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Getting through the quarantine:

How the community is coming together during social distancing

see page 6

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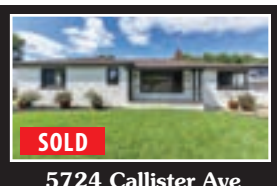
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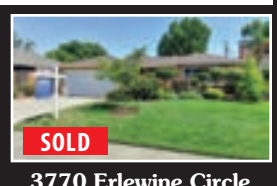
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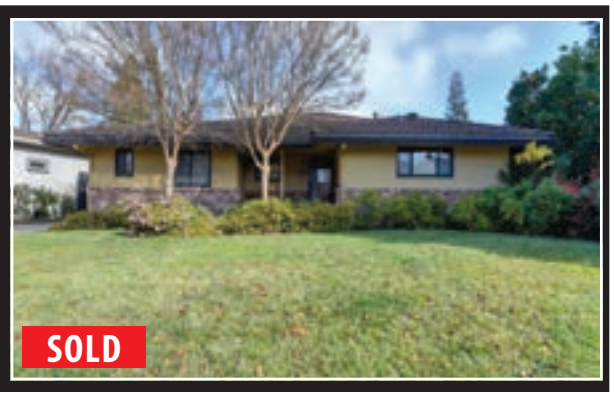


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Door to Door

with PAT LYNCH

Advised by his doctor not to fly, a neighbor had to cancel a planned trip to Arizona. His doctor also told him to quit post-operative workouts in the Mercy Hospital gym. Too much risk. Yes, the neighbor is 79, and a recovering cancer and cardiac patient. But he thought a short, domestic flight would be okay. He thought his medically supervised workouts were safe. He hadn't factored in the new phrase that changes everything for millions: co-morbidity (two or more illnesses occurring at once in the same person). My neighbor has vulnerabilities that double the potentially lethal punch of the Corona Virus pandemic.

I have asthma, well controlled, but I factored it in with locality (Sacramento was one of the three chief hot spots on the CDC Virus Map), age (in the danger zone) and communicability risk (high), and called the Kaiser Advice service. It was recommended I self-quarantine until the government got a handle on this. Well, hell. That's a long quarantine sentence. The problem is that the government's tardy and inadequate response had been further retarded by the president, whose mindless posturing would be funny were it not so deadly. First he said, at a Feb. 28 rally in Charleston, South Carolina, "This is their (the Democrats) new hoax."

A hoax. Well, nobody wants to catch this hoax that has already killed thousands and daily kills more. I don't want the highly communicable "hoax" to stalk family and loved ones. I don't want to have to gasp, "Keep away. I've got the Hoax." Not long ago Trump addressed the nation in that somber, hypnotic tone he gets when he has to read something. After unseemly bragging about our greatness in a world beset with affliction, he said we Americans would conquer the thing he had only a week earlier depicted as a hoax. Then he said we should wash our hands.

My Manhattan nephew, Andrew, was among the last American passengers to fly home from Italy. He said when he was there it was eerily easy to get into everything, everywhere (he did not go to Milan). There were no crowds, no long lines. It was like a ghost country. When he got back to New York he was quarantined for 14 days.

Right now in New Rochelle, New York, Governor Cuomo has activated the National Guard to establish a mile radius Coronavirus containment area. The Guard delivers food to the impacted citizens. Have other states called out the Guard? Yes, Florida, Iowa, Louisiana, Rhode Island and Washington. So far.

Then the NBA suspended its season, St. Patrick's Day parades were canceled everywhere (even in Dublin), more schools and universities closed, stores sent out notices suggesting online shopping, political speeches were delivered without audiences, customers bought and hoarded sanitizers and toilet tissue, the CDC said to stop shaking hands, stay away from malls, movie theaters, and religious services, cities banned large gatherings, concerts were canceled, meetings postponed. Nobody seemed to still believe this was a hoax.

"I'm self-distancing," said a friend. "Because I have that heart murmur."

My Ex called. "I have to stay home practically all the time. The gym closed." He sighed. "Can you believe it? The gym."

But of course the gym closed. Because droplets of possibly contaminated sweat shine from every glistening chrome bar. Because the gym is a fountain of hazard for senior jocks. The young can take their chances because they can usually beat back the virus. But it's harder, and potentially lethal, for seniors who have weary immune systems. Trust me. Once I got an infection in a super easy-going water aerobics class where we flapped, splashed, and giggled for an hour. If something that mild can undermine your immune response, imagine the Corona Virus, which can take six weeks before it's done smacking you around. It can finish you off too. It's no joke. No hoax.

On Friday the 13th Trump was asked by reporter Yamachie Alcindor if he took responsibility for the lag in the testing. "No I don't take responsibility," said the president of the United States. Alcindor went on. "But is it true that you disbanded the CDC pandemic response team, and gutted a lot of the personnel at the FDA, CDC and Health Department? Do you take responsibility for that?"

Trump replied, "I don't know anything about it. There is an Administration. Maybe they did it. But I didn't do that."

Are you gobsmacked? I was. I know it's odd to be continually amazed by the predictable but each new low is so low. So ground-breakingly low.

My Partner, under the danger zone, is a hand-washing survivor type who knows how to plan for isolated living. This is lucky for me. Also my youngest sister (by twelve years) lives five houses down and shelters us while our house is invaded, because, yes, we chose now to remodel. Pandemic or no, workers trundle in, deliveries arrive all day, foot traffic is constant, and I know some of those feet carry vectors. Of course when we started this project, the virus was a largely unknown, remote problem China and would never reach us. But…

Five other highly sociable, danger-zone siblings are now hunkered down in their houses. It'll be weird to not meet up for St. Patrick's Day. I'll miss the gossip, the irreverence, the family vibe. But at least we can Skype. Imagine if this happened before Twitter, Facebook, Instagram, etc. We'd have to email, like in the dark ages.

A friend calls. She's social distancing also. "I've done everything, all my chores. Now what?" Reading is recommended. "Tired of reading." Cleaning the garage is recommended. "Are you insane?" Finally she agrees to sew. I could advise her to settle in and watch the TV talk shows but they're suspending production, even Colbert. Even Ellen.

It's hard to live with the new rules. You have to stay seven to ten feet apart from others, no hugging, kissing, hand-shaking, touching, fist-bumping, elbow rubbing—nothing. And don't touch your own face. Don't rub those itchy allergy eyes. Don't stroke your chin. Hands off.

France closed all restaurants and cafes. Spain and Israel went into lock-down. Germany shut down public venues. It's believed that asymptomatic carriers are driving the contagion, here and everywhere. I still wonder about the status of the poor people on that Princess cruise ship who were sent to air bases for containment. One died. I read that.

This is our first week of traditional March temperature: the street is cold and rainy, the sidewalks wet. Nobody stirs. But I don't think it's the weather.

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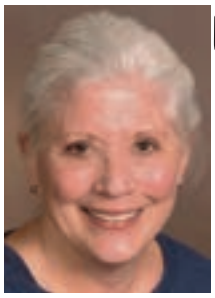
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THIS 'n' THAT

by Carol Bogart

Buy Low, Sell High?

Major, big time corona virus volatility in the stock market! If you're retired on a pension, chances are you view this development with alarm. Especially on the heels of the market 'correction' last October. Simply put, a correction is declared when stock prices fall below a certain point and a 'boom' market starts going bust.

My own pension, for example, changes from one year to the next. Part of it is 'fixed' (i.e. the value is guaranteed to stay the same no matter what the market does). The larger portion is 'variable' – which means it varies with the vagaries in the market the prior year: Specifically, October.

When my parents died and left me some money – it was largely invested in blocks of stock. Dad made most of his money in the stock market, investing in companies he knew well from his decades in the auto parts business.

Since I knew nothing about those companies or investing, I figured I better educate myself about stocks and bonds. The following may interest those of you tempted to try the market in these uncertain times.

When I made that decision, I had enough money to buy stocks in quantities of no less than 100 shares. A stock broker helped me learn the ropes. I also signed up for a seminar on bonds. Went to a 3-day "Workshop for the Wealth Adjusted" where I met people who had last names like Kellogg and Honeywell. Read a small book titled "The ABZ's (Z for Zero Coupon Bonds) of Money & Finance." (It's a good one if you need to learn the basics.) Subscribed to the Wall Street Journal. Barron's. Money Magazine. The Kiplinger Report (dad's favorite). Standard and Poor's "Outlook" (which I liked a lot, but it's pretty pricey). Others.

I also immersed myself in investing-related cable TV shows. I listened to the show, but watched the stock ticker crawling across the bottom of my screen. By then, I had a portfolio of stocks, mutual funds, and so on. The ticker is symbols that are shorthand for assorted stocks. I memorized those of stocks I held, and also those I was watching.

For hours I'd watch the ticker for slight changes in a share price. Felt pretty comfortable buying Berkshire-Hathaway. Figured if legendary investor Warren Buffet (founder of Berkshire-Hathaway – a sort of mutual fund for rich people) was betting on a company, that was good enough for me. On the opposite end of the 'risk' spectrum, I liked Gilead Sciences – a California company that, today, is working on getting FDA approval for its Covid-19 vaccine. (Important to note: Other companies are, too. Who gets there first is the gamble.)

The key to 'reading' the market, I decided, was paying close attention to the news – such as rumbles that the fed would change the interest rate. And, at that time, NAFTA (the North American Free Trade Agreement).

By the time Mexico Fund was trading on the Nasdaq (American Stock Exchange: www.nasdaq.com), I was an on the 'fast desk' at Charles Schwab. 'Fast desk' traders made (or lost) money by moving quickly on changes in a share's price. Mexico Fund was invested in companies like Telefonos de Mexico. When I sold my shares in a 'block' (all of it at once), I made $30,000, after fees and taxes. Thank you, NAFTA! With the money, I funded an investment account for my minor son. And used money in it to pay for ADHD specialists, physical therapy and other activities to improve his fine motor skills; camps, preschool, and technology such as computer games. Whatever experts told me would help him compensate for deficits related to being nearly stillborn. An investment in his future.

When Mike was 13 or so, I went back to work in journalism and hired an investment adviser, because I knew day trading would take more attention than I could give it with a full time job.

The investment adviser insisted I couldn't afford to hold a pricey stock like Berkshire Hathaway. I'd paid about $8,000 per share for four shares. I reluctantly let him gut and reinvest much of my carefully constructed portfolio. (I stopped following Berkshire-Hathaway when it was selling for $55,000 a share. Doing the math made me too depressed.). The investment adviser said he could feel my 'antipathy'. We parted company.

Not all my money was in the market, though. Some was wrapped up in real estate. I bought properties outright. Remodeled, updated and then we lived in them. Mortgage free. Made money when I sold them.

The last property I purchased was the farm. A neighboring farmer paid me per acre to farm my fields. Still was making money in the market. And then 9-11 knocked the stuffing out of my portfolio. (I'd cashed out Gilead to try to save the farm. Made money. But, if I'd held onto it, would have made a whole lot more.) Finally, with animals to feed and a teenager playing travel hockey, I took out two home equity lines of credit (contrary to my Depression-era dad's advice: "If you can't pay cash, you don't need it.")

In 2003, I faced facts. Liquidate the farm, or lose it to foreclosure. Surveyed and subdivided it. Did OK. A family bought each of two creekfront parcels. I like knowing a new crop of kids grew up making forts in the woods.

It's been nearly 20 years since I was a day trader. I've learned, that which goes up definitely will come down. Today, I'm in low income senior housing. I know my pension's taking a hit May first. and I'll have to 'pay back' – all at once – the amount I've been 'overpaid' since January 1. Am I worried? Oh, you bet.

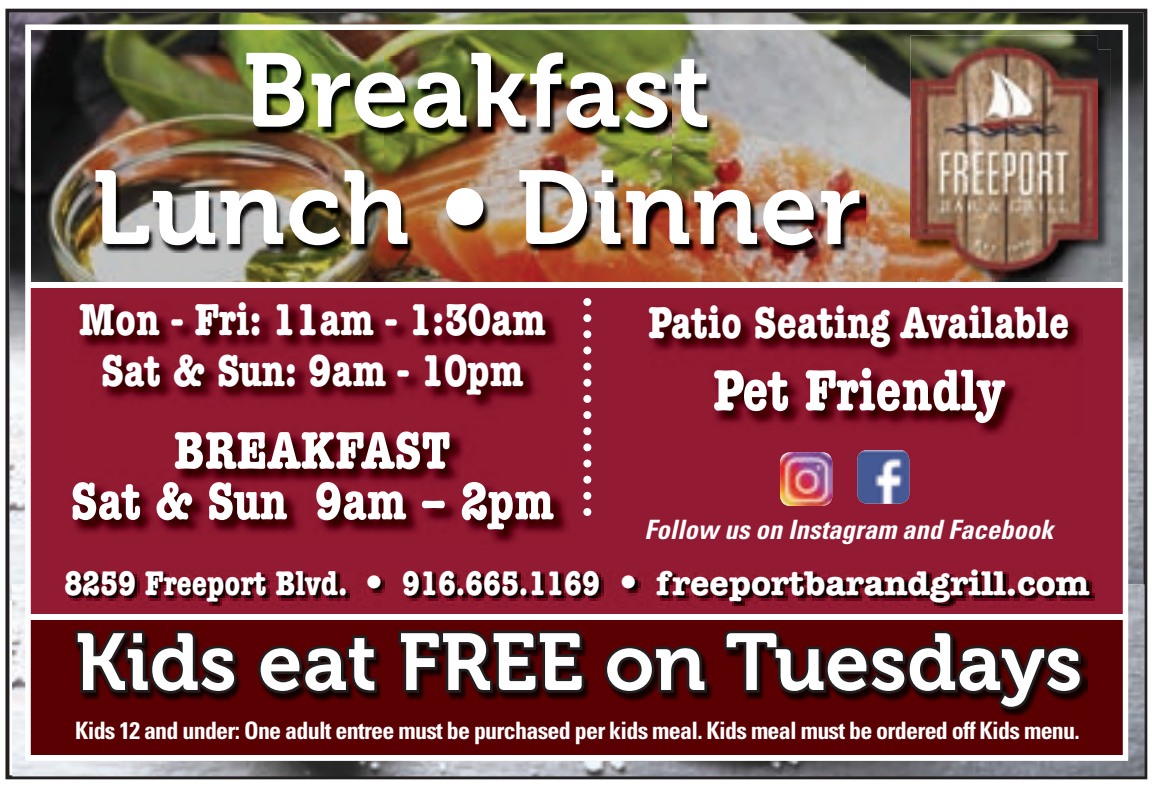
Savvy investors I've known say this:

The casino's always open.

"I got out too soon."

So, about this virus. The WHO (World Health Organization) has declared it a pandemic. (Its rapid spread now spans the globe.) Do the resulting wild swings in the stock market seem like a chance to make a fortune? Not unless you can afford to lose it. If in doubt, don't. Before you roll the dice, might wait for the world economy to stabilize.

Quick update re: Carol's column last week about her cancer. She's learned there are different types of breast cancer. Her oncologist says hers is a type that DOES NOT spread to other parts of the body. In six months she's scheduled for another MRI, and will talk with her oncologist about what to do next – if anything. Carol thanks you for your interest and your prayers. Questions, comments? Contact Carol at carol@bogartonline.com.



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Getting through the quarantine: How the community is coming together during social distancing

By Monica Stark

In times of disaster, Mr. Rogers said his mother would comfort him by saying "Look for the helpers. You can always find people who are helping." Ironically, the more intense the coronavirus gets, the more the most vulnerable rely on our village while attempting to socially distance.

Fortunately, there are helpers all over our community helping the indigent, pet owners with pet food, the homeless, the elderly, and local businesses, especially the hard-hit restaurant industry while taking all the necessary precautions to protect themselves and those they are helping.

NEIGHBOR TO NEIGHBOR, MUTUAL AID GOOGLE DOC

Online neighbors are coming together as a way to find out what's needed and who can help. Via

Neighbor to Neighbor, Mutual Aid Google Doc**,** folks are organizing ways to help run errands, deliver groceries, food, etc. for their neighbors who are now in state-imposed home isolation.

With a background in social justice activism and community organizing, **Elliott Geneste de Besme** (who on a personal note is queer, trans and disabled), discussed why she started this Mutual Aid network in Sacramento. "I strongly believe that implementing community care, and developing new systems where we take community support into our own hands is the only way that I believe we will move beyond the capitalistic, profit-driven way of life in this country and also worldwide. There is no time but now to create the changes we so sorely need to survive."

Simply by going online, one can access the Sacramento Mutual Aid Google Doc, where people are sharing information such as contact information, what they are in need of, or if they can help and what they can offer. People are also just going through and helping support the folks who have listed a need as well. "I made sure that the Google Doc is as user-friendly as possible to ensure effectiveness," Elliott said.

Though not via the Mutual Aid Google Doc, Sacramentan Dan Robedee, a John F. Kennedy High School alum, said he's offered to try to find anything he can for anyone in need as well as share. "My friend gave me a gallon of bleach because I need some for mold control and he needed rubbing alcohol so I gave him some in return. We are also taking turns home schooling (his daughter) Liz and her best friend, like a mini co-op. That's the amazing thing about crisis like this is coming together."

And there are countless stories like that of Cleo Cartel who for a week did meal prep for some seniors and a friend of hers that is ill.

HAND-WASHING STATIONS AT HOMELESS CAMPS

Homeless rights advocate **Caity Maple** raised more than her goal of $3,000 via GoFundMe and a significant donation from her employer, Perfect Union, for five hand washing stations at the six largest homeless camps in Sacramento for four weeks with regular refilling. Maple said she also entered into a partnership with the city of Sacramento, which will take over the contract and keep the hand washing stations operable for as long as they are needed, be it another month or longer.

"I'm incredibly humbled by everyone who gave what they could... These will be installed on Tuesday (March 17) throughout the region," Maple wrote in an update to her GoFundMe supporters and followers on Facebook.

One of the foreseeable setbacks with the hand washing stations, however, is the lack of education among the homeless themselves regarding the coronavirus.

When she can, Maple helps the homeless, and back when the seriousness of the virus first became part of the collective consciousness, she began asking around if there was a place for homeless people to wash their hands and if there were sanitizers that were being passed out. With an overwhelming negative response and thousands of people in a single camp, she began the GoFundMe for placement of the hand washing stations in the six largest camps. "I reached out to city officials, county officials, health officials -- everyone -- and asked them what is our plan? Do we have a plan to give sanitation to people who are outside? I either didn't get responses or the answer was no. That's when I decided I needed to do something about this."

Asked what the response has been among the homeless population themselves, Maple said when she was serving food on Sunday night, she said a lot of people do not know what is going on regarding the virus because they are not connected to the media or the Internet. "I said, 'Okay, well, this is what's happening and it's very important to wash your hands. A lot of them started to understand that; a lot needed more education. This was brought up in the city meeting that I had. There were a lot of people that said they had symptoms or know somebody who has had symptoms. I didn't know what to tell them because there has not been any guidance about what to do."

Complicating the matter, there's confusion surrounding whether one should seek immediate attention at an emergency room or to call an advice nurse. And among some homeless individuals who don't have access to a cell phone, those issues are further complicated. Homeless advocates have asked for the city to stop the sweeps of the camps.

FURTHER HELPING THE HOMELESS

President of the Sacramento Homeless Union, a Chapter of the National Union of the Homeless, Crystal Sanchez, is raising money to offset the cost of food for the homeless via a GoFundMe. "The unhoused depend on access of churches, Starbuck's etc for food and places where they can utilize change and (food stamps). It is all closing down. I'm asking for help as I have used quite a bit of my own money to try and keep people going. What I'm asking for is money to make food to take out to the camps. We are feeding people in their camps as it is safer then congregating multiple people in one big area. We are also educating them on the virus and any government updates. I will provide receipts with purchases and updates on any donations not on the GoFundMe I'm working on for transparency. An alternative to money is the actual food. Looking for any items that can go into soup -- whether it is frozen, canned, dry, -- I don't care. We can make it work. Also help with propane refills so we can keep serving people. If any food bank friends want to hook me up with the connection or any non profit please reach out to me. We all need to eat; we all need to isolate; we need to help others who cant do this with out assistance."

South Land Park based real estate agent Michael Canton said he collected more than 3,000 warm coats and handed them out to the homeless on the streets. "I think we donated the last 500 to the Sacramento Food Bank," he said.

LOCAL RESTAURANT DISTRIBUTORS, RESTAURANTEURS AND CUSTOMERS HELPING THE INDUSTRY

Valley Community Newspaper's Kerin Gould who writes the column, Farm and Flavor, suggested that if your favorite cafe, restaurant, independent store, theater, music venue, service, independent teacher, etc. is being impacted by the virus crisis, see if you can get a gift card to spend later. "That will help folks keep the lights on til it's over."

Fresh seafood distributor Sunh Fish put out a statement on Facebook offering to feed restaurant workers whose hours have been cut. In their statement, they wrote: "It doesn't matter to us if you are a busser, dish washer, manager or executive chef. If you or your family needs food to get you by, we will do it for as long as we can. (At least a week) This offer is for our current restaurant accounts who have been ordering from us regularly and supporting us through all the peaks and valleys. Please have your chef who does the ordering whether through text, email or our warehouse line, request 'fish for a family member.' We will send a separate bag of seafood along with your regular restaurant order (please coordinate this delivery with your regular fish delivery to save resources) so you can distribute it to your

see QUARANTINE page 7

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Quarantine:

continued from page 6

staff in need anonymously. This is a small offering, but hopefully it leads to other companies taking the same route. Always remember to support those who support you."

Because the restaurant industry has been suddenly and significantly impacted by local, state, and federal mandates, **restauranteur** Clay Nutting said his team has been working with BPXI/O over the last few days to rapid prototype a platform to help streamline the curbside and pick-up process for restaurants in Sacramento... Sign up to stay in the loop. http://pickupfixe.com/

On their frequently asked questions page, they state that "while many restaurants are offering pick-up options, making sure someone is available to answer the phone, as well as scheduling and arranging for pick up can be costly and requires resources that may not be available during the current downturn. This platform, according to the website, makes it easy for customers to place orders and for restaurants to fulfill them." This platform allows restaurants to create simple, multi-course menu boxes, and make them available for pick up. Simply put, a "Prix Fixe" meal is a multi-course meal offered at a fixed price. Restaurants can create up to 6 multi-course menu options, as well as supplemental a la carte options, for customers to select from. The restaurant industry is highly regulated when it comes to health and food safety. Restaurants utilizing this platform will adhere to all local, State and Federal food safety protocol.

New Helvetia Brewing Co. announced that they are adapting to our new world order as best as they can by limiting their taproom operations for take-out only. "We are reducing our hours and will comply with recommendations that help maintain public health. We have launched an online store for cans and bottle orders, but you can also drop in to pick up beer to-go during our special open hours," according to their Facebook post. Online store is linked here https://squareup.com/store/NewHelvetiaBrew

FORCED HOMESCHOOLING

While working parents have been asked to work from home, they've also been tasked with how to care for their children in a confined environment. Jenn Brian has been writing lesson plans for friends who are now at home for the foreseeable future. "I know it is very overwhelming for parents," she says. For example, she provided the following activities for second graders.

-Have them do a "scavenger hunt" for pictures of items you need to shop for from the Sunday paper ads. Then have them cut them out and glue them. You can have them add up the prices of the items for the math component. Also, if you give them a budget, they can find the cheapest items at various locations and then add them up. Takes care of math and art. (You can have them shop for different types of things every day and this will take up a lot of time and make them feel helpful)

-Have them create a calendar out of construction paper and track the weather every day. (cloudy, sun is out, etc)

-Have them put on a play for you. They have to have characters and tell you the story. Dress up and all. They can use their favorite book or movie as a reference and recreate it.

-I would also get some coloring books and blank paper with lines on it. Have them keep a journal of their days and gratitude. Things they have. They can draw pictures to accompany the writing.

Local mom Sara Bailey, whose children attend A.M. Winn Public Waldorf, developed a daily rhythm that looks like this: Form drawing, circle time, morning walk to the river, journaling or writing a letter to someone. During main lesson, her son is researching Egypt, which her younger daughter is interested, too. They are also creating a "quarantine cookbook" with the recipes they use or create during their cooking time. After main lesson, they have snack, followed by recess/free time. After that, Sara reads to them while the kids do handwork (knitting). Handwork is followed by math. (They are signed up on Moby Max through her son's teacher but you could do any age appropriate math work sheet or activity. They are using a "math lab for kids" book that has fun activities to do, and they end math time with a game or math puzzle). Following math is lunch and recess. After that, they have practical arts/ gardening and cooking, chores, mindfulness exercise, silent reading book of choice, a board game and closing circle. They are watching the Netflix "cooking series".

Additionally, Sacramento art teacher Mollie Moseley Morrison has create **Kids Art Market, an online art lesson resource:** https://kidsartmarket.blogspot.com. dAs Morrison explains on her site, Kids Art Market is her collection of preschool to high school art lesson plans that have worked well in her classroom. She calls it a market because just below you can find what you are looking for by aisles. For example, if you want to study an artist, check out the artist aisle. If you want to try out chalk pastels, take a look in the medium aisle. She has tried to make it very easy to quickly reference all of your ideas.

WHAT A YOGA INSTRUCTOR IS CURRENTLY DOING

Kundalini yoga instructor Susan Mills is offering free online yoga and meditation classes on Sundays at 4:30 p.m. "We will focus on breathing techniques to maintain health happiness, peace. Free to all, donations accepted to help those in need." Link to register https://zoom.us/webinar/register/WN_jWxB2pSMT6u4VrXWNHAzww

On the web: Sacramento Mutual Aid Google Docs:

Specifically for the Land Park and central city neighborhoods:
https://docs.google.com/spreadsheets/d/1CskPPbL5Eg9c2Y96tPOBLztLV-WJ9wbRRQsJBnYfkdI/edit?fbclid=IwAR1I_HqHGSQoKuL-mq-_BoKbilJzQiOAW-pEZGZhWE3hdJrcc4aJ0pMvr6Y#gid=0

Sacramento at large:
https://docs.google.com/spreadsheets/d/1iRTr4P5fJsGlJ5ogNqogZMOFtuOsdMSiDylkjZo-AKE/edit?fbclid=IwAR3m85Ad9m62SFJq1Y5kTzf0zN__u_MsoTcGZawlTlCQXghzBPYcXyU8BBI#gid=634347005

-PreFixe
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GoFundMe: Feeding the encampment unhoused/ corona virus
https://www.gofundme.com/f/feeding-the-encampment-unhoused-corona-virus?fbclid=IwAR23b4ZyROfbe-MsI_8-EqNIoTjS9tKfkriBzi68BrdA_JeNvY7SRjDB7Nw
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Hand Washing Stations for Homeless Camps
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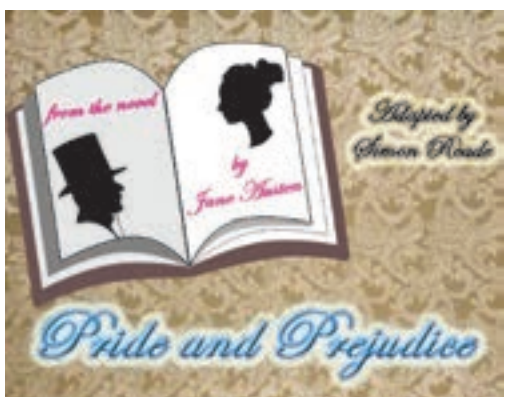
Kids Art Market, an online art lesson resource: https://kidsartmarket.blogspot.com.

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REG $377
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