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Willow Glen Times

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Pianist Jon Nakamatsu performs Schumann Piano Quintet with acclaimed Schumann Quartet of three brothers from Germany

New venue – St. Francis Episcopal Church – Willow Glen

By Ted Lorraine

The San Jose Chamber Music Society welcomes lovers of classical music to its new venue - St. Francis Episcopal Church - with its lively acoustics, 246 comfortable chairs, neighborhood setting, good sight-lines, and a superior 9'2" Bechstein concert grand piano.

The Church, at 1205 Pine Avenue (corner Newport Ave.) in Willow Glen, is the Society's 2021-22 new home for its 35th season of concerts in San Jose by top ensembles from the Bay Area, across America, and around the world.

On Sunday, Nov. 21 at 7 p.m., the Society presents the remarkable Schumann family string Quartet of three brothers - Erik Schumann (violin), Ken Schumann (violin) and Mark Schumann (viola) as well as the viola player Liisa Randalu from Germany, playing string quartets of Beethoven and Janacek and along with pianist Jon Nakamatsu

See *CONCERT*, page 2

Willow Glen combat veteran battles COVID with brand-new technology

By William Bellou
Publisher

Willow Glen resident Erik Malmstrom's new business endeavor has major implications for the future of public safety in the era of COVID-19.

Malmstrom, in his quest to create a better, safer, more sustainable world, founded his company, SafeTraces. This new company developed the first commercial diagnostic solution for testing real-world ventilation and filtration performance for aerosol contaminants like COVID by simulating respiratory emissions and exposure, keeping people safe in schools, high rise residential communities, hospitals, and offices.

Erik has been a leader at the intersection of business and government in senior roles at Farmers Business Network, Cargill, and the White House. He is also a co-founder of Cross-Boundary, a leading frontier market investment advisor, as well as a combat veteran and graduate of U.S. Army Ranger and Airborne Schools.

SafeTraces

Erik's company, SafeTraces brings together a team of entrepreneurs, scientists, engineers, and safety practitioners on a mission to ensure the highest safety standards for the air we breathe. SafeTraces harnesses the power of DNA science and a SaaS platform to deliver veriDART—the only liquid aerosol-based solution for verifying ventilation and filtration efficacy by leveraging aerosol tracers that safely mimic pathogen mobility and exposure—meeting increasing demand for safer air to protect people indoors.

It's now well documented that the droplets from a cough or sneeze can spread viruses "which can stay in the air for 30 minutes to hours... and travel well beyond six feet" in a room, said Professor Joseph Allen, head of the Healthy Buildings Program at Harvard's T.H. Chan School of Public Health, in an article in the *Journal of the American Medical Association*.

"One of the biggest surprises of the entire pandemic is that there's been a failure to recognize the reality of airborne transmission," Professor Allen told the I-Team.

Capturing air samples

After the SafeTraces DNA solution is sprayed in the air numerous times, a machine captures air samples, which are then analyzed in a lab to see how many virus-like particles remained in the air. The results reveal the "air change" in a



Willow Glen resident **Erik Malmstrom's** (below) new business endeavor developed the first commercial diagnostic solution for testing real-world ventilation and filtration performance for aerosol contaminants like COVID-19.



room. If the air in a room isn't changed often enough, people could inhale airborne viruses and get sick.

"With SARS-CoV-2 [the virus that causes COVID], the majority of outbreaks involving 3 or more people have been linked... to airborne transmission," wrote Harvard's Professor Allen.

The I-Team discovered that no government

agency has yet set clear standards for air changes in a room, though Cal/OSHA told NBC4 "Cal/OSHA's emergency temporary standards require employers to take steps to improve indoor airflow and filtration whenever possible. Cal/OSHA enforces these requirements by investigating complaints from workers, referrals from non-workers and notifications of work-related serious injuries, illnesses and fatalities."

But Harvard's School of Public Health has determined there should be at least four complete changes of the air in a room every hour, "ideally" six changes.

"That means you're changing out air six times per hour or every ten minutes, through the combination of ventilation and filtration," Malmstrom said.

In high-risk settings like hospital operating rooms, the air is changed 12 times an hour, according to a U.S. Department of Defense study. On commercial airplanes, the air is changed through advanced HEPA filtration systems up to 36 times an hour. But in most indoor settings, the air change falls below the Harvard standard for healthy air.

"For example, in your home, typically you get half an air change per hour. In a school, we get less than 3 air changes per hour," said Harvard's Professor Allen.

SEE OUR CLASSIFIED ADVERTISEMENTS INSIDE THIS ISSUE - PAGE 15



San Jose Chamber Music Society

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The **Schumann Quartet** from Germany
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Schumann Piano Quintet, & Beethoven & Janáček Quartets!

Sunday
November 21,
2021
7:00 p.m.



Mark Schumann, cello; Liisa Randalu, viola; Ken Schumann, violin; Erik Schumann, violin; pianist, Jon Nakamatsu

- **BEETHOVEN** Quartet in A Major, Op.18/No.5 (1798-1800) – honors Haydn and Mozart, but also reflects Beethoven's own musical personality and vision.
- **Leos JANÁČEK** Quartet No.1, "Kreutzer Sonata" (1923) – depicts psychological drama with the "spontaneous ebb and flow of human emotions" in his distinctive modern but tonal musical language.
- **Robert SCHUMANN** Piano Quintet in E-Flat Major, Op.44 (1842) – a powerful pioneering piano quintet (dedicated to his pianist wife Clara) which inspired the quintets of Brahms, Dvořák, and Franck.

Single tickets: \$52/\$45; **Seniors** \$3 less; **Students:** see our website for special prices
Online: sjchambermusic.org | **Voicemail:** 408-286-5111 | Also **at the door** one hour before concert

Schumann Quartet's three brothers and violist Liisa Randalu thrive on musical adventure and audience-bonding. They were in residence 2016-20 at Lincoln Center, New York City. "*Personal and profound*" (BBC Magazine); "*Fire and energy*" (Süddeutsche Zeitung). • Local favorite **Jon Nakamatsu** wins unanimous praise worldwide as a true aristocrat of the keyboard. "*graceful singing... assertive muscularity*" (The New York Times).

This program is subject to change.



This concert is supported in part by a Cultural Affairs Grant from the City of San Jose and by an Operating Grant from Silicon Valley Creates.



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Times Community News



Zoom Zone designed by Children Discovery Museum opens at Mineta San José International Airport

\$1.2M support by ZOOM gets new educational play space off the ground and in Terminal B

As travelers return to Mineta San José International Airport, families with young children can now safely get their pre-flight jitters out thanks to a new play space created by Children's Discovery Museum of San Jose.

A new educational play space called Zoom

Zone is now open in Terminal B, created with sponsorship funding from Zoom Video Communications, Inc. (Zoom), and designed around the belief that many children have never flown on an airplane and are fascinated by what they see in the sky.

"We couldn't be more proud to be at the Airport and to support families traveling into and out of San Jose with a place designed especially for children," said Executive
See ZOOM ZONE, page 7

Concert

Continued from page 1

- Robert Schumann's beloved Piano Quintet.

The Schumann Quartet - in residence 2016-2020 at Lincoln Center, New York City - is acclaimed for playing that is "personal and profound" (BBC Magazine) with "fire and energy" (Süddeutsche Zeitung). They thrive on musical adventure and audience bonding, and you'll be glad you heard them.

Program

The November 21st concert opens with Beethoven's String Quartet in A Major, No.5 from his first set of Quartets - Opus 18 (1798-1800) written at ages 28-30. Beethoven honors the musical style of mentors Haydn and Mozart, but also shows his own developing musical personality, vision, and creativity.

The second work is Leos Janacek's String Quartet No.1 "Kreutzer Sonata", (1923), in which Janacek, inspired by Tolstoy's novella Kreutzer Sonata, depicts the psychological drama's "spontaneous ebb and flow of human emotions" in his distinctive modern but tonal musical language.

The concert closes with a special treat - as Silicon Valley's world-touring star pianist Jon

Nakamatsu joins the Schumann Quartet to perform Robert Schumann's beloved Piano Quintet - an experience not to miss! Jon Nakamatsu wins unanimous praise worldwide as a true aristocrat of the keyboard. "Graceful singing [and] assertive muscularity" says The New York Times.

Tickets

Tickets are available in advance at the Society's website - sjchambermusic.org - where you can also download the season brochure to learn about the rest of the 21-22 Season. General tickets are \$52 or \$45, and Seniors \$49 or \$42. Student tickets are \$12. All seats are reserved. SJCMS also sells tickets at the

door starting 6 p.m. (an hour before the 7 p.m. concert start time.) Ticket requests may also be left on the Box Office voicemail at 408-286-5111.

Current Covid health and safety protocols of the County and the Church require all attending the concert to show proof of full vaccination before entering, and to wear a face-mask at all times while at the venue, inside and out.

Also this season, to reduce the time the audience is gathered together, the concert will be shortened to about 75 minutes - and there will be no Intermission, and no pre-concert talk. With the SJCMS chamber music series and other performances now scheduled at St. Francis Episcopal, the church is serving as a center for music events for the community of Willow Glen, San Jose, and other areas of Silicon Valley.

The Church has 20 on-site parking spaces, four of them for Handicapped placards. And there is ample audience parking on the neighborhood streets.

The Society's remaining concerts this season at St. Francis Episcopal Church also include:

- **Feb.5, 2022, the Poulenc Trio** (piano, oboe, bassoon, from Baltimore MD);

- **March 13, the St. Lawrence String Quartet** (resident at Stanford University) performing Haydn and Dvorak.

- **April 10 the Catalyst Quartet** (from NY City) introduces us to masterful Black composers Samuel Coleridge-Taylor and Florence PRICE - and Haydn and Terry Riley

- **May 1 the Delphi Piano Trio** (Bay Area top players) perform music of women composers - Clara Schumann, Fanny Mendelssohn Hensel, Lili Boulanger, and Californian Gabriela Lena Frank.

Editor's note: Ted Lorraine is Artistic Director for the San Jose Chamber Music Society.



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City of San Jose Department of Transportation awarded \$110k grant for bicycle and pedestrian safety education

The City of San José Department of Transportation is the recipient of a \$110,000 grant from the California Office of Traffic Safety (OTS) that will prioritize the safety of bicyclists and pedestrians.

"All traffic fatalities are tragedies, and when the victim is walking, riding a bike, or has mobility challenges it is even more appalling," said John Ristow, City of San José Director of Transportation. "With the OTS funding, we are able to spread awareness of unsafe behaviors, teach street safety, provide protective equipment, and hear the lived experiences and local knowledge that can help our department identify solutions."

"Our roads are increasingly riskier for people who walk or ride their bike," OTS Director Barbara Rooney said. "The goal of this funding is to reverse the growing trend of bicyclist and pedestrian-involved crashes by educating the public on safe road behaviors."

Willow Glen Times

Times Media, Inc. / (408) 494-7000

PUBLISHER / CEO: WILLIAM BELLOU
williamb@timesmediainc.com

STAFF WRITERS: NEHA BANDARU,
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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Valley Currents

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

San Jose high school locks bathrooms due to vaping

By Lorraine Gabbert
Article courtesy of San José Spotlight

Some South Bay parents are enraged after a San Jose school closed several on-campus bathrooms because of vaping.

Administrators at Willow Glen High School temporarily closed four restrooms citing "inappropriate use" of the facilities throughout the day. They informed parents in a letter this week that the closures will allow officials to monitor the remaining restrooms. This is a big problem for Michelle Watson's daughter who is autistic.

Watson received a call saying her daughter became extremely upset over not being able to use the bathroom near her classroom. Watson's daughter worried she would be late for class, and the open bathrooms were not close by. It took her half a day to calm down.

"I just want them to give my freakin' kids a bathroom without having to sacrifice their schooling," Watson told San Jose Spotlight. "Kids are just small adults, and we need to treat them with respect. Not all of the children are participating in these behaviors, so not all of the children should be punished. I feel like not only is this a punishment, but it's a violation of their rights."

Vaping in the bathrooms had been happening throughout the day, said Willow Glen High School Assistant Principal Alison Zuniga in an email to parents. She notified them that two campus supervisors are monitoring the open bathrooms.

However, they lack staff to monitor all the bathrooms.

Four restrooms remain open on the campus which serves nearly 1,700 students, in addition to the gender-neutral gym lobby bathrooms and the health office restrooms. The other two female and two male restrooms are closed until Nov. 1. School administrators are working on a supervision plan.

"We encourage you to take this as an opportunity to speak to your student about the dangers of vaping both nicotine and marijuana," Zuniga wrote in the email.

Watson would rather the schools place volunteers or cameras outside bathrooms.

"These are educators. They need to be thinking outside the box," she said.

After Watson posted the incident on Facebook and Twitter, parent Brandi Frye said closing the facilities baffled her as smoking in the bathroom is nothing new.

"I get that these kids are morons," Frye said, "but there are so many more with good heads on their shoulders who would like to use the loo and not have to hold it all day or wait forever in a line to use the only one they can."

Teen vaping is a persistent problem that's only gotten worse over the years. San Jose has taken major steps during the past year to reduce or eliminate vaping among teens. The City Council voted unanimously in September to prohibit the sale of flavored tobacco prod-



Willow Glen High School closed its bathrooms this week due to student vaping. Photo courtesy of San Jose Unified School District.

ucts, including flavored e-juices and menthol cigarettes. It also banned new tobacco retailers within 1,000 feet of schools.

The pandemic has only exacerbated the risks of teen vaping, since students remove their masks indoors to smoke in a confined space inside the bathrooms.

"During COVID, we don't want kids congregating anywhere, especially inside," San Jose Unified School District spokesperson Jennifer Maddox said.

Watson's husband, David, said making kids wait in long lines for the restroom is unacceptable and might violate state law requiring a certain number of restrooms per stu-

dent.

High school administrators fired back by saying no lines were formed by the monitored bathrooms.

Administrators do have leeway to make decisions to close parts of campus for the safety and well-being of the students, Maddox said. She said most schools and teachers are flexible about letting students use the bathroom and that they are only missing a few minutes of class.

"If a student really needs to use a bathroom, of course we want them to use the bathroom," Maddox said. "We want them to take time to wash their hands."

IN MEMORY

Rebecca Ann McBride

Oct. 13, 1969 - Oct. 11, 2021

Resident of Willow Glen

Rebecca was Director of Human Resources for a number of tech startups in Silicon Valley. She enjoyed camping, the beach, and organizing events for her family, as well as her daughters' Girl Scout troop.

She is survived by her children, Carolyn Kate and Norah Jane; her mother Carol LaRussa and father Mel LaRussa, brothers Mikel Zwissler (Joan), Jay LaRussa (Lisa), and sister Shauna Spenley (Mike), as well as many nieces, nephews, cousins, aunts, uncles and friends.

Her loving spirit will be missed by all who knew her. Friends and family attended a Celebration of Life event Oct. 23 at Darling and Fischer Funeral Home in Los Gatos.



San Jose Police Department safety grant deters danger

The San Jose Police Department will roll out a police traffic services program to deter dangerous and illegal driving behaviors that increase the risk of crashes in the community.

The funding for the new program is made possible by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

"Impairment, speeding and other dangerous driving behaviors jeopardize the safety of other people on the road," San Jose police Sergeant Doug Gates said. "This funding allows us to provide necessary traffic enforcement measures with the goal of reducing serious injury and fatal crashes on our roads."

The grant will pay for additional enforcement measures, including:

- DUI checkpoints and patrols specifically focused on suspected impaired drivers.
- Enforcement operations focused on suspected distracted drivers in violation of California's hands-free cell phone law.

See POLICE, page 10



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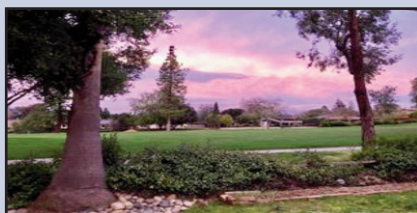
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Times Local News

Zoom Zone

Continued from page 2

Director of Children's Discovery Museum of San Jose Marilee Jennings. "But it would not be possible without the vision of so many – the Airport staff, Hensel Phelps Construction and their sub-contractors, and certainly our presenting sponsor, Zoom. It's truly a Silicon Valley 'barn-raising' that demonstrates San Jose's commitment to children and families."

More than \$1.2 million in pro bono and discounted services made this project possible. The Airport is providing the space at no cost and general contractor Hensel Phelps Construction managed the project pro bono and secured sub-contractors from electrical to mechanical that donated or discounted their services.

Zoom, one of Silicon Valley's fastest growing companies, stepped up as the presenting sponsor with a generous gift.

"We're excited to be part of this project in our 'backyard' and give back to our community," said Zoom Brand Marketing Manager Katianna Galdieri. "We hope this gesture gives the children waiting for long flights an opportunity to learn, explore, and have fun."

"We are extremely proud to introduce this new addition to our Airport experience, said SJC Director of Aviation John Aitken. Zoom Zone is a fun, safe, and clean space for traveling families, and its' creation – from funding to design to construction -- highlights the commitment of

Silicon Valley businesses to our local community and to the Airport."

Zoom Zone, a 600-squarefoot space located in Terminal B between Gates 24 and 25, will engage youngsters by encouraging them to think about the creatures and objects that fly, while experimenting with the roles that air, wind, wings, and design play in flight. An added bonus is that little ones will get their wiggles and giggles out with experiences that engage gross motor movements before boarding a plane.

Features of Zoom Zone:

Pin Screen: This signature experience at Children's Discovery Museum in downtown San Jose of pushing on plastic pins to create works of art is only limited by one's imagination.

Alphabet Airplane: With look-alike airplane window shades, this shadow-box system is mounted on a wall graphic in the shape of an airplane. When children lift the shades, they discover artwork that represents a destination that begins with the corresponding letter. For example, T is for Tokyo.

Kinetic Butterfly: Youngsters get a close view of how butterfly wings work with a set of gears that activate sculptural butterfly wings.

Bird Climber: Children see a 360-degree perspective of flight by climbing on top of this bird, sliding down its tail feathers and crawling underneath its wings.

Zoom Plane: Children can role-play as a pilot in the cockpit of this biplane.



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Times Feature



Hundreds of residents joined local and state officials Saturday in celebrating the opening of the Vietnamese American Service Center. Photo by Tran Nguyen

Hundreds celebrate the opening of Vietnamese service center in San Jose

By Tran Nguyen

Article courtesy of San José Spotlight

Donning traditional áo dài dresses and Vietnamese heritage flag face masks, hundreds of South Bay residents joined county officials Saturday, Oct. 23 to celebrate the opening of the first-ever Vietnamese American Service Center.

Ai Duong Truong came to the event with her friends from the Hội Người Việt Cao Niên San Jose (Vietnamese Senior Group in San Jose). The group all dressed in the same green áo dài with gold flower details. Truong said it's an honor to see the center come to life.

"I'm 81 already," Truong told San José Spotlight in Vietnamese. "Most of us are over 80 years old, and we're all very happy to be here to celebrate this moment."

The 37,000 square foot, three-story building is located at the intersection of Senter and Tully roads in San Jose. The \$50-million project was much-anticipated by the community and took nearly a decade to finish.

Attendees were greeted with a traditional lion dance performance, as laughter filled the air. Many flocked to the front of the building to pose for pictures, while others embraced each other in celebration of the historic moment.

"This is so important for our community," Thang My, a resident of more than 20 years, told San José Spotlight in Vietnamese. "We have all waited for a long time for this."

My said she used to go to the city's Vietnamese Cultural Center on Lucretia Avenue prior to the pandemic, but the center is small and couldn't accommodate all the unique needs from the large Vietnamese population in San Jose.

San Jose is home to more than 140,000 Vietnamese residents, making it the city with the largest Vietnamese population in the U.S.

"There are so many of us here," My said. "We need a community space that reflects that."

Many local and state politicians including Rep. Zoe Lofgren, Rep. Ro Khanna and San Jose Mayor Sam Liccardo, joined the community at the ribbon cutting. Supervisors Cindy Chavez, Susan Ellenberg and Otto Lee, Sen. Dave Cortese and several San Jose councilmembers were also in

attendance.

"What a beautiful day in San Jose and Santa Clara County," Chavez said. "And today, we make history."

At the center, older residents can come for nutritious meals twice a day and participate in recreational programs. Those with medical needs can use the health clinic on the second floor, while the third floor will be open for meetings, gatherings and community events, county officials said. The center, with a focus on serving the Vietnamese community, is the first of its kind in the nation.

The center, located on county land and funded by the county's general fund, will also serve people of other ethnicities.

Young Vietnamese residents are excited about the new service center, too. Resident Total Nguyen hopes the center will serve as a bridge for their generation to connect with older Vietnamese members in the community.

"Sometimes the youth is separate from our elders because some of us can't speak Vietnamese," Nguyen said, adding that many Vietnamese parents only wanted their kids to speak English. "I think this could be a place where we all come together."

There hasn't been a good place besides the Grand Century Mall where the Vietnamese community can gather for large events and celebrations—such as Tết and Mid Autumn Festival, resident Nicole Phan told San José Spotlight.

"This is so wonderful to have another space to gather," Phan said. "Especially where it's also offering social services that many might not know about."

County employee Khanh Dang said he can't wait for the health clinic to start operating later this year. Photo by Tran Nguyen.

County employee Khanh Dang stopped at the intersection outside of the building to pose for a picture. He said he can't wait for the health clinic to start operating later this year.

"I've been with the county for 20 years," he said. "And this is finally the opportunity for me to serve my community directly."

Contact Tran Nguyen at tran@sanjos-spotlight.com or follow @nguyenntn on Twitter.

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EVENTS

LETTERS

National STEM Day coming Nov. 8

Editor,
I'm excited to share that I'll be celebrating National STEM Day 2021 with Microsoft!

I was invited to lead a math workshop to demonstrate how beautiful math can be and



how it's found everywhere we look.

Join me for some "mathemagic" where I'll do a quick demo of mental calculations, but (unlike most magicians) I will soon reveal my secrets and teach you how to do it too! Moreover, we'll do some crafts to talk about some of the amazing properties of a Möbius strip, one of the math's most popular objects, and we'll actually get to see it in action! You won't want to miss it.

Make sure to register (either you or your kids) and please share with anyone else who may be interested! Visit <https://aka.ms/STEMDay2021-RSVP> for registration information.

Apoorva Panidapu

Police

Continued from page 4

- Bicycle and pedestrian safety enforcement operations focused on driver behaviors that put vulnerable road users at risk.
- Enforcement operations focused on top violations that cause crashes: speeding, failure to yield, stop sign and/or red-light running, and improper turning or lane changes.
- Community education presentations on traffic safety issues such as distracted driving, DUI, speed-ing, and bicycle and pedestrian safety.
- Collaborative enforcement efforts with neighboring agencies.



- Officer training and/or recertification: Standard Field Sobriety Test (SFST), Advanced Roadside Impaired Driving Enforcement (ARIDE) and Drug Recognition Expert (DRE).

The grant program will run through September 2022.

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The Swan has been the #1 Agent in Almaden Valley each year for the last 12 years as measured by Dollars per Agent Per Year. And 2020 was no exception. She is the only Almaden Valley specialist to have been nationally ranked and recognized twice by The Wall Street Journal/ RealTrends for being in the Top 250 Agents in the US. Additionally, Swan is consistently among the Top 100 Agents in the SF Bay Area.

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



1052 Via Valiente Almaden Valley

\$1,875,000
4 Bed | 2.5 Bath | 2430 Sq Ft | 8436 Sq Ft Lot

Almaden Valley home on a generously-sized homesite with mature landscaping, privacy, pool, and spa. Gleaming hardwood flooring, ceiling fans, fireplace, wet bar, lots of natural light and double pane windows. Lots of trees and foliage around the perimeter including, roses, geraniums, palm trees, fig, orange and sour cherry fruit trees. Graystone, Bret Harte and Leland Schools. The new owner of this home will have membership at the Almaden Cabana Club.



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Times **Local News**

Report: 2021's Safest States in America

With every new headline about a mass shooting, terrorist attack, hate crime or natural disaster, many of us fear for our safety and that of our loved ones.

In 2021, though, the COVID-19 pandemic continues to be one of the biggest safety concerns on Americans' minds, especially as the Delta variant leads to rising hospitalizations and deaths.

In 2020, the pandemic caused around 375,000 deaths in the U.S. To put that in perspective, last year 42,000 people died in car crashes and there were around 13,600 gun-related deaths (non-suicide). Though tragedy can strike in any state, especially during this pandemic, some states are more vulnerable to danger than others.

In order to determine the safest states in America, WalletHub compared the 50 states across 55 key safety indicators grouped into five different categories. Our data set ranges from the percentage of residents who are fully vaccinated to assaults per capita and the unemployment rate.

Safety in California (1=Safest; 25=Avg.):

- 14th – Percentage of Residents Age 12+ Who Are Fully Vaccinated
- 24th – Murders & Non-Negligent Manslaughters per Capita
- 31st – Assaults per Capita
- 20th – Loss Amounts from Climate Disasters per Capita
- 11th – Job Security
- 7th – Fatal Occupational Injuries per 100,000 Full-Time Workers
- 23rd – Fatalities per 100 Million Vehicle Miles of Travel
- 13th – Law-Enforcement Employees per Capita
- 31st – Bullying Incidence Rate
- 16th – Sex Offenders per Capita
- 22nd – Share of Uninsured Population

Overall Rank*	State	Total Score	Personal & Residential Safety	Financial Safety	Road Safety	Workplace Safety	Emergency Preparedness
1	Vermont	69.49	2	6	3	7	9
2	Maine	66.24	3	17	5	21	1
3	New Hampshire	65.35	4	1	10	37	2
4	Minnesota	64.02	11	4	4	1	21
5	Utah	62.54	19	14	9	8	5
6	Connecticut	62.12	1	38	15	25	14
7	Massachusetts	61.83	5	2	1	41	10
8	Rhode Island	60.19	7	36	7	39	11
9	Washington	59.88	32	16	17	5	7
10	Maryland	57.32	9	31	41	13	23



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Times Feature

Estimated 56% of dogs in the U.S. are obese

Did you know that obesity is diagnosed in an estimated 56% of dogs in the United States and is the most common medical disorder in veterinary practice?

Wild Earth's CEO Dr. Ryan Bethencourt shares the risks of obesity in pets, how to determine if your pet is overweight, and simple solutions involving weight loss strategies.

From chronic inflammation, respiratory disorders, arthritis, cancer, diabetes, and reduced life expectancy and quality of life, there are several harmful effects of obesity in pets. In fact, in a 1999 longevity study conducted on dogs, researchers found dogs fed 25% fewer calories than average lived about two years longer.

Is your pet overweight?

It can be hard to tell if your pet is a healthy weight because people rarely know what to watch for. Did you know that the ribs of your dog should be easily felt with only about a ½ inch cover and that a lack of abdominal tuck or obvious waist can be a clear indication of an overweight dog? Be sure to watch for these signs, paired with low energy levels and trouble breathing to determine if your pet falls into this category.

Solutions

There is no perfect one-size-fits-all solution for ensuring your dog is a healthy weight, but it is important to take the first steps and consult with a vet to determine a feeding plan that's right



for your pet.

Staying active and increasing walk and play time is great for your pet and yourself! Exercise and outdoor time is crucial for controlling a dog's weight and simply incorporating regular exercise into their daily routine can improve energy levels and weight. Try taking longer, more frequent walks, socializing at the local dog park, or tossing a Frisbee around in the backyard!

Finally, following a high protein diet with ingredients you can trust will keep your dog feeling fuller longer without all those harmful additives in most pet food and keep their energy levels up throughout the day so they are able to be more active!

If you'd like to learn more about Wild Earth and how they are transforming the way we feed our dogs, I'd love to provide you with more information or connect you with Dr. Ryan Bethencourt. He is a fantastic interview subject!

To learn more about Wild Earth plant-based dog food, visit www.wildearth.com

Willow GlenTimes Real Estate

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SJMN#6547945; January 28, 2021

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Home Summary

- Two bedrooms
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