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JUNE 2022 **VOL. 18, NO. 6**

Willow Glen Jimes



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

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

he 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.

Free gun locks provided to residents to promote gun safety

he 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 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."

"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 annually in various parts of our County to stop incidents of gun violence that are preventable. More



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

than 75% of non-fatal injuries are unintentional or accidental, and selfharm makes up for 60% of gun deaths - the guns we collected today

Report: 2022's

s the country faces a ma-

jor teacher shortage, edu-

cators are overworked

Teachers today are having a

hard time in their classrooms,

so it's more important than ever

to have them rewarded while

they're working, and when they

As part of its more extensive

study 2022's Best (& Worst)

States for Teachers, data ana-

lysts at Scholaroo set out to find

the states that offer the best

work benefits for their teachers.

Best & Worst

States for

Teachers

and burnt out.

retire.

will help save lives."

If you know someone who may be a danger to themselves, call the National Suicide Prevention Hot-

Based on the analysis of 9 categories - the rankings showed that California is #30 in the nation.

California scores #3 in one work benefits category with its lowest rank in a category coming in at #45.

2022 Teacher Benefits Index - California

(In order of ranking, numerical ranking based on all-states position)

#3: Teachers Pension Qualification - percent of teachers that can qualify for a pension

#6: Average Pension Payment - average teachers' pension adjusted per cost of living

#42: Social Security Partici**pation** - if teachers have access to health care and income securitv

#15: Portable Retirement Plan - if teachers can retain

line at 1-800-273-8255. For information on gun safety, visit the County Behavioral Health Services Gun Safety webpage.

work benefits when switching employers

#45: Teacher Retirement Contribution - percent of teacher's salary added annually to the pension fund

#13: Employer Retirement Contribution - percent of teacher's salary that the state or school district pays annually to the pension fund

#5: Teacher Tenure - period of time until teachers receive a permanent contract

#6: Vesting Period - period of time until a teacher earns retirement benefits

#44: Retirement Ratings - a rating of alternative retirement options, amortization cost, and the amortization period

For the complete 2022 rankings and methodology, visit: https:// scholaroo.com/beststates-for-teachers

SEE OUR CLASSIFIED ADVERTISEMENTS INSIDE THIS ISSUE - PAGE 15

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Who defines disinformation?

By Jane M. Orient, M.D.

ust 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 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 doublemasked 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 30second 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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IN MEMORY



Marie Ann Gliozzo April 1, 1933 - April 14, 2022 Resident of Willow Glen

Marie Ann Gliozzo, loving mother of Louise Ann Gliozzo has joined her beloved husband Sam in heaven. She is predeceased by her parents, Lena & Joseph Siciliano and her cherished sister Jennie.

Marie was born in Pittsfield, MA and grew up working in the family grocery store. She graduated from Pittsfield High School and Berkshire Business College. Curious, ambitious, and astute, Marie excelled at everything she did. As a legal assistant she helped craft famed artist Norman Rockwell's will. Later she became the youngest executive assistant at G.E. After a full day at work, Marie spent evenings, weekends, and holidays working in the family business.

When Marie moved to California with her family, they settled in Willow Glen. Marie became the executive assistant to the late Congressman Don Edwards when he owned Valley Title. In 1959 she met her beloved Sam. After they married, Marie launched a career in real estate and investing.



ANKITA BHANOT, DIANE BLUM, Frank Shortt, Nirban Singh, Pankaj tyagi, Sravya Voleti

ART DIRECTOR: JEFF BAHAM graphics@timesmediainc.com CHIEF FINANCIAL OFFICER: SANDY BELLOU

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Marie was beautiful inside and out. She had a huge capacity for love and compassion. Marie loved her family and was deeply devoted to them. She had the kindest heart and took great satisfaction in giving to others. She was a woman of great character and values. Marie took on life's challenges with a relentlessly positive attitude and never gave up. There are no words to express her influence in our lives.

She was my mother, the best one you could ask for, my fiercest advocate, and my best friend. Her beautiful face, eyes, and voice will remain engrained in our hearts and minds forever. My love for you is endless.

A heartfelt thank you to Dr. Masataka Kawana and his team at Stanford Cardiac ICU for their extraordinary care and compassion.



Joe S. Castello Oct 4, 1936-May 9, 2022 Lifetime resident of Willow Glen

Joe Castello son of Salvatore and Carmelia Castello,husband to Allene Castello (Goodwin), father to Sal Castello (Mabel) and Dianne Castello, grandfather to Deena, Kyleen, Jarron, Jacob, Jennifer, Dillon (Michelle), Ian (Kelsey), Conner and great grandfather to Penny passed on May 9th after a full and eventful life

Joe was born, raised and lived his entire life in Willow Glen. He always described himself as a simple prune farmer. Prune farmer yes, simple no. If you knew Joe there are not enough words to describe him and his life. If you didn't know him you missed out. Those of us who did know him, know that without him this world will be a little more grey and not as much fun.

A Rosary at Oakhill Cemetery was held on May 26th. On May 28th a luncheon was held at The Three Flames on Meridian where everyone shared their memories, lifted a glass and enjoyed a good meal in Joe's honor. In lieu of flowers please donate to St. Jude hospital for children. Valley Currents

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

Opera San José unveils new line-up for 2022–23 Season

New season includes new productions, role debuts, community partnerships

pera San José new General Director Shawna Lucey is excited about the company's 2022–23 season, a joyful lineup that offers audiences a renewed chance to gather and celebrate live performances.

The company's 39thseason, presented September 10, 2022, to April 30, 2023, will feature four mainstage productions at the majestic California Theatre in downtown San José.

"Our season will feature new productions and treasured classics, with thrilling artist debuts that give our audiences a first look at the stars of tomorrow in four productions we know will charm, move, and delight," Lucey said. "We are also maintaining Opera San José's international digital presence, utilizing its state-of-the-art Heiman Digital Media studio to produce works offered to audi-

Heiman Digital Media studio to produce works offered to audiences around the world, in addition to the company's live mainstage offerings." Lucey also noted Opera San José's history of female empowerment. "The storied legacy of

ment. "The storied legacy of founder Irene Dalis, who displayed unwavering dedication to the development of new talent, will continue to remain at the core of the company's vision," she says. "I'm happy to say that under the stewardship of my predecessor Khori Dastoor, Opera San José successfully navigated hardship throughout the pandemic, and has emerged stronger and more vibrant than ever before. I am honored to be part of this legacy and committed to furthering the company's mission to make opera more accessible to all. A large part of these efforts will be driven by partnering with communities here in the South Bay." In this vein, Lucey announced the international debut of a female conductor (details below).



Prodigy composer/musician **Alma Deutscher** makes her international conducting debut in a lavish Opera San José production of her landmark opera, "Cinderella," presented November 12–27, 2022 at the California Theatre in San Jose. Seen here: Cinderella (**Vanessa Becerra**, Center) with her evil stepsisters Griselda (**Stacey Tappan**, L) and Zibaldona (**Karin Mushegain**, R) in OSJ's 2017 production of Deutscher's "Cinderella." *Photo by John Draginoff*

The season launches with an allnew vibrant and celebratory production of Mozart's The Marriage of Figaro, transported to India during Victorian Imperial rule (Sept. 10 - 25, 2022) — originally announced as the company's 2020-21 season opener and postponed due to COVID — followed by a dazzling production of Alma Deutscher's Cinderella (Nov. 12 -27, 2022) that will feature the conducting debut of the internationally-acclaimed young composer/musician. The season concludes with handsome revivals of two classic works that will feature major role debuts for rising young artists: Verdi's comic masterpiece, Falstaff (Feb. 11 - 26, 2023), and Puccini's political thriller, Tosca (April 15 - 30, 2023).

For more information or to purchase subscriptions (\$100-\$550) the public can visit operasj.org or call (408) 437-4450 (open Monday through Friday, 9:00am– 5:00pm). Subscriptions are on sale now; single tickets will go on sale July 5, 2022.

2022–23 season lineup THE MARRIAGE OF FIGARO Music by Mozart, libretto by Beaumarchais September 10 – 25, 2022

Launching the season will be an all-new production of Mozart's The Marriage of Figaro, transported to colonial India during Victorian Imperial rule. Sexual politics and class resentments play out through the prism of shifting power and revolution, culminating in a celebratory Indian wedding that will bring the exuberance and festivity of Bollywood to the California Theatre stage. Opera San José will join forces with Mosaic America to bring Kathak dance to this *See OPERA, page 13*



Rules Will Be Enforced:

- 1. The following items <u>WILL NOT BE ALLOWED</u> at Almaden Lake Park <u>AT ANY TIME</u> on July 4th.
 - a. Absolutely NO Alcohol, Weapons, Barbeques, Drones, Pets, Emotional support animals, riding bikes, or moving vehicles in the park.
- $2. \ensuremath{\text{NO}}$ Illegal Fireworks Offenders risk being FINED a MINIMUM of \$500 or more.
- 3. Tents/Canopies MUST be secured/staked into the ground and MUST be taken down at or before 6:00 PM



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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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Times Notebook

Top 5 Most Popular Pizza Places in San Jose

List based on prior customer reviews

ewsBreak.com has just listed the top five pizza restaurants in San Jose based on reader responses and comments. There are a lot of spots, but here are the top five according to the news organization.

5. The Pizza Press

There's nothing quite like a fresh, hot pizza straight from the oven. And at Pizza Press in San Jose, California, they know how to make a mean pie. The dough is crispy, the sauce is zesty and flavorful, and the toppings are always fresh. Whether you're in the mood for a classic pepperoni or something more unique like sun-dried tomatoes and goat cheese, you can always find the perfect pizza at Pizza Press.

4. The Got2go Pizza

The Got2go Pizza in San Jose is a great place to eat pizza. The restaurant is small and family-oriented. The menu is simple, but the food is delicious. The pizzas are cooked in a wood-fired oven, and the crusts are thin and crispy. The toppings are fresh and flavorful. The prices are rea-

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 sixmile alignment is planned to be constructed in a large diameter single-bore tunnel, with the remaining one mile at-grade rail.

sonable. The Got2go Pizza in San Jose is a great place to eat pizza.

3. Slice of Homage Pizza

Slice of Homage is a popular pizza spot in San Jose, California. The restaurant is known for its fresh, made-to-order pizzas and friendly staff. The menu features a wide variety of pizza toppings, including traditional options like pepperoni and cheese and more unusual choices like chicken Alfredo and barbecue sauce. Slice of Homage is a great option to eat pizza.

2. Slice of New York Pizza

Slice of New York Pizza prides itself on using only the freshest ingredients, and it

shows in the taste of the pizza. The dough is made fresh daily, and the sauce is a secret family recipe passed down for generations. The result is a pie that is truly unique and delicious.

1. Bibo's NY Pizza

Saving the best for last, Bibo's Pizza is so delicious and popular for its specialty pizzas, a build-your-pizza format. Customers can pick their ingredients, and pizzas are made to their taste. However, during peak hours, their wait time is as much as 60 minutes, and that's because of the influx of customers.



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Times Community News

Scam alert What to do if your

Facebook friend claims you're owed workers' comp

H ave you ever daydreamed about receiving a sudden windfall? You aren't alone, and scammers know it. In this new trick, scammers are using Face-

book 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 informationbRead BBB Tip: Sweepstakes, Lottery, andpPrize Scams. These scams use tactics similaridto this workers' comp con. Learn more waysbto protect yourself from scams at BBB.org/vSpotAScam.o

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 Feature



TENNIS TIPS The hourglass of tennis momentum

How You Gain and Lose it in the Match

By Ken DeHart

magine 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 over whelmed 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.

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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: kendehart@ aol.com; ken@alpinehills.us

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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 meets," 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-ofpocket 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 affordable 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 openminded about how we solve the problem," said Simitian. "We could subsize outpatient mental health care at nonprofit 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. Take advantage of our SPECIAL OFFER 888-996-4205

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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

canary 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 nonserialized 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 nonfatal 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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Times Feature

Opera

Continued from page 4

multi-cultural celebration. Director Brad Dalton, who was last seen with the company for its 2020 production of Il Trovatore, returns for this vibrant production, while internationally acclaimed conductor Viswa Subbaraman makes his company debut. **CINDERELLA**

Music and libretto by Alma Deutscher November 12 – 27, 2022

The season continues with the international conducting debut of prodigy composer/musician Alma Deutscher, who will take the podium for a lavish production of her landmark opera, Cinderella. In 2017, California Theatre audiences watched the sold-out American premiere of Cinderella by the then 13-year-old composer, in a production driven and supported by the Packard Humanities Institute (PHI). OSJ and PHI are thrilled to be joining forces once more to welcome Deutscher back, with the now 17-year-old taking the baton in this pivotal moment in her career. Based on the classic fairytale, this family-friendly work is reset at an opera company run by a scheming stepmother, in which the title character is a brilliant composer, laboring as a copyist. In this production, Cinderella is united with the prince not due to the fit of a glass slipper, but with the beginning of a melody only she knows how to continue.

FALSTAFF Music by Verdi, libretto by Boito February 11 – 26, 2023

Women take charge in Verdi's hilarious and beloved comedic masterpiece, Falstaff. Adapted from Shakespeare's The Merry Wives of Windsor and scenes from Henry IV, Parts 1 and 2, this rollicking production offers a joyful look at one of the Bard's most popular characters, the boisterous knight Sir John Falstaff, and his misadventures at the hands of four witty women. The classic production will feature notable role debuts by some of America's leading new voices. Stage direction is by Jose Maria Condemi, Director of Opera and Musical Theatre at the San Francisco Conservatory of Music, and OSJ Music Director Joseph Marcheso conducts.

TOSCA Music by Puccini, libretto by Illica and Giacosa April 15 - 30, 2023

The company's season concludes with a vivid production of Puccini's thriller Tosca. With breathtaking music and some of opera's most celebrated arias, the work follows the tragic story of a tempestuous opera singer and her artist lover, whose passionate involvement with a political prisoner has made them targets of the chief of the secret police. OSJ Music Director Joseph Marcheso leads this production alongside Tara Branham, OSJ's first Resident Director, who will make her exciting California Theatre debut.



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Water-saving ways for third summer of drought

By Linda J. LeZotte Valley Water Board Member Tith 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



Times Feature

Water District Linda J. LeZotte,

grams, including free water-efficient tools for your home along with rebates for irrigation equip-

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