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#GIVEWHEREYOULIVE
Stay-at-home order to continue through May 31

Construction activities, gardening work can resume this Monday

by Gennady Sheyner

The Bay Area’s stay-at-home order will stretch on until at least the end of May, though construction workers, gardeners and outdoor retailers that can accommodate physical distancing can get back to business as early as Monday, county officials announced Wednesday.

The updated order was issued by Health Officer Dr. Sara Cody. It represents the Bay Area’s first attempt to loosen the shelter-at-home directives that health officials across the region issued on March 16, when COVID-19 cases were rapidly climbing and hospitals were preparing for a large surge.

The new order also lifts prohibitions on use of shared outdoor spaces, such as skate parks, which do not involve shared equipment or physical contact.

The new order also lifts theBay Area’s stay-at-home prohibition next week, though at least the end of May, though the current stay-at-home prohibitions until May 31. They were set to expire this Sunday.

Simón John Christoph Sorensen, a medical student from Denmark who is conducting a year of research at Stanford University, is among the students who have been allowed to stay on campus while it is shut down.

EDUCATION

Alone at Stanford

Here’s what life’s been like for students who stayed after everyone else left

by Elena Kadavy

Simon John Christoph Sorensen, a medical student from Denmark who is conducting a year of research at Stanford University, is among the students who have been allowed to stay on campus while it is shut down.
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FARMERS UNITED
The hubbard is just starting to come in at Happy Quail Farms in East Palo Alto. But the customers that would normally be buying up the majority of the farm’s produce — restaurants — have dropped off significantly during the coronavirus, with dining rooms shuttered or operating in a limited capacity throughout the Bay Area.

ROUNDUP

MASKS FOR THE MASSES ...
In less than a month, a group of Palo Alto residents created more than 1,600 masks for essential workers, hospitals and others in need during the coronavirus crisis.

Mask of Hope, a group formed on March 30, first started out with a few parents and students from Greene Middle School. It has since grown to nearly 30 people, including members of JLS and Fletcher middle schools. As of April 25, the group provided 722 cloth masks and 885 one-time-use masks, group member Olivia Chen told the Weekly. The masks have two different types of fabric to make the back and front distinct from one another. The beneficiaries include Moldaw Senior Residences, Webster House, local grocery stores and U.S. Postal Service workers, who can take comfort in knowing the fabric has been preswashed, run through a dryer and ironed before it was cut and sewn into the final product. After volunteers make the masks, the group picks them up at front doors and gates, avoiding any in-person contact. “It’s been amazing to see how our neighbors have all pitched in,” Chen said.

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Around Town

QUOTE OF THE WEEK

“I’m trying to be OK with not having a million things to do.”
— Jesus Cervantes, Stanford University undergraduate student, on living on campus while it’s shut down. See story on page 5.

Masks for the Masses ...

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FARMERS UNITED

The hubbard is just starting to come in at Happy Quail Farms in East Palo Alto. But the customers that would normally be buying up the majority of the farm’s produce — restaurants — have dropped off significantly during the coronavirus, with dining rooms shuttered or operating in a limited capacity throughout the Bay Area. Andreas Winsberg, who grew up helping his father, David, run Happy Quail Farms and is now the founder of a digital design and branding agency, stepped in with an idea: a cooperative box filled with produce from small, local farms struggling to sustain sales that would be provided directly to customers who need fresh food. They put the orders together, several local farms to launch the Farm Co-Op Box earlier this month — including Brokaw Ranch, Swanton’s Berry Farm, McGinnis Ranch, Farwest Fungi and Marshall’s Honey — and used his agency’s website to provide online ordering. Customers can pick the boxes up at local farmers markets or opt for home delivery. Three weeks in, the boxes have generated about $5,000 in business for the farms, which is “starting to replicate the normal demand from restaurants,” Winsberg said. “We pay the farmers exactly what they’d like to get for their produce when they sell it directly at a farmer’s market,” he added. Weekly orders for the boxes must be placed by Wednesday at midnight. Learn more at farmbox409.co.

Making a difference ...

Project WeHope’s shelves are stocked with turkey bacon, eggs fresh and rice for food donations that total $15,000 from Palo Alto’s Osman Family Jewish Community Center, which has temporarily suspended operations while the stay-at-home order is in place. The donation was led by Robert Stayte, the center’s director of culinary services, who took notice of food that wasn’t being used by the JCC. “What do we do with a 5-pound bag of tater tots? I said, ‘We should donate it somewhere to someone who really, really needs it,’” he said in a news release. Palo Alto High School’s Social Justice Pathway also organized a food drive for Project WeHope on Wednesday. Students donated personal protective equipment and picked up food donations at addresses provided through an online form. ■
C leaner air, quiet highways and roads that have sud-
down to their daily commute, for more bike friend-
y than anyone could have imagined are constant re-
minders that the health crisis has a home inside.

Transportation planners in Palo Alto and elsewhere now face a key question: Will some of these benefits survive the pandemic?

Steve Raney, who administers the Palo Alto Transportation Management Association, has been exploring that question for several weeks. Raney, a consultant at Altrans TMA Inc., co-authored a white paper earlier this month that considers what the commute is notas it looks like immediately after the pandemic and in the longer term. Citing data from transportation agencies, research from transportation think tanks and his own observations, Raney concluded that the weeks we are seeing now of consulating cautiousness are likely to rapidly return largely to its pre-pandemic levels within a year.

The analysis, which Raney summarized in a Medium post, also suggests that the months immediately after the pandemic will see a dip in carpooling, a rise in telecommuting and a greater shift toward bicycle commuting for those who live close enough to their workplaces.

In the wake of electric bike sales not to drive alone will remain a major challenge. The pandemic has crippled public transportation, but the residents of Palo Alto and made bike-share programs a tougher sell. But it also may usher in a few unexpected benef-
efics, even long after the stay-
at-home orders are lifted, Raney said.

Experts expect some of the “slow streets” projects that cit-
ies like Oakland and Denver put in place during the pandemic to give bicyclists and pedestrians adequate room for social distanc-
ing to remain in place. Palo Alto has not yet launched such a program, though Chief Trans-
portation Official Philip Ka-
nni told the council earlier this month that his staff is preparing to do so soon.

Transportation experts in other cities also are viewing this quiet time as an opportunity to implement projects that would be tougher to jump-start during normal times and to change the habits of commuters. The paper that Raney co-authored with Krutt Ladani noted that the economy recovers, the return by commuters to the workplace offers a unique opportunity to establish new commute habits. Transportation-demand manage-
ment programs or organizations “will exploit this habit-for-
mation period to further distance post-COVID commuting from its pre-pandemic status,” Raney and Ladani wrote.

This view isn’t limited to Palo Alto. At a recent webinar spon-
sored by Ride Healthy, a bike-advocacy group, transportation planner Timothy Papandreou pointed to the more than 100 cities around the world that are implementing “slow streets” projects during the pandemic. These projects restrict cars and provide more space for bicyclists and pedestrians, allowing them to practice physical distancing more easily. “They are using the opportunity now,” Papandreou, former chief innovation officer at San Francisco Municipal Transporta-
tion Agency and founder of the San Francisco-based consulting firm Emerging Transport Advsi-
ors. “And we’ve seen other cit-
es like Paris and Milan said, ‘This is it. We’re going to do hundreds of kilometer-
es or miles of this.’”

“This is the moment to seize

their. It is also an opportunity to test things out that would’ve been difficult to test out. You can actually iterate much quicker now.”

In May, Selena Reynolds, general manager of Los Angeles Depart-
ment of Transportation, said the pandemic is giving the city a chance to test its transportation programs and make them more equitable, given the chal-
gen of using transit services at a time when physical distancing is required. “We have to use this moment of stillness to come up with a radical, different approach to public transit that can begin to solve for the fact that until there is a vaccine that is broadly avail-
able and affordable, which is probably a year and a half away, people are going to be expected to be able to on public transit. And if we’re not going to solve their mobil-
ity challenges, we will trap them further in poverty,” Reynolds said at the webinar.

One idea, she said, is to use some of the federal stimulus funds designated for transit to buy electric vehicles and make them available to neighborhoods of residents to use for free. Another idea is to buy electric bikes and loan them to people to get to work.

The transit paradigm is just as applicable to the Bay Area, where Caltrain and BART have seen their ridership totals drop by more than 90% during the pandemic. The Santa Clara Valley Transportation Authority has seen the number of riders drop by 85% and is now offering rides for free.

While these numbers will surely rebound once the threat of COVID-19 abates and com-
panies reopen after the man-

dated shelter-at-home order, ex-

experts believe it may be a while before transit use returns to its former levels. Raney cited Fran-
ces Edwards, deputy director of the National Transportation Security Center at the Mineta Transportation Institute, who estimated that once traffic re-

reaches 5% to 10% of pre-pandemic levels, it would take about a year in her estimation for transit use to get to 100%, according to the expert.

Raney and Ladani state that some transit and mobility ser-

vices “will exploit this habit-for-
mation period to further distance post-COVID commuting from its pre-pandemic status, even long after the stay-at-home order is lifted.”

“Maybe we don’t like forced telework as much, but telework is a viable alternative to commut-
ing,” Ricks said at the April 22 webinar. He predicts that 5% to 10% will return to U.S. Highway 101. The lack of traffic jams may be a relief to many, but it will also be an inducement for people to get in their cars during peak hours. “-induced demand is a phe-

omenon we have to deal with,” Raney said.

Staff Writer Gennady Sheyner Sheyner can be emailed at gshyner@pawweekly.com.

Transportation Planners offer predictions on post-pandemic traffic

Experts expect biking, telecommuting will remain popular after shutdown

by Gennady Sheyner

The transit conundrum is just

themselves. Raney said the Palo Alto TMA is preparing to introduce an incentive program to help nudg people toward riding bicycles. It will allow users who bike to work to receive cash credits that they can spend at local businesses. The pro-

gram uses GPS-based software to make sure people are biking and includes a “commuter wallet” app that will allow users to pay through QR codes on their phones.

The “slow streets” effort can also help spur more biking, though Raney noted that it’s currently limited to large cities like Oakland. Other cities have im-

plemented more limited versions of this. Raney said he believes some of these bike improve-

ments will outlast the pandemic. “You may not end up with 74 miles, but you may end up with 7 miles of slow streets,” Raney said. “Some of it would stick.”

The idea that a commuter agrees will see a big boost after the shutdown is telecommuting. Karina Ricks, director of mobil-

ity infrastructure for the city of Pittsburgh, Pennsylvania, said the pandemic forced cities and employers to “reimagine the concept” when it comes to working from home.

“Maybe we don’t like forced telework so much, but telework is a viable alternative to commut-
ing,” Ricks said at the April 22 webinar. She predicts that 5% to 10% will return to U.S. Highway 101. The lack of traffic jams may be a relief to many, but it will also be an inducement for people to get in their cars during peak hours. “Induced demand is a phe-

omenon we have to deal with,” Raney said.

Staff Writer Gennady Sheyner Sheyner can be emailed at gshyner@pawweekly.com.

Is This a Buying Opportunity?

Dear Monica: I sold my home last year with the intent to stay in my vacation home for a few months and then return to the Bay Area. I stayed longer than planned and now I have to sell my home. Is this a good time to buy? Renee D.

Dear Renee: In many ways this is a good time to buy because there is good inventory available, less competition from other buyers, realistic sellers and low interest rates. The reason the market has been mostly Shifting In Place, up with strict guidelines about how to show property during this time.

Agents can show vacant properties if all parties sign a COVID-19 disclosure and waiver form, wear protective coverings, and keep at least a six foot distance from an agent. Some sales have resulted from these showings.

If this model fits your needs, you should look for a good property. It is not known at this time whether the market will be even better for buyers in the future, but it is good right now.

Contact me at monica@monicacorman.com; Office: 650-465-5971; COMPASS. Ranked in the Wall Street Journal’s 2016, 2017, and 2018 Nationwide list of top 250 Realtors.

www.PaloAltoOnline.com • Palo Alto Weekly • May 1, 2020 • Page 7
They trained for an emergency — but didn’t expect this one

Rather than bandages and first aid, neighborhood volunteers are using social skills to respond to the coronavirus

by Jocelyn Dong

Ever since late March, just after the city of Palo Alto declared a state of emergency because of the coronavirus pandemic, Emily Risberg has followed a certain routine.

Donning her orange safety vest, the north Palo Alto resident hops on her Specialized hybrid bicycle and, twice a week, she rides. It’s not exercise that she’s after, though that’s been one benefit during the shutdown. Rather, Risberg is on the lookout for people — people who either need help or could be of help to others.

On a recent outing, she spotted a man in a wheelchair on Dana Avenue. Risberg rode up to him and asked how he was doing. “Come to find out, he’s alone and doesn’t have anyone helping him,” said Risberg, a former girls’ sports coach. When she got back to her home on Tulip Lane, she worked her neighborhood coordinator, who arranged for an elderly couple’s broken water heater.

But volunteers also have provided non-tangible support, lifting spirits for those who feel anxious or “bear hunt” children for children and encouraging daily greeting times, when neighbors come to their front yards, Glancenkopf said.

Admittedly, the coronavirus was not the disaster that many volunteers envisioned when they signed up to pitch in during an emergency.

“I’ve been in this program for over 10 years, and I don’t think anyone imagined this would happen,” Risberg said.

Mostly, the volunteer group has trained for fires, earthquakes and floods — urgent situations that would require swift and intensive action.

“It’s for the most part, very calm,” Glancenkopf said. “I think the people that volunteered thinking they’d be going door-to-door, trying to build a sense of community through conversation and visiting with the sick or elderly, that’s really what the focus has been.”

As the volunteers have largely provided practical but important aid, they’ve connected people in need of facemasks with people sewing facemasks, brought meals to shut-ins and checked in on others who are afraid of going out.

“I’ve seen teenagers offer to get groceries for seniors,” Risberg said.

In the South of Midtown neighborhood, overseen by neighborhood coordinator Carl Darling, a block coordinator helped replace an elderly couple’s broken water heater.

“We’ve been devoting eight hours a day, just checking in on people,” Darling said. “I’ve seen teenagers offer to get groceries for seniors.”

Also, in a pandemic, danger can take the form of false information.

“I feel like a lot of my job is to disseminate good information,” said Risberg, who happens to be a retired technical writer. Misinformation can create “that panicky feeling. It’s better to empower people with good information.”

To that end, she’s creating a brochure explaining some over-looked questions, like what’s the difference between sanitization and disinfection, and what’s the proper concentration of bleach to use to kill the virus but not harm children or pets.

In addition to Palo Alto, a few Midpeninsula cities, including Atherton, have activated their emergency volunteers. Others have not, to the consternation of their volunteers. Lack of direction from the city leaders, some residents have activated themselves, one Menlo Park volunteer said.

The unexpected nature of the pandemic could explain why city leaders have hesitated — and also why some volunteers have jumped in with both feet while others have hung back. Block coordinators and CERTs have different training and skills, Risberg noted.

“People who did the CERT training (wanted to do) triage, search and rescue,” said Risberg, herself a trained CERT. “Much more of my (block coordinators) feel like they have a role” during this pandemic.

Within Palo Alto, participation in the city’s 40 or so neighborhood coordinators and CERTs has decreased, he noted. “Some residents have activated themselves, one Menlo Park volunteer said.

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Within Palo Alto, participation in the city’s 40 or so neighborhoods is uneven. The leaders of College Terrace, where there are just three block coordinators, recently put out a call for help via email. Risberg said that she could use 10 to 15 more volunteers to supplement her 25 active ones in Duveneck/St. Francis, the second largest neighborhood in the city.

Darling, of South of Midtown, is responsible for 3,200 residents living between Loma Verde Avenue and East Meadow Drive and between Middlefield Road and Alma Street.

In the 2½ years that he’s been the neighborhood coordinator, Darling and his team have built up their cadre of volunteers from six to 40 people. Even so, about half of the blocks in the neighborhood still lack a coordinator to identify those who are elderly or vulnerable or who may have special skills that would be helpful during a crisis.

“It’s been a challenge,” Darling said of recruitment. “People are leery of being involved for different reasons,” from their temporary status as renters in Palo Alto, to mistakenly thinking they’re too old, to feeling they’re too busy.

But Darling is trying to push back on those notions.

“This is something you do on the side. It doesn’t take much time,” Darling said. His own role usually has him working up to 12 hours per month, although he’s put in more time since the pandemic started, trying to recruit new block coordinators.

“We don’t require people to be experts. The main requirement is people who care about people and are willing to jump in,” he said.

He’s optimistic that if people understand that they don’t need any special skills then more will sign up and take the brief online training course. Since the start of the crisis, the program has garnered interest from more than 80 residents, he noted.

“The good news about the pandemic is it got people willing to think outside of the box, to be thinking of other people,” said Darling, who also is a member of the police chief’s citizens advisory group. “People being at home fostered this whole thing. People are willing to come out of their cocoon a little bit.”

More information about the Emergency Services Volunteers program is available by calling 650-617-3197 or emailing esv@cityofpaloalto.org. A video overview of the block-coordinator program is posted at youtube.com/TOx9rRGWw. To obtain Risberg’s COVID-19 FAQ, contact her at emily.risberg@gmail.com.

Editor Jocelyn Dong can be emailed at jdong@paweekly.com.
E
mplees of Stanford Health Care, including doctors, nurses and tech-
nicians who are caring for COVID-19 patients, had their pay reduced by up to 20% as of April 27 for 10 weeks, according to a tip sheet the organization sent to workers on April 21.

The medical center briefly stated it was making the cuts due to the economic impacts of COVID-19 on the organization instead of laying off employees. The “temporary workforce ad-
justment” program was created as part of the hospital’s “cost-
saving measures and initiatives,” hospital administrators stated.

The pay reductions apply to all employees, including doctors, at Stanford Hospital, Lucile Pack-
ard Children’s Hospital Stanford and, in the East Bay, Stanford Health Care - ValleyCare.

The employees could choose to lose pay but continue to work full-time, work fewer hours while taking paid time off in full-day increments; or work fewer hours but take up to 96 hours of flex time as time off. If they are not eligible, they could take unpaid time off. The hospital said it would offer tips on how to file for unemployment insurance.

Employees were stunned by the announcement. The pay cuts will be an economic burden for many employees, said Linda Cornell, a 40-year employee and unit secretary who works at a nursing station as a sort of “air traffic controller” for the unit. There’s also concern it could affect patient care, she added.

The letter asked the hospital to reconsider. The employees filed a notice with the Department of Industrial Relations in an effort to cut down on the number of errors at the hospital. They are also considering a class action lawsuit against the hospital.

If the hospital chooses to continue with the pay cuts, the Department of Industrial Relations will be notified.

Addressing Stanford’s employees-labor relations executives in an open letter, 16 employees — including unit secretaries, nursing assistants, technicians and others — said that they were dismayed by the hospital’s actions.

“You’ve presented your furlough plan as a ‘shared sacrifice’ as if this extreme measure has the same impact on the CEO who makes over $3 million/year and a housekeeper and a nursing assistant who struggle to pay rent and feed our family in the Silicon Valley on $60,000 or $70,000 a year. This shows a stark lack of empathy and un-
derstanding for the reality of our lives.”

The letter asked the hospital to reconsider. The employees proposed the hospital tier its approach to cutting costs by empting the lowest paid work-

erd and reducing the burden on employees earning less than $100,000 a year. Among other requests, they also asked the hospitals to reveal how much money they are losing as a result of COVID-19 and how much Stanford Health Care will re-
cieve in federal stimulus funds included in the CARES Act and its recent supplement.

The council plans to hold a closed session to discuss the unprecedented economic impact of COVID-19 and, as part of this effort, is implementing a temporary re-
duction in hours across the organization. This is a difficult but necessary decision to sustain the long-term health of the organization so we can con-
tinue to provide critical services to the community.

In another statement issued on April 27, the medical center stated that the wage cuts are possible because the hospital is serving fewer patients.

“We anticipate that when the current shelter-in-place order is lifted, our patient volumes will return,” the organization stated. Hospitals such as Stanford canceled elective surgeries, a large source of revenue, under a state mandate to prepare for a surge of COVID-19 patients, but on April 22 Gov. Gavin Newsom relaxed some of those restrictions, allowing for pro-
cedures such as heart-valve re-
placements, tumor removals and colonoscopies.

Cornell said she hopes that more elective surgeries can be allowed to come back on line and that they would ease the economic strain on the hospit-
als. In the meantime, many employees will face economic hardship. Many have already taken or used up paid time off to care for their children because schools and day care centers have closed. Although workers can use up to 120 hours of additional paid time off, they would have to pay that money back or take time off without pay, she said.

“Some families will never be able to accrue enough mon-
ey to pay that back,” she said, with many employees earning $50,000 or less.

Cornell said she is on vacation, which started prior to learning about the cuts. Employees who are using up all of their vacation time now so that they can be paid will lose their opportunities to take trips with their families in the future, she added.

She also raised the question of whether patient care would be affected during the 10-week period.

“It opens up the possibility that there will be more error and mistakes because people rush to get things done,” she said.

In its statement, Stanford Health Care refuted the notion that the cuts would impact care.

“This measure will not im-
pact any of our operations. We continue to provide the safest, highest-quality care for our pa-

tients,” the hospital administra-
tion stated.

Steve Trossman, a spokesman for the Service Employees Inter-
national Union-United Health-
care Workers, which represents many Stanford employees, said hospital administrators notified the union of the plan less than a week before the announcement but refused to negotiate.

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ployee-labor relations executives in an open letter, 16 employees — including unit secretaries, nursing assistants, technicians and others — said that they were dismayed by the hospital’s actions.

“You’ve presented your furl-
ough plan as a ‘shared sacrifice’
When a young William Warrior planned to become a police officer, he had no idea he would embark on a decades-long journey through Palo Alto’s animal kingdom.

Warrior became a Palo Alto Animal Services officer and, after answering an estimated 75,000 to 80,000 calls for service over the past 40 years, retired on Thursday. He is taking his trusty border collie, Lilly, with him.

He and Lilly, who is neatly blind and deaf due to inbreeding, were ubiquitous in Palo Alto, Los Altos and Los Altos Hills. They attended to countless lost, injured and abandoned animals — and he sometimes wrote citations to the humans who violated animal control and welfare laws.

Along the way, they met many interesting creatures. There was Citi-B, the kitten stuck in a sliver of space between two buildings in Los Altos, who spawned a comic book sponsored by the city of Palo Alto. Then there were the two deer that had become entangled. One deer panicked and one broke the other’s neck. Still locked together, it dragged the carcass around. Try untangling that one, Warrior did. He’s had to learn the language and vocalizations of wild and domesticated animals.

“It’s like being dragged into another country or culture,” he said. “You just start to realize people are people. The behavior showing up in front of me I probably will do or have done (in some circumstance) if I’m not mindful. You catch yourself before you make a decision that would cause you to lose your job, and you protect yourself. Each animal (and each person) has a very unique spirit. Their behavior is about that moment,” he said.

He might have a negative encounter with an animal, but five or six years later, he’ll encounter the same animal again and it will be a warm experience, he said. Warrior is a fourth-generation San Franciscan who moved to Palo Alto as a toddler in 1962. He attended parochial schools: Our Lady of the Rosary in Palo Alto and St. Francis High School in Mountain View. After graduating, he attended Foothill and Cañada colleges.

He spent five years as an artists’ figure model, including in famed artist Nathan Oliveira’s class. He loved modeling and dance, joining a semi-professional dance group, the Aladdin’s Lads and Lasses, which performed Middle East dance to Scottish bagpipe music.

His introduction to animal care, though, began in April 1974, as a teenager. He was volunteering with the Wildlife Rescue Team and at the shelter and went on ride-alongs with an animal control officer out of curiosity, bringing in injured and sick wildlife. In 1976, he had a part-time job as an animal attendant at the shelter.

Warrior graduated from the Cañada College Police Reserve Academy with the intention of becoming a police officer, but he felt he was better suited for his work in animal enforcement and rescue.

Over the years, he’s seen his job evolve from enforcer to animal whisperer.

“In the 1970s, there was a terrible conflict over the leash law. Animal control was tasked with heavy-handed enforcement of the law at the time. It made people miserable on all sides with the officers caught in the middle,” he said. “It took a long time to understand that how you work with (continued on page 13)
We are connected, even when apart.

#ApartTogetherSCC

For more COVID-19 information, visit www.sccgov.org/coronavirus
RECOGNIZING LOCAL HEROES

Karen Ambrose Hickey
Karen shares her love of photography. Due to COVID-19, Paly spring athletic teams didn’t have photos for the yearbook. Therefore, Karen created team photos using head shots taken at a safe distance and from past seasons. We thank Karen for volunteering her time to create lifetime memories!

Submitted by: Parents of Paly Athletes

William Warrior
I had the pleasure of working with local hero, William Warrior, at the former Palo Alto Animal Services. I have always been fascinated by his passion for work, animals, history, and Taiko. When we walked in the Palo Alto May Fête parade together, he was like a rock star — people cheered and shouted his name. After more than 40 years of public service at ACO, he is retiring. He’s a legend in this community as an active volunteer and author.

Submitted by: Sachi Hwangbo

Emel Mutlu and her wonderful staff
The Market at Edgewood is a wonderful and responsive community resource because of its owner, Emel. The staff is gracious, customer-focused and adapted quickly to the crisis by creating new services such as curbside pickup and delivery. I am so grateful to have a local market I can feel safe shopping in during this crisis. Emel and the team really have gone above and beyond!

Submitted by: Julie Jerome

Rina Bello
Rina puts the needs of others first. As the head of non-profit Bay Area Cancer Connections, she has ensured that thousands of breast and ovarian cancer clients, and BACC volunteers, have received personal calls to check in during this time of shelter in place. She has rapidly transformed BACC services into virtual, video, and conference call offerings, and always works tirelessly to keep the services free of charge to our community. Thank you, Rina!

Submitted by: Karlette Warner

Spread the joy and support our journalism efforts by giving local heroes a shout-out in the Palo Alto Weekly.
Submit entries at PaloAltoOnline.com/local_hero/
Warrior

(continued from page 10)

a person can have a ripple effect.” Cultivating a better bedside manner was something that evolved over time, he said. Along the way, he encountered all manner of unusual situations that gave him insight into animals and people.

One memorable incident occurred around 1990 at the downtown Palo Alto home of two 80-year-old sisters. They said there was a bird in the attic. Warrior climbed up to look for the bird.

“The attic was completely clean,” he recalled. There was no sign of the bird. The women kept insisting they were hearing it chirp even as he swept the area with his flashlight. Finally, Warrior exited the attic empty handed. He followed the bird sound to the part of the house where the sisters insisted they heard the sound coming from the ceiling. The smoke detector’s battery alarm was going off, he said.

Warrior removed the unit from the ceiling and waited for the alarm to chirp. He explained the sound was coming out of the alarm. It didn’t mollify the sisters, however.

“How is the bird making the sound come out of there?” one of the sisters asked.

With Warrior and Lilly making their last rounds in his rig this week, he noted that the 10-year-old rescue dog has herded stray cattle off leash decades ago when he started. She remembered he was kind and considerate — and he didn’t ticket her.

“He put himself out way. He’s such a kind, humane gentleman. People would call him in the middle of the night and he would get up and put on his uniform. He can’t be replaced,” she said.

After he exits, he plans to continue giving tours, as he has for 10 years, at California State Parks’ Angel Island, a U.S. Immigration landmark. His wife, Pam, has a grandmother who was a Chinese immigrant and was held there for five weeks and interrogated. The couple are members of the Palo Alto Buddhist Temple and take part in a taiko drumming group, which he’ll also continue in his retirement.

Although he and Lilly won’t be driving in a city rig anymore, they’ll still spend lots of time in Palo Alto. Warrior said he plans on taking many long hikes in the foothills, particularly the Retail Loop in Arastradero Preserve, which was part of their usual patrol. Perhaps now, in his civil role, he’ll also have new perspectives.

“We are very happy where we are, and I want to sit and assess and come to terms with my memories, and I hope to have enough time for that kind of thing,” he said.

He will also continue his graphic novels, which people can see on Roxanagraphs.us, including “Cantong Girls Are Made of Iron,” about the early Chinese immigrant experience, and stories about his animal adventures.

The website “is my love letter to San Francisco and Palo Alto and it’s about my relationship to the town,” he said. Staff Writer Sue Dremann can be emailed at sdremann@pawEEKLY.com.

Masked Burghers

Auguste Rodin’s statues that make up “The Burghers of Calais” on the Stanford University campus don masks to stay protected from the new coronavirus on April 27.

News Digest

Mayors urge for more COVID-19 testing

Frustrated by the continued lack of widespread testing for COVID-19, mayors from every city in Santa Clara County co-signed a letter to county leaders this week offering their assistance in new testing sites.

The letter submitted by the Cities Association of Santa Clara County reflects a growing concern among local officials about the county’s slow ramp up in testing capacity, even as stay-at-home rules are starting to loosen and city leaders are formulating strategies for reopening business. Testing in the county remains largely limited to people with symptoms, health care professionals and other front-line workers. Even as other jurisdictions have made testing more available for the general population (Los Angeles announced Wednesday that any resident who needs a test can get one for free), the county has been testing about 600 people per day over the past month, a fraction of what officials believe is needed to safely reopen the economy.

The numbers have been slowly climbing. The county conducted an average of 896 tests daily over the past seven days, an improvement from mid-April, when there were fewer than 400 tests conducted on some days, according to the county’s dashboard. But city leaders and some members of the Board of Supervisors underscored this week that much more needs to be done.

“Our businesses and schools must have some certainty for their plans to reopen, which appears directly tied to the availability and the amount of testing,” states the letter that is signed by 15 mayors, including Adrian Fine of Palo Alto and Margaret Abe-Koga of Mountain View. “It’s not clear how much testing is sufficient, and that is of concern to us.”

— Gennady Sheyner

Ventura redevelopment faces complications

Palo Alto’s ambitious, but uncertain, plans to reimagine the Ventura neighborhood confronted a stark political reality Wednesday night, when neighborhood residents and some planning commissioners warned that the latest alternatives fail to reflect community’s perspectives on and account for the impacts of the COVID-19 pandemic.

The concerns came out during the Planning and Transportation’s public hearing on the North Ventura Coordinated Area Plan, a land-use document that will create a new vision for the 60-acre area.

Commissioner Vice Chair Giiselle Roohparvar urged Wednesday that the city should pause the process until the pandemic ends and the city has a better understanding of the new reality.

Commissioner Michael Alcheck took the opposite view and argued that many of the issues at the heart of the debate — including height and density of buildings — were contentious before the pandemic and will remain so after.

Alcheck and most of the other commissioners agreed that the city should go big on housing but faced a larger question: How big? Staff presented on Wednesday three alternatives, which would add 386 units, 979 units, and 2,475 housing units to the site, respectively.

— Gennady Sheyner

Stalled history museum wins grants from county

Santa Clara County has approved a pair of grants totaling more than $300,000 to restore and refurbish the 1930s-era murals and red clay roof at the historic Palo Alto Medical Clinic building that the city owns and that the Palo Alto History Museum has been working to restore and make its home. The grants will give a boost to the project, which has stalled due to a lack of funding.

The renovation of the Roth Building hasn’t been a particularly high priority for the Palo Alto City Council. While council members have talked for years about the need to fix up the aged but valuable city asset, they have delegated much of the fundraising task for these projects to neighborhood residents and some planning commissioners.

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— Gennady Sheyner
997 All Other Legals

Trustee Sale No. 959109
Notice Of Trustee's Sale
Loan No. 11832, Loan Date 7/22/2004, Total Loan Amount $117,000.00, Trustee American Title Insurance Company as the duly appointed Trustee under and pursuant to Deed Of Trust recorded on September 5, 2004 in the office of the Recorder of Santa Clara County, California, evidenced by Note No. 11832, mortgage No. 106149, as recorded on December 27, 2004 in Book 147 of official records in the Office of the Recorder of Santa Clara County, California, executed in the name of Darling Ventures, LLC, as Trustor, Prontov Capital Group IL, LLC, as Beneficiary, Bill St. Aub Public Auction To The Highest Bidder For Cash (payable at time of sale) and to the holder of any mortgage or other lien which may have a prior claim to the property located in Santa Clara County, California, which property is more particularly described in said Deed of Trust as follows:

The undersigned caused said Note(s), advances, if any, under the said Deed of Trust to be paid, together with all interest thereon, and costs of the execution of said Deed of Trust, and all other amounts due to said Beneficiary under said Deed of Trust, and any and all other amounts due and owing to said Beneficiary by the said Trustor, as provided for in said Deed of Trust, in legal form to be paid in full. The Beneficiary reserves the right to accept or reject the highest bid at a trustee auction and to receive the deed or other evidences of ownership of the property. The Beneficiary reserves the right to be present at the time of the sale. The Beneficiary is not bound to accept any and all bids, or a part thereof, but if the Beneficiary accepts any and all bids, or a part thereof, the Beneficiary may require that the same be paid for in a lump sum at the time. All bids shall be made in good faith, and shall be delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recording. Notice To Potential Bidders: If you are considering bidding on this property, you should understand that there are risks associated with bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Racing to the highest bid at a trustee auction does not automatically transfer to you the clear and marketable ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you or your representative should be responsible for paying all delinquent taxes or the lien being auctioned off, before you record your deed. You should also be aware that you are bidding on a lien, not on the property itself. You are encouraged to investigate the existence, priority, and size of outstanding liens on this property by contacting the county recorder’s office or a title insurance company. Thereafter, if you wish to buy the property after the auction, your bid, or any part of it, may be responsible for paying all delinquent taxes or the lien being auctioned off, before you record your deed. You should be aware that you are bidding on a lien, not on the property itself. You are encouraged to investigate the existence, priority, and size of outstanding liens on this property by contacting the county recorder’s office or a title insurance company. Thereafter, if you wish to buy the property after the auction, your bid, or any part of it, may be responsible for paying all delinquent taxes or the lien being auctioned off, before you record your deed. You should be aware that you are bidding on a lien, not on the property itself. You are encouraged to investigate the existence, priority, and size of outstanding liens on this property by contacting the county recorder’s office or a title insurance company. Thereafter, if you wish to buy the property after the auction, your bid, or any part of it, may be responsible for paying all delinquent taxes or the lien being auctioned off, before you record your deed. You should be aware that you are bidding on a lien, not on the property itself. You are encouraged to investigate the existence, priority, and size of outstanding liens on this property by contacting the county recorder’s office or a title insurance company. Thereafter, if you wish to buy the property after the auction, your bid, or any part of it, may be responsible for paying all delinquent taxes or the lien being auctioned off, before you record your deed.

To bid on this property, the Bidder is required to possess one or more of the following State of California contractors’ licenses): B, C-10, C-20 or is appropriate for this work. In addition, the Bidder is required to be registered as a public works contractor with the Department of Industrial Relations pursuant to the Labor Code. To purchase Public Contract Code §20111.8, only prequalified bidders will be eligible to submit a bid. Any bid submitted by a Bidder who is not prequalified shall be non-responsive. Moreover, any bid listing subcontractors holding C-7, C-10, C-10, C-36, C-36, C-36 or C-36 licenses which have not been prequalified shall, deemed nonresponsive.

Bonding required for this project is as follows: Bid Bond 10% of the total bid, Performance Bond to be 100%. Payment Bond to be 100%.

1. PREVALENGE WAGES: The successful Bidder and all subcontractors shall pay all workers for all Work performed pursuant to this Contract not less than the general prevailing rate of per diem wages and the general prevailing rate for holiday and overtime work as determined by the Director of the Department of Industrial Relations, State of California, for the type of work performed and the locality in which the work is to be performed within the boundaries of the District, pursuant to §1770 et seq, of the California Labor Code. Prevailing wage rates are also available on the Internet at: [http://www.dir.ca.gov]. This Project is subject to labor compliance monitoring and enforcement by the Department of Industrial Relations pursuant to Labor Code §1771.4 and subject to the requirements of Title 8 of the California Code of Regulations. The Contractor and all Subcontractors under the Contractor shall furnish electronic certified payroll records directly to the Labor Commissioner weekly and within ten (10) days of any request by the District or the Labor Commissioner. The successful Bidder shall comply with all requirements under Division 2, Part 7, Title 5, Labor Code. The Bidder may be required to post a bid bond in the amount of $2,000,000.00 to guarantee compliance with the State of California’s prevailing wage laws.

Bidders may examine Bidding Documents at Facilities Office, Building “O”. Bidders may also purchase copies of the plans and specifications at ARC Document Solutions, 829 Cherry Lane, San Carlos, CA 94070, Phone Number (650) 631-2310

The District shall award the Contract, if it awards it at all, to the lowest responsive bidder based on the base bid amount only.

The Board reserves the right to reject any and all bids and/or waive any irregularity in any bid received. If the District awards the Contract, the security of unsuccessful bidder(s) shall be returned within sixty (60) days from the time the award of contract is otherwise required by law, no bidder may withdraw its bid for ninety (90) days after the date of the bid opening.

All questions can be addressed to:
Palo Alto Unified School District
25 Churchill Avenue, Building D
Palo Alto, CA 94306-1099
Attn: Royce Ripper
Email: royce@3lh.com

Answers to this week’s puzzles, which can be found on page 31.

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PUBLIC NOTICES

Notice is hereby Given that proposals will be received by the Palo Alto Unified School District for bid package:

Contract No. GT-20, Gunn High School Titan Gym – AC Retrofit

DESCRIPTION OF THE WORK:

Remove and replace existing gymnasium heating system with new Owner-furnished TRANE air conditioning units, make temporary access roadway provisions for delivery and hoisting of new equipment, furnish and install all new structural steel structural systems,misc., metal work, and electrical, perform selective demolition of existing dwctwork, exterior stucco wall, interior mechanical mezzanine framed gyp board walls, protect existing gymnasm hardwood floor. Patch and repair existing PVC roofing for removal of old and installation of new roof. Modify high roof to receive new gravity hovods. Pull new across-campus electrical conductors, furnish & install new MSB breaker and gym distribution panel. Modify existing Honeywell Silent Knight fire alarm system for new HVAC devices, test, Perforn controls, test & balance, commissioning per Owner Allowance. Bidding documents contain the full description of the work.

There will be a MANDATORY pre-bid conference and site visit at 10:00 a.m. on May 12, 2020 at the 780 Arastadero Road, Palo Alto, CA 94306 – meet at the Campus Administration Office to sign-in

Bid Submission: Propositions must be received at:

25 Churchill Ave, Palo Alto, CA 94306, District Facilities Office Building D – no later than 2:00 PM on May 26, 2020

To bid on this Project, the Bidder is required to possess one or more of the following State of California contractors’ licenses): B, C-10, C-20 or is appropriate for this work. In addition, the Bidder is required to be registered as a public works contractor with the Department of Industrial Relations pursuant to the Labor Code. Pursuant to Public Contract Code §20111.8, only prequalified bidders will be eligible to submit a bid. Any bid submitted by a Bidder who is not prequalified shall be non-responsive. Moreover, any bid listing subcontractors holding C-7, C-10, C-10, C-36, C-36, C-36 or C-36 licenses which have not been prequalified shall, deemed nonresponsive.

Bonding required for this project is as follows: Bid Bond 10% of the total bid, Performance Bond to be 100%, Payment Bond to be 100%.

Call 650-233-6578 or email assitantl@pawweely.com for legal advertising.
Graduation (continued from page 5)

three months that these restrictions will permit 2,000+ person events,” the FAQ states. “Public health officials support this rationale and advise against planning events during this time period.”

The district doesn’t yet know when in December graduation will take place but will aim to schedule the event when outgoing seniors will be home from college — “that is if colleges have students on their campuses in the fall either,” Austin said.

“These are tough times right now. It’s a real challenge to know who is or is not going to be on campuses, whether they’re ours or colleges’”, he said.

Other in-person graduation events for seniors have been outright canceled due to the coronavirus, including prom. The high school administrations are working with their student governments to plan a remote, weeklong celebration of seniors toward the end of the school year.

In Monday’s webinar, Austin also addressed the challenges — and realities — of reopening schools partially in the fall. “Are we going to tell 5-year-olds, ‘Welcome to school. Stand 6 feet from everybody. Do not have contact. Do not go talk to your new friends. Do not walk up to people. Do not touch things in your classroom. Don’t share balls outside. Don’t bump up against each other walking to classes’?” Austin asked rhetorically.

“We need to call that what it is: unattainable,” he said.

During a Tuesday press conference, Sonia Angell, director of the state’s health department, said that California schools poten-

CityView

City Council

The council did not meet this week.

Planning and Transportation Commission

(April 29)


Ventura: The commission held a study session to discuss the latest alternative for the North Ventura Coordinated Area Plan. Action: None

LET’S DISCUSS: Read the latest local news headlines and talk about the issues at Town Square at PaloAltoOnline.com/square

www.PaloAltoOnline.com • Palo Alto Weekly • May 1, 2020 • Page 15
Traditional Charm Meets Modern Living in Atherton

Set back on a highly desirable square one-acre lot, this home blends unique character inside and out, offering immense opportunity for luxurious living, relaxation, and entertainment. Come see for yourself and imagine the possibilities.

127 Selby Lane | Atherton
Bedrooms: 5 | Bathrooms: 4-1/2
Living: 4,750 sq ft | Lot: 1 Acre
$7,295,000
Classic Palo Alto Home in Crescent Park Neighborhood

Situated on a tree-lined street, this tri-level home built in 1935 has expansive living and entertainment space and is well-maintained while maintaining its original architectural character. Premier location gives a mix of small-town accessibility and urban ambiance.

1230 Hamilton Avenue, Palo Alto
Bedrooms: 3  |  Bathrooms: 3.5
Living: 3,889 sq ft  |  Lot: 8,214 Sq Ft
$5,298,000

Nick Granoski | 650-269-8556
Nick@BWGpartners.com
DRE 00994796

David Weil | 650-823-3855
David@BWGpartners.com
DRE 01400271

Rich Bassin | 650-400-0502
Rich@BWGpartners.com
DRE 00456815

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New order allows a few retailers, service companies to get back to work

Business owners hopeful but wary about reopening while pandemic continues

by Sue Dremann, Lloyd Lee and Jocelyn Dong

OWNERS and employees of Midpeninsula businesses that will be allowed to operate again under the modified stay-at-home order that will take effect May 4 are expressing cautious optimism at the prospect of getting back to work.

Under the ordinance, “outdoor businesses” — such as plant nurseries and garden centers, as well as service providers like landscapers and gardeners — can resume operations. Construction activities and commercial real estate transactions will also be allowed. All will need to abide by social-distancing and sanitation protocols that will keep customers and employees safe from the coronavirus, including requirements for face coverings and limits on the numbers of customers in a space at one time.

Israel Herrera, a gardener for his father’s landscaping company in Mountain View for more than 15 years, was surprised to hear the news Wednesday but said he’s looking forward to starting to work again — and even to building the business.

Before the shelter-in-place order, Herrera said his company of five people was experiencing a labor shortage, citing expensive housing costs as one of the main factors as to why it was hard to find people to hire. Oftentimes he couldn’t take on as many clients as he wanted to due to being short-staffed.

And the stay-at-home order didn’t help. Since March, Herrera said most of the work came to a halt.

“We’re fortunate enough that some clients were willing to still pay us even though we weren’t showing up,” he said.

With the new case of restrictions, Herrera is looking to get right back to work and hopefully will be able to bring on additional staff.

“As maybe now there’s an opportunity to hire new people,” he said. The shutdown didn’t entirely stop business for retail nurseries, which have been fulfilling phone and online orders for plants and garden supplies through curbside pickup and delivery. The owner of Leafy, a nursery on Hamilton Avenue in Palo Alto, said online revenue from deliveries of plants has helped keep his business afloat but not profitable.

Mark Pendleton, manager of Brookside Orchids in Portola Valley, said the store has continued operating its orchard boarding, the backbone of the business, and likewise relied on deliveries to keep revenue coming in. While the boarding and deliveries have helped keep the business afloat, he still had to reduce workers’ hours and pay.

“My of us have landlords who don’t take IOUs,” he said. Returning to walk-in trade will hopefully allow all staff to return to full-time work and wages, he said.

“And get back fully to what we do,” he said.

“We’ll be very glad — please put the emphasis on ‘very’ — to see our customers come back in,” he said.

Realors also are looking forward to getting their business under the revised order.

For the first two weeks of the shutdown, the entire market, including active listings and sold homes, dropped 40%, said Realtor Xin Jiang of Compass Realty, in Palo Alto. She didn’t see any new listings during that time. Home prices also declined 20%, though the highest-value homes were not being put up for sale.

The market has slowly been opening up as people are gaining more confidence, Jiang said, and she expects the volume of available homes and activity at every level of the market will now increase.

Michael Repka, CEO, managing broker and general counsel for Palo Alto-based DeLeon Realty, said the revised order will give Realtors more latitude to get homes ready to show — a key component in sales.

“Normal preparation was held back,” he said. Most homes require contractors and landscapers to build, repair, landscape or upgrade a residence. Neither type of business was allowed to work under the previous order.

“Now we can show all properties,” he said. Before, agents could only take prospective buyers on a virtual tour of a property, unless no one was living in the home. The new rules allow agents to show occupied properties provided they follow certain protocols. Repka also believes that people are feeling more hopeful about the pandemic. Before, they saw their world becoming increasingly constricted: the shelter order, a concern over food shortages, and the lack of a treatment or cure for COVID-19.

But good news on all of those fronts this week, from the lessening of vegetation that would “quickly denuding activity. This followed concerns from residents about necessary landscaping and gardening has been particularly contentious, with many local residents and some city leaders questioning the county’s decision to ban an outdoor activity that typically includes very little social interaction.

Palo Alto City Manager Ed Shikada said last week that the city has received more calls about landscaping and gardening than about any other topic, with some complaining about gardening at a neighboring property. “Residents are calling about the ban. Councilman Greg Tanaka aligned himself with the latter at the April 20 council meeting, where he described the gardening ban as “truly bizarre.”

Last week, the Atherton City Council asked San Mateo County officials to allow town residents necessary landscaping and gardening activity. This followed concerns from residents about their inability to perform the landscaping work personally; vegetation that would “quickly get out of control” given the large nature of most of the properties in town; and personal health issues related to either the activity or the impact of vegetation that isn’t maintained.

Mayor Rick DeGolia called the county’s decision to allow gardening to be a “very important move.”

But “going forward, I think that it is critical that the county greatly expand the availability of testing and put in practice a comprehensive tracing strategy; otherwise, we just don’t...
Remdesivir drug trials show patients recovering from COVID-19
Preliminary results from Gilead Sciences, federal drug studies appear promising

by Sue Dremann

Patients are recovering from COVID-19 when they are given the experimental drug remdesivir, according to separate studies by the Foster City company that makes the drug and the National Institute of Allergy and Infectious Diseases (NIAID). Preliminary data from NIAID’s study shows the antiviral drug, developed by Gilead Sciences Inc., helped hospitalized patients with advanced COVID-19 affecting their lungs recover faster than similar patients who received a placebo. The randomized, controlled study was begun on March 20 with 1,063 patients. NIAID’s Adaptive COVID-19 Treatment Trial began on Feb. 21 and found that remdesivir was better than a placebo in terms of time of recovery, which is a metric often used in influenza trials. Recovery was defined as being well enough for hospital discharge or return to normal activity level.

"We have already made significant progress on many of these indicators and we need to make sure we don’t slip backward," Dr. Anthony Fauci said. "Our goal is to gingerly chart a course to be the most health-protective." The announcement by Fauci mirrors in some ways the strategy that Newsom announced on Tuesday for reopening business across the state. Newsom said he plans to transition “in weeks, not months” into a stage where some businesses can reopen.

Dr. Sonya Angell, the state’s public health officer, said in a Tuesday presentation that this stage, known as Stage 2, will focus on “low-risk sectors” such as retailers that can provide curbside pickup, offices where telework is not possible and manufacturers that had not been deemed “essential” under the existing order.

Angell also said the second stage can include opening more parks and sports trails, many of which have been closed to the public over the past six weeks because of concern over physical distancing.

Newsom and Angell also indicated that it will be months before the state enters Stage 3, in which businesses that require proximity between staff and customers can reopen.

“We are things like getting your haircut, getting your nails done, doing anything that has (a) very close, inherent relationship with other people, where proximity is very close. We need a thoughtful process to ensure that people don’t put themselves at great risk in doing those activities,” Angell said.

Palo Alto Weekly Staff Writers Kate Bradshaw and Angela Swart contributed to this report.

A woman exits CVS Pharmacy in downtown Palo Alto on April 29.

A modified shelter-at-home order kicks in on May 4 in six Bay Area counties, including Santa Clara and San Mateo. It eases restrictions on outdoor businesses, outdoor activities, construction and real estate transactions. Here’s a quick summary of what is and is not allowed.

GARDENERS AND LANDSCAPERS: Under the March 16 stay-at-home order, gardeners and landscapers were allowed to perform only essential work needed to maintain the safety of a property. Now, they are permitted to resume all work.

CONSTRUCTION: Before, only construction of “essential” public infrastructure and of residential developments that included affordable housing were permitted. Now, all construction has been added to the list of “essential business” and thus is permitted.

REAL ESTATE: Under the March 16 order, real estate business was not allowed, although the rule was eased under the county’s March 31 updated order, which allowed virtual tours of properties. Now, real estate has been added to the county’s list of “essential business.” Agents can show a property in person, with proper social distancing and a limit of two clients at a time, even if people still reside in the home.

OUTDOOR SPACES: Golf courses have been closed and remain closed under the state’s shelter-at-home order. Although the new county order allows golf courses to reopen, that permission will only take effect once the state modifies its order similarly, because the state law supersedes the local one. Dog parks remain closed under both state and county orders because they “encourage gatherings.” Tennis courts are not explicitly mentioned in the county order, but sports in which equipment is shared are prohibited, except when played by members of the same household.

— Palo Alto Weekly staff

About the cover:
Two pedestrians walk under the HanaHaus marquee in downtown Palo Alto during the first month of the shutdown, which has been extended to May 31.
or safety risks, and those who are homeless,” Miranda said.

Most graduate students have remained on campus given they typically live in apartment-style housing, he said, which can more easily accommodate social distancing.

Below are the stories of four students who have remained at Stanford during the shutdown: Cervantes; a freshman from Turkey studying electrical engineering; a Filipino senior working on a thesis about his native country’s national liberation movement; and a visiting researcher from Denmark in his final year of medical school. Each talks about the challenges and unexpected silver linings of living on campus during an unprecedented time.

**Jesus Cervantes**

‘I’m trying to be OK with not having a million things to do with a million different people.’

Jesus Cervantes will be the first in his family to graduate from college. He’s majoring in computer science and pursuing a coterminal master’s degree in management science and engineering.

He threw himself into life at Stanford. He’s on the cheer team, participates in student government and was a resident assistant last year. He felt like he had hit his stride in the senior year and was looking forward to everything that the last months of college promised: fountain hopping, senior formal, trips to the beach, staying up late with friends.

“All I thought of were the things that we thought were waiting for us, a goodbye to this crazy experience we’ve all had — I’m never going to get that,” he said. “It was a hard thing to take in, especially as a senior.”

Before Stanford moved Cervantes out of his home on the Row and into the Schwab Residential Center, which usually houses Graduate School of Business students, public safety officers would patrol at night, shining flashlights into common areas to make sure students were sitting 6 feet apart. At Schwab, he has a single room with a full bed (an upgrade from the twin in his old house), a desk and his own bathroom.

He used to play basketball every day, but all the nets on campus have been tied up. He goes for a daily run on campus instead and sometimes finds an empty field on campus in which he eats lunch alone.

Like many people, Cervantes has turned to technology to recreate social interactions that would normally happen in person. His former roommate’s New Year’s resolution was to do 100 pushups every day; their new nightly ritual is to do them together on FaceTime and catch up afterward. He’s hosting a regular online study hall for his former housemates, inviting people to study apart but together on Zoom.

The hardest part of staying on campus, he said, has been adjusting to a solitary life with more downtime than he’s used to. “I’m trying to be OK with not having a million things to do with a million different people, which is an environment that Stanford tends to foster,” he said.

Cervantes isn’t personally disappointed about commencement being canceled, but is mourning the loss of an important milestone for his parents. His earliest memory is his mother teaching him to read, telling him he would graduate from college.

“Students who come from my background, all the pressure is on you to graduate. A lot of us have that image in our head of us walking that stage and our family getting to watch us,” he said. “For me, the image wasn’t walking on the wall in my room. I’ll still get it, whether they hand me the degree on the stage or mail it to my parents,” Cervantes added. “For me, that’s the most important thing.”

**Ethan Chua**

‘This is ending in a vastly different way than any of us could have foreseen.’

As the emails from Stanford about who would be allowed to stay on campus grew increasingly serious in tone, Ethan Chua, a senior from the Philippines, got increasingly nervous. He filled out the required form, explaining that returning home would be disruptive to his education.

“I was approved to stay but a lot of folks weren’t. That was part of what was really stressful — people who had good reasons to stay not being allowed to stay,” Chua said.

His two siblings who also study within the United States did go home, but he preferred the “stability” of staying at Stanford — including the ability to access online classes without a 15-hour time difference.

In the Philippines, he said, there’s been an intense military crisis. “The deep worry is that the coronavirus is being used as a pretext with the executive branch of the Philippines to gather power to the president,” he said.

About eight other students in his residence, the Asian-American themed Okada dorm, were also approved to stay, but he’s no longer interacting with them in person. Weekly house meetings have been canceled. Students aren’t allowed to eat with each other.

“It’s definitely isolating,” he said. “It’s a real challenge with respect to balancing community safety alongside one’s emotional needs as any human needing connection. That’s something I’ve had to navigate over the past few weeks.”

Chua is mostly staying inside his single room but looks forward to grabbing coffee from the only open Coupa Cafe and picking up to-go food from his assigned dining hall, where he said chefs have been putting extra effort in to make quality meals. Students must line up, wash their hands, take prepackaged food and go back to their residences to eat.

Despite the restrictions, campus feels “peaceful,” he said. “I feel grateful I’m in a situation where I get to walk outside — by myself of course — and get some sunlight,” Chua said.

Stanford’s quick transition to fully online instruction for spring quarter has had varying degrees of success, Chua said. Some of his classes are well-run while others suffer from professors lacking technological proficiency.

“The ones I appreciate the most are the ones that have been willing to let go of the traditional meeting time in class,” he said, including using pre-recorded lectures and asynchronous assignments.

“There really is an opportunity to be compassionate about what academic requirements look like during this time period.”

Beyond coursework, Chua is devoting much of his time and energy to advocating on behalf of campus workers who were laid off when the campus closed in mid-March. He’s part of Stanford Students for Workers’ Rights, a student-led group that’s been using petitions, social media campaigns and Zoom press conferences to pressure the university to provide pay and benefits for contracted workers through June.

He’s taking an extra quarter to finish his thesis but was still planning to walk at commencement in June. More than the event itself, he’s missing the opportunity to reflect on the past four years with his friends and classmates.

“It would have been nice to spend that time with people who I really cared for and loved. Now this is ending in a vastly different way than any of us could have foreseen,” Chua said.

**Simon John Christoph Sorensen**

‘My parents, who I love and live with in Denmark, cannot offer to me what I’m getting here at Stanford. It’s a unique possibility.’

Before the Bay Area’s stay-at-home order took effect, Simon John Christoph Sorensen was in an operating room at Stanford Hospital every week, observing robotic urology surgeries.

Sorensen, 26, is a visiting researcher in his last year of medical school at Aarhus University in Denmark. He came to Stanford last September to work with Benjamin Chung, a urologic oncologist and professor at Stanford Medical School.

Since March, he hasn’t been allowed in the hospital. All of his research, which focuses on using “deep learning” (a form of machine learning) in the diagnosis and treatment of prostate cancer, has shifted online. Stanford has shut down all university labs conducting non-essential research.

Once it became clear how serious the coronavirus was in Santa Clara County, Sorensen considered going back to Denmark.

There, normal life is starting to resume more quickly — Sorensen’s high school reopened last week — even though Denmark has more cases per capita than Santa Clara County.

“It’s very tough being so far away from my family in general and now with this pandemic, it’s even more tough,” he said. But he ultimately decided “my parents, who I love and live with in...
Danish-born, Sorensen lives in faculty housing on campus with an older woman who also happens to be from Denmark. They speak Danish together, which helps him "feel a little at home while not being exactly at home."

But all of his regular activities — meetings with his mentor, practices and games for his club badminton team, volunteer work in local middle schools, chess lessons for other international students have ceased. Most of his friends, also international students, have left campus and are scattered across the world in different time zones.

"The social aspect has been the hardest. It’s tough not seeing people on a day-to-day basis, especially people my own age," he said. "It does feel like my room is like a box sometimes, having nowhere to go."

Instead of playing badminton together in person, the club team is staying connected through a Facebook group. He has both academic and social meetings on Zoom with the researchers, doctors and nurses he’d normally see in a lab, including a weekly happy hour.

"He’s taken to going for walks alone on campus, appreciating wearing masks, which prevent the virus from spreading. He is keeping in touch with the nature and atmosphere on campus, enjoying the fresh air and scenery, "Sorensen said.

In Araikan’s native Turkey, the government has ordered a curfew for people older than 65 and younger than 20 years old to prevent the spread of the coronavirus. She falls into the latter category.

"I would be extremely sanctified," the Stanford freshman said. "I knew from the moment Stanford shut down that I’d want to keep enjoying the freedom I have here. Here, I can go out. I can walk. There are places for me to be and to breathe and people to talk to."

Her parents are also older, and she would have been living with them in a cramped space — not to mention she’d have to "live nocturnally" to take live classes.

So, Araikan, who’s studying electrical engineering with a prospective minor in music science and technology, has stayed on campus.

She was one of the students that the university moved, but her new residence isn’t far from her old home at Channing House. Between the soccer and tailgate parties, and finally at their retirement party, he bought them a Radio Shack computer and taught them some simple code, (something they probably should have taken more interest in). He instilled in them a work ethic through weekend chores, and taught them financial independence by letting them manage their own money at a young age.

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Jerianne Foley
(1927 – 2020)

Jerianne Foley a longtime resident of Palo Alto died April 18, 2020. She was 93. Jeri and her former husband Warren Foley moved to Palo Alto in 1956 to open The Childrens Bootery in Midtown Center.

Jeri, born in Chicago, moved to San Francisco after graduating from Mundelein College, now part of Loyola University in 1948. She received her masters in gerontology from San Jose State. For many years she was Director of the Mountain View Senior Center moving on to the Sequoias in San Francisco. Jeri was an active member in many organizations including The C.A.R. now Gapethe, The AAW, Elder Hostel and Las Avenidas. She was an avid bridge player and professional book reviewer. She continued her quest for learning her entire life. She moved to Channing House in 2000.

Jeri was predeceased by her daughter Grace and is survived by her two daughters Nora Foley Kennedy of Bluffton, South Carolina and Eve Foley McCauley of Sausalito and five grandchildren and four great grandchildren. Interment was private.

Clifton L. Herndon
August 25, 1926 – March 22, 2020

Clifton Herndon, or Cliff as she was known, was born in Los Angeles where she graduated from Catholic Girls HS. It was while attending UC Berkeley that she met her husband John Herndon at a Newman Club dance. It was their love of God that brought them together, and it was this great love that would become the theme for their long life together.

Cliff and John were married in San Francisco and moved to Santa Cruz as their family grew. They finally settled in Palo Alto where Cliff lived for over 60 years. Cliff devoted her life to raising her family of nine children and to teaching and serving those in need. She and her husband enjoyed sponsoring young initiates into their Catholic community, participating in leadership teams on Cursillo weekends and serving through the local St. Vincent de Paul Conference. They taught catechism at a local migrant farmworker camp, and, in the early ‘70s, moved the entire family to Mexico for a year to serve the communities there—a mission Cliff continued while on the steering committee with South Bay Sanctuary Covenant during two trips to El Salvador.

Cliff delighted in teaching ESL classes to immigrant students, and when the children were grown, enjoyed traveling with her husband and friends. Along with raising nine children of their own, Cliff and her husband took in nine foster children over the years with various challenges and special needs. They firmly believed there was “always room for one more.”

Cliff was devoted to her family and always had a big smile and a kind word for everyone she met. She always made time to stop and smell the roses. She is survived by eight of her children: Anne Fillin, John (Peggy), Felix (Valerie), Mary (Jeff), Louise Wells, Liz (Ire), Matt and Ben (Karim), as well as ten grandchildren and one great-grandchild. She is preceded in death by her husband John R. Herndon, her son, Peter Mark Herndon Sr., and her sister, Anne Laforce Penn of San Francisco.

An intimate family gathering was held at Gate of Heaven Catholic Cemetery. A larger service will be held at a later date.

In lieu of flowers, the family asks that you consider a donation to St. Thomas Aquinas Parish, Society of St. Vincent de Paul, or South Bay Sanctuary Covenant.
Take a bow, Weekly staff, for garnering your well deserved glory. Without you we would be banging around in the dark not knowing half of what was going on in town, with our people or at city hall. That 40th Anniversary issue was dynamite, and Veronica’s photo essay “Rethinking Waste” was odd and interesting. Gennady, Sue and Elena, we’ve come to trust that you will be our eyes and ears day after day, and you do that so well. Bill’s editorials are our good fortune — and also that he thought up Embarcadero Media. I have no idea how Jocelyn keeps it all together — it would make me nuts. I never subscribed but will now, knowing that it is vital to support all and the Weekly in these and all times. And thank you Bill for asking for that support.

-Winter

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You can also subscribe for one year by mailing a check for $120 ($60 for seniors and students) to us at 450 Cambridge Ave., Palo Alto 94306.
**Spectrum**

**Letters**

**Salary cuts**

Editor,

To offset the anticipated $30 million revenue shortfall in the city budget, it would seem an across-the-board salary cut is the most sensible because that is where most of the money is, and Palo Alto workers are pretty well-paid, relatively speaking.

Steve Ettelreim

Ivy Lane, Palo Alto

**Housing and ‘a little sacrifice’**

Editor,

There’s been a lot of hoorays online lately about how proud everyone is that our county’s health officer, Dr. Sara Cody, is homegrown. Sara and I were born in the same year and attended the same Palo Alto schools. Sara was then, and I assume is now, a lovely person.

What a lot of people don’t understand is that Dr. Cody, and many like her, is a product of an extraordinary place and time — a place (Palo Alto) and a time (the ’70s) where there was an understanding of community responsibility and your responsibility to others and to the well-being of the planet.

People look at Palo Alto today and think it’s the extravagant houses that make it a desirable place to live. Nothing could have been further from the truth during the ’70s. What made it desirable was the values. Dr. Cody, who pursued public health rather than more lucrative fields in medicine, is a perfect example of this.

Those values have all but disappeared. For several decades, all that Palo Alto residents seem to be able to talk is, “What’s in it for me?” This is shameful, but it’s also understandable. When the average dwelling costs several millions, $15,000 a month mortgage payments with $30,000 a year in taxes, self-protection and self-preservation dominate. The foundation of community is caring about others. Palo Alto will not regain its moral foundation until it starts to care about others. Right here and right now, caring about others means allowing enough housing to be built.

Deborah Goldeen

Birch Street, Palo Alto

**Check out Town Square!**

Hundreds of local topics are being discussed by local residents on Town Square, a reader forum sponsored by the Weekly at PaloAltoOnline.com.

Post your own comments, ask questions or just stay up on what people are talking about around town!

**WHAT DO YOU THINK?**

The Palo Alto Weekly encourages comments on our coverage or on issues of local interest.

Do you agree with the pace at which the county is loosening the stay-at-home order?

Submit letters to the editor of up to 300 words to letters@paweekly.com. Submit guest opinions of 1,000 words to editor@paweekly.com. Include your name, address and daytime phone number so we can reach you.

We reserve the right to edit contributions for length, objectionable content, libel and fact check. Anonymous letters will generally not be accepted. Submitting a letter to the editor or guest opinion constitutes a granting of permission to the Palo Alto Weekly and the Palo Alto Weekly reserves the right to publish online, including in our online archive and as a post on Town Square. For more information, contact Editorial Assistant Lloyd Liao at 650-223-5620 or Editor Jocelyn Dong at editor@paweekly.com.

**Why the budget will break your heart**

by Alison Cormack

This extraordinary time is filled with contradictions. People behaving selflessly and people behaving selfishly. Quiet times at home and cacophonous times at home. Gorgeous weather outside and sad news on our electronic devices inside.

It turns out that our city budget for next year is no exception to this pattern of contradiction: Our largely affluent community is used to a plethora of programs and services and will lose many of these experiences.

Let’s start with understanding the $231 million general fund (I am going to use fiscal year 2020 numbers because it’s so hard to estimate what will happen in fiscal year 2021, which starts in July). What does it pay for? The budget pays for our police officers and 911 dispatchers, firefighters, librarians and books, park rangers and groundskeepers, zookeepers and animal food, exercise instructors and equipment, arts programs and materials, theater programs and costume building planners and reviews, tree trimming and disposal, transportation experts and third-grade bike rodeos, street sweeping, city attorneys, communications gurus and emergency-preparedness folks — all the things that make our city run each and every day.

So, how do we pay for the general fund? Whenever I ask that question, the first response I hear from people is that what’s people’s property taxes are for. Indeed, property taxes are the biggest source of revenue at $48 million or 21% of the whole. If you own your home, only about 10% of the first line on your property tax bill goes to the city of Palo Alto, and unless you moved here in the past few years, it’s probably less than you thought.

About half of that first line goes to the school district, and much of the rest goes to the county for services (including the public health department).

Since property taxes have been a lagging indicator of recessions, this source is not likely to decrease significantly in fiscal year 2021, but much depends on how assessed values change during the next year.

Our first significant problem then is sales tax, at $34 million and 15% of our general fund. The largest source of sales-tax revenue for Palo Alto is Stanford Shopping Center, which right now is mostly closed. One of the largest segments of sales tax is restaurants, and many of those are also closed. Since we will likely be dealing with COVID-19 restrictions for many months, we will see a significant decrease in sales tax in fiscal year 2021.

The second significant problem we have is the hotel tax, officially known as the transient-occupancy tax, at $29 million or 13%. It is not paid by the hotels out of their profits; it is calculated on top of the room rate, then added to the bill of a person who stays in the hotel, and then transmitted to the city. We rely on this source of revenue to help fund our infrastructure projects, like the new fire station on El Camino Real.

Most hotels are empty at the moment and some have about 10% occupancy instead of the usual 80%, so this source of revenue has completely vanished. This will not fully rebound until domestic and international travel return to normal levels.

The foundation of community responsibility and your responsibility to others and to the well-being of the planet is that everyone’s heart is going to have to share in the sacrifices we have to make in order to stay safe. This is much harder than it sounds, and I assume is now.

I believe that every person who lives and works in Palo Alto will feel the impact of these changes. They are a reminder that we are more connected than we realize — to the businesses that operate here, to the visitors who come here and to the city employees whose work creates the programs and services that make our city such a wonderful place to live.

Alison Cormack serves on the Palo Alto City Council. She can be reached at Alison.Cormack@cityofpaloalto.org.

**Check out our new section!**

**Letters**

Sara and I were born in the same year and attended the same Palo Alto schools. Sara was then, and I assume is now, a lovely person.

What a lot of people don’t understand is that Dr. Cody, and many like her, is a product of an extraordinary place and time — a place (Palo Alto) and a time (the ’70s) where there was an understanding of community responsibility and your responsibility to others and to the well-being of the planet.

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Those values have all but disappeared. For several decades, all that Palo Alto residents seem to be able to talk is, “What’s in it for me?” This is shameful, but it’s also understandable. When the average dwelling costs several millions, $15,000 a month mortgage payments with $30,000 a year in taxes, self-protection and self-preservation dominate. The foundation of community is caring about others. Palo Alto will not regain its moral foundation until it starts to care about others.

Right here and right now, caring about others means allowing enough housing to be built.

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Birch Street, Palo Alto

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Deborah Goldeen

Birch Street, Palo Alto
Early Learning Institute
Improve your student's writing skills this summer at Emerson School of Palo Alto and Hacienda School of Pleasanton. Courses this year are Expository Writing, Creative Writing and Presentation Skills.
headsups.org
Emerson: (650) 424-1267
Hacienda: (925) 485-5750

Harker Summer Programs
San Jose
The Harker School’s summer programs for children K-grade 12 offer the perfect balance of learning and fun! Programs are led by dedicated faculty and staff who are experts at combining summer fun and learning. Strong academics and inspiring enrichment programs are offered in full day, partial and morning only sessions.
harker.org/summer
(408) 553-5737

i2 Camp at Castilleja School
Palo Alto
i2 Camp offers week-long immersion programs that engage middle school girls in the fields of science, technology, engineering and math (STEM). The fun and intimate hands-on activities of the courses strive to excite and inspire participants about STEM, creating enthusiasm that will hopefully spill over to their schoolwork and school choices in future years.
castilleja.org/i2camp
(650) 470-7833

Castilleja Summer Camp for Girls Palo Alto
Castilleja Summer Camp for Girls Palo Alto Casti Camp offers girls entering grades 2-6 a range of age-appropriate activities including athletics, art, science, computers, writing, crafts, cooking, drama and music classes each day along with weekly field trips. Leadership program available for girls entering grades 7-9.
castilleja.org/summercamp
(650) 470-7833

Community School of Music Mountain View
Community School of Music and Arts (CSMA) Mountain View SO+ creative camps for grades K-12! Drawing, Painting, Ceramics, Sculpture, Musical Theater, Summer Music Workshops and more! One and two-week sessions; full and half-day enrollment. Extended care from 8:30am-5:30pm. Financial aid offered.
arts4all.org
(650) 917-6800 ext. 0

Let’s Go Crafting Palo Alto
Let’s Go Crafting’s Studio is where your child will have fun while learning many different fiber related arts. We teach sewing, knitting, crochet, weaving and jewelry making to children ages 8 to 15 years. AM or PM camps $275/week. Full day camps $550/week. 3 student minimum for all sessions; 10 student maximum.
letsgo crafting.org
(650) 814-4183

Oshman Family JCC Palo Alto
Camps at the OFJCC introduce your child to new experiences while creating friendships in a fun and safe environment. We work to build confidence, stretch imaginations and teach new skills.
paloalottc.org/Camps
(650) 223-8622

Palo Alto Community Child Care (PACCC)
Palo Alto
PACCC summer camps offer campers, grades 1st to 6th, a wide variety of engaging opportunities. We are excited to announce our returning favorites: Leaders in Training (L.I.T.), Camp YOUUnique, F.A.M.E. (Fine Arts, Music and Entertainment), J.V. Sports, Operation: Chef and Chef Jr! Periodic field trips, special visitors and many engaging camp activities, songs and skits round out the variety of offerings at PACCC Summer Camps. Open to campers from all communities. Register online.
pacc.org
(650) 493-2361

Dance Connection Palo Alto
Share the joy of dance with us! Our studio is an extended family and a “home away from home” for our community of children and teens. At Dance Connection, we value the positive energy and atmosphere that we continuously strive to provide. Summer Dance Camps include all styles of dance for ages 4 and up and features our new ‘This is me!’ Empowerment Camp along with Teen Jazz and Hip Hop Camps. A Summer Session for ages 3 to adults will be offered from June 8 – July 31.
danceconnectionpaloalto.com/dance-connection-event-calendar/summer-dance-camps
(650) 852-0418 or (650) 322-7032

Kim Grant Tennis Palo Alto
Fun and specialized Junior Camps for Minis (3-5), Beginner, Intermediate, Advanced, High Performance and Elite tennis levels. Weekly programs designed by Kim Grant to improve player techniques, fitness, agility, mental toughness and all around game. Weekly camps in Palo Alto and Sleep Away Camps in Monterey Bay. SO MUCH FUN!
KimGrantTennis.com
Text: (650) 690-0678
Call: (650) 752-8061

Nike Tennis Camps Palo Alto
Nike Tennis Camps are offered for boys and girls, ages 9-18 offered throughout June, July and August. Adult Weekend Clinics (June & August). Camps directed by Head Men’s Coach, Paul Goldstein, Head Women’s Coach, Lele Forood, and Associate Men’s and Women’s Coaches, Brandon Coupe and Frankie Brennan. Come join the fun and get better this summer!
ussports camps.com
(800) NIKE-CAMP
(800) 645-3226

Run for Fun Camps Palo Alto
Run for Fun’s mission is to provide creative and engaging play for all youth by getting kids active in an inclusive community centered around outdoor fun! We pride ourselves on hiring an enthusiastic, highly trained staff who love what they do. Summer 2020 features four weeks of Adventure Day Camp and two weeks of Overnight Camp High Five. Adventure Day Camp is a new discovery every day filled with sports, crafts and nature, including explorations to Camp Jones Gulch, Capitola Beach, Foothills Park, Shoreline Lake and Great America. Camp High Five is six days and five nights of traditional overnight camp mixed with challenge-by-choice activities, campfires, friendships and lots of laughter.
runcamp sanitamenteerustic/summer-camps-823-5167

Spartans Sports Camp Mountain View
Spartans Sports Camp offers a wide variety of sports, performing arts, and academic enrichment camps for kids entering grades 1-9. Experienced staff ensures everyone has fun. Daily on-site swimming is offered for all camps. Camps begin June 8th and run weekly through July 31st at Mountain View High School. The camp is run by MVHS coaches and student-athletes and all proceeds benefit the MVHS Athletic Department. Lunch and extended care are available for your convenience. Flexible cancellation policies.
spartanssportscamp.com
(650) 479-5906

YMCA of Silicon Valley Summer Camps Silicon Valley
At the Y, children and teens of all abilities acquire new skills, make friends, and feel that they belong. With hundreds of Summer Day Camps plus Overnight Camps, you will find a camp that’s right for your family. Sign up today; camp are filling up! Financial assistance is available.
ymcsan org/summer camp
(408) 351-6473
Whether they're grocery shopping for a neighbor or volunteering for a nonprofit, you can spread the joy and support our journalism efforts by giving them a shout-out in the Palo Alto Weekly.

For $199, we'll design a quarter-page announcement featuring your Local Hero. Just visit the Google form at the address below and include a 50-word description and an optional photo.

And a huge "thank you" to all the good neighbors in Palo Alto doing their best to shelter in place.

Submit entries at PaloAltoOnline.com/local_hero/

Cammie Vail
Cammie Vail (shown above at the podium) is the current Executive Director at the Palo Alto Community Fund. She has gone above and beyond during this time of crisis. In addition to her normal fundraising work, she has guided PACF to raise and distribute an additional $500,000 for direct financial relief to our local underserved population and to further support non-profits in Palo Alto and East Palo Alto since the start of the shelter-in-place orders.

Submitted by: Leonard Ely
**Adapting to stay fit**

With race canceled, 72-year-old marathon runner changes his routine, inspires other seniors to remain active

**Story by Chris Kenrick | Photos by Magali Gauthier**

If these were normal times, Eric Spector would be in the final phase of training for the race of his dreams — the annual Western States Endurance Run, a 100-mile trail run from Squaw Valley to Auburn. It’s an event he calls the Superbowl of ultramarathons.

But with the June event canceled, along with most other activities, due to the coronavirus crisis, the 72-year-old fitness enthusiast has been forced to adapt his fitness routine. Rather than rigorously training in the hills above Palo Alto, Spector has turned to power walking. And rather than swimming and exercising at the Oshman Family Jewish Community Center, he has set up a gym in his garage where he can lift weights, ride a stationary bicycle and generally keep moving.

“One marathoner who provided some creative inspiration to those looking to compete or exercise: He organized a virtual ultramarathon where participants mapped out their own routes and for how long you do a particular activity will help you maintain a routine and stay motivated. With those two ingredients, it provides a longer, healthier, more vigorous life.”

Spector said the key is to commit to staying fit, whether during a pandemic or not. He recommends picking an exercise and following through with a routine. This can be anything from walking around the block once a week to walking around the backyard everyday. Tracking when, where and for how long you do a particular activity will help you maintain a routine and stay motivated.

Exercise wasn’t always a priority for Spector.

As a young man he was a keen runner and an accomplished cyclist, and later became a devoted swimmer. But a stroke he suffered at age 48 and a series of injuries slowed him down over the years until he could no longer participate in the sports he loved.

During the stay-at-home order, Spector decided to get fit again. “The key is working up a sweat and getting the benefit of a cardiovascular workout,” said the Palo Alto resident, who has participated in more than 20 marathons in the United States and abroad and was the oldest person to complete the 2018 Rio del Lago 100-Mile Endurance Run in the Sierra Nevada foothills. Though a committed runner, Spector, who turns 73 on May 5, is no exercise snob. In fact, he’s a promoter of exercise for anybody and everybody through his Twitter page, @fitallages.

“It doesn’t really matter what activity somebody chooses — the benefits of being fit are extraordinarily clear,” he said. “It prevents so many diseases and, if you get sick, your recovery time is usually much shorter because of your fitness. Whether you speed walk, bicycle, play racquetball, hike — the most important thing is that you do it regularly and that you sweat. With those two ingredients, it provides a longer, healthier, more vigorous life.”

On his Twitter feed, Spector often shares links to inspirational stories of older athletes as well as small exercise tips like: “Well, you don’t want to run? Then dance.”

During the stay-at-home order, he has been sharing the many ways athletes, from Olympians to coaches, have adapted their fitness routines. One marathoner who qualified for this year’s Olympics in Tokyo, shared this philosophy with the New York Times: The only thing athletes can control at this point, since competitions and events are canceled, is their training routines.

Another story that Spector shared from Sports Illustrated features a running coach who provided some creative inspiration to those looking to compete or exercise: He organized a virtual ultramarathon where participants mapped out their own running loop in their backyards, neighborhoods or treadmills and livestreamed their runs on Zoom.

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PVI Meals on Wheels

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WE ARE HALF-WAY THERE!
PLEASE HELP US REACH 100% OF TARGETED FUNDING FOR PVI’S MEALS ON WHEELS VITAL LIFELINE!

“It’s because of PVI’s Meals on Wheels that I feel like I’m being watched after during this crisis.” (tears)
Diane, 92 years old

Community friends and neighbors, it’s working! Because of each of you, we are half-way there! Thank you.

Please help us reach higher and achieve PVI’s Meals on Wheels $500,000 COVID-19 response goal to continue daily meals for local vulnerable seniors.

We are living through extraordinary and uncertain times. Please know that all of us at Peninsula Volunteers, Inc., hope you and your loved ones are and will remain safe and healthy during this COVID-19 health emergency.

While we are six feet apart, we’re shoulder to shoulder in caring for at risk seniors in our community!

Daily life for an aging senior in your community now feels much more insecure and fragile than just a few short weeks ago. Someone near you is waking up alone fearful of having no means of getting food for the day. Peninsula Volunteers, Inc.’s Meals on Wheels program is up and running with staff and volunteers providing daily hot, nutritious meals to local homebound seniors unable to shop or cook for themselves. We are preparing and delivering over 12,000 meals each month, to our most vulnerable, at-risk seniors throughout all of San Mateo County, except coast-side. Considered an essential service, we have become more critical than ever and are heartened by the remarkable outpouring from volunteers in our local communities, assisting us with meal packing and delivery.

Our most urgent ask now is for your help through donations to continue this vital lifeline for our at risk seniors. Needs are skyrocketing. Our major public fundraising events have been cancelled due to COVID-19, yet the need is greater now than ever. We cannot do it without you! You can have an immediate impact. At uncertain times like these, you are the proof that the community will weather this crisis together. Thank you for helping us keep local seniors fed and safe. A donation of $500 covers meals for two seniors for a month. Donations of all sizes make a huge impact now and in the weeks ahead to help feed our homebound seniors and assist us to ramp up and further expand our programming once our doors re-open to the public.

We all look forward to that day. We are grateful beyond words.

WAYS TO DONATE

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By sending a check to: Peninsula Volunteers, Inc., 800 Middle Avenue, Menlo Park, CA. 94025.

FACEBOOK
Visit our Facebook https://bit.ly/2zMN3fp
Spector said he fell in love with the hills above Palo Alto after moving here three years ago. “Foothills Park is spectacular. Black Mountain has trails that are challenging and gorgeous,” he said. “Windy Hill Open Space Preserve is literally a treasure — there are some spectacularly different kinds of trails within a relatively small park. ... I can always find, within those three choices, whatever it is I’m trying to do that day.”

Spector’s sights are now set on next year’s Western States Endurance Run, scheduled for June 26-27. If he finishes, he’ll become the oldest person to complete the course in the event’s 44-year history. To find Spector’s exercise tips and links to motivational stories, check out his twitter account, @fitatallages.

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5 ways to stay fit

Gyms, pools and exercise classes at community centers may be off limits during the pandemic, but that shouldn’t create a roadblock to staying fit, according to Palo Alto marathon runner Eric Spector. Pandemic or no pandemic, the key goals for good health and fitness haven’t changed. Spector recommends following five tips for staying fit:

1. Commit to staying fit.
2. Pick an exercise.
3. Track your activities.
4. Eat well, hydrate.
5. Look in the mirror and see your progress.

*****

Runner

(continued from page 27)

overweight and working long hours at a New York City startup.

“I wasn’t at all plugged in to athletics of any kind — I’d really done nothing more than work and eat and put on some weight,” he said.

But he became intrigued when some of his business school classmates flew in from California to run the 1978 New York City Marathon.

“I thought, ‘If these guys can do it, I should be able to do it,’ so I bought some sneakers, went out for a run to the west side of the Hudson River and barely made it,” he said.

Spector kept at it, and a little more than a year later, he entered the 1979 New York City Marathon.

“It was my first running event ever but I did quite well and loved it,” he said. “I really loved the fitness, the clarity of mind, the stream of consciousness as you’re running.”

He grew to love the “runner’s high,” which he describes as “a kind of euphoria, where you’re not even conscious of the effort. It’s just the rhythm and the joy of physical activity.

“For me, that kind of activity has been a mainstay of mental health and sanity, with the benefit of staying fit,” he said.

Spector moved to California in the 1980s. “When I got to Marin and discovered trail running, that was the end of my road running — it’s a rare instance for me to go back to road running.” He did, however, complete the 2009 New York City Marathon in celebration of the 30th anniversary of his first race.

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MAY 2020

Seminar via Zoom: “Medical Decision Making and Patient Advocacy in a Crisis: Being Prepared” with Mike & Mark Gilfix, 1-2pm. Registration required. Email registration@avenidas.org. Free

May 12 Limerick Day.
If you have a good (clean) one, send it to info@avenidas.org by 12noon today. We’ll select the best for inclusion in this day’s e-newsletter.

May 13 International Hummus Day
Make a spicy version with chickpeas, olive oil and a jalapeno pepper.

May 14 Gokhale Method Workshop via Zoom 12-1pm. Registration required. Email registration@avenidas.org $30

May 15 National Chocolate Chip Day.
Enough said.

May 16 LGBTQ Stay Home Scavenger Hunt
10am-1pm. Email tkingery@avenidas.org with subject “Scavenger Hunt.” Free

May 18 LGBTQ Senior Empowerment & Connections Group via Zoom Topic: Celebrating National “Honor LGBTQ Elders Day.” Email tkingery@avenidas.org with subject LGBTQ for log on info. Free

Seminar via Zoom: “Multi-Generational Planning for Quality Long Term Care” with Mike & Mark Gilfix, 1-2pm. Registration required. Email registration@avenidas.org. Free

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Traci Dobronravova, MSW
Director
Pinot
Canine Visitor

Traci & Pinot’s dedication to clients is just one of the many reasons why we’re the Bay Area’s leading expert in senior care. In fact, over 16,000 Bay Area families trust us to take care of family and loved ones in the comfort of their own home.

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14 Hawaiian party
15 Cape ___ (westernmost African point)
16 Tea-based drink
17 ___ Blanc (highest peak in the Alps)
18 About 1% of the Earth's atmosphere
19 Prefix for "medicine" seen more often recently
20 Heart charts, briefly
21 Is a huge fan of, slangily
22 Garden gastropod
23 Nigiri sushi option
24 Come back inside
26 Army outposts (abbr.)
27 Squeeze bunt stat (or so I'm told... it's sports)
29 Pen name?
30 "Meatspace," for short
32 Like some sprays
34 Wu-Tang Clan member born Robert Diggs
35 Balance
38 Got high
39 ___ Arann (former airline)
40 Charge to a sponsor
41 "Hurts 2B Human" singer
42 Rosie of "Birds of Prey"
44 Gasket, e.g.
45 Fluffy grazer
49 With 53-Across, what a 7-Down helps keep
53 See 49-Across
55 Start of el aÒo nuevo
56 Implant again
59 Dull pain
62 "That's great"
63 '19 and '20, e.g.

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No matter the community, we’ve got you covered! We invite you to tour these homes virtually.

1705 Fulton Street, Palo Alto

5 Bed | 4.5 Bath | Offered at $5,875,000
Living: 3,371 Sq Ft | Lot: 8,598 Sq Ft

This magnificent home offers an exceptional floor plan for intergenerational living or work-from-home. The home has been expanded and remodeled with attention to fine architectural details and craftsmanship. Great opportunity to become a part of one of the Peninsula’s most popular holiday traditions — Christmas Tree Lane. The convenient location is near schools, parks, shopping and Stanford University.

We invite you to visit this home virtually at 1705Fulton.com

205 Yerba Buena, Los Altos

4 Bed | 3 Bath | Offered at $4,250,000
Living: 2,868 Sq Ft | Lot: 14,147 Sq Ft

This beautifully remodeled North Los Altos home promotes the appealing indoor/outdoor lifestyle with effortless transitions between interior and exterior spaces. The home enjoys a private resort-like setting with a refreshing pool, sunny patios, a barbecue area and a serene garden. The quiet cul-de-sac is just blocks to downtown Los Altos and outstanding public schools.

We invite you to visit this home virtually at 205YerbaBuena.com

290 Gloria Circle, Menlo Park

4 Bed | 3.5 Bath | Offered at $4,250,000
Living: 3,310 Sq Ft | Lot: 12,489 Sq Ft

Sited on the inner ring of Gloria Circle in the popular Vintage Oaks neighborhood of Menlo Park, this customized home features spacious light-filled rooms with high ceilings and an excellent floor plan. The home opens to a private garden with an inviting black-bottom pool with waterfall. The location is just blocks to downtown Palo Alto, and Menlo Park, outstanding public schools, and major Silicon Valley employers.

We invite you to visit this home virtually at 290GloriaCircle.com

For questions or further information please contact your Realtor or the listing agents, Carol Carnevale 650.465.5958 or Nicole Aron 650.740.7954, or by email at CarolandNicole@compass.com.

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*Per County Records, unverified