Photo by Tran Nguyen.

to increase access to baby formula for families and mothers in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

There were more than 20,000 children and mothers in the county's WIC program in 2018. California hasn't updated the data for the last three years. The FDA is looking to streamline the import process for more formula, according to news reports.

Santa Clara County officials said the national shortage has not impacted services and care at its hospitals.

"Our staff has been proactive in ordering formula and while our supply is tight, we have enough supplies for our patients," county spokesperson Joy Alexiou told San José Spotlight. "In addition, our Neonatal Intensive Care Unit team has adjusted their formula recipe to make sure that all babies are receiving the recommended calories per day for optimal growth."

San Jose resident Angie Ramirez said she feels lucky to have decided to breast feed her three-month-old son, Rahyo.

"If I were using formula, I would probably be paying way too much for it," Ramirez told San José Spotlight outside of Buy Buy Baby on Almaden Expressway, noting she has started to see people reselling baby formula online at inflated prices. "My baby's food is non-negotiable."

For more county resources, visit <https://first5parents.org/community-resources>

Families can also call 1-888-WIC-WORKS to get help paying for baby formula.

Times **Community****VTA Board approves first major contract of BART extension to downtown San Jose**

The Santa Clara Valley (VTA) Board of Directors voted unanimously to authorize the General Manager/CEO to execute the first in a series of construction contracts for the BART Silicon Valley Phase II (BSVII) Project.

First contract package \$235M

This first Contract Package for the Tunnel and Trackwork (CP2) is a Progressive Design Build Contract with Kiewit Shea Traylor (KST), a Joint Venture, in the amount of \$235,000,000.

Contract Package (CP2) will be carried out in stages with Stage 1 activities including investigation of innovations, engineering and design, open book cost estimates, and the work schedule. Stage 1 activities are anticipated to occur from May 2022 through approximately December 2023, setting the stage for major construction (Stage 2) which includes boring the tunnel under downtown San Jose.

Five miles of underground track

VTA's BSVII Project is a six-mile, four-station extension that will bring BART service from Berryessa/North San José through downtown San José to the City of Santa Clara, includes three stations with underground platforms (28th Street/Little Portugal, Downtown San José, and Diridon), one ground-level station (Santa Clara), a train

maintenance and storage facility at Newhall Yard, and additional facilities. Five of the six-mile alignment is planned to be constructed in a large diameter single-bore tunnel, with the remaining one mile at-grade rail.

Santa Clara County Supervisors call for dedicated phone line to report hate crimes

The Santa Clara County Board of Supervisors called for the creation of a dedicated phone line for the reporting of hate crimes last week.

In addition to establishing a dedicated phone line, the supervisors want to adopt more than 30 additional recommendations for dealing with hate crimes and incidents in the county.

"Sadly, hate crimes are a growing problem in Santa Clara County. That is why it is critical that we establish a countywide phone line dedicated to reporting hate crimes and incidents and implement the other recommendations in the San Jose State University Research Foundation Report," said Supervisor Cindy Chavez who co-authored the proposal to adopt the report's recommendations with Supervisor Otto Lee.

Supervisor Chavez and San Jose City Councilmember Maya Esparza co-chair the regional Hate Crimes Task Force that was created following the 2019 mass shooting at the Gilroy Garlic Festival.

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Silicon Valley residents stood up for women's reproductive rights at a weekend rally in front of San Jose City Hall. Photo by Lorraine Gabbert.

'We're going back in time' San Jose rallies for reproductive rights

By Lorraine Gabbert

Article courtesy of San José Spotlight

Rallies for reproductive rights took place nationwide Saturday, May 14 including in front of San Jose City Hall. For some residents, it was their first time protesting. For others, it's a reminder of a much older battle.

"We're going back in time," attendee Caitlyn Garsh told San José Spotlight. She attended the protest with her great aunt, whose older sister took part in reproductive rights protests in the early 1970s. "It's insane people are trying to decide what we can do with our bodies."

Planned Parenthood Mar Monte and a coalition of advocates and residents joined together in downtown San Jose and held signs proclaiming, "My body, my choice," "Protect safe, legal abortion" and "Together we fight for all." The demonstration took place in anticipation of the Supreme Court overturning the 1973 landmark Roe v. Wade decision, which has guaranteed the right to abortions for close to 50 years. On May 2, Politico broke the story on a leaked draft opinion indicating the nation's highest court will overturn Roe v. Wade, which could allow states to outlaw nearly all abortions at 15 weeks gestation.

Anticipating an increase in out-of-state patients unable to receive reproductive health services, the Santa Clara County Board of Supervisors voted unanimously earlier this month to give Planned Parenthood Mar Monte \$3 million to expand services, renovate its clinics and create a telehealth behavioral health program. Planned Parenthood Mar Monte is the largest Planned Parenthood in California.

"It's unbelievable to me in 2022, they are going this far with reproductive health care," Planned Parenthood Mar Monte CEO Stacy Cross told San José Spotlight. "It

could impact many other rights we have gotten from the Supreme Court during my lifetime."

Cross joined speakers from the National Women's Political Caucus, Orchard City Indivisible and Santa Clara County Supervisor Cindy Chavez in front of a crowd of more than 1,000 people, according to organizer estimates. Chavez, who's running for San Jose mayor, urged the crowd to vote and stay politically engaged.

"Today is about turning fear and pain into ferocity and power," Chavez said.

Resident Crystal Calhoun said in March 1973, at age 16, she was one of the first teenagers in America to have a legal abortion.

"It kept my life on track," she told San José Spotlight. "I was able to graduate, have a career, marry and have three children. If that hadn't happened, I would've been a teenage mother dependent on the state."

Calhoun considers herself lucky. She said before abortions were legal in the U.S., some women used bleach or coat hangers to end a pregnancy, which could result in being unable to have children—and even death. According to the Guttmacher Institute, a research and policy organization, a 1960s survey found that in New York City, eight out of 10 low-income women who had an abortion attempted a self-induced procedure. In 1965, 17% of pregnancy and childbirth related deaths resulted from illegal abortions.

Helen Barrios, 71, said she knew people who had to have illegal abortions before Roe v. Wade passed. She said it's demoralizing and frustrating to still be fighting for reproductive rights decades later.

"The vast majority of Americans support a woman's right to choose," she said, "and the Supreme Court should reflect the majority sentiment in the country."

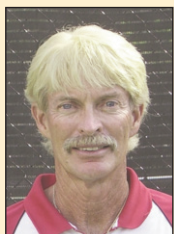
While these women have been speaking up for reproductive rights for years, for others it was their first time taking action, including 12-year-old Imelia Nguyen. She showed up at City Hall with her mother, Kristi Thraves, to share their voices.

"People could die from this," Nguyen told San José Spotlight. "Everyone should be heard... no matter what color they are. We want our rights in the future."

Times **Feature****TENNIS TIPS****The hourglass of tennis momentum***How You Gain and Lose it in the Match*

By Ken DeHart

Imagine you have an hour glass in front of you. The top half of the hour glass represents the momentum in your tennis match when you are winning. The bottom



half represents the player who is losing. The person who is winning has a wealth of information available to them represented by all the grains of sand in the top half of the glass. However, while all that information is available to them they are only using a few pieces of that knowledge at a time.

This small flow of information is represented by the few gains of sand that pass through the tiny filter or the middle of the hour glass. This is like playing in the zone where you are not thinking too much but allowing the flow of the match to occur naturally.

On the bottom is all the sand that has fallen and continues to fall like rain, coming down on the player who is losing - can't hit, playing poorly, never lost to this person before, S/he is playing so lucky and etc. Nothing seems to be going well for them and they can't seem to manage all that is coming down on them.

At some point the player who is losing can feel desperate or frustrated by not being able to control what is happening. They realize that time is about to run out. Now instead of all the disconnecting thoughts they decide upon a strategy - go to the net, lob every ball, hit every ball down the middle and etc.

The point being that they quit worrying about their circumstance and focus on one tactic to solve their situation. Perhaps it is to rise above all the sand that has fallen and use it as a platform to stand taller and block the middle where all the sand is flowing from. They decide upon one specific tactic instead of being overwhelmed by their situation. At least now they have a specific purpose - a plan of action instead of being the victim.

The player on top suddenly realizes that time is about to expire and s/he is on top, they are winning. Gradually or even suddenly, thoughts begin to distract them. They have never beaten you, they

can't wait to tell their friends, they will now be in the next round of play and etc.

Suddenly the hour glass will have turned upside down. The player on the bottom has forgotten all the disconnecting thoughts about how desperate their situation is and begins to have only one thought or purpose. The player who was on top is now aware of all their options and opportunities. No longer is there a natural flow to what is happening. The player who was on top now experiences all the disconnecting thoughts.

This is how a match will normally flow. When I realize I am about out of time and ready to lose the match, my focus will change to one thought or purpose. Having accepted that I could lose I begin to focus on a singular plan to salvage my situation. Winning or losing is no longer my focus, my fear is not my driving force. My fear has pushed me to a point where I must make a decision.

The eyes are the key. If you can see the ball rotating as it comes to you, your mind will become quiet and things will slow down in your mind. A good game to play with yourself at this point is "yes" or "no". After you have contacted the ball, say "yes" if you were able to pick up the rotation of the ball before contact and you had previously selected a target for your shot before the ball bounced on your side of the court.

Paying attention to attention

We call this, "paying attention to attention". If you could evaluate your attention level after a shot and it was at 8-9 or 10 on a scale of 10 you would have excellent "attention" and a relaxed focus of mind.

You can also focus on "paying attention to tension" or how tight you are gripping your racquet and the tension level of your body. This should be about level 2 or 3 on a scale of 5.

Some of the unique aspects of tennis are that there are no time limits, it is one of the only sports where the opponent calls your lines, and one of the few sports that makes you start at 0 or even at half time. All the success you had in the first set goes back to zero for the second set and you must start from scratch to win the next set.

This is one of the many "treasures" you will learn and re-learn as you play the game of Tennis.

Ken DeHart, USA High Performance Coach, serves as Director of Racquets, Alpine Hills Tennis & Swimming Club. He is a PTR Hall of Fame, PTR International Master Professional, and USPTA Master Professional. You may contact Ken at 408.892.3806; or email: kendeheart@aol.com; ken@alpinehills.us

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Times **Feature**

Water-saving ways for third summer of drought

By Linda J. LeZotte
Valley Water Board Member

With the warmer months here, outdoor watering will increase, straining already stressed water supplies in the face of severe drought, which is in its third consecutive year. But it's not too late to reduce water usage: Saving water by reducing our outdoor irrigation can make a big impact, especially since up to half of the water

usage in a typical Santa Clara County home is done outdoors.

The Valley Water Board of Directors unanimously voted to restrict watering of local lawns and ornamental landscapes to no more than two days a week and prohibit watering during midday hours. For example, watering after 7 p.m. or before 7 a.m. minimizes evaporation, especially during hot afternoons in the summer and fall.

Native California plants encouraged for lawn replacement

Please consider taking permanent steps to make sure your yard is drought-proof by re-




Water District
Linda J. LeZotte,
SCVWD Representative

moving your water-thirsty lawn and replacing it with beautiful water-efficient California native plants.

Valley Water is offering a rebate of up to \$3,000 to help you upgrade your yard and install efficient irrigation equipment. Visit watersavings.org to learn about our many outdoor and indoor water conservation programs, including free water-efficient tools for your home along with rebates for irrigation equipment, graywater systems and yards.

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ensure you are watering as efficiently as possible. Water conservation specialists are available to visit your home to confirm your irrigation timer is set correctly and your sprinklers are not over-spraying.

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EvergreenTimes Real Estate

Times **Community News****Scam alert****What to do if your Facebook friend claims you're owed workers' comp**

Have you ever daydreamed about receiving a sudden windfall? You aren't alone, and scammers know it.

In this new trick, scammers are using Facebook to con people into thinking they have thousands of dollars in unclaimed workers' compensation, according to a recent Better Business Bureau Scam Tracker reports.

How this scam works

A scammer impersonates one of your Facebook friends and sends you a message. They allegedly saw your name on a list of people who are owed workers' compensation. Lucky you! They also provide the phone number of a person who can help you collect the money.

You think the information came from a trusted friend, so you make the call. The "agent" sounds professional—at first. They either confirm that you are owed money or ask you to pay a small fee so they can check. They may claim to have an official sounding title, such as "Workers' Compensation Appeals Board member" or a "Federal Treasury Reserve official."

However, when you inquire about claiming the money, things get suspicious. The "agent" you are speaking with asks you to pay a "delivery" or "case file" fee up front. They may even give you your choice of payout amounts. Of course, the bigger the payout, the higher the fee. In most cases, they will ask you to wire the fees or send the money in prepaid debit cards.

One victim reported: "They sent me a form to complete. They asked for my name, address, phone number, date of birth, and more. Then they said you have to pay a delivery fee, which must be paid upfront to process your application. They listed the fees as \$600 for \$50,000, \$1000 for \$100,000, all the way up to \$10,000 for \$1 million and said, 'kindly get back to us with the amount you would like to apply for.'"

Of course, if you send money to the scammer, they will either take the money and disappear or think up reasons to ask for more money. One thing is for sure, the workers' compensation money in this scam doesn't exist, and you won't get paid.

How to spot these scams

Watch out for fake friends. If scammers can see your friends list, they can create a fake account that looks like it is one of your trusted friends. If you get an unusual request or a strange offer from a Facebook friend, contact that person directly to find out if they've been hacked - before you take any further action.

Never pay money to get money

Never pay money to get money. If a legitimate business or governmental organization owes you money, you won't have to pay any fees to get it. Asking for fees to provide a payout is a common scam tactic.

If it sounds too good to be true, it probably is. Another common scam ploy is to offer the victim easy money they won't have to work for. If someone offers you \$1,000 and all you have to do is pay \$100, it's a scam.

Read more tips in the complete Scam Alert on BBB.org

For more information

Read BBB Tip: Sweepstakes, Lottery, and Prize Scams. These scams use tactics similar to this workers' comp con. Learn more ways to protect yourself from scams at BBB.org/SpotAScam.

If you've spotted a scam (whether or not you've lost money), report it to BBB Scam Tracker. Your report can help others avoid falling victim to scams. Learn how to spot a scam at BBB.org/SpotAScam.

Scams cost state's seniors more than \$10 billion

Cases of financial fraud against elders have

been slowly growing since 2016, but when pandemic lockdown measures isolated seniors over 65 from family and friends, reported losses to elder fraud jumped by 30% nationwide in 2020, according to a Federal Bureau of Investigation report.

"We are calling this the perfect storm," said Glen Fishman, who works for the Institute on Aging's Elder Abuse Prevention Program in San Francisco, which has seen a "huge increase" in scams against the elderly.

One in 10 seniors fall for a range of scams, according to Comparitech, and most never recoup the losses. Instead, they are left with gaping holes in savings meant to support their golden years. The rise of scams comes as one in three Californian seniors already doesn't have enough money to meet basic needs, according to UC Berkeley's Labor

Center.

The scams range from simple to sophisticated. Targeted for their retirement savings, isolation and age-related cognitive decline, seniors are romanced by scammers and bilked out of their savings, called by imposters posing as Social Security or Medicare employees to obtain private information, and conned by criminals pretending to be an elder's grandchild in need of quick cash.

State regulations require bank employees to report suspected financial fraud of clients to Adult Protective Services or law enforcement. Tellers are the first line of defense for isolated seniors because they know their clients' spending patterns and can spot unusual behavior such as large wire transfers, according to the U.S. Financial Protection Bureau.

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Times **OpEd****Disinformation***Continued from page 4*

the names of those who ordered certain books! Today's technology permits government to find out if you even looked at a book or article online.

Today, "mainstream media" is mostly owned by a few conglomerates, who all seem to be on board with the current Narrative about this "war" on COVID. The First Amendment does not apply to private organizations. The internet and social media owned by Big Tech could threaten those who want to suppress certain truths.

We can tell something about the Agenda from the accounts that Twitter has banned: views of election fraud that favors Democrats; evidence of corrupt dealings with foreign governments by certain highly placed officials, say from Hunter Biden's laptop; and information contradicting the official narrative on COVID-19.

With COVID, disinformation is defined by the Centers for Disease Control and Prevention (CDC), Food and Drug Administration (FDA), and National Institutes of Health (NIH). Skepticism about masks and lockdowns, information about early treatment with cheap, repurposed drugs, or anything that might lead to "vaccine hesitancy" are anathema.

Who writes the message? According to Dr. Scott Atlas, who was briefly a member of President Trump's COVID Task Force, in his book *A Plague upon Our House*, the nationwide message was dictated by Anthony Fauci, Deborah Birx, and Robert Redfield, even over the President's objection. Was it "the Science"? Dr. Atlas immersed himself in the deluge of scientific articles and brought copies to meetings. They were ignored. Birx, he writes, relied on unreliable or outdated data to dictate "mitigation" measures. No one else was willing to confront her. The deadly results of useless lockdowns were not of interest.

Who is Deborah Birx to have the power to destroy Americans' livelihood and lives? Most of her work had concerned the human immunodeficiency virus (HIV). Both Birx and Redfield had been accused of misrepresenting their results on an HIV vaccine.

Birx like the others is an appointed bureaucrat, with no accountability to voters. But

their agencies are honeycombed with conflicts of interest. So, accountable they are—to private interests.

The Narrative—there is no early treatment (except possibly monoclonal antibodies), just get vaccinated and you will be safe—might change, now that double-masked and quadruple-vaccinated Vice-President Kamala Harris has tested positive for COVID. She is getting Pfizer's new oral drug Paxlovid™.

Pfizer has begun running animated 30-second spots focusing on how fast COVID-19 moves. It features a narrator saying you can move fast, too, by "asking your healthcare provider if a new oral treatment could be right for you." The ad doesn't mention the name of the drug, as it is not yet approved but only has an Emergency Use Authorization (EUA). A Pfizer logo pops up at the end of the spot along with a link to Pfizer's COVID-19 website.

Pfizer has so far spent \$2.8 million on the commercial and expects to earn \$22 billion from Paxlovid sales for 2022, paid for by taxpayers.

What would happen if Twitter allowed compare-and-contrast information for Paxlovid vs. Ivermectin, which share a common mechanism of action? Number of studies: 3 for Paxlovid, 82 for Ivermectin; number of patients studied, about 5,000 vs. more than 129,000; duration of experience with use, months vs. decades (approved in 1987); number of patients who have taken drug, thousands vs. billions.

This might be bad for Pfizer's sales.

Americans believe they have freedom, but freedom to seek knowledge is increasingly constrained. Combining government enforcement powers with private corporations' wealth and immunity from Constitutional protections, the "public-private partnership" is a formula for medical tyranny.

Editor's note: Jane M. Orient, M.D. obtained her undergraduate degrees in chemistry and mathematics from the University of Arizona in Tucson, and her M.D. from Columbia University College of Physicians and Surgeons in 1974. She completed an internal medicine residency at Parkland Memorial Hospital and University of Arizona Affiliated Hospitals and then became an Instructor at the University of Arizona College of Medicine and a staff physician at the Tucson Veterans Administration Hospital.

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Times News

Supervisors support mental health care for the 'missing middle'

The Santa Clara County Board of Supervisors recently unanimously approved the creation of a pilot program to ensure the “missing middle” have access to outpatient mental health treatment (motion by County Supervisor Joe Simitian, second by County Supervisor Otto Lee). The missing middle are residents who earn a bit too much to qualify for Medi-Cal, do not have access to good commercial insurance, or cannot pay for care out of pocket.

“The mental health needs of the missing middle in our health care system have been overlooked for far too long,” said Simitian. “This new effort will help folks who need mental health help be able to access affordable outpatient services. It’s good for patients, good for families, and good for our community. We ought to close the gap that has allowed too many people to slip through the cracks.”

“We’re all facing stressful times and the rising costs to live in this area leaves too many people making barely enough to make ends meet,” said Lee. “Our neighbors who need mental health care often go without because of financial worries. We need to open access to affordable mental health services so more neighbors can receive care.”

According to a 2021 survey on mood disorders published by the National Association for Mental Illness (NAMI), access and cost are major barriers to treatment. Lack of treatment can have significant economic and social impacts, including loss of productivity, job loss, divorce, homelessness, imprisonment, drug addiction, and even death by suicide.

“Services for the missing middle are challenged by issues of insufficient and unstable funding,” said Marsha Deslauriers, Executive Director of Community Health Awareness Council. “The elevated pandemic-driven demand for services coupled with the rising costs of delivering care are a challenge. We expect these issues to continue in the months and years to come.”

Accessible and affordable outpatient services are essential to avoiding the high costs and societal harms from inpatient treatment, hospitalization, or a lack of treatment. Some individuals receive these services from public programs, others use commercial insurance. Coverage options are often imperfect, due to high out-of-pocket costs and a decline in the number of psychiatrists accepting public insurance.

“Families often find it difficult to find and pay for qualified mental health professionals,” said Marico Sayoc, Executive Director of CASSY (Counseling and Support Services for Youth). “We need to meet families where they are and connect them to treatment. Having more afford-

able outpatient services available will only help strengthen our community.”

It is expected County staff will report back to the Health and Hospital Committee on August 24, 2022, and the Board of Supervisors on September 13, 2022, with options for a pilot program. “I’m open-minded about how we solve the problem,” said Simitian. “We could subsize outpatient mental health care at non-profit clinics for middle income County residents, identify alternative methods for mental health care service delivery, or push private insurers to really provide the coverage the law requires. But we have to face up to the fact that people in need aren’t getting the help they require.”

The Simitian/Lee effort also directs County staff to identify which residents should qualify for such a program, and how many residents could be served by a pilot.



Social Security recipients could see biggest cost-of-living increase in 40 years

Social Security recipients are poised to receive the biggest cost-of-living raise since 1881 as inflation rapidly erodes the buying power of retired Americans.

The estimated increase reported by several non-profit senior organizations have the cost-of-living increase as high as 8.6% in 2023.

The increase in social security payments is needed to help seniors cope with 40-year high inflation rate reported for April at 8.3%.

The Social Security Administration will release the final adjustment percentage in October. The estimated figure could be higher or lower depending on whether inflation has actually peaked or will continue to rise.

Excluding gas and food, which are more volatile measurements, so-called core inflation actually rose more in April than it did the previous month, alarming some experts who called it a worrisome development.

“One does not get the sense that this is going to provide any relief to households experiencing a loss in purchasing power and to policymakers who will attempt to restore price stability without causing a recession,” said Joe Brusuelas, RSM chief economist.

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- Intentional Growth
- Shared Laughter

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www.ccavucc.org.

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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: Holy Communion

2nd Sunday in Worship: Folks Choir and Potluck Sunday.

Tuesdays, AA Meetings, 8:15 - 9:15 PM.

Wednesdays, 9:30 AM, Women's Study Group.

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Web: www.eca-sj.org

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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!

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Want to submit a news item for the Evergreen Times?

Press day: June 15, 2022
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Write to editorial@timesmediainc.com

Evergreen Times

Times **Community****Volunteer***Continued from page 1*

At Cadwallader School (in the Evergreen School District), Hsu took three classes of second graders (roughly 56 students and 6 parent chaperones) to the warehouse on May 16, 2022.

"In a 90 minute packing session, we packed 3672 meals!" Hsu said. "At the end of the day, many students proclaimed it was the best field trip ever, and even one kid saying it was 'more fun than Disneyland!' Lucy seems to generate enthusiasm wherever she volunteers!"

Hsu says with gusto "I've always had an interest in Volunteering overseas, but especially for refugee relief, since my parents and extended family were refugees from Vietnam and survived a tragic journey to make a better life in the USA for my sister and me. We grew up with very little, often benefitting from the generosity of giving individuals and organizations. It became a dream for me to someday have the means to give back both locally and globally. Some of my most memorable overseas projects include: volunteering in Kenya for six months as a community developer in a "slum-burbia"; six months in Myanmar developing educational programs in orphanages and rural villages; Teaching in Pakistan in an impoverished tent community, bringing relief to Haiti after their earthquake, building homes in Malawi, and teaching at an orphanage in Guatemala."

This summer Lucy plans to be in Medyka, Poland, a town bordering Ukraine that has

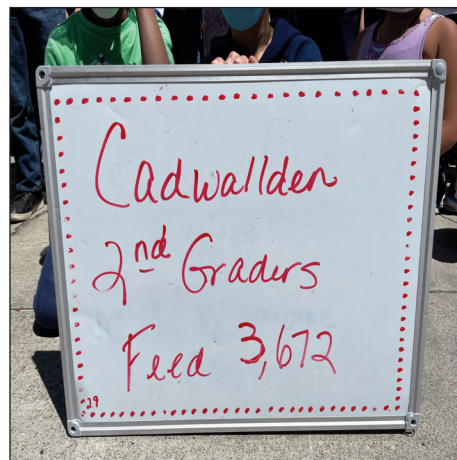
become a receiving center for refugees. Along with other international volunteers, their mission will be to cook/serve 1000 meals daily to Ukrainians.

"I've set up a fundraiser for those who want to contribute to food and supplies," explained Hsu. "All the volunteers pay for their own flight and living arrangements (which for now will be tents and sleeping bags). My supervisor at Kids Against Hunger will also be donating food pouches for me to bring on this trip."

It appears that Lucy will have a very busy summer and the Evergreen community wishes her all the best in her endeavors!

Anyone wishing to donate to Lucy's worthy cause may do so at: <https://gofund.me/47edce13>

To support Kids Against Hunger in the Bay Area, visit: <https://www.kahbayarea.org>



Wow! 3672 meals for the hungry!



Above: a field trip from Cadwallader; below: Kids Against Hunger volunteers from Cadwallader.



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**SALE PENDING**

19975 McKean Road | \$2,275,000

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**SOLD**

833 Apple Valley Drive | \$1,385,000

Wonderfully updated single family home shows pride of ownership throughout, from the welcoming curb appeal anchored by a large front patio that extends the indoor living space outside, to the back covered patio and beautifully manicured rear grounds. The bright open floorplan offers 1,270 square feet of living space, 3 bedrooms and 2 full bathrooms, situated on 6,287 square feet of well-manicured grounds.

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COMPASS



7217 Silver Lode Lane



\$2,998,000 | 5 Bed | 3 Bath
3700 Sq Ft | 8002 Sq Ft Lot

Beautiful Almaden Valley home, inside and out. Downstairs bedroom and full bath. Bonus/media/gaming room with wall mounted 70" TV and ceiling mounted rear speakers. Large kitchen with center island, gas cooktop, newer Bosch microwave and Bosch dishwasher and garbage disposal. Newer HVAC System with new 14 SEER A/C unit, Nest thermostat, newer water heater. Stunning landscaping front and back with palms, roses, and many fruit trees. 5 zone irrigation system for front and back yards. Graystone, Bret Harte and Leland Schools.

More Photos and Full Video Available at AlmadenValleyRealEstate.com



The Swan has been the #1 Agent in Almaden Valley each year for the last 13 years as measured by Dollars per Agent Per Year. And 2021 was no exception. She is the only Almaden Valley specialist to have been nationally ranked and recognized twice by The Wall Street Journal/RealTrends for being in the Top 250 Agents in the US. Additionally, Swan is consistently among the Top 100 Agents in the SF Bay Area.

If you are thinking of selling your home, now is the time to start planning. Call me as soon as possible.

Therese Swan
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