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Door to Door HOMEBOUND

By Pat Lynch

Easter Sunday. This marks three weeks of Sheltering in Place. Three weeks. It feels like months. More. The days blur together, the numbers of dead climb, the shape of the plague grows daily more grisly. Now it's personal. Our dear friend Theresa's, brother, Steve, died of Coronavirus a few days ago at Sutter Hospital in Davis. He was a bright, funny guy.

Mostly, this virus, this beast, seeks out the unwary, or people crowded together. In the US African Americans are disproportionate victims. It wants the unlucky who have heart problems, Diabetes, or lung disease. Or immune deficiency, like Steve. It wants you if you're over 60. Like all predators, it prefers a victim that can't struggle that much. But it will take the young and fit, and has. There's no magic bullet for it. All we can do is hide.

We're lucky in our isolation. Good house. Fenced in back yard. But what's it like in apartments where space and privacy is scarce? What's it like when you can't work from home? What's it like when you lose your job? When you're that one paycheck away from crisis? Or when you're a grocery clerk with poor health coverage? And what's it like to be a nurse, or MD, or respiratory therapist?

Anita, a neighbor, walks her dog. She's a college counselor, working from home. She pauses to chat, keeps ten feet away. Everyone here observes social distancing protocols, our one and only defense. Anita says she has a roommate now, her 87-year-old mother. She and her sibs decided to remove their mom from a senior living facility because they saw how virulently the beast swept through such places. "Now she and I watch Jeopardy together," Anita says, laughing. "She gets all the literature questions right. I know sports and college drinking songs." It's fun talking to Anita, and we look forward to meeting her mom (from the requisite ten foot distance, of course). Like us, Anita is highly conscious of good fortune in a career that lets her work from home, a reliable income, a nice neighborhood. She worries about people who lose their jobs and have to scramble. "We're lucky," she says. Her family did Passover on Zoom.

Later Joan pops by. Joan has braved the markets and brings Hagen Dass and a back yard broom. Emergency supplies. She wears a mask she designed herself. Joan is one of those upbeat, social people who don't like being shut in and is willing to pick up things for others. She's a rescuer. But she's no gadabout. Sophisticated about social distancing, she talks through the closed window as she displays the broom. What's not to love about someone like this? Joan says she thinks Governor Newsome is doing a great job here in California. I agree. We're lucky California shut down early, lucky our governor and mayors heeded the scientists.

Today the USA death toll reached over 21,700. There's still no national policy, some states still haven't ordered social distancing. This is stupefying. Over half a million Americans have this thing. Last week 17 million citizens applied for unemployment. We're 44th behind other countries that have tested their citizens. Because we didn't test early enough and adequately enough, we have more virus than other populations. A Second Wave could devastate us. In 1918 a second wave killed 195,000 Americans in just the month of October. These were "W curve" deaths—not just the young and old died, but a spike in the middle killed 25 to 35 year olds. Nature had no mercy.

Neighbor Jo phones. "We won't be safe till we have a vaccine." She and husband, Volden, dislike being housebound, but he is particularly vulnerable, having had heart disease and cancer. "We miss everybody," she says. "The golden years aren't so golden lately." She adds quickly that she's not complaining. "He's alive," she says. "We want to stay that way."

Barbara comes down with cookies, leaves them on the

see HOMEBOUND page 5

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10239 Sunol Way • $319,900

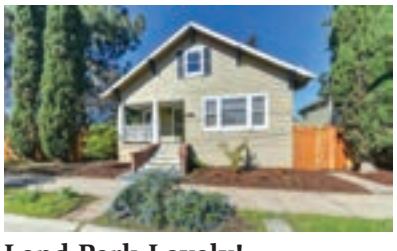


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1812 Commercial Way • $455,000

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Sacramento Zoo Director Discusses Temporary Closure; Future Plans

By Dominic J Larsen

Jason Jacobs, Director of the Sacramento Zoo, discussed the recent changes to the zoo's daily operations following the institution's decision to temporarily close its doors on March 14 due to the viral outbreak of COVID-19.

Prior to receiving the position of director, and shaking things up at the Sacramento Zoo, Jacobs had already defined his guiding principles and leadership credentials by dedicating his life to a career in the zoological community.

His fascination with it all began when he was 13 years old, and started to volunteer at Zoo Miami. He would eventually work his first job with the same zoo. Throughout his career he would continue working for zoos around the country including interning for Walt Disney World's Animal Kingdom during its development, the Potawatomi Zoo in South Bend, Indiana, and the Los Angeles Zoo.

He would first become director of a zoo by taking the job with the Reid Park Zoo in Tucson, Arizona. During his time there, the community and the team with the Reid Park Zoological Society worked to convince the city council of passing a sales tax dedicated solely to raise funds for the zoo. Proposition 203, wittingly coined "Future of Your Zoo", passed and resulted in $8-10 million coming into the zoo's coffers annually for conservation efforts and renovations.

It was at this point in his career that Jacobs saw great potential in the Sacramento Zoo. As of January 2018, Jacobs has served in the directorial position, and his tenure has been largely defined by the dynamic change of pace noticed by guests and staff alike. In the short two years and four months that he has served in the position, the zoo has seen tremendous growth.

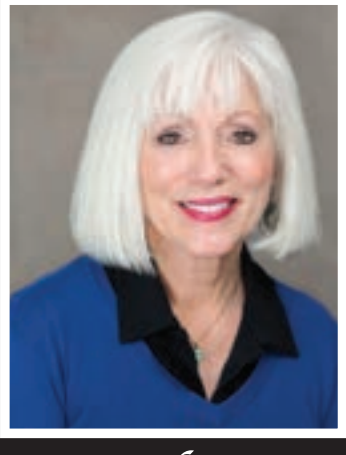
Membership sales have jumped, and resulted in the largest amount of members ever. Over eleven thousand households hold a membership to the zoo. Head of the membership department, Brenda Gonzalez shared her thanks for the support of members and explained the accommodations that will be made for members, stating "We know that our members are missing out on visiting the zoo right now and we will be extending memberships to cover the duration of our closure so they won't miss out on any of their great benefits". For as long as the zoo is closed, an equal amount of time will be added onto the memberships, thus pushing back their expiration dates.



Infrastructure changes have been notable with the zoo erecting a new playground structure, hosting a temporary animatronic dinosaur exhibit, adding a walking path, and viewing area intersecting the flamingo lagoon. The zoo also expanded the existing lion exhibit to encompass the area previously dedicated to the exhibit that housed the last tiger to call the Sacramento Zoo home. With the recent addition of the expanded lion exhibit, the zoo has also introduced lion feedings conducted by animal care staff daily at 11 am.

Changes in exhibits and attractions have not been the only

see ZOO page 4



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LAND PARK

Opportunity awaits in Land Park. This two bedroom home with great curb appeal, located on a Cul-de-Sac, needs TLC. Formal living room with fireplace,formaldining room with hutch, inside laundry area, tank-less water heater, central heat and air, attached single car garage, newer roof and large yard. Close to transportation and eateries. **2120 Bidwell Way**



LAND PARK

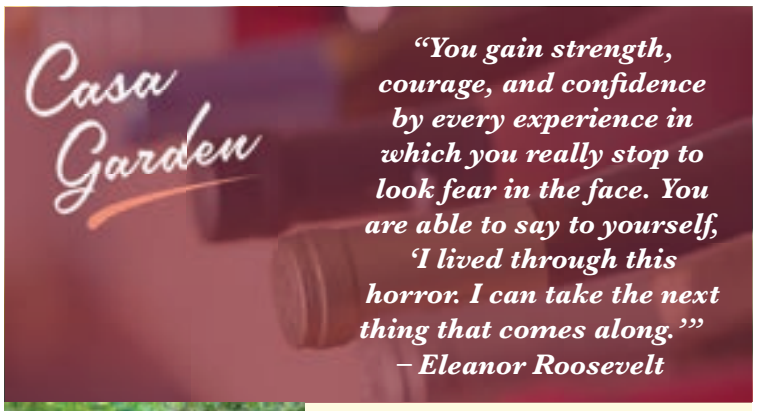
This beautifully rebuilt, four bedroom / three bath home, on a corner lot, is nestled on one of Land Park's prettiest streets. The formal living room has a fireplace, exposed wood beam ceiling and plantation shutters. Formal dining area opens to a spacious custom kitchen with marble counters, tile back splash, double ovens, gas cook top, stainless appliances, wood-paneled refrigerator and a large breakfast bar. There are two master suites upstairs boasting spacious bathrooms, sitting areas and walk-in closets. Two bedrooms and one full bath on the lower level. The large finished basement, with painted concrete floor, can be utilized as a game room and storage. Inside laundry room with sink, cabinets and walk-in pantry. Detached two car garage, low maintenance backyard with patio and fountain. The artistic landscaping wraps around the whole front and sides of the home. **1100 Teneighth Way**

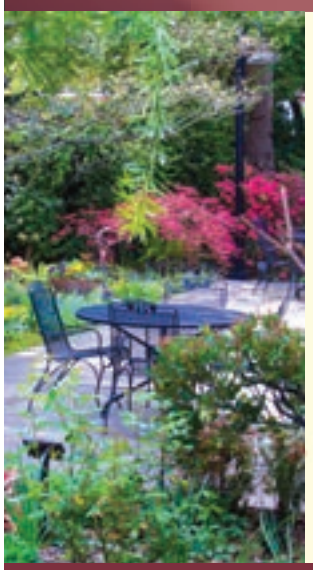


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Zoo:

continued from page 3

improvements made to the zoo in recent months. A mob of meerkats were brought into the Sacramento Zoo family as well as a pair of okapis, the only of their species to be housed at a Northern California zoo in more than 45 years.

The zoo also has plans to introduce a menagerie of biological marvels such as the endangered Galapagos tortoise, the amphibious axolotl, the hairless naked mole rats, and the ever energetic squirrel monkeys. Days before the decision to close four weeks ago, the zoo welcomed a pair of ostriches and six bull alligators, who have taken up residency in the pond next to the flamingo lagoon.

Set to open as a new attraction, the alligator exhibit was not the only plan abruptly halted by the spreading wave of the COVID-19 pandemic. Day-to-day operations and the finances of running a nonprofit conservation organization have adapted in this new age of social distancing and face masks.

In early April, the zoo announced the tough decision to let go of a majority of its employees. Even though it is a nonprofit, the zoo has had to make decisions similar to small businesses all across the country, and only retain essential employees. The only staff still employed and routinely working on zoo grounds are the animal care staff, veterinarians, and a few administrative employees to assist in the necessary functions of caring for the animals on the 14-acre property.

Of the more than 100 members of staff, 52 employees have been laid off, 17 have been furloughed, and 28 employees now work reduced hours. The zoo has the intention of rehiring all of the employees that they have lost during this time. In addition, the company that the zoo has contracted out to operate their gift shop and two eateries, SSA (Service Sales Associates) has let go of fifty three employees.

Changes to the staff has been only one of the ways that the zoo's board have decided to keep the zoo viable during these financially difficult times. Ninety-seven percent of the zoo's budget is raised through admission sales, new members joining the zoo, concessions, and donations made by generous community members. The additional 3% is provided by the city of Sacramento due to a few members of the staff remaining on the city payroll following the zoo's transition from a city run entity to a private nonprofit in the nineties. Every month for the zoo to maintain animal welfare through care and feeding, they spend $250,000, and right now no funds are making their way to the zoo.

Without their mainstay source of revenue, the Sacramento Zoo is shifting towards a model of collecting donations to maintain the faculties and care for the well-being of the animals. Much the same as the overwhelming support for small businesses during this time, the zoo is hoping that the same kind of generosity can be extended by the community.

In discussing the need for donations, Jacobs stated: "I am thankful for our donors and the support we have received from our community," and went on to explain how those interested could help out.

For those that are capable and willing, they can donate to the zoo's emergency fund on the zoo website, saczoo.org, with a direct hyperlink on their homepage. Donations have already been generously made, and the zoo is more than happy to receive more. The zoo is hoping to raise $500,000 in donations to lessen the financial strain that is the lack of guests in the zoo. For those who cannot give financially, there is still a way to help. For those gardening with the extra time at home, the zoo website has a list of tree species that trimmings are acceptable and can be donated for the animal's feed.

Not only has the financial situation of the zoo changed, but daily operations have also evolved to meet safety standards for both staff and the animals. The director shared that the zoo had begun preparing to the best of their ability to face the challenges of the novel coronavirus as early as late February.

The Sacramento Zoo was the first zoo that closed in California, and the rest of the institutions in the state followed suit quickly following this decision. A fact that made him proud translated into a swift, decisive transition between closing time at the end of the day on March 13, and the next morning when quar-

see PLAN page 5

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Homebound:

continued from page 2

porch. "I love to bake," she says. "We love that you love to bake," we say. My sister, Eileen, lives five houses down, next door to Barbara, and we used to hang out at her place, but now we are observing fourteen days apart because twice people have crowded in on Eileen, gotten too close. She's afraid to get it and pass it on. We miss her.

Having sickened and slaughtered so many in the cities, the beast heads into the country now. Absent centralized government coordination, rural hospital infrastructure is collapsing. Yet some still wanted to keep churches open for today. This is so insanely misguided it shocks you, or should. Local news says that a full third of our own new cases come from people congregating in places of worship. So why allow this? Why let the few imperil the many?

Trump daily exhibitionistic briefings underscore that we have no workable national policy and further undermine hope of avoiding a massively lethal Second Wave. But business interests prevail: "We don't want a cure worse than the disease." Trump says this. His sycophantic twittersphere doubles down on it.

A cure worse than the disease. This phrase seems obscene to me. I don't think Theresa thinks there's anything worse than the disease—it killed her brother. Who would invoke a cliche like this at a time like this? What is worse than a world-wide murderous virus? A wobbly economy? Canceled ball games?

Yet Trump, eager to disarm us, wants business (and his re-election prospects) to bustle again. He says it's true that opening up the economy too soon could lead to death, but "staying at home leads to death also… it leads to a different kind of death, perhaps." A different kind of death. This juvenile doggerel should not be the predicate for more absurd decision making, but I fear it will.

An ideal American family, the Carlsons, live right next door. The Dad, Chuck, is an engineer, Mom, Beth, is a post-surgical nurse, and they have a daughter, Ella, 5, and a son, Theo, 2. The kids are wonderfully bright and cute and I miss seeing them. Ella used to visit and we'd watch cartoons on my laptop. But now we keep apart. The other day as evening fell the street was empty, a bit forlorn. I stepped out for a solitary stroll. Vivid green chalkmarks on the sidewalk by the Carlson house caught my eye: Ella often draws pictures--hearts, cats, flowers. But this was lettering, tall and firm. "Have Courage," it said. "And Be Kind." There were little green hearts. I took a picture. To the right was was another chalked message. It said, in tall white letters, Be Cool, Honey Bunny." I took another picture.

Could there be a better Easter greeting? I would add, for Steve, and all we have lost, Rest In Peace. And for our leaders, Listen to the Scientists. And for our news people, Tell the Truth. For the rest of us: Stay In, Stay Safe, Have Courage and Be Kind. We really are all in this together. Be Cool Honey Bunnies.

Plan:

continued from page 4

antine kicked in. A mask requirement and social distancing measures implemented as soon as the gates were closed.

Rather than the typical morning meetings behind the scene in the zoo's commissary, animal care staff opted to meet outdoors and with well more than six feet in between keepers to reduce any risk. Separate shift teams and break areas littered all throughout the zoo were established in order to protect the health of all involved.

In regards to how interactions with the animals changed, procedure was quickly developed by the animal care staff and the veterinary hospital, which cooperates directly with the world's foremost veterinary university U.C. Davis. Working side by side, the veterinary and animal care staff developed measures to be taken to preserve the health of both animals and humans.

Normally the animal care staff wear masks and use disinfectant when working with the primates, now they have increased the amount of protective care equipment and increased the rate of sanitation to further prevent the risk of transmitting disease between the animals and their keepers.

Across the country Bronx Zoo confirmed that one of its tigers had tested positive, and a few other lions and tigers in their care showed symptoms. At the same time Sacramento Zoo and other zoos around the country had already received medical data from the Bronx Zoo to further prevent additional cases. Head veterinarian and professor of zoological medicine at U.C. Davis, Dr. Jenessa Gjeltema recently participated in an interview with CAPRadio to discuss how the Sacramento Zoo has used this information to protect their animals. Precaution is being taken with animals, especially with those that share genetic similarities with humans, such as our closest relatives, the non-human primates, bats, and carnivores.

Now that a mode of operating smoothly during quarantine has been established, the director has insisted that the zoo have two main focuses. The first is to maintain the zoo; continue to keep all at the zoo healthy, make repairs to the ninety three year old establishment where needed, and work with the community to raise funds for the animals. The second focus is to prepare for reopening. No date is known for when that is to occur, all that Jacobs could say is that once the zoo can ensure the health and safety of its guests, the zoo would gladly open its gates.

When guests return to the Sacramento Zoo, they will be welcomed back to a zoo full of memories that is spruced up and ready to provide the next generation with memories of their own. Fresh paint, gardening with fresh spring flowers, and repairs will be only the start of the zoo that welcomes all back. All new exhibits such as the alligator pond and the ostrich pair will be ready to greet guests.

"We cannot wait to greet our guests and see their smiling faces," remarked an inviting Director Jacobs, ready to see the zoo filled with delightful neighbors and animals just as curious as their on-lookers.

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Crossword Puzzle Solutions see page 7

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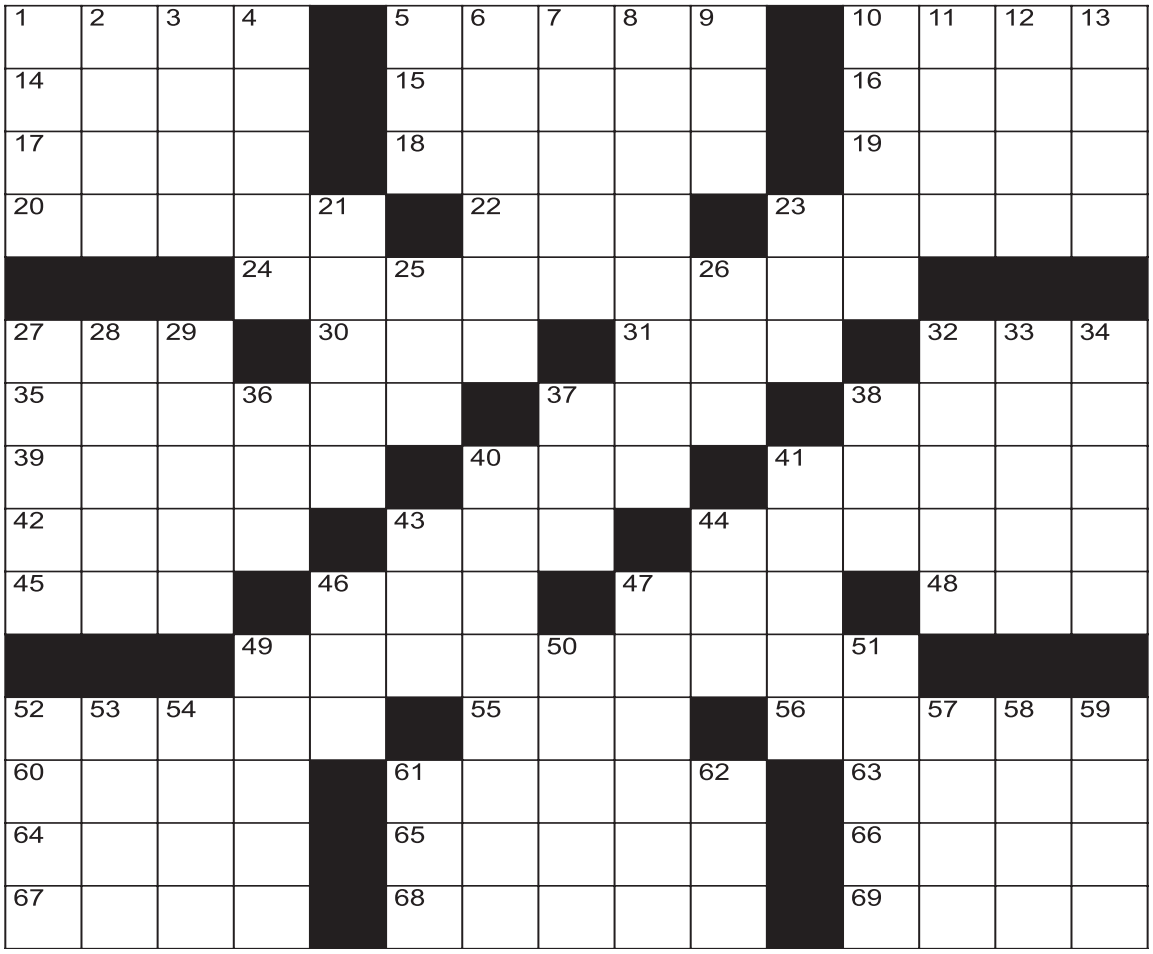
1. Three singers recorded “Four Walls” in 1957: Jim Lowe and Michael Holliday were two. Who was the third?
2. Name the mega star whose album “Purple Rain” spent 24 weeks at the top of the charts.
3. Why did The Beatles originally call themselves Beatals?
4. What is the only album by Pat Benatar to go to No. 1?
5. Name the song that contains this lyric: “The stars won’t come out if they know that you’re about, ‘Cause they couldn’t match the glow of your eyes.”

Answers

1. Jim Reeves. His version went to No. 1. The producer had tried to insist on giving it to a female singer.
2. Prince, born Prince Rogers Nelson. He’d won seven Grammy awards and had produced 30 albums before he died.
3. As a tribute to Buddy Holly and the Crickets. They changed that to The Silver Beetles, then Silver Beatles.
4. “Precious Time” in 1981.
5. “Candida,” by Tony Orlando and Dawn, in 1970. Orlando hesitated to sing the song because he feared he’d lose his job working for another music house. He agreed because they told him it would be recorded under a band name, Dawn. Little did he know the song would go No. 1 all over the world.

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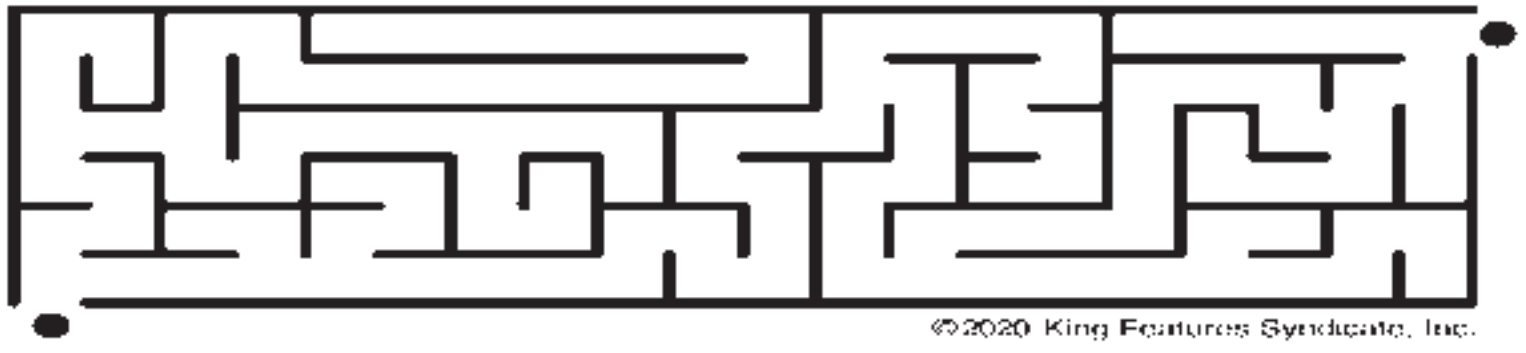
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CLUES ACROSS
1. Common request
5. Department in France
10. Fungi cells
14. Famed inventor
15. Hillsides
16. Cold wind
17. La __ Tar Pits, Hollywood
18. Resembling a doddering old woman
19. Geological periods
20. Assists
22. Comedienne Gasteyer
23. Jewish spiritual leader
24. English soccer club
27. Body art
30. No (Scottish)
31. Clumsy person
32. Swiss river
35. Belittled
37. Luxury car
38. Single sheet of glass in a window
39. Monetary units
40. Supervises flying
41. Indian term of respect
42. Breezed through
43. The bill in a restaurant
44. Flower cluster
45. Moved quickly
46. Shooters need to do it
47. High schoolersÕ test
48. Split pulses
49. Salts
52. Breaking Bad actor __ Paul
55. Set ablaze
56. Semitic Sun god
60. Nervous system cells
61. Tourist destination Buenos __
63. A way to bind
64. Behave uncontrollably
65. Feels concern
66. Sportscaster Andrews
67. Subway dwellers
68. Astrological aspect
69. You may take one

CLUES DOWN
1. Swedish rock group
2. Serbian
3. Away from wind
4. Actor Oliver
5. Helps little firms
6. Intricately decorative
7. American state
8. Type of tumor
9. Midway between east and southeast
10. On a line at right angles to a shipÕs length
11. Fruit of the service tree
12. Grouch
13. Romanian city
21. Units of loudness
23. British Air Aces
25. Small amount
26. HemÕs partner
27. Turkic people
28. Member of the banana family
29. Liam Neeson franchise
32. Expressed pleasure
33. Inward-directed part of psyche
34. Insurgent
36. Unhappy
37. Gateway (Arabic)
38. Fundraising political group (abbr.)
40. Well-known
41. Satisfies
43. Ô__ death do us part
44. Jailhouse informant
46. French river
47. A cotton fabric with a satiny finish
49. Drenches
50. Clouds
51. Companies need to make them
52. Created from seaweed
53. OneÕs school: __ mater
54. A type of act
57. Member of Russian people
58. Neutralizes alkalis
59. Monetary unit
61. Play a role
62. Midway between south and southeast

Kids' Maze



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Local Museums Say "Let's Get Virtual"

Many Offer Amazing At-Home Activities

With popular museums and destinations temporarily closed and families currently sheltering-in-place, many local area museums have risen to the occasion and gone virtual with fun and FREE activities for families to do at home. While more educational, informational and amazing online offerings continue to be added each week, a sampling of the virtual activities include the following:

-AEROSPACE MUSEUM OF CALIFORNIA – tapping into creative expertise provided by museum staff and team members, the Aerospace Museum offers hands-on activities and tutorials that are fun for children and families. Easy-to-replicate demonstrations are available on the museum's Facebook page @AerospaceMuseumCA. For additional online events, including Hubble's 30th Birthday Celebration, please visit aerospaceca.org/events.

-CALIFORNIA MUSEUM – launched a new Distance Learning program providing educational materials for K-12th grade students aligned with Common Core and California State Content standards. A State Symbols Coloring Book and a series of five California Indians Oral History worksheets are currently available. Additional activities furthering learning on the state's diverse history, culture and arts are scheduled for release through the end of the 2019-20 school year, both as downloadable PDF files and as paperless, shareable assignments in Google Classroom. For details or to access activities, visit www.californiamuseum.org/distance-ed.

-CALIFORNIA STATE RAILROAD MUSEUM – offers virtual versions of All Aboard for Story Time! on Mondays at 11 a.m. with local influencers reading children's railroad-related books via Facebook Live. Each week, live and previously recorded book readings are available for viewing on both the California State Railroad Museum & Foundation Facebook pages @CaliforniaStateRailroadMuseum or @CaliforniaStateRailroadMuseumFoundation.

-CENTER FOR SACRAMENTO HISTORY – offers original film productions, a "Staff Favorites" section with new film clips updated regularly, and recordings of past Speaker Series events such as the following:

-"Devoted to the Union: Sacramento and the Civil War" by Dr. Glenna Mathews

-"The Time is Now: The Civic Life of Sacramento's Nathaniel Colley" by Dr. Mark Brilliant

- "Red Menace! The Sacramento Conspiracy Trial of 1935" by Dr. Kathryn Olmsted

To access the 100+ history-rich films and video clips, visit www.youtube.com/centerforsacramentohistory.

-CROCKER ART MUSEUM – provides relaxing, refreshing and uplifting art experiences online. Virtual art and gallery tours and activities for all ages are available on the museum's blog at www.crockerart.org/oculus, the Google Cultural Institute, on the museum's YouTube channel as well as on their social media channels @crockerart. The community is invited to spend "Thursday Nights In" this April with alternative ways to experience Crocker programs including a spring film series, ArtMix, and a pre-recorded Global Rhythms concert featuring Jessica Fichot. CrockerCon Goes digital on April 17 as the museum celebrates comic book art and family-friendly virtual cosplay; for more, please see the Crocker blog and social media channels for details and updates.

- MUSEUM OF MEDICAL HISTORY – online users can access a virtual tour (originally launched 10 years ago) that highlights many intriguing medical artifacts and interesting tidbits at http://www.ssvmmh.org/virtual_tour/FloorPlan.html. In addition, numerous articles on interesting aspects of medical history are available at www.ssvms.org/museum.aspx.

- ROSEVILLE UTILITY EXPLORATION CENTER – offers online educational resources filled with learning opportunities, games and activities to do at home. Families can discover comic books, coloring pages, craft ideas, science lessons and ways to continue to learn while having some fun. For more information, visit www.roseville.ca.us/explore.

- SACRAMENTO HISTORY MUSEUM – offers a website and free app for iOS and Android devices that takes users on a journey through some of the more amazing moments in Sacramento's history. "Anytime Tours" feature 50-minute digital walking tours through the Historic City Cemetery and Old Sacramento Waterfront highlighted by 10 stops at each location. The tours can be accessed at www.sachistorymuseum.org or downloaded free of charge from the App Store or Google Play by searching Anytime Tours.

In addition, the Museum has launched a robust "Home Made History" series of at-home activities that include games, videos, coloring pages and more. New programs are added each week and can be accessed at www.sachistorymuseum.org.

For more information about upcoming activities offered by Sacramento area museums, "like" them on Facebook at www.Facebook.com/SacMuseums, follow them on Instagram and Twitter @SacMuseums or visit the user-friendly website at www.SacMuseums.org. Those interested can also sign up for emails to learn more about your Sacramento Area Museums via the website at www.sacmuseums.org.





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Sacramento residents speak about COVID-19 stay-at-home order



Photo courtesy of Alyssa Garcia

Sacramento residents Daniel and Alyssa Garcia are shown with their children, Mateo and Raquel.

Order extended through May 1

By LANCE ARMSTRONG

Pocket residents learned last week that they need to spend most of their time at home for at least three more weeks.

Already under a stay-at-home order since March 19, residents throughout Sacramento County were informed that county public health officials extended the stay-at-home order through May 1 to further prevent the spread of the novel coronavirus (COVID-19).

This order, which is intended to keep county residents at home as much as possible, initially ran through April 7, under the condition that this date could be shortened or extended. It was extended due to the rise in the county's confirmed coronavirus cases.

When the order was initially issued on March 18, the county had 45 confirmed cases and three related deaths. On April 7, when the order was extended, the county's figures had grown to 525 confirmed cases and 21 related deaths.

Through this county declaration, which is enforceable by law, residents are permitted to depart from their homes for such "essential activities" as grocery shopping, picking up prescriptions, visiting medical centers, jogging and taking dogs for walks.

An interactive, Sacramento County-produced map, which divides confirmed cases in the county by zip codes, shows the Pocket zip code of 95831 as having seven confirmed cases.

Five confirmed cases were clustered within the congregation of the Pocket's Faith Presbyterian Church, and two members of that congregation died from COVID-19.

As with the initially announced order, the extended order also includes exemptions from the stay-at-home order, under the "essential businesses" category.

Among the essential businesses that remain in operation are grocery stores, banks, gas stations, post offices, breweries, wineries, dairies, hardware stores, airlines, taxis, government agencies, and newspapers, radio and television services.

Many restaurants remain open, but dining on the premises is prohibited. Those businesses are instead limited to providing food through take-out or delivery orders.

The extended order includes additional restrictions.

For instance, the county now prohibits all "non-essential" gatherings, regardless of the number of individuals.

The previous issued order allowed private, non-essential gatherings to be held in homes, as long as no more than six non-relatives were present.

Another change involves outdoor exercising.

Although residents can still engage in outdoor exercising such as taking walks and riding bicycles, county officials called for the closure of playgrounds and athletic courts.

Under the extended order, essential business employers are now required to create "social distancing protocol" policies to assure the county that employees are following the countywide social distancing requirement of maintaining at least a 6-foot separation from others.

With the county's stay-at-home order extended, many Pocket residents are keeping themselves busy with a wide variety of activities.

While taking a walk near her Pocket home last week, Cathy Palmer spoke to the Pocket News about her activities during the stay-at-home order.

"I usually go to the gym, but the gym's closed," she said. "So, I've been walking daily, at least five days out of the week, walking anywhere from 3 to 5 miles every day. I also have a little, short strength-training workout I've been doing a couple of times a week that my trainer has been sending me weekly."

Palmer added that when she is at home, she enjoys working in her garden and participating in WW (formerly Weight Watchers) and book club meetings through the Zoom video conferencing online platform.

With the county's temporary ban on non-essential gatherings, Palmer said that she is struggling with one thing in particular.

"I really, really miss my grandchildren," she said. "I've been very active in their lives. Easter is going to be very difficult. I just mailed off Easter cards today and I cried a few tears."

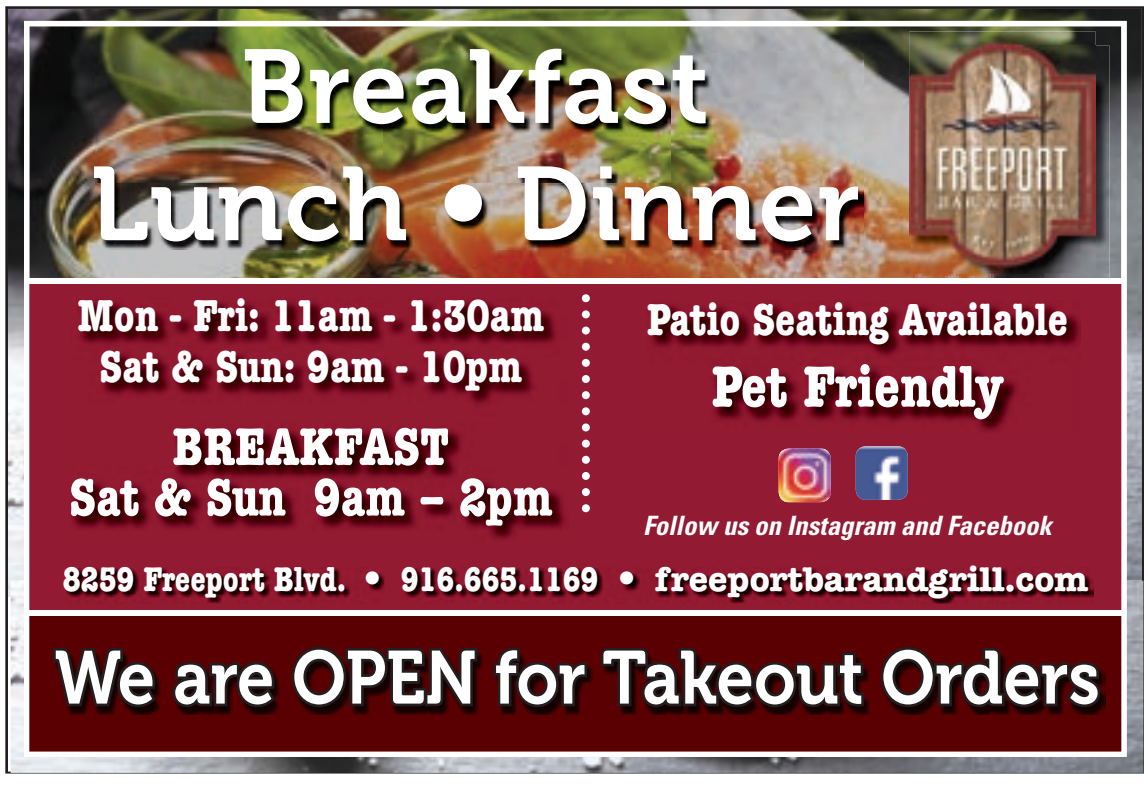
Another Pocket resident Delfina Monreal noted that she is battling loneliness through taking on various projects.

Among those projects is volunteering to speak on the phone with clients of Meals on Wheels, a program in which homebound seniors are delivered pre-prepared meals.

Monreal mentioned that she is also making face masks to reduce the spread of coronavirus.

"I'm just making them for my family," she said. "They're just the ones for individuals. They're not the ones with filters and all of that stuff. It's just whatever (Jo-Ann fabric and craft store) and Kaiser (Permanente) have put out there with the free patterns for us to use."

see COVID-19 page 9



What are we missing?

By Devin Lavelle

Dealing with COVID-19 has left us missing a lot. I recently asked neighbors what they miss most. Surprisingly, the highest profile cancellations didn't rate a mention. No one mentioned the NBA season or March Madness; Michelle Obama's visit or any of the other major performances at Golden1. Delays to the Little League season seems to have impacted us more than the Major League season (although our beloved Oakland A's did rate a mention).

The worst thing people have missed out on is being with family after the loss of a loved one. Perhaps the worst part of COVID-19 is not just the loss of life, but that it forces people to die alone. That tragedy isn't limited to those with the virus, but all too often, extends to others forced to isolate as age or other health problems come to bear. Hearts broke across the internet as neighbors described losing loved ones and not being with them and then not being able to be with family to comfort one another in times of grief.

Luckily, most of us are still healthy and most of the things we miss seem to be the simplest things, like time spent with family. Pat Aguiar misses "Holding and babysitting my now 5 month old granddaughter. I could not have imagined not being able to interact with our first grand." Kate Killian wrote, "I miss snuggling my grands most of all. They're only 5 minutes away. It is heartbreaking. I can't even do a drive-by because my little granddaughter would be too upset."

My family experienced the same feeling. We couldn't explain to our two-year-old why we couldn't go inside when dropping groceries off to Grammy.

Diane Brazillo is missing her grandkids, but reminds us how lucky we are to live in an age with so much electronic connection. "Mine are in Jack-

see MISSING page 15

Covid-19:

continued from page 8

While spending time in his Pocket area home with his wife, Mary, Jeff Snyder told the Pocket News that they are both catching up on their "honey do" lists – or that collection of requests for tasks, assignments or jobs to be completed by a spouse or partner, as in "Honey, do this project."

"There's chores, there's gardening to be done, etc.," he said. "The roses need pruning, and, of course, there's always lawn mowing and weeding the flower beds."

Whenever Jeff and Mary go out in public, they are sure to wear face masks and gloves.

"We travel a lot, so we had masks already," Jeff said. "But we didn't have the gloves. We have disposable gloves that you buy cheap at the Dollar Tree, but then we also bought the (high-quality) kind at Harbor Freight (Tools)."

Mary and Jeff, who are both retired, also keep active taking long walks in the Pocket.

Jeff mentioned that he and his wife walk about 5 miles about twice per week.

As a result of the stay-at-home order, the Snyders canceled their European cruise.

Jeff noted that he and Mary are not very optimistic about the coronavirus pandemic coming to an end anytime soon.

"We're expecting worse to come," he said. "We're going to have more (extensions of the stay-at-home order)."

Monreal's daughter, Alyssa Garcia, who is a state worker, has been working from her Pocket area home since the stay-at-home order was issued.

She told this publication that her life has changed "drastically" since she was working 40-plus hours per week in an office to now working from home while caring for her 4-year-old son, Mateo, and her 3-year-old daughter, Raquel.

"They were in day care and preschool and their school closed indefinitely, until further notice," she said. "Not only are they home from day care, I'm home from work. So, trying to work from home with the two little ones can be challenging for sure."

Alyssa added that she cares for her kids on her own during her working hours, since her husband, Daniel, is still working full-time outside of their home as a general manager for a soccer and rugby store. That business remains operational, but is no longer opened to the public.

While Alyssa is working, Daniel works in a warehouse, managing the store's website and inventory, and processing special orders.

Because her children are not currently allowed to leave their residence, Alyssa said that she recently had to explain the issue of COVID-19 to them.

"We've been at home with the kids (for three weeks), and they haven't gone anywhere other than our front or backyard and occasionally to my mom's house," she said. "It was late last week when they started to ask, 'Mom, why haven't we gone to the playground?' and 'How come I can't go to the store with you?'

"We finally had to talk to them about (this coronavirus). So, we finally told them, 'There's a lot of germs that are out there right now, and the playgrounds are closed and kids aren't able to go to the stores right now, because there are a lot of germs, and kids and grownups can get sick from these germs.'

"I told them it's not going to be like this forever, but we do just have to stay at home, play here in our yard for a while and hopefully everyone keeps washing their hands and we'll be able to go and play at the playground soon enough. And they accepted it. There weren't too many questions after that."

With the extended stay-at-home order already in place, Alyssa encouraged people in the community to do their part to be safe and work through this coronavirus situation.

"You see people going to the stores for just one or two items that might not be necessary," she said. "If we could all just stay at home and do our part to get this coronavirus under control as soon as possible, then we can all go back to our normal day-to-day lives. No one wants our shelter-in-place to be our new normal for any longer than it has to be."





Happy Easter: Springtime photos from years passed



File photos by Stephen Crowley

Because large Easter egg hunts and brunches with extended family and friends should not be taking place this year, memories of years passed seem ever stronger. Missing what we're used to having surely is a sobering feeling. Photographer Stephen Crowley has provided a walk down memory lane with photos from previous years' Easter events. Enjoy! -Monica Stark









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What are we grateful for?

By Devin Lavelle

Alongside the question of what we miss, it's important to also think about what we're grateful for.

My family is healthy, we have a wonderful, loving home to share and my wife and I have good, stable jobs that we can do from home (to the extent the boys allow it). Our parents remain healthy and are committed to keeping it that way, saving us that burden of worry. We are so very grateful for having such a blessed life. I am also grateful for all the positivity people are putting into the world. It's such a refreshing change. I especially enjoy the new YouTube show, "Some Good News with John Krasinski". Seriously, check it out. It will have you laughing, crying and singing along. All in a quick 15 minutes.

I also wondered about some of the things our neighbors are grateful for. Here's what I found.

There are many neighbors who expressed their thanks for the people who are keeping us going in these difficult times.

Jean Corson reminds us, "I'm grateful for the health care providers who take care of our communities. They are so over worked and putting themselves in danger. To honor the medical community by clapping, a few neighborhoods are coming out of this their homes at 8 pm. It just takes a few minutes and you can still keep your distance from others. What a nice thought!" Another nice thought shared by our neighbor Mayor Darrell Steinberg is to decorate our homes with the color blue (blue lights, ribbons, signs, etc.) in recognition of healthcare providers.

Kathi Windheim is grateful for "the men & women of SacPD tirelessly keeping our streets & neighborhoods safe!"

GariRae Gray says, "I'm grateful for all the people keeping the global internet kicking, maintaining the electrical and communications grids, the shopkeepers and their staff, the municipal and special district employees keeping our water pure and our sewage processed, and ... ALL the folks at Amazon, UPS, and FedEx who are supporting billions of people with home deliveries. Millions of hidden people keep our global societies functioning. I can't imagine the chaos if these people gave up."

She adds, "Also, the laughs of Stephen Colbert's home shows."

Sally Ravas is grateful for, "Doing more random acts of kindness. Why does it take something like this to make us more thoughtful of helping others?"

Hopefully all of the kindness we're spreading is what proves the most contagious as we all realize, "Our greatest joy is when we seek to do good for others," (Archbishop Desmond Tutu) and it continues long after this tragedy ends.

Louise Einspahr is grateful for the benefits that come from a slower pace of life. "I am grateful for more time that has helped me slow my pace and have time to look at the beautiful green trees budding out, and other everyday things we take for granted. I couldn't sleep the other night and decided to look out the window at the night sky. The stars were bright and spectacular. With fewer cars on the road some of our pollution is going away and so the atmosphere is clearing a bit. How I wish this part of our horrible virus ordeal could last. I am also grateful for warm sunny days so my husband and I can sit on the patio after doing yard work and share a moment with small talk and a wee small glass of wine."

Alycia Humphrey goes beyond the clouds, "I'm grateful for the blessed hope we have in Christ Jesus. That no matter what happens or comes our way we have the promise of Eternal life in Him."

Many neighbors were grateful for the people in and around the place they call home.

Linda Avalos says, "I'm grateful to live in a neighborhood with good neighbors. A government who will send out emergency money and unemployment checks to citizens to try and keep the economy going. Most of all I am grateful for my faith in God and the loving children He gave me."

Paul Freeman has "really enjoyed my afternoon dog walks and seeing people out walking or riding bikes with their pets or their kids, all while practicing good social distance. Aside from the obviously unfortunate circumstances, it feels like the active and pleasant neighborhood you want to live in. I've enjoyed the "hellos" and semi-awkward smiles we give to each other as we pass by and one person (or both) go out of their way to create space. We're all in it together."

Amy Toy keeps it even closer to home, "I am grateful for spending more time with my kitty and with my mom." I'm sure they're also grateful for Amy!

Others focused on the most tangible aspects of their homes.

Kay Chow focuses on the little things, sharing that she is, "grateful for having: a home; running water to wash my hands nonstop; a stable job that allows me to work remotely; family and friends to look after each other; and sanitizer and tp."

Jan Luppino agrees, "I am grateful for good health, food, water, power and this beautiful place we call 'Home.'"

Tamara Dawn really says it all, "I am very grateful to be a long term neighbor in our wonderful and caring community! Thank you all for being there for each other."

Thank you all, indeed!

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Sacramento Region Nonprofits Readying for Big Day of Giving on May 7

Donors can schedule their gifts to the organizations that critically need their support

Over 600 nonprofits in the capital area will rally donors to support their favorite charitable causes on Thursday, May 7, during this year's Big Day of Giving, the annual online movement to strengthen the Sacramento region's nonprofit sector that has raised $40 million for local organizations since 2013.

"It may go without saying, but this year's Big Day of Giving is coming at a crucial time. Like so many other businesses, local nonprofits are reeling from the impact of the COVID-19 coronavirus," said Linda Beech Cutler, chief executive of the Sacramento Region Community Foundation, which organizes Big Day of Giving as part of its initiative to grow philanthropic giving in the capital area.

"A healthy nonprofit sector is always essential to the capital area, and it is especially critical at moments like these," she said. "These organizations provide the services our community needs during crises—emergency assistance, food services, healthcare, and more—and the services we need to recover and feel like a vibrant community again, too. This year, we are asking our region to come together to send an unmistakable message of support to the organizations that do so much to help the Sacramento region flourish."

Donors who wish to plan their giving in advance of May 7 can visit www.bigdayofgiving.org to review comprehensive profiles of the 615 participating organizations, build personal fundraising campaigns to boost their support, and, starting today, schedule their Big Day of Giving donations.

This year's Big Day of Giving follows seven years of growth for the region-wide fundraiser, which reached record heights last year when nonprofits in the Sacramento region generated $8.4 million in 24 hours. Those numbers are remarkable, said Cutler, but they only tell a piece of the story.

"Big Day of Giving has always been about much more than the final tally," she said. "It's always been a community-driven effort that unites the Sacramento region, one day when we rally around the organizations that make our community strong—and that need our support this year, more than ever."

For more information about Big Day of Giving, including a listing of virtual events planned throughout the Sacramento region on May 7 and an overview of the $100,000 in prizes available to participating nonprofits, visit www.bigdayofgiving.org, or join the conversation online by following #BDOG2020 on Facebook and Twitter.

Big Day of Giving is made possible with lead sponsorship from Western Health Advantage. For a complete list of partners, visit www.bigdayofgiving.org/partners.

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Revere Court Memory Care offers a Day Club, Respite & Residential Care for those with a memory impairment, also offering Support Groups and Monthly Seminars for caregivers and loved ones.

Missing:

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son, ages 9 and 5, and they give Grandma the best hugs. We're talking, texting and emailing a lot. That helps."

She isn't alone in mentioning hugs. Whether with family, friends, clients … we all seem to be missing that close contact. This has to be hardest for people who live alone, "What I miss most is hugs from my friends and family. I'm sheltering alone and that's tough ..." Kim Gardner wrote.

It is a great reminder to think of our friends who may be feeling most alone these days. That can include folks whose age or health mean they are most vulnerable. It can also mean younger folks who just haven't meant that special someone yet. Parents may joke about yearning for social distance from the kids, but we're also lucky to never be alone, especially if we have the blessing of sharing a room with our best friend.

One Greenhaven neighbor wrote about the challenge of having, "no one to give comfort or to bounce things off of or just for company during these difficult times. Being alone with your worries and fears makes them so much harder to deal with."

Olivia Alvarez says, "I miss dating!! Being single and quarantined with my kiddos is making me want to pull my extensions out of my head, already ripped off the fake nails, fake lashes... all gone!!!! I neeeed a man!!!!! Uuuggghhhhhhhh!!!!!!"

I've been enjoying having beers with neighbors across the street and just restarted an online poker game with friends I used to play with regularly. Especially for the extroverts among us, the ability to get together with friends is very missed. Tracy Madeleine Knighton wrote about missing, "Laughing until my stomach hurts with a bunch of my girlfriends! I love my family but sometimes a gal needs her pals!"

Whether for fun, or perspective, friends are such an important part of our lives. "I especially miss my friends' typically mellow, positive outlook. Everyone is freaking out and I can't get on board. I know this is real but can't get caught up in the stress," wrote Sioux Enos.

I bet many of us are surprised how much we miss going into work and, especially, how much we miss the commute.

Teachers seem to be missing work most of all, as Karen DeLodder relates, "I'm missing hugs and high fives from my students, and miss seeing their sweet smiles every day."

But it's not just teachers missing the sound of children's laughter. Tobah Ealey writes, "I miss seeing and hearing the little tater-tots (aka: little kids) walking to school each morning."

We parents very much miss the world being able to enjoy time with our children. It's made all the harder that our kids favorite places are all closed. As I write this on a rainy day, it would be great if that kids could burn off some energy at the Railroad Museum or Chuck-e-Cheese, or our all-time favorite, the Robbie Waters Library. It has been such a wonderful place to take the kids and to connect with other parents.

As Amanda Sol puts it, "I really miss story time at the library. We just moved here and that's how we were making friends." It doesn't replace the connectivity, but our libraries have recently launched a series of virtual programs for all ages: https://www.saclibrary.org/Event/Special-Events/Virtual-Programs

Similarly, as the weather gets nicer, what we wouldn't give to be able to visit Fairytale Town. I do so miss having a safe, fun, creative place for my boys to run free and enjoy themselves with other kids their age.

Like many of her Pocket neighbors, Linh Truong really misses the gym, especially "24 hour senior fitness classes. I met some really nice people there. After working out, the class would eat lunch at a different local restaurant once a month." What a great way to connect to the community. Hopefully we are all still supporting our local restaurants and, in doing so, working up a little extra motivation for once the gyms reopen!

Jim Guida doubles down on the gym recommendation and offers some wisdom, "There are three places you may not want to go but never regret having gone - to the bathroom, to the gym, and to church. Worship can - and should - be done anytime and anywhere, but the fellowship of friends and loving members of the church family can't be duplicated."

Mike Sweeney agrees, writing, "I miss being able to go to church and be nourished and uplifted. Not just for the content and services, but to be with the people in the pews." Amen to that, brother.

There were so many more activities mentioned, fun things like Volunteering; Wine Tasting; Bowling; and Movies. Favorite dining options like Brunch; Taco Tuesdays; Buffets; and Pie. Day-to-day activities like haircuts; and shopping: "The ease of walking into a grocery store and picking up necessities for whatever project or recipe that came to mind, or simply toilet paper when we're down to our last roll. Now everything requires a plan," shared Fay Saephan.

We also miss normalcy. Not living with fear. Being able to have conversations about anything but the crisis.

While we're all missing normalcy and favorite activities, it's clear that what we miss most of all is each other. While the hugs are going to have to wait, phone calls, emails and Zoom chats are just a few taps on a keyboard away.

Who are you missing? Maybe give them a call? They probably miss you, too.





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