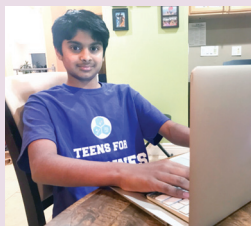


Almaden student co-signs letter to demand anti-AAPI Covid Hate Task Force **SEE PAGE 4**



Suspension suspended
San Jose attorney strikes down proposal to suspend rent, citing constitution
SEE PAGE 17

Almaden Swim and Racquet Club celebrating 50th year of fitness
SEE PAGE 8



APRIL 17 – APRIL 30, 2020 ■ VOL. 33, NO. 9

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TAX SEASON

Santa Clara County supervisors aim to make late taxes less taxing

Santa Clara County Board of Supervisors President Cindy Chavez and Supervisor Joe Simitian are proposing Santa Clara County waive the 10% penalty on property tax payments that were due Friday, April 10, but that are paid late due to the COVID pandemic.

The two Supervisors also propose to publicize Santa Clara County's option for partial payment of property taxes (a proposal initiated by Simitian three years ago), and want to direct County staff to identify other ways to make late payment penalties less onerous, including, potentially, a reduction in the interest charged on properties that fall into default.

The Board of Supervisors will consider the proposal at its regularly scheduled Board meeting on Tuesday, April 21. At that time, the Board will consider whether or not to direct County staff to waive the 10% penalty and \$20 fee for late payment of the second installment of property taxes which were due on April 10, 2020, as well as the other two items in the Simitian/Chavez proposal.

"We're in a crisis, and people are hurting," said Simitian. "Penalizing people who are doing the best they can during a difficult time makes no sense to me. So we're asking the Administration to simply waive the penalties and fees across the board, for all late payers, without requiring individual application, justification, or consideration."

Board President Cindy Chavez noted that, "Relief from penalties is particularly important for homeowners and small businesspeople whose livelihoods are uncertain – they need immediate relief."



THE COLORS OF NATURE

Painter **Margaret Murray** "explores in paint all the world has to offer."

AVCA event celebrates local artists

By **Lorraine Gabbert**
Senior Staff Writer

Local artists shared their works and inspirations last month at Almaden Valley Community Association's Artists' Open House.

Larry Allen, who is influenced by form, displayed a variety of photo collages, from a triptych of a tree's stark branches set against a dramatically colored sky, to a commemoration of the opening of San Jose International Airport's Terminal B, featuring its innovative architecture and influencers. Other works feature political figures and both gentle (a lush meadow) and striking (Yosemite's Half-Dome sheathed in snow and ice) landscapes.

"Art is a way to express yourself," Allen said.

Ceramic artist Karina Kudymova finds her creative vision in culture and history. She includes old traditions in her art experiments with clay, air, water and fire, using hard clay

See AVCA, page 15

Sheltering in place during the coronavirus

By **Lorraine Gabbert**
Senior Staff Writer

The coronavirus has upended everyone's lives, changing how people do business and spend their time.

On the one hand, it threatens people's health, well-being and financial security. On the other, it has brought people closer emotionally and allowed time for some of life's simple pleasures.

I checked in virtually with some Almaden residents to see how they've been affected by the coronavirus and how they're faring.

Councilmember Johnny Khamis

and his family appreciate having time to spend together. Between his Zoom meetings for city business and his wife, Juliana's, long-distance teaching, they take walks with their dog around the lake, work on puzzles and catch up on television series like "Parks and Recreation" and "Star Trek."

Juliana has mastered several new bread recipes and for Easter, they colored eggs with natural food coloring like onion peels, beets and hibiscus. Their children, Constantine and Alexander, enjoy video games when they're not



Almaden resident **Jim Johnson** and his wife, **Leisa**, feed the hungry through their non-profit food outreach. *Photo courtesy of Jim Johnson*

studying online. Constantine is also working at Five Guys.

Although he's enjoying time with his nuclear family, Khamis

feels the absence of his relatives. He is worried about his mom, who lives alone, and misses Monday

See SHELTERING, page 6

SEE OUR LISTINGS OF LOCAL REALTORS, CLASSIFIED ADVERTISING AND HOME IMPROVEMENT ADVERTISEMENTS INSIDE THE BACK COVER

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AAA Northern California insurance customers to receive refunds

AAA Northern California's auto policy customers will receive premium refunds reflecting fewer claims as a result of people driving less due to widespread stay-at-home orders.

Refunds totaling \$100 million will benefit insurance customers at AAA Northern California and other AAA clubs that partner with CSAA Insurance Group.

"AAA members have trusted our organization to do the right thing for more than 100 years," said Tim Condon, President and CEO of AAA Northern California, Nevada & Utah. "With many facing financial hardship during these challenging times, this refund is a natural step in serving our members when they need it most."

Customers with an active policy as of April 30 will receive a 20% refund for two months of auto premiums (refunds are available everywhere, except where prohibited by law). Customers do not need to take any action to receive their refund, and they can expect to receive it by May 31. The refund program will continue to be evaluated based on the length of shelter-in-place orders.

Grab and Go Breakfast and Lunch Meal Program expanded

San José Unified School District's Grab and Go Breakfast and Lunch Meal Program is expanding.

In an effort to make food more accessible and improve social distancing, SJUSD has significantly expanded pick up locations. Yellow SJUSD school buses will be visiting more than 30 different school sites Mon.-Fri. from 10:30-11:30 a.m. to distribute meals.

The meal program was initiated following widespread school closures across California last month prompting ongoing concerns about how children who rely on school lunch would get enough to eat.

Valley Currents

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

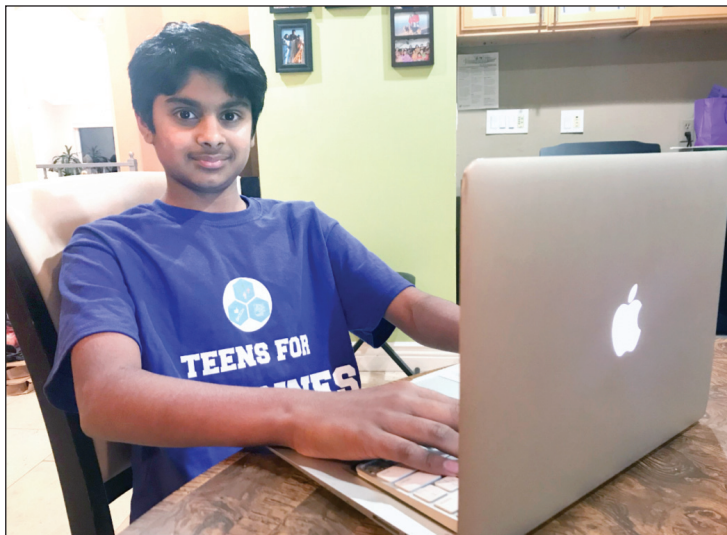
Almaden student co-signs OCA's letter to President Trump, FBI, and DOJ to demand anti-AAPI Covid Hate Task Force

As a number of news sources have reported the escalating hate crimes against Asian Americans, Arin Parsa of Almaden Valley has co-signed a petition letter from OCA (Asian Pacific American Advocates) (previously known as the Organization of Chinese Americans) joining nearly 190 eminent organizations to demand President Trump, Federal Bureau of Investigation (F.B.I.) and the Department of Justice (D.O.J.) set up an Anti-Asian Hate Task Force via Executive Order.

The letter also demands FBI to expand data collection on the crimes, and the DOJ to prioritize prosecutions against COVID-19 hate crimes with creation of AAPIO (Asian American Pacific Islander) Covid Hate Task Force. Arin is now working with OCA to raise awareness of the issue of school officials needing to be trained on hate crimes, in addition to helping affected teens on reddit and twitter communities.

Erin, a gifted seventh grader and a Davidson Young Scholar, has invested in teen health through his advocacy and entrepreneurial initiative, teens for vaccines.

Amidst the COVID-19 pandemic, anti-Asian hate worldwide has been rising. The FBI has warned of a surge in America with 1,100 incident reports filed within a span



of two weeks on the Stop Anti AAPIO Forum which was set up on March 18 by AP3CON (Asian Pacific Planning Council).

On March 14th, a 47-year-old father and his 10-year-old son were followed and attacked at a bus stop in Queens, NY. On the same day, an Asian American family was knifed by a teen while shopping in Midland, TX. In the San Fernando Valley, CA, a 16-year old Asian American boy was physically assaulted at school because he was accused of having the coronavirus. In light of these escalations, on March 23, OCA - Asian Pacific American Advocates, a national organization, demanded

action from President Trump to set up a Task Force via Executive Order, for the FBI to increase data collection, and for the DOJ to prioritize prosecutions against COVID-19 hate crimes

"I am honored to represent teen voices alongside 185 eminent organizations from various cultures and communities standing in solidarity against hate," Arin said. "I am now working with Maddie Schumacher, OCA's Senior Policy and Advocacy Associate, to uplift the message that school officials and training also need to be part of the solution."

Arin is the co-founder of TeenOpinions.org, a blog for teen voices,

and is using the platform to appeal to all communities to show solidarity and support in these difficult times. "It is my appeal to everyone out there, irrespective of the communities we belong to: Speak up in forums you are part of, acknowledge the rampant issue, and show support. Our joint voices matter in healing those impacted, in drowning out the hate, and in making authorities take swift action."

In addition to being an anti-hate crime advocate, Arin is deeply concerned about PPE shortages (Personal Protective Equipment) for health care staff and senior citizens, during the continuing pandemic. He is raising awareness for his teen friend, a Bellarmine Sophomore, Aditya Indla's GoFundMe campaign for 3D Print Face Masks assembled by MakerNexus, Bay Area. Arin's family is incredibly proud of his growth from a highly academic student with numerous national and international wins, to an empathic activist that believes in the power of change through democratic and entrepreneurial initiatives.

Arin can be reached either via Twitter @teensforvaxx or via TeenOpinions.org.

To read the entire letter to Trump, visit bit.ly/covidhatecrime

OP ED

California economy clobbered — for how long?

By Dan Walters
Calmatters

We've all seen slow motion video clips of horrific damage from head-on automobile collisions staged in auto safety testing facilities.

Something like that is happening to California's economy.

Until a few weeks ago, the globe's fifth largest economy was humming along with record-high output and record-low unemployment. Employers were begging for workers and state and local governments were enjoying revenue surges.

"California's unemployment rate remained

at its record low of 3.9% in February as the state's employers added 29,000 nonfarm payroll jobs," the state Employment Development Department reported.

"The job gains in February contributed to a record job expansion in California of 120 months, surpassing the long expansion of the 1960s," EDD added. "California has gained 3,425,700 jobs since the current expansion began in February 2010, accounting for 15% of the nation's 22,846,000 job gain over the same timeframe."

However, by March 27, the state's economy had already slammed into a brick wall called

coronavirus. Closures of "nonessential" businesses and stay-at-home directives to slow the spread of the virus very quickly eliminated at least 2 million jobs and tripled unemployment among the state's 19.5 million workers, with no end in sight. In a matter of days, those who lost their jobs filed 1.6 million new claims for unemployment insurance.

"We have taken a jump into unknown territory. Over the next few weeks, the number of workers laid off in California will reach unprecedented levels," said Taner Osman, research manager at Beacon Economics and the

See ECONOMY, page 9

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Times Community



A silver lining of sheltering in place for Councilmember **Johnny Khamis** was spending more time with his family.

Sheltering

Continued from page 1

night dinners with his sisters and their families.

Small businesses are another concern, as the longer shelter in place lasts, the harder it will be for them to get back on their feet, he said. In addition, the city relies on these businesses for tax revenues, which pay for services like police, fire, libraries and parks.

"What I do know is that this, too, shall pass," Khamis said, "and I am proud of how generous and cooperative our community has been through these challenging times."

Family time has also been the silver lining for Councilmember-elect Matt Mahan.

"Silvia and I have had to accept that we will not be as productive working from home with two little kids, but the upside has been lots of quality time together," Mahan said. "Nina and Luke are young enough (2 years and 4 months, respectively) that the pandemic has simply meant more time with mom and dad for them."

Cabin fever has set in for Nina, who spends half the day running up and down the hallway while reciting the alphabet and carrying on imaginary conversations with Winnie-

the-Pooh and Piglet. As a result, Mahan has taken to holding meetings from his garage and using the washing machine as his standing desk.

When he's taking a break from work, time at home has lent itself to gardening and Cuban cooking, which Mahan enjoys doing with his daughter. He has also found time for personal reflection.

"Under normal circumstances, I find it easy to fill up the day with meetings and calls, but the pandemic has given me room to read, think and write more," he said.

On the downside, Mahan said he feels a loss of connection with the community as he went from "knocking on a hundred doors and having dozens of face-to-face conversation" during his campaign each day to now trying to communicate via email and social media.

Mahan said he is also worried about his parents. Like many, he'd like to see them, but doesn't want to put them in any danger.

"It will be especially hard to spend this Easter without them," he said.

Another concern is the economy. Mahan said that a number of residents who recently lost their jobs reached out to him, expressing their fears. He is worried about them, as

well as the city's finances, and said there is going to be a hard, belt-tightening period to come, especially for the most vulnerable populations.

In "Joy at Work: Organizing Your Professional Life," Rice University professor Scott Sonenshein offers advice for working through sheltering at home.

Sonenshein recommends setting daily goals focused on mind (planning or making progress at work), body (taking a walk while speaking to a colleague on the phone) and soul (thanking someone who is supporting your efforts or checking in on a work friend). He offers the following tips:

- Practice gratitude: Appreciate what you have. Be thankful for being healthy and the opportunity to help during the crisis.

- Make human connection: Ask colleagues how they are doing. Give people an outlet

to share how they are coping. During times of severe stress, everyone can benefit from building quality relationships.

- Add a daily joy: Do something that no matter how the rest of your day goes, you have something joyful to look forward to. A moment of quiet reflection, a call to someone you care for deeply, or even a piece of chocolate.

- Positive meaning: Psychologists find that the brain pays more attention to bad news. End the day by identifying one thing you did that made a positive impact on someone.

Through their non-profit food outreach, Jim Johnson and his wife Leisa have stepped up to meet the increased demand for food donations as many people have lost income from their regularly paying jobs.

"It is painful to see families struggling to get food," Johnson said. "We are glad to help out and grateful for those who have helped us with gas money for picking up and deliv-



Matt Mahan and his family share in a tea party organized by their 2-year-old daughter, **Nina**.

ering food from Menlo Park to Gilroy." Monetary donations can be made online at: fishnetcareandshare.org.

Johnson said that he and Leisa both miss personal interactions with friends and people in their faith-based communities.

"Still, we choose to stay positive, expecting things will change for the better," he said.

For a change of scene, they take road trips and daily walks with their dogs on nearby country roads. They also catch up on projects, cleaning and organizing around the house.

Michael Lee, who is retired from working at HP Labs, used to run 3 to 4 miles a day on the Los Alamitos Creek Trail before the coronavirus hit. Now, he "avoids it like the plague" as it isn't 6-feet wide, opting for other less-trafficked routes.

Lee stopped shopping at Costco and the
See SHELTER, page 12



Leisa (pictured) and **Jim Johnson** run a food bank, which is especially needed now. *Photo courtesy of Jim Johnson.*



Councilmember Khamis' family colored Easter eggs with natural food coloring like onion peels, beets and hibiscus.



Jim Johnson (above) and his wife, **Leisa**, provide food for those in need through their non-profit.

Be well, stay safe and healthy.
All the best to you and your loved ones!

Jackie



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The club has 3 pools (lap pool w/diving well, baby pool and spa) and 6 tennis courts. Recently, ASRC has added a new fitness center as well as other improvements (new ten-



Families remarked how their kids grew up on swim team, lifeguarding, attending the holiday events and now as adults are par-

To celebrate the club's birthday, ASRC is planning a huge, 70's inspired 50th Birthday Bash this summer. It is expected that a dual celebration of ASRCs 50th birthday and the end of the COVID-19 pandemic. Both past



and present ASRC members can look forward to reconnecting face-to-face, enjoying a cocktail, and celebrating the club that has brought so much joy to so many over the years. For more details on how to become a part of this wonderful community, visit www.almadensrc.org or follow Almaden Swim and Racquet Club on Facebook: www.facebook.com/AlmadenSRC

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Times **Community****Economy***Continued from page 1*

UC-Riverside's School of Business Center for Economic Forecasting and Development. "The hope is that stimulus measures will ease the short-term pain felt by workers, and that containment efforts will enable the economy to return to something like full capacity as the summer proceeds."

Californians and their state and local governments are receiving billions of dollars from federal "stimulus measures," but in what had been a \$2.6 trillion economy, that will ease overall effects only slightly.

The economic jolt hits those on the lower rungs of the economic ladder most heavily, especially low-income workers in highly impacted service sectors such as restaurants, hotels and retail stores. And even those who still work in "essential" sectors feel the collateral effects.

"Grocery store cashiers, store clerks, farmworkers, and delivery and truck drivers make up sizeable shares of the essential workforce," the Public Policy Institute of California says. "Given the low hourly wage rates for these workers, some may face hardships in caring for children or family members with schools and care facilities shuttered."

No one knows, of course, how long California's economy will be crippled. Gov. Gavin Newsom and most Californians clearly believe that the battle to save lives is worth the economic damage, a belief bolstered by complex calculations from Joe Nation, a former state assemblyman who now teaches at Stanford University.

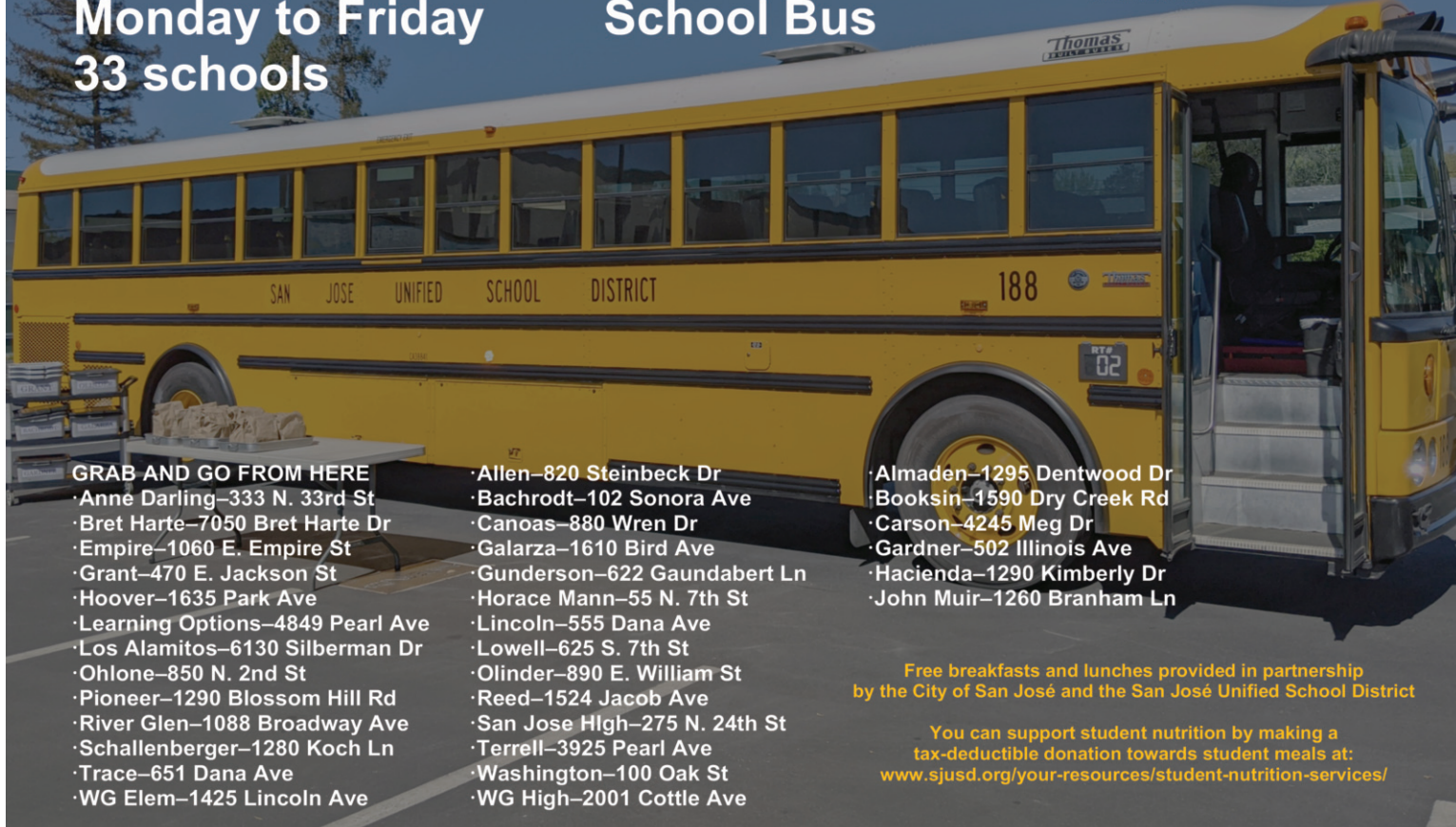
"Stay-at-home provides minimum net benefits to the state of \$77 billion under the most conservative assumptions," Nation concluded in an Op-Ed for CalMatters. "... In short, ... the 'cure,' a stay-at-home policy, results in an economic benefit. Under best-estimate assumptions, the net economic benefit climbs to \$4.9 trillion, an amount equal to nearly 18 months of economic output for the entire state."

"The sooner other elected officials recognize that the cure is not worse than the problem and follow the lead of California and 25 other states with stay-at-home policies, the greater the economic benefit, the higher the number of lives saved and the faster the economy will return to normal," he added.

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Times **Community News**

Smuin dancer **Cassidy Isaacson** teaches "Beginning/Intermediate Jazz & Contemporary," part of Smuin's virtual dance classes.

Dance at home with Smuin's virtual dance classes

Pay-what-you-can drop-in lessons for all levels and styles

As Shelter-in-Place continues, Smuin Contemporary Ballet offers aspiring, retired, and professional dancers the chance of a lifetime to dance along with the company's world-class artists and instructors in the comfort of their own home.

An exciting new way to stay in shape at home, Smuin's Virtual Classes provide dancers of all levels—beginner, interme-

diate, and advanced—the opportunity to participate in Zoom-based drop-in lessons covering styles from ballet, to contemporary, to hip-hop.

All classes are "pay what you can," and students are welcomed to register for one class, sample a variety of styles, or enroll for a series of classes. Smuin's Virtual Classes are offered through Sunday, May 3

For more information or to register visit: bit.ly/smuinclasses.

Atria Almaden giving back to first responders

Atria Almaden showed their gratitude to first responders during an event at BLVD Coffee on Meridian in the Lucky's shopping center on April 9.

The first responders who attended the event were grateful and showed their appreciation for the specialty coffee and tasty pastries, according to Mia Burnham, Community Sales Director for Atria Almaden.

"We want to recognize firemen, police officers and hospital workers and thank each of them for their service, especially during this time," Burnham said. "We're proud to be part of such a strong community with devoted people serving our neighborhoods."

Atria Almaden, on the corner of Branham and Almaden, is under construction and is scheduled to open fall 2020. The new, modern community includes 200 apartments offering senior living and memory care. Atria Almaden is now preleasing with flexible leases.

For more information about Atria Almaden, stop by the leasing center at 4610 Almaden Expressway or contact Executive Director Paul Sheppard at 669.221.2365.

Free online tutoring and classes from Evergreen Initiative

By **Steven Luo**

Evergreen initiative CEO

The Evergreen Initiative is launching free online tutoring and summer classes for K-12 students! With the current public health cri-

sis, this is a great opportunity for students to learn from home, especially now that traditional help and support services are not always available.

The Evergreen Initiative is a student-run 501(c)(3) nonprofit organization based in Evergreen, San Jose. Founded in 2018, we've been to various community events and organized many community service projects, including our annual School Supply Drive.

Earlier this year, organization held an "Introduction to Speech and Debate" program at the Evergreen Branch Library, and plans were already in place for the expansion of class offerings for the summer. After schools started closing and the shelter-in-place order took effect, Evergreen Initiative realized students around the Bay Area could benefit from online programs and tutoring taught by high schoolers with extra time on their hands, and the organization began to turn their ideas for online support into a reality.

There is now a team of highly qualified high school student tutors and teachers that offer support in many subjects, including: all K-8 subjects, History, Math (including AP), English, Biology, Physics, Chinese, and more. In the summer, we will offer classes ranging from Creative Writing, to Speech and Debate, and even Competitive Math!

If you or someone you know is interested in signing up for our free programs or want to be a volunteer tutor, please contact us and visit our website.

You can reach The Evergreen Initiative by email at evergreeninitiative.sj@gmail.com or on their website at evergreeninitiative.weebly.com. To sign up for free tutoring, visit bit.ly/Eltutoring.



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Times Community News

Coping with Stress During COVID-19



✓ TAKE BREAKS



✓ FOCUS ON YOUR HOBBIES

✓ EXERCISE REGULARLY



✓ CALL FRIENDS AND FAMILY

✓ GET PLENTY OF SLEEP

✓ CHOOSE HEALTHY FOODS



Feeling Anxious? Lonely? Scared? There's help.

24/7 Santa Clara County Behavioral Health Services Call Center: (800) 704-0900
24/7 Suicide and Crisis Hotline: (855) 278-4204
Crisis Text Line: Text RENEW to 741741

Shelter

Continued from page 6
farmer's market, which he greatly enjoyed doing, and has no intention of rescheduling his cancelled cruise or traveling in the future, other than virtually.

"This whole thing is dangerous," Lee said. "At my age I can't afford to get sick. I'm staying home and not going anywhere."

Although he misses having dinner with his grown children, Lee plans to avoid people until a vaccine to COVID-19 is found. He has increased his take-out food orders, supporting small businesses like Lin Garden and Lee's Village. Lacking fresh vegetables, he is considering growing a Victory Garden.

"If I had seeds, I could be growing zucchinis every day," Lee said.

Betty Mitchell is cherishing the gift of family time spent going for walks, playing games and doing jigsaw puzzles with her husband and two daughters.

"It is especially sweet now that the kids are adults and we know they won't be here at home that much longer," Mitchell said.

The coronavirus resulted in one daughter's college classes being online and a hands-on independent study lab being postponed. She may also miss out on a stipend she had been awarded to work in Germany this summer. Her other daughter lost her part-time job and likely her chance at a summer internship on the East Coast.

Mitchell said that she is in the kitchen a lot more since the family is now eating all of their meals at home. The dishwasher is run twice as often, and they run out of groceries sooner.

"I have to walk that line between getting in and out of the grocery store quickly but going more often, with going less often but being in there longer," she said.

For Malinda Macdonald and her husband, Paul, working from home isn't unusual. Their daughter, Kayleigh, was laid off from a startup business in Southern California, but their daughter, Heather, who works with autistic children in Colorado, is still working.

The family keeps busy with board games, poker, jigsaw puzzles and taking walks. Macdonald is sad they won't be able to celebrate Easter with their extended family.

"We are in a routine now, and are spirits are good," she said. "It seems like a new normal. We are fortunate since we don't have to worry about money or food. I am counting my many blessings."

"It is especially sweet now that the kids are adults and we know they won't be here at home that much longer," Mitchell said.



World Health Organization

Public Service Announcement

Google



DO THE FIVE

Help stop coronavirus

- 1 **HANDS** Wash them often
- 2 **ELBOW** Cough into it
- 3 **FACE** Don't touch it
- 4 **FEET** Stay more than 6 ft (2m) apart
- 5 **FEEL** sick? Stay home

General public health information

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Questions? Call 408.535.4910

Times **Community News****Small businesses offered aid by the City of San Jose**By **Johnny Khamis**
City Councilmember

In my continuous effort to keep District 10 residents updated regarding aid during this time, I am including the information below that was recently sent to every business owner who has a business license in San Jose by the City of San Jose Office of Economic Development (SJOED) regarding the Federal CARES Act. Please see this timely and helpful information below.

Additionally, SJOED hosted an online workshop Thursday, April 9 to help assist small businesses with issues like Payroll Tax Relief, Paycheck Protection Program and other tools.

Please reach out to our Team of Business Professionals in the SJOED sending a direct email to COVID19SJBUSINESS@sanjoseca.gov to facilitate assisting businesses in San Jose during this time. Our teams of professionals are available to help businesses, please do not hesitate to reach out.

Summary of CARES Act Assistance for Businesses, Non-Profits, Employees and Self Employed Individuals

Dear Business Owner, Manager, Representative:

The recently passed Federal CARES Act has many programs to help local businesses, non-profits, employees, and self-employed individuals. The City of San Jose's SUMMARY OF CARES ACT gathers these programs into one document so that you can easily identify which will help you most.

La Ley Federal CARES recientemente a aprobado muchos programas para apoyar a los negocios locales, organizaciones sin fines de lucro, empleados y personas que trabajan por cuenta propia. El documento RESUMEN DEL APOYO EMPRE-

SARIAL DE LAS DISPOSICIONES DE LA LEY CARES de la Ciudad de San José coloca estos programas en un solo lugar para que puedan encontrarlo fácilmente.

Đạo luật CARES vừa thông qua sẽ mang đến các chương trình hỗ trợ cho doanh nghiệp địa phương, các tổ chức phi lợi nhuận, hỗ trợ dành cho nhân viên, và cá nhân tự làm chủ. Quý vị vui lòng tìm hiểu thêm tài liệu TÓM TẮT VỀ CHƯƠNG TRÌNH CARES của thành phố San Jose.

The City of San Jose wants you and your employees to have important information about the COVID-19 pandemic and is sending this email to the emergency con-

tact address that you gave the City when your business registered in the San Jose tax system. If you would like to receive these notices at an additional address you can subscribe to one or more of the following distributions:

BusinessOwnerSpace.com Notices – Small businesses can keep informed about workshops and other services offered by over 30 small business assistance organization programs through this subscription.

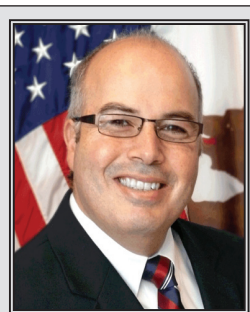
SJ Economy Notices – The City of San Jose Office of Economic Development sends out a regular notice about issues of interest to San Jose businesses

City of San Jose COVID-19 Flash Reports – Updates and announcements from the City of San Jose about COVID-19 are distributed in the morning and late afternoon to subscribers.

Past distributions about COVID-19 can be found at www.sanjoseca.gov/news-stories/news/emergency-notifications

With best wishes for your health and the success of your business,

– Office of Economic Development Team

**District 10 Report**Johnny Khamis,
City Councilmember**Our shelter in place effort is working; let's keep up the good work!**By **Supervisor Dave Cortese**
Special to the Times

As we continue to follow Shelter in Place guidelines to protect ourselves and others from COVID-19, we are asking ourselves, "Is this working?" and "How much longer will we need to follow the guidelines?"

Dr. Sara Cody, the County's Health Officer, answered the first question during a presentation to the Board of Supervisors meeting on April 7. The statistics that Dr. Cody shared with us show that, yes, it's working.

The charts that she shared with us showed projections of the number of cases that would have been expected if we

hadn't taken any shelter in place measures. The projection is 50,000 cases by May 1, and we are currently at 1,380. Of course, these are estimates, but they are based on the growth we've seen since February 9 when we had just nine cases.

Another trend is the rate of cases doubling, which also has slowed down. In early March, the cases were doubling every three days. Now, that rate for the number of cases doubling is about every two weeks.

These trends are very positive and are the result of our following the shelter in place guidelines by staying at home, only going out when necessary, wearing masks

**County Report**By **Dave Cortese**
Supervisor

See CORTESE, page 15

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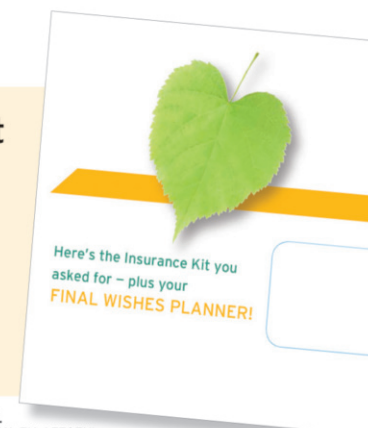
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Family-Friendly Ways to Rethink Favorite Recipes

FAMILY FEATURES

Freshen up family dinners by adding new ingredients like pecans, with natural richness and subtle sweetness coupled with irresistible crunch.

Kitchen staples are being used to add twists to traditional dishes, so finding an item you can use to mix up classic family recipes is key. Pecans pack flavor, texture and nutrition all in one bite, and they have a long shelf life. Shelled pecans can be kept in airtight containers in the refrigerator for about nine months and for up to two years in sealed plastic bags in the freezer.

While pecans are beloved in classic desserts, like pecan pie, they also offer a variety of nutrition benefits that can be added to nearly any meal. They are among the highest in “good” monounsaturated fats, contain 3 grams of plant protein per serving and are a source of fiber, flavonoids and minerals like manganese, which is essential for metabolism and bone health.

Nearly two decades of research document the heart-health benefits of pecans. In fact, according to the U.S. Food and Drug Administration, scientific evidence suggests but does not prove that eating 1 1/2 ounces per day of most nuts, such as pecans, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of pecans (28 grams) has 18 grams of unsaturated fat and only 2 grams of saturated fat.

Add crunch to this Chinese Chicken Salad with Pecans by swapping out croutons, use chopped pecans as a flavorful and nutrient-dense coating for Pecan Chicken Meatballs and bake this Pecan Banana Bread as a nutritious and kid-friendly breakfast or snack to fill your home with a delicious scent.

Discover more nutritious recipes at AmericanPecan.com.

Pecan Chicken Meatballs

Prep time: 10 minutes
Cook time: 30 minutes
Yield: 9 meatballs

- 1 pound ground chicken
- 1/4 cup spinach, chopped
- 1 tablespoon fresh lemon juice
- 1 egg
- 1 teaspoon minced garlic
- 1/4 teaspoon onion powder
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon cayenne pepper (optional)
- 1 cup finely chopped fresh pecan pieces, divided

Heat oven to 400 F. Line baking sheet with parchment paper.

In large bowl, mix ground chicken, spinach, lemon juice, egg, garlic, onion powder, paprika, salt, pepper, cayenne (if desired) and 1/2 cup pecans until well combined.

Roll chicken mixture into 1 tablespoon-sized meatballs.

Place reserved pecans in bowl. Roll meatballs in pecans to coat then place on prepared baking sheet.

Bake 20-30 minutes until meatballs are cooked through.

Serve warm with sauces for dipping or over pasta.



Pecan Chicken Meatballs



Pecan Banana Bread

Prep time: 15 minutes
Cook time: 60 minutes
Servings: 8

- 10 ounces gluten-free baking flour mix
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon sea salt
- 2 flax eggs
- 1 cup organic brown or coconut sugar
- 1/2 cup coconut oil
- 1/2 vanilla bean
- 1/2 cup vegan yogurt
- 3/4 cup mashed bananas, ripe
- 1 cup raw pecan pieces, chopped, plus additional for topping

Heat oven to 350 F. Prepare 9-by-5-inch banana bread pan.

In medium bowl, sift flour mix, baking powder, baking soda and sea salt; whisk to combine.

In mixer bowl, mix eggs, sugar and coconut oil 2 minutes on medium-low speed.

Scrape vanilla bean and add to mixture. Add vegan yogurt and mashed bananas; mix 2 minutes on medium-low speed.

Remove bowl from mixer and fold 1 cup raw pecan pieces into batter until evenly distributed.

Add batter to banana bread pan and use spatula to smooth down top. Sprinkle additional pecan pieces on top.

Bake banana bread on top rack 60 minutes until toothpick comes out with few crumbs but not completely clean.

Remove from oven and allow to cool 10 minutes in pan. Hold sides of pan and flip onto wire rack.

Allow bread to cool completely. Slice as desired.

Times **Community News**Photo collage artist **Larry Allen** creates innovative pieces capturing moments in time.**AVCA***Continued from page 1*

to portray strength and power and more supple clay to exude grace and elegance. Among her powerful sculptures are a sharply angled bird of prey reminiscent of Horus or the Sphinx, a woman in anguish and upraised arms culminating in tightly clasped hands. Although many of her works contain an element of the natural world, Kudymova said that individuals may find their own meaning in her pieces.

Joie McClements “celebrates joy and inspires hope” in her self-portraits, floral and religious designs. A retired art teacher, her work took a dramatic turn a year-and-a-half ago when she decided to speak her truth, revealing her feelings of shame and low self-esteem. McClements said the process of sharing her deepest emotions brought her a sense of value and immense healing. In her painting “The Choice,” a self-portrait with spiritual overtones, she chose love and happiness rather than darkness.

“When you’re honest and open,” McClements said, “you find a lot of people have the same story. Mine just happens to

be in my artwork.”

Art teacher Margaret Murray expresses the beauty of nature in her oil, acrylic and watercolor landscapes. Her paintings range from depicting the woods of Lassen Park to Yosemite’s majestic mountains. In one work, dreamy blue mountains with verdant evergreens at their base are reflected in a placid pond, with trees crowned in yellow foliage in the foreground. Murray said she “explores in paint all the world has to offer,” spending from 3 to 20 hours on each piece.

To painter Sonia Sawhney, “art is nourishment for the soul.” She uses bold colors, textures and embellishments to enhance her creations and share her passion. Her art is an exploration of mood, color and emotion. Sawhney said she is inspired by nature and keeps her eyes open to ideas while walking outside. After picking up a maple leaf, she imprinted it into her work. In another, gleaming sands shimmer from her imagination.

“All you need to understand art is an open mind and a big imagination,” Sawhney said. “Abstract art is open to interpretation and that’s one of the most beautiful things about it...enter the painting and see where it takes you.”

Cortese*Continued from page 14*

when we’re around others and quarantining ourselves when we do not feel well.

But don’t think for a minute that it is time to relax our shelter in place measures. Dr. Cody says we still haven’t reached a peak in cases and the numbers would surely rise if we don’t follow the guidelines. So, keep up the good work.

How long will shelter in place last? That question is harder to answer.

Dr. Cody says public health officials would need to reach four targets before moving beyond the shelter in place phase:

- Our hospitals would have the capacity to treat everyone who needs care.
- We would have the ability to test broadly.
- We would be able to carefully investigate every case.
- And we would see a sustained reduction in cases for at least two weeks.

We’re not there yet, but we have seen

encouraging signs. In the words of Dr. Cody, “There is a lot of uncertainty. We need to get comfortable with uncertainty. We’re in it for the long haul.”

To keep up with daily and accurate information provided by the Public Health Department on COVID-19, please visit sccphd.org/coronavirus.

The County has also called for a local inventory of personal protective equipment for health care workers and ventilators to prepare for a surge of cases. If you are an individual or business with a large quantity of gloves, N95 masks, safety goggles, hand sanitizer containers and any kind of ventilator, please visit sccphd.org/cv19ppe.

Thank you for uniting as a community to face this enormous public health challenge. I am very proud of the County’s response and the response of residents to this crisis. You are following the shelter in place guidelines, showing compassion to others and donating generously to coronavirus relief funds.

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Taiwanese American Chamber donates 10,000 masks to VMC Foundation

The Taiwanese American Chamber of Commerce in Northern California has donated 10,000 protective masks to local health care workers.

The donation was made through Supervisor Dave Cortese's Office to the Valley Medical Center Foundation.

The masks arrived at Valley Medical Center on April 8 as a gift from the organization's President Christine Yu and Vice President David Huang.

On Tuesday, April 7, the Board of Supervisors approved Supervisor Cortese's request for heightened measures to protect frontline healthcare workers from being exposed and later transmitting COVID-19 to patients.



Op Ed Senior Living Struck Hard

By **Marcel Gemme**
Special to the Times

There's so much news about COVID-19 that it can be easy to get overwhelmed and overlook our highest-risk population, the elderly. We know at this point that the virus is especially deadly for those over 65, with up to 80% of deaths being within that age group. But many people don't realize that many people who fall within this demographic are currently living in group settings such as nursing homes, assisted living facilities, and retirement communities.

These stories often get buried within the headlines, but many senior living communities were struck hard. In some cases, as many as 16 people have been infected in one facility, with several people dying. This is because communal settings such as these are the antithesis of CDC recommendations for social distancing and isolation measures. But unfortunately, many of these people have no other place to go.

To say that we were ill-prepared for a pandemic of this nature is an understatement. Knowing what we know about infectious diseases, measures, and preparations for this scenario should've been in place a long time ago. Now that it has hit, it's impossible to dissolve facilities such as these, prisons,

See OP ED, next page

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Times **Community News**

San Jose City attorney strikes down proposal to suspend rent, citing constitutional concerns

A proposal by two San Jose Council members to suspend rent for three months during the coronavirus has been struck down by San Jose's attorney at a virtual City Council meeting last week over concerns the policy violated the Constitution.

City Attorney Rick Doyle said the city would be on the hook for the forgiven rent amounts, if it approves the proposal. Otherwise, he said, "it's equivalent to taking someone's property away."

"The concern here, in my view, is significant because there are a lot of properties and a lot of dollars at stake that the city could be on the hook," Doyle said. The Constitution also prohibits the government from interfering or "substantially impairing the obligation of a contract between private par-

ties," he added.

Councilmember Johnny Khamis said the process, which bypassed the council's Rules Committee, wasted people's time and "riled up the emotions of the public for nothing" after droves of residents called into the meeting to voice their concerns. This is why we got into trouble to begin with — if it went through the Rules process, we could have hammered it out and found out that it was a constitutional violation," he said. "All of us should be voting no."

Instead of a suspension, Councilmember Raul Peralez, one of the two lawmakers to first propose the policy, suggested the council next week discuss a rent freeze and define how a landlord receiving financial relief could pass that onto a tenant.

Op Ed

Continued

shelters, and treatment centers or do anything to make them less susceptible. These facilities are a double-edged sword, due to their exclusivity and isolation.

Fortunately, the same factors that make them susceptible can also be an advantage when it comes to prevention. Many facilities

have gates, or staff assigned to prevent people from just coming and going. These should be used to make sure the virus isn't brought in, which includes residents leaving and coming back in. Ill-prepared facilities should utilize this infrastructure to turn the tide on any COVID-19. As the virus progresses, maintaining healthy protocols is essential to keeping residents safe.



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Times Feature



Talking to kids about coronavirus can be challenging, but experts share best practices. From right, health screener **Braden Chinn** checks the hearing of 5-year-old **Hazel L.** as part of the Healthy Kids Foundation's free screenings for students in the South Bay. *Photo by Katie Lauer*

San Jose: How to talk to your kids about the coronavirus

By Lorraine Gabbert

Article courtesy of San José Spotlight

In a TikTok video, toddlers wearing pajamas sing, “We’re in quarantine. Yes, we’re in quarantine. Germs go away! Germs go away!”

Although adorable, the video exemplifies that even kids are processing the effects of the coronavirus, also known as COVID-19, especially as they’re cooped up at home with a barrage of information surrounding them.

Some young children refer to the infectious respiratory disease as a “sickness that affects old people,” “sends people to the hospital,” and “is making us stay at home,” said Karina Tamayo, a San Jose licensed marriage and family therapist. Older children associate coronavirus with fear, panic, death, frequent hand washing, and social distancing, she said.

The question is, how do we talk to kids about it?

“It’s like sex,” said Dr. Rebecca Jedel, who has a practice in San Jose. “Talk about it early, often and organically.”

Don’t wait for kids to come to you and make talking about the coronavirus a regular daily conversation, she added. “Just like sex, you don’t want the media to be their education,” Jedel said, “particularly with the teens. You want to be the source and the mediator of their information.”

The highly-infectious disease has taken root in Silicon Valley, one of the hotspots in the country for the most coronavirus cases and deaths. As of Tuesday, county public health officials said 30 people have died and another 890 have tested positive for COVID-19.

San Jose city officials ruffled feathers this week by saying up to 2,000 people could die in a matter of months if nothing is done. Top county leaders disputed those figures, but acknowledged 5,000 to 10,000 more people could become sick.

Children are often bombarded by these messages. That’s why Dr. Andrea J. Ancha, Psy.D, who has offices in Campbell and Florida, suggests asking kids what they know and want to know about COVID-19.

“Leaving kids in the dark may make them worry more and foster confusion,” she said.

To reduce anxiety, Ancha recommends parents remain calm and reassuring while talking about COVID-19. She tells her patients

that being sick with COVID-19 are like having the flu and can lead to a fever, cough or a hard time taking deep breaths. Taking her cue from the Centers for Disease Control and Prevention, Ancha said it’s OK to tell kids that the disease has made a lot of people sick, but scientists and doctors think most people will recover.

The CDC says to allay children’s anxiety by telling them that even if they do get sick, it doesn’t mean they have COVID-19, as many kinds of germs can lead to illness. Ancha says it’s OK to admit not knowing something.

“Say, ‘Doctors and medical experts are working really hard to figure that out and mom and dad will let you know,’” she said. “It’s more important that they feel they can come to you and seek comfort, rather than your having all the answers.”

Parents can use this as a learning opportunity with their children by looking up information on CDC’s website together.

Children’s fears and concerns often revolve around their health and the health of their loved ones. They have posed tough questions like, “Are we going to get sick?” and asked whether someone they know and love may die, Tamayo said.

Common misconceptions children have shared with her include young children believing that everyone who gets coronavirus will die, only older people can get sick, and this will never end. Teens think since they’re young and healthy, they shouldn’t have to shelter in place.

“If a child has a fear about how the coronavirus is going to affect grandma and grandpa,” said Dr. Ashanti Woods, MD., FAAP, in the Guardian, “a parent should be honest.”

Woods suggests empowering them by saying that they can help by washing their hands, using a tissue or having FaceTime visits with their grandparents.

It’s helpful to avoid feelings of helplessness by singing words like “we are participating,” and “we are choosing,” when referring to the shelter-in-place orders. This creates a feeling of control.

When talking to kids about a deadly pandemic like the coronavirus, the World Health Organization says it’s important to be supportive, listen to their concerns, and give children extra love and attention.

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Home prices in Bay Area surged before virus outbreak

Core Silicon Valley counties saw median costs jump in February

The median sale price of a single family home in the Bay Area grew 2.5 percent in February just prior to the COVID-19 outbreak compared to the previous year.

Home prices in Santa Clara County increased 4.7 percent, according to Zillow. The median sale price across seven Bay Area counties was \$888,100.

Rising home prices reflected low inventory and a return of strong buyer demand.

The boost in sale prices also benefited from near-record low interest rates in the first few months of 2020, with the current rate for a 30-year fixed mortgage at 3.3 percent, according to Freddie Mac.

Now, with high unemployment, declines in the stock market and personal wealth real estate sales are cooling which has shocked home seekers and realtors alike.

Agencies take extra precautions to keep the water supply safe by monitoring workers

As the coronavirus pandemic spreads, water agencies across the Bay Area are taking unprecedented steps to keep the water safe.

The main goal of all water districts is preventing workers who run the drinking water treatment plants from getting sick and contaminating the water.

"This event is unique," said Alexander Gordon, emergency services and security manager for the Santa Clara Valley Water District, which provides drinking water to 2 mil-

lion people in and around San Jose. You have an emergency where people are the problem, in terms of passing potential infection."

Many water districts are initiating contingency plans to instruct workers to live on-site at their job site to assure they do not come into contact with anyone except each other.

In San Diego County, 10 employees are currently living in rented RVs at the massive ocean desalination plant in Carlsbad.

Report: States with the most affected small businesses due to coronavirus

With 35 percent of small business owners saying their business cannot survive more than three months in current conditions, WalletHub today released its report on the States with the Most Affected Small Businesses due to Coronavirus, along with accompanying videos.

To identify the states in which businesses are hit hardest by COVID-19, WalletHub compared the 50 states and the District of Columbia across 12 key metrics. Our data set ranges from the share of small businesses operating in highly affected industries to small-business credit conditions and the state's small-business friendliness. Below, you can see highlights from WalletHub's report and a Q&A with WalletHub analysts.

COVID-19 Impact on Small Business in California (1=Most Affected, 25=Avg.):

- 26th – Share of Small Businesses Operating in High-Risk Industries
- 25th – Share of Small-Business Employees Operating in High-Risk Industries Among Total Small-Business Employees
- 44th – Share of Consumer Expenditures Related to High-Risk Industries
- 27th – Share of Businesses with E-commerce Sales Activity

- 46th – Business Vitality
- 42nd – Average Annual Federal Small-Business Funding per GDP
- 21st – Small-Business Credit Conditions
- 3rd – Total Amount of Small-Business Loans per Small-Business Employee

To view the full report and your state's rank, visit: wallethub.com/edu/states-with-the-most-affected-small-businesses-due-to-coronavirus/72977

Q&A with WalletHub
Why are Hawaii's businesses most affected by the coronavirus pandemic?

"Some of the major reasons why Hawaii's small businesses are most affected by the coronavirus pandemic are that over half of them are in highly affected industries, and those businesses comprise 58 percent of all small-business employment," said Jill Gonzalez, WalletHub analyst. "Another key reason is that even prior to the coronavirus epidemic, new businesses in Hawaii had one of the lowest survival rates in the country."

How have small businesses in New York been affected, considering that the state has the most COVID-19 cases?

"New York's small businesses are the 30th most affected by coronavirus," said Jill Gonzalez, WalletHub analyst. "Over 43 percent of small business employees in New York work in highly affected industries, and only a small fraction of New York merchants conducted business online before the pandemic. Just consider the tens of thousands of restaurants and corner stores that operate in New York City alone. WalletHub also rated New York state as one of the least small-business friendly states in the nation."

How can business owners best take advantage of the stimulus?

"One big way that business owners can take advantage of the stimulus is to apply for the Paycheck Protection Program, which allows businesses with 500 or fewer employees to take out loans that will help them keep employees on the payroll or even hire more. The best part is that up to 100% of these loans

may be forgiven," said Jill Gonzalez, WalletHub analyst. "However, businesses should be proactive, as loans are offered on a first come, first served basis. In addition, it's important to make sure that your business qualifies, as there are different stipulations from different banks."

Lawmakers brace for economic downturn due to coronavirus

Will the shelter in place mandate last longer than expected and hurtle Silicon Valley toward a recession as the coronavirus pandemic wreaks havoc both here and across the globe?

San Jose City officials are now bracing for an impending downturn, but they're not sure exactly how long it will last or how deep the slump will run.

"There are no models that we can really use at the moment to accurately forecast where we're going," San Jose Budget Director Jim Shannon said during last week's virtual City Council meeting.

The city's 2020-21 budget outlook has changed over the past couple of months and Shannon believes when the shelter in place is finally lifted, the local economy will most likely be slow to recover.

City officials estimate a \$45 million decline in revenue for the fiscal year that ends in June and \$65 million decline for the 2020-21 budget cycle. Sales tax is expected to take a dramatic dip totaling \$41 million.

The city has enacted a few measures in preparedness of the decline in revenue, including a hiring freeze and the suspension of planned capital projects.

Mayor Liccardo said he wants to hear from city employees by calling for them to submit their ideas on how to deal with "budget reductions, revenue increases and cost savings."

Coronavirus expected to become No. 1 leading cause of death in America in April

As Americans debate the deadliness of Coronavirus and how we must respond, a new study and daily tracker launched recently shows Coronavirus is expected to become the No. 1 leading cause of death in America in April.

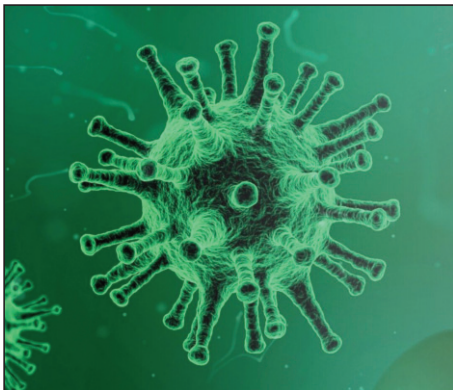
It is also projected to be either the 7th or 16th deadliest event in American history including pandemics, wars, influenza and other leading causes of death.

AssistedLivingFacilities.org today launched a daily tracker on Coronavirus Versus Other Causes of Death using White House projections from March 31 and data from the CDC.

The numbers in the study will be updated daily for media to reference in their reporting and for the American people to monitor.

Here are a few key findings today and these numbers will be updated daily:

- On April 1: COVID-19 was the 3rd leading cause of death (954). Heart disease (1,774) and cancer (1,641) were 1 and 2. It is projected to become No. 1 during peak days in April.
- Since March 1: COVID-19 is the 9th leading cause of death in America (4,700) behind heart disease, cancer, accidents, Bronchi-



tis, stroke, Alzheimer's, diabetes and influenza.

Deadliest events in U.S. history:

1. Civil War: 750,000 deaths (1861-1865)
2. HIV/AIDS: 700,000 (1981 to present)
3. H1N1 / Spanish Flu: 675,000 (1918)
4. Heart disease: 647,457 (2017)
5. Cancer: 599,108 (2017)
6. World War II: 405,000 (1941-1945)
7. **COVID-19: 240,000 (Upper White House estimate from March 31)**
8. Accidents: 169,936 (2017)
9. Bronchitis, emphysema, asthma (CLRD):

- 160,201 (2017)
10. Stroke 146,383 (2017)
11. Yellow fever: 125,000 (1600s-early 1900s)
12. Alzheimer's: 121,404 (2017)

13. World War I: 116,000 (1917-1918)
14. H2N2 / Asian flu: 116,000 (1957-1958)
15. H3N2 / Avian flu: 100,000 (1968)
16. **COVID-19: 100,000 (Lower White House estimate from March 31)**

Dental emergencies do not belong in the ER

There is an increasingly alarming trend that is occurring with dental emergencies showing up in hospital emergency rooms.

With many dental offices closed for care nationally, more and more patients with dental emergencies are unfortunately heading to already overwhelmed ERs.

But the fact is that these facilities are not equipped to perform dentistry and the most a dental patient can hope to receive at the ER or urgent care are prescriptions for pain management and antibiotics.

"It's important to educate the public not to burden ERs with dental cases they can't treat," said Dr. Robert Crim, Chief Dental Officer at Smile Brands Inc. "We want to educate people nationally to the right course of action in a dental emergency. Our offices are partnering with local hospitals to make sure we can accommodate their emergency dental cases during this crisis."

With many dental practices closed down due to the current crisis, some patients are having a difficult time finding an available provider. However, your dentist should have a referral emergency number available if they are no longer seeing patients.

CAREER COLUMN

Working from home sounded like a dream?

By Angela Copeland
Special to the Times

Working from home always sounded like a dream. It was this amazing concept that you heard about on TV that people in California did. You always wished you could try for a few days a week.

I guess this is what they mean when they say, "be careful what you wish for." Here we are working from home, playing from home, schooling from home, and everything else-ing from home. At least there's no commute. But, working from home isn't as great when it's not a choice.

But, let's try to make the best of it. We may be here for a while. So, what can you do to effectively work at home?

For starters, find a space that you can designate for work. If you're lucky, you may have an office or an extra bedroom. Or, you may want to designate a space like your dining room table. If you have a house with a garage, you may even want to temporarily turn your garage into an office. This is the time to get creative.

Once you've found your space, set it up. At a minimum, you'll likely need a table, a desk, and your computer. If you have them, a printer and an external monitor can also be very helpful. Keep your office supplies nearby, including paper, pens, headphones, and anything else you may need. Take the time to set up your new home office in a way that is enjoyable to you. You will be spending a lot of time there.

After you setup your home office, it's time to use it. Start out by creating a schedule for yourself. One of the most important components to successfully working from home is routine. Try to start working at the same time every day. Set aside time to eat lunch, and possibly for breaks. And, finish at a reasonable time. Try not to spend every waking hour sitting and working, as this could lead to burnout.

Look for ways to stay connected to colleagues. One of our biggest hurdles when working from home is how to stay relevant at work without being too much. In other words, without sending too many emails or making too many phone calls. Over time, work to develop a routine. Try to stay in touch with coworkers and management without wasting time, but while still creating a human connection.

Don't forget to ask how people are really doing. When you open up, you'll learn that your coworkers are just as stressed and as afraid as you are. They're also trying to figure out how to keep their spouse, pets, and kids out of their workspace. They're also worried about their parents. They're also running low on toilet paper.

Working from home is an adjustment, even under normal circumstances. Virtual companies share that it takes months for working from home to become normal and routine. You're in good company.

Angela Copeland, a career expert and founder of Copeland Coaching, can be reached at copelandcoaching.com

California has 5th lowest rate for seniors with cardiovascular disease

California has the 5th-lowest rate of seniors with Cardiovascular disease at 6.75 percent according to our recent report.

A team of industry experts analyzed CDC BRFSS Prevalence & Trends Data to find which states had the highest prevalence of seniors with serious underlying medical conditions which include: diabetes, cardiovascular disease, chronic obstructive pulmonary disease (COPD) and asthma.

With the senior population most at risk, here are California's key findings:

- Diabetes rate of 20.4 percent, which is ranked 22nd in the country.
- C.O.P.D. rate of 8.3 percent, which is ranked 47th.
- Asthma rate of 9.3 percent, which is ranked 24th.
- West Virginia, Kentucky and Alabama have the most at-risk group of seniors.
- Minnesota, Colorado and Massachusetts have the lowest number of at-risk seniors.
- 76 million Americans are over 60 years old with underlying health conditions.
- Michigan, Florida, Georgia and Louisiana are the most at-risk states when comparing the number of at-risk seniors and confirmed cases of COVID-19.



Kaye Kosal, who owns the Lemongrass Lane food truck, delivers food to health care workers at Regional Medical Center as part of the Moveable Feast initiative. Photo by Lorraine Gabbert

Moveable Feast feeds thousands of over-worked San Jose health care workers

By Lorraine Gabbert
Article courtesy of
San José Spotlight

Hospital workers had a reason to smile as they pushed dollies into the parking lot in front of Regional Medical Center's emergency room one recent afternoon.

They were picking up donated meals from Moveable Feast, a San Jose-based food truck catering company known for its specialty American, Filipino, Indian and BBQ dishes devoured by foodies. But now, the company has redirected its entire fleet of food truck vendors to feed health care workers, government staff and other essential workers amid the coronavirus crisis.

"All of our folks were out of work and we knew people were working super hard at the hospitals fighting this pandemic, so we devised this fundraiser," Moveable Feast and Treatbot owner Ryan Sebastian said.

Financed through a GoFundMe campaign, each \$10 donation provides a no-contact meal for a hospital health care worker, in addition to one ice cream scoop from Treatbot per each \$10 donation, up to 1,000 scoops. After more than doubling a goal of raising \$5,000, the campaign — called Feed the Frontline — raised \$20,000.

"The staff is touched that people are thinking of them," said Andra Davis, the ICU Director at Regional Medical Center. "We want to give the patients the best care we can and take care of our nurses as well."

Sebastian called upon his food truck partners, I Love Cheesesteaks, Lemongrass Lane and Takoz Mod Mex, to join him in making the first delivery at Regional Medical Center late last week. They served 250 meals, valued at \$2,500 on April 9

including pints of tasty ice cream from Treatbot.

For future deliveries, Sebastian is focusing first on public hospitals and those in underserved areas before expanding to other hospitals. Starting Friday, Moveable Feast will be delivering late-night meals to health care workers at Valley Medical Center and O'Connor Hospital in San Jose and St. Louise Regional Hospital in Gilroy. "This is really great," he said, "but what we're doing right now pales in comparison with the work going on behind the hospital's walls."

Nancy Bugwadia, director of nutritional services at Regional Medical Center, said it's been a difficult time for frontline staff, but "seeing the love pour out from the community has just been amazing."

The fundraiser also helps to keep the food trucks and Moveable Feast afloat amid the shelter-in-place orders that have shuttered businesses and forced Bay Area residents to stay home.

"If our food truck partners don't do well, if they're not in business in three months, we're out of business," Sebastian said. "We want to help these folks who are struggling with no work. They went from working 100 percent to 0 percent in 10 days."

An idea takes root

After the shelter-in-place initiative went into effect, Sebastian closed his Treatbot location at San Pedro Square and began working from home.

Recently, Feda Oweis, owner of Beyond the Border food truck, told Sebastian about his GoFundMe campaign for San Francisco General Hospital and suggested he try something similar. Sebastian ran with it. Within five days, he found an interested hospital partner, cre-

ated a fundraising strategy and put his plan into action.

He envisions having weekly drop-offs at nonprofits that help people in danger of losing their homes, like the YWCA, Sunnyvale Community Services, Health Trust and Sacred Heart Community Service.

Maily Duong, who owns I Love Cheesesteak, said she's lost about 75 percent of her customers during the pandemic and she's "absolutely afraid" of going out of business.

Duong said she's more than happy to provide food to the health care professionals, while taking extra precautions to ensure the safety of customers and employees.

Despite their own fears of going out and risking their lives, the food truck owners said they feel an obligation to help first responders, nurses and other "heroes."

"It's almost like coming to a battlefield, and you're here in the crossfire hoping you don't catch anything," said Kaye Kosal Len, owner of Lemongrass Lane. And the good deed is not going unappreciated by Silicon Valley's stressed out, overworked hospital workers.

"The staff are working hard and it's a stressful time," said Shannon Jerrom, Regional Medical Center's director of therapy and rehabilitation. "So, when the community comes and does something like this for us, it really lifts our spirits. Everybody needs that love and it really makes a difference to us."

To learn more about Moveable Feast's food delivery services, including emergency catering for up to 10,000 workers per shift, call the company's 24-hour hotline at (408) 800-6825.



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ੴ ਸਿਕ ਹੈ
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word Sikh (see-kh) means
"disciple" or "student." A
Sikh is a practitioner of the
faith founded in the 15th
century by Guru Nanak in
Punjab of old British India.
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or "enlightener" completes
the relationship of teach-
ing and learning. Sikhism
is monotheistic and
stresses the equality of all
men and women. Sikhs
believe in three basic prin-
ciples; meditating on the
name of God (praying),
earning a living by honest
means and sharing the
fruits of one's labor with
others. Currently there are
close to one million Sikhs
living in the USA and
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world. Sikhism is the 5th
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