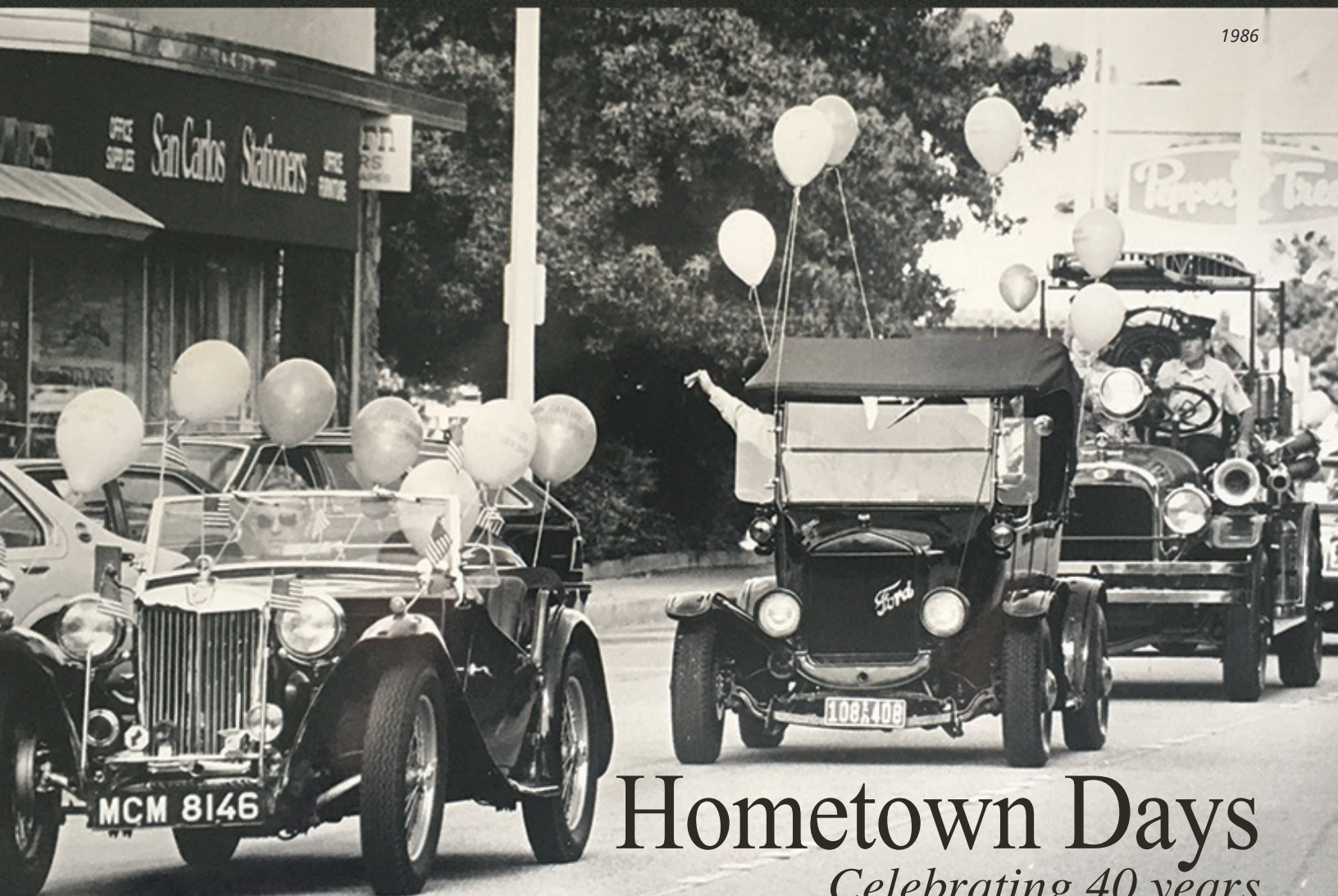


SAN CARLOS

MAY 2020

LIVING



Hometown Days

Celebrating 40 years

New Date – August 28-30, 2020



COMPASS

We analyze Homes at the **hyper local level**.
We look at property valuations based on
micro-metrics. We search the unsearchable
and have **insider knowledge** on upcoming
sales. We are the laser focused
Palermo Properties Team at Compass.

Whether you are a seller or buyer, call us to learn how we can help you!



PALERMO
PROPERTIES TEAM



Team Leaders

Mark Palermo

650.218.6400

mark.palermo@compass.com

DRE 01469372

Kirsten Hagen

650.504.1469

kirsten.hagen@compass.com

DRE 01490617

Partner Agents

Laurie Abinader

DRE 01913774

650.218.7658

Stephanie Sills

DRE 02060529

650.678.5707

Umi Park

DRE 01955884

650.388.2570

Bryan Holmes

DRE 01849100

510.508.4008

Compass is a real estate broker licensed by the State of California and abides by Equal Housing Opportunity laws, License Number 01527235. All material presented herein is intended for informational purposes only and is compiled from sources deemed reliable but has not been verified. Changes in price, condition, sale or withdrawal may be made without notice. No statement is made as to accuracy of any description. All measurements and square footage are approximate.

Publication Team

PUBLISHER: Stephanie Mittendorff
CONTENT COORDINATOR: Stacey Holmes
DESIGNER: Dale Ver Voort
CONTRIBUTING PHOTOGRAPHER:
 Jennifer Baciocco Photography
info@jenniferbaciocco.com
 650-576-5500

Advertising

Contact: Stephanie Mittendorff
 Email: smittendorff@bestversionmedia.com
 Phone: 415-272-3439

Feedback/Ideas/Submissions:

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 10th of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: staceyholmes@bestversionmedia.com.

Important Phone Numbers:

Emergency911
 Police Department650-802-4277
 Fire Department650-802-4300
 Village/City/Town Hall650-802-4100
 Library.....650-591-0341
 Parks and Recreation.....650-802-4382
 School District.....650-508-7333

Submission Deadlines:

| | |
|--------------------|---------------|
| Content Due: | Edition Date: |
| December 10 | January |
| January 10 | February |
| February 10 | March |
| March 10 | April |
| April 10 | May |
| May 10 | June |
| June 10 | July |
| July 10 | August |
| August 10 | September |
| September 10 | October |
| October 10 | November |
| November 10 | December |



Best Version Media®

Any content, resident submissions, guest columns, advertisements and editorials are not necessarily endorsed by or represent the views of Best Version Media (BVM) or any municipality, homeowners associations, businesses or organizations that this publication serves. BVM is not responsible for the reliability, suitability or timeliness of any content submitted. All content submitted is done so at the sole discretion of the submitting party.
 ©2020 Best Version Media. All rights reserved.

Dear Neighbors



Stephanie Mittendorff,
Publisher

In these uncertain times, as the publisher, I wanted to personally reach out. I've been so impressed with the way our town has handled our time Sheltering in Place. It makes me more proud than ever to be a part of this incredible community. I know that once this strange time passes there will be a new energy vibrating throughout our community and I hope we all will be in a better, improved place. Maybe a renewed sense of our priorities in life- more focus on family and treasuring the little moments we take for granted- less on things that don't bring us happiness. Either way, I know that we have all learned a great deal from this time together and I look forward to the time when I can once again hug, shake hands, and connect with my neighbors around me.

This month's magazine we asked our San Carlos Living experts to weigh in on this new world we are currently living in. On **Page 6** expert contributor and local resident Tanya from Mindful Bodies writes about Health Tips for you and your family. I especially liked her daily gratitude tips. John McAfee, also an expert and local resident, writes about an extremely timely topic of "Service in Times of Need" and highlights three local non-profits that need our help (**Page 12**). Finally, Katie the owner of Broadway Babies and Kids, covers our new reality of virtual classes and how to consider options for your little one(s) on **Page 14**.

If you are interested in being an expert writer in our magazine, please reach out to me. We are always looking for strong, local voices to guide us in a variety of industries.

I'll leave you with a quote that I enjoyed sharing with my children. Helped ease their fears...and I guess mine too. ■

Stephanie

| | | |
|--|---|--|
| The buildings were big | But what they then saw | The lungs of the planet |
| And people would smile | From slowing things down | Caught a small break |
| Travel they would | They now had less reason to frown | Less travel meant less pollution to make |
| Mile by mile | Families now gathered | People did realise that it will be okay |
| But sick they become | 'What games shall we play?' | They don't need so much to get through the day |
| And numbers, it grew | 'Pass my the blue crayon' | Maybe this virus that caused so much stress |
| Businesses worried | 'Give mummy the grey.' | Shown the whole world that more can mean less. |
| Communities too | 'Daddy is home guys! He'll read us a book.' | |
| Things stop for a bit | Then all of us together | |
| The world slowed its roll | We might just cook | |
| The virus had certainly taken its toll | | ~ (Anonymous) |

Dear Neighbors



Stacey Holmes,
Content Coordinator

These days I find myself recalling a saying that has stuck with me over the years, "It's not what happens to you in life, it's how you react to it." I have always found this saying powerful. Believing in it means I have a choice. There are a lot of different ways we can choose to look at the effects of COVID-19. The impact on me has been mainly a lifestyle change. I know others have much more serious issues, including income and job loss and health compromise. While it is easy to list complaints about our current situation, I try to catch myself and adjust my attitude to one of gratitude. I know I am one of the lucky ones. My family and friends are healthy and safe.

The pace of life has shifted. While that can be uncomfortable, it is an opportunity for better awareness. We can notice the things we are usually too busy to see or spend time on an activity we have been putting off. There is something good that can come from sitting in the discomfort of it all.

In this month's issue, we feature our beloved Hometown Days and its 40th anniversary (**pages 8-10.**) Did you know that Hometown Days used to feature hot air balloon rides? Don't miss the colorful and heartening chalk art photos (**pages 20-21.**) For Mother's Day, I share a letter I wrote to my mother (**page 7.**) In our Travel section (**page 18**), get the facts on travel insurance. An SCSD teacher shares her incites on how families can see their way through this new environment (**page 22**). Several months ago, we featured a helpful organization, Villages of San Mateo County, offering access to support services for aging independently. Especially during this time, we want to remind you of the resources that can help an aging loved one. You can find more at villagesofsmc.org. ■

See you around town,

Stacey

EXPERT CONTRIBUTORS

To learn more about becoming an expert contributor, contact BVM at smittendorff@bestversionmedia.com or 415-272-3439.



Real Estate

Chuck Gillooley
Compass
650-207-2024
chuck.gillooley@gmail.com
www.whiteoaksblog.com



Real Estate financing

Deon Teeple
Pacific Bay Lending, Inc
650-888-7670
deonteeples@gmail.com
www.homesweetloan.org



Cabinetry Specialist

Omar and Anca Martinez
The Cabinet World
650-592-8020
anca@cabinetworldusa.com
www.cabinetworldusa.com



Insurance

John W. Mc Afee, CLU, ChFC, CPCU
650-260-2532
john@johnmcafee.com
www.johnmcafee.com



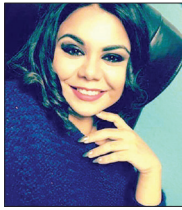
Performing Arts Educator

Katie Kerwin-Gielniak
Broadway Babies and Kids
650-218-6831
katiekerwin@broadwayvocal.com
www.broadwaybabiesandkids.com



Swim Academy

Josh Lee
Kings Swim Academy
650-804-5085
josh@kingsswimacademy.com
www.kingsswimacademy.com



Home Care Specialist

Daniela Jonguitud
Chajinel Home Care Services
650-741-6107
daniela.jonguitud@chajinel.com
www.chajinel.com



Auto Repair

Dave Toole
Toole's Garage
650-594-1128
dave@toolesgarage.com
www.toolesgarage.com



Spine and Orthopedics

Jeffrey A. Saal MD
SOAR Spine and Orthopedics
650-995-1207
www.soarspine.com



Family Law

Kara S. Holtz, Esq.,
Certified Family Law
Specialist
Holtz Law
650-632-4380
kara@holtzlaw.com
www.holtzlaw.com



Orthodontics

Dr Michael Chang DDS, MS
Chang Orthodontics
650-598-0888
mchang@changortho.com
www.changortho.com



Fitness

Tanya Lehman
Mindful Bodies
(650)823-7467
tanya@mindfulbodiesfitness.com
www.mindfulbodiesfitness.com

• • Your San Carlos • • Real Estate Expert

As a 29-year resident of San Carlos, Chuck Gillooley truly understands why San Carlos is such an amazing place to live. Chuck consistently ranks as one to the top Realtors serving the San Carlos market, and has helped countless families with their real estate needs. Chuck is also the author of **The White Oaks Blog**, one of the most widely read and respected real estate websites dedicated to real estate and life in the City of Good Living. It is a "must-read" for anyone interested in keeping up with the San Carlos real estate market. Put the power of knowledge on your side - call Chuck Gillooley for all of your real estate needs!

Be sure to read WhiteOaksBlog.com

650.207.2024 | chuck.gillooley@gmail.com

COMPASS



CHUCK GILLOOLEY
LOCAL EXPERTISE, GLOBAL REACH

DRE 01750684

Pandemic

By Ron Collins, San Carlos resident of 65 years

In the 1984 movie Starman, Jeff Bridges' character, an alien who has come to earth to study humans, says to an earthling, "Shall I tell you what I find beautiful about you? You are at your very best when things are at their worst." That line didn't mean much to me at the time, but it seems so appropriate now. What we have experienced since the beginning March has been life-changing, and has affected all of us in so many different ways.

When Governor Newsom declared a State of Emergency for all of California in mid-March, social distancing and sheltering in place became our new normal. The City of San Carlos had to immediately change its everyday operations in profound and unprecedented ways. Even though it was not our choice, we hosted up to 62 passengers from the Grand Princess cruise ship, who had tested positive for the COVID-19 virus, for two weeks at the Fairfield Inn and Suites next to our airport. I am so proud of the compassion, generosity and support expressed by our residents toward these unfortunate travelers during that time.

As we saw businesses and schools close, construction halted or limited, and residents making difficult adjustments to their daily lives, the City swiftly shifted into emergency operations mode. With the support of our Council, City staff updated the city web page to provide daily updates on our actions, as well as those of the State and San Mateo County. We also established a COVID-19 hotline (650.802.4347) for residents to get the latest information and ask for assistance. The County created a 2-1-1 line as an additional line of communication, help and information.

In late March we sent out postcards to every residence announcing our Neighbor to Neighbor program, where any resident who either needed assistance or wanted to help could visit our website or call our COVID-19

hotline, which was available 7 days a week. We received many calls, which our staff and volunteers worked tirelessly to respond to.

Many of us employ gardeners and maid services, and since both of these activities (as of this writing) are now deemed non-essential, we have had to suspend their services. I know it is not possible for many of us with so many people being out of work, but if you can, I encourage you to continue to pay these workers, who are among the most economically vulnerable.

Coming out of this ordeal is going to challenge all of us. I am especially concerned about our senior citizens, public schools and locally owned small businesses. We will need to continue helping and supporting each other for a long time, and if the phone calls and emails I am getting are any indications, we are up to this challenge. Every day I see simple acts of kindness and generosity, and I see neighbors reaching out to neighbors to help in any way they can. So thank you, residents of San Carlos, for demonstrating the very essence of community.

And like the Starman said, we are at our best when things are at their worst. ■

Ron Collins
Mayor



"TOOLE'S IS ROCKING! THE CUSTOMER SERVICE IS **TOTALLY EXCELLENT!** I HAVE REFERRED FRIENDS AND THEY, LIKE ME, HAVE BEEN **VERY HAPPY.**" - ANN F.

FROM HOT RODS TO HYBRIDS



OUTSTANDING SERVICE



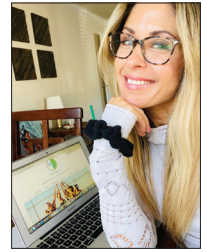
(650) 539-4112
1065 WASHINGTON ST, SAN CARLOS, CA 94070
TOOLESGARAGE.COM

DAVE TOOLE
OWNER



Health Tips for You and Your Family

By Tanya Lehman, San Carlos resident of 18 years



My name is Tanya Lehman, creator of Mindful Bodies Fitness, ACSM certified personal trainer and mother of two children. I'm here on behalf of *San Carlos Living* to give you and your family easy, creative ways to stay active and healthy during your time at home.

We are all in a place of uncertainty, however, I'm certain of two things. What can that be you ask? Self-care and a positive fearless mindset. The wellness of our minds and our bodies during this global health crisis is crucial to our overall sanity and ability to deal with uncertainty. It helps us release our fears and embrace change and self-growth.

My tips for mindfulness and a positive mindset are to practice feelings of gratitude daily. A grateful heart is an abundant heart. My next tip is to let go of things out of your control and to simply focus on what you can control. Your physical fitness and your diet are entirely in your control. The more you move and create good blood circulation; your thoughts will be directly impacted in a positive way. This is the type of mind/body connection necessary to establish a healthy, fit lifestyle that will last your lifetime. Just like anything this mind/body connection takes practice and consistency. You need a plan and you need to write it down.

My plan for you and your children while at home is to set an alarm for every waking hour. For example, you are awake 12 hours in a day, your alarm is set every hour from 7am until 7pm reminding you to do a full minute of exercise. A few exercise examples would be, hold a plank, do a wall sit, crunches, jumping jacks, walking lunges and pushups for a full minute. The whole family can do this together and each person can take turns with picking the exercise for the hour. Make it fun and watch this routine quickly cement into your daily schedule. It will improve everyone's energy and mood each hour of the day.

Finally, we need to address a quick plan for our diets. First thing in the morning drink 16 ounces of room temperature lemon water to help detox and jumpstart your digestive system. Wait

30 minutes before you eat breakfast. I encourage berries and other high antioxidant fruit to be consumed in the morning. Your glucose levels are low from fasting overnight, which means your brain will thank you for the natural sugar consumed from the fruit, also you now have all day to burn the glucose for energy. Just like writing your personal goals down helps to achieve them, journaling food intake is beneficial to staying on track. Lunch and dinner should be colorful and never from a box. The more natural foods you consume the better your mind and body will function. The better your mind and body function the more apt you are to achieve your goals and develop self-love. Support yourself first and then help your family to achieve optimal health and happiness during this challenging time. Embrace the slower pace, the time with your children and most importantly embrace the chance to create your best self. ■



**Consultant for
Mindful, Wellness
and Personal
Training Pursuits**

visit and follow my fitness workouts
and wellness tips on my Instagram:
[tanyas_mindfulbodies](#)

Exercise as it should be

www.mindfulbodiesfitness.com

(650)823-7467

2575 east Bayshore Rd., Redwood City, Ca 94063

Mindful Bodies

To Mom, With Love

By Stacey Holmes, San Carlos resident of 13 years



As Mother's Day approaches, I am reminded of my own mother who passed away three years ago. I dedicate this letter to all mothers.

Dear Mom,

Thank you for putting love notes in my lunch box. Thank you for painting my toenails. Thank you for helping me to find just the right dress. Thank you for making breakfast for dinner when Dad was on a trip. I could fill this letter with thank yous.

I admire you, not because of your resume building achievements, but, more importantly, for those qualities that elude the resume. You were gentle and forgiving. I remember when I was young and very hard on myself. I expected perfection. You tempered that with a gentle tone and forgiving nature. You knew what I needed when I didn't know myself. You helped me learn how to breathe easier.



You were carefree and loving. As a worrier, like Dad, I was in admiration of your carefree attitude. You let things roll off your back. I hardly ever saw you get mad. You knew how to keep your own power instead of giving it away. You gave the best hugs ever. I vividly remember a photo of you and me hugging each other. We both had the biggest grins, showing the world there was nowhere else on earth we would rather be. It warms my heart thinking of that photo.

You were down-to-earth and silly. I smoked pot for the first time with you, while we danced to Tina Turner in the kitchen. You loved to sing and dance, using your tennis racket as a guitar. I learned from you the technique of spraying whipped cream into my mouth.

You had zest and commitment. I remember when you were about 60 years old, you started having hip problems. The doctor said you would have to cut back on your tennis which you refused to accept. Instead, you decided to build up your strength. To my disbelief you easily beat me at arm wrestling.

You were friendly and giving. I remember how you loved to talk to people and would strike up a conversation with almost anyone. When I was young it was embarrassing. I didn't appreciate it then. Don't worry, I do the same thing now to my kids. The apple doesn't fall far from the tree. You gave me an identical twin sister to love, support, and be supported. She is the best gift possible. Thank goodness we turned out all right even though your pregnancy included an x-ray of us and a prescribed daily martini to calm your nerves.

I miss you every day.
Love, Stacey

A mother's love is like an island,
In life's ocean vast and wide,
A peaceful, quiet shelter,
From the restless, rising tide.

- Heather Steiner Rice

DUNCAN
MOTORS
QUALITY PRE-OWNED CARS & TRUCKS



I buy classics and newer cars up to \$100,000

Call the owner,
Fred Duncan direct at
650-346-1536

1655 El Camino Real | San Carlos
www.duncanmotors.com

25 Years Experience

*Making Dream
Homes Realities*

DEON TEEPLE
Senior Loan Consultant

DeonTeeple@gmail.com
Phone: 650-888-7670





www.HomeSweetLoan.org
Pacific Bay Lending, Inc.

Company CA Bureau of Real Estate Brokers License# 01874818
Deon's CA Bureau of Real Estate License# 01180753
Company NMLS# 318011, Deon's NMLS# 237155



Hometown Days

Celebrating 40 years



By John Durkin, San Carlos resident of 18 years

Save the Date August 28-30, 2020

With a Post-It Note placed on your calendar, save the date for this year's 40th Annual San Carlos Hometown Days Weekend: August 28-30.

Check out the website for updates, sancarloshometowndays.com. Follow us on Facebook.



2016

The year is 1980. The world is introduced to the Post-It note. Movie audiences were laughing at "Caddyshack" and jumping out of their seats when "Here's Johnny!" is heard at the bathroom door in "The Shining."

On a September weekend in 1980, San Carlos residents were heading to Burton Park for the inaugural Hometown Days. Saturday, September 27th started with rain in the morning, but the sun appeared in the afternoon and so did hundreds of people. At the end of the day on Sunday, September 28th, the San Carlos Hometown Days was deemed an overwhelming success.

Fast forward to 2020 and it's the 40th Anniversary of the San Carlos Hometown Days. Cheers to 40 Years!



2002



1985



1991

In the Beginning

That first fabulous weekend in Burton Park was the result of months of planning by hard-working community members. In the fall of 1979, Mayor Pat Bennie wrote to the San Carlos City Manager. "I have been thinking for some time that a day set aside for the purpose of building community spirit and old-fashioned camaraderie would be a lot of fun." Mayor Bennie opened her home to community members for a meeting to start planning the event she envisioned. That night, the name Hometown Days was born. The event would have a western theme and September 1980 was the target date. The first Hometown Days board, comprised of 19 residents, would serve as chair-people for a variety of tasks.

One goal of this family-oriented event was to provide non-profit clubs and organizations an opportunity for exposure to the community. Reasonably priced food and beverages would be sold. Families attending would have a good time at little expense. As plans developed, it was decided to hold a two-day event. Participating local clubs would be charged a minimal amount for booth space to defray the expenses for printing programs, advertising materials and award ribbons.

The Junior Matrons had a booth and created "Fresh Fruit Cups" kept chilled on ice and sold for the bargain price of 50 cents! Before FitBits and "counting steps" became commonplace, the Junior Matrons cut and stored the melons and fruit in the kitchen at Mahany Hall and



2011

walked the containers back and forth to Burton Park. The San Carlos Police and Fire Departments competed in a softball game with the City Attorney as the umpire. Marine World, still located in Redwood Shores, brought tigers and other animals to Burton Park. Free coffee was served to visitors by the Salvation Army. The Kiwanis Club barbequed steaks and burgers day and night. Talented performers from the Chickens' Ball provided entertainment

during the Kiwanis dinner. Afterwards, there was a 30-piece dance band for the Saturday night dance.

Originally intended to be a one-time event, each chairperson put together a file and passed it down from year to year. (40 years later, the event history of every Steering Committee throughout the years is found on handwritten letters, sketches and maps of Burton Park, postcards to residents, typed phone and address lists, newspaper clippings from The Peninsula Times Tribune, San Carlos-Belmont Enquirer Bulletin, San Mateo Times, The Independent, etc. Some of this memorabilia will be on display in the Youth Center during this year's event.)

Mother Nature is the only unknown variable in planning the Hometown Days Weekend. Ideal weather. Hot. Cool. Cold. Sunny. Windy. Dry. Wet. The Steering Committee does not include a meteorologist or own a crystal ball. After months of planning, all eyes are on the sky.

The Venue

Burton Park plays a huge role in the success of Hometown Days throughout the years. Location, Location, Location. The amenities that fill the 10-acre park in the middle of San Carlos have always helped the volunteers center the varying events around the venue. Burton Park is an event planner's perfect location – green lawns, shade trees, open spaces, the convenient Kiwanis Building (now used for Arbor Bay School) baseball diamonds, hard court surfaces, horseshoe pits, and most important, restrooms.



Golden Gate
Sotheby's
INTERNATIONAL REALTY



MARIANA PAPPALARDO GROUP

**A MODERN APPROACH TO
REAL ESTATE**

Mariana Pappalardo
Team Leader

Nikki Cocco Boyle
Team Member

Mariana@MarianaPappalardo.com
(1) 650.670.7888
MarianaPappalardo.com
DRE# 01970137

COMMUNITY FEATURE

Victuals

Food would continue to be a key feature over the next 38 years. At the 2nd Annual, the Junior Matrons were culinary "Top Chefs" serving grilled ribs covered in a homemade bar-b-q sauce. The Junior Matrons served Big Ribs! Years later, they were still delighting taste buds at their Polish Hot Dog booth.

Early Hometown Days weekends included a sold out "Wine and Cheese Tasting" event in the Kiwanis Building. Attendees throughout the years enjoyed good wine and commemorative stemware. In 1993, a wine glass sold for \$5.00 and a refill was \$2.00. Pre-Yelp reviewers appreciated the generous servings poured into the glass. Cheers!

Music

Music and dancing have always drawn a crowd to Hometown Days. Since the initial event, a stage has been set up in Burton Park. Throughout the years, a diverse group of musicians have entertained the audience relaxing on the grass. Hometown Days always features many bands on stage with a variety of musical styles. Interests differ, but there was always something for everyone to enjoy – The Carlmont, Sequioa and Woodside High School Bands, Frosty Robinson's Country Western Band, Peninsula Folk Music Club, and Toot Sweet Dixieland Jazz Band. For many years, there was dancing to the always popular E-Ticket band on Saturday night during the Kiwanis Club's barbeque dinner.



2011



Pat Benne Tribute, 1997

In 2002, the Steering Committee partnered with the San Carlos Education Foundation (SCEF) to showcase the innovative music program in the San Carlos School District. On the Friday night of Hometown Days Weekend, the community was introduced to the (1st Annual) SCEF Celebrates Music in the Park. This event is an opportunity for people to enjoy a beautiful evening while listening to the music of our middle school bands, orchestras, and choral group.

A Special Year

Each Hometown Days Steering Committee, a hard-working group of community volunteers, strives to make their Hometown Days the best ever. The 1991 Hometown Days stands out as most impressive to this amateur historian. It was the 11th annual event and the theme of the weekend was "Coming Home." The U.S. troops were returning from the Persian Gulf War in the Middle East. Before the entire weekend started, they were expecting a crowd of 10,000 people. Invited to participate in the festivities was the mayor of Croyden, Australia, San Carlos's sister city.

The Hometown Days Parade was led by a Brahman bull. 100 entries followed that animal on the 2.3-mile route which started and ended at Burton Park. Military vehicles, antique cars, fire truck, wild and wacky floats, marching bands, equestrian units, clowns, children and their pets, the 49ers' cheerleaders and thousands of balloons. There was even a children's parade which was deemed "a parade within a parade." Kids entered a drawing for a Schwinn Phantom bike.

Also, in 1991, the Rotary Club took over as race organizers for the Sunday morning 5K/10K runs and the 5K walk. A well-marked course was guaranteed, and each race entrant would be given an official race time and finishing position. The \$10 entry fee included a t-shirt. 300 people were expected to participate and with a 10k run, they were hoping to lure a few serious runners (178 people had participated the previous year.) With the on-going pancake breakfast and the culinary skills to serve up 125 fluffy pancakes every three minutes, Rotary Club seems to own Sunday mornings in Burton Park.

The Parade

In 1994, Hometown Days advertised the "Greatest Parade in San Carlos" and they did not disappoint. The crowd along the route were impressed by high-stepping baton twirlers, a large rattan dog in recognition of the Year of the Dog. The mayor rode on the huge Wells Fargo Stagecoach, pulled by a team of four horses.

Theme Contest

In 2002, the Hometown Days began the "Create a Theme for the Weekend" contest for local school children. The only rule was that all entries had to incorporate the word "Home" in the theme. In 2002, the winning theme was "San Carlos – There's No Place Like Home." Besides having their theme on all publicity signage for the weekend, the winner rides in a convertible during the Hometown Days Parade. When

the forecast of rain threatens the Parade, the theme winner gets to ride in the back of a fire engine. The student is a celebrity throughout the entire weekend. It's a great way for the student to enjoy their 15 minutes of fame for being the theme winner.

Fun for all Ages

Throughout the first 39 years of Hometown Days, the attendees on both Saturday and Sunday have enjoyed a variety of activities, special demonstrations and presentations. Antique and classic cars. Country Western Dancing. Fire Department's Aerial rescue and "jaws of life" demonstrations. Puppet shows. Concessions. Arts and Crafts. Moon walk. Horseshoe tournament. Pony rides. Choo Choo train rides. Pet Parade. Artist sales. 4-H Petting Zoo. Jugglers. Magicians. The Amazing Mr. Bubbleman. 3-legged races. For many years on Sunday morning at 7am (weather permitting), Hot Air Balloon Rides were part of the fun.

There is no way to attend Hometown Days without having a good time. It is fun for all ages!

In 2020, after 40 years, the original purpose of the San Carlos Hometown Days to build community is still intact. It's a weekend of celebration where we all can come together from each area of the community, residential and business, young and old, to share the things we have in common and appreciate any differences. Cheers to 40 Years! ■



1997



2011

Open Businesses

Provided by the City of San Carlos

Let's support our businesses during this difficult time. Below is a list of the open ones. Take the night off from cooking and order a to-go meal. Buy your pet food from a local store.

Since things are constantly evolving, please visit, cityofsancarlos.org/residents/coronavirus-covid-19-updates, for the most current list.

| RESTAURANT NAME | NUMBER |
|---------------------------------|-----------------|
| 3 Pigs BBQ | 650-592-4227 |
| 888 Ristorante | 650-591-0920 |
| Amazing Wok | (650)-595-2031 |
| Aya Sushi | 650-654-1212 |
| Blue Line Pizza | (650) 610-0200 |
| Blue Oak Brewing Company | (650)-273-9676 |
| Broiler Express | (650)-593-2222 |
| Burger King | (650)-596-5610 |
| Carls Jr | (650)-593-3062 |
| Chipotle | (650)-5598-0847 |
| CreoLa Bistro | 650-654-0882 |
| Cheat A Little Catering | (650)-227-1125 |
| Devil's Canyon Brewing Company | (650)-592-2739 |
| Domenico Osteria & Tasting Room | (650)-226-5420 |
| El Charrito | (650) 654-1400 |
| Fina's cafe | (650)-486-1562 |
| Gelataio | (650)-799-5920 |
| Hot Wok Bistro Too | (650)-622-4979 |
| Fortune House Chinese (Pho 82) | (650)-802-8081 |
| House of Bagels | (650)-637-8277 |
| Igwey Taqueria | (650)-453-3018 |
| In-n-out | N/A |
| Izzy's | (650)-654-2822 |
| Jack in the Box | (650)-592-3124 |
| Jamba | (650)-595-8929 |
| Jersey Joes | 650-592-7317 |
| Johnston's Saltbox | 650-591-1075 |
| Just Panini | (650)-486-1162 |
| Kabul Afghan Cuisine | 650-594-2840 |
| Kaya BBQ & Tofu | (650)-595-9292 |
| King Chuan | (650) 593-1035 |
| La Hacienda | (650)-591-9711 |
| Lulus | (650)-596-8226 |
| Marsha's Lunchbox | 650-593-8061 |
| Mc Donalds | (650)-595-4479 |
| Mediterranean Delite | 650-654-9172 |
| Mints and Honey | (650)-554-0515 |
| New Canton | 650-591-4952 |
| New York Pizza | (650)-637-9999 |
| Nick the Greek | (650) 394-4311 |
| Nothing Bundt Cakes | (650)-592-1600 |
| number5kitchen | (650) 665-9655 |
| Panda Dumpling | 650-593-8888 |
| Papachay Peruvian Coffee | (650)-593-1999 |
| Patxi's Pizza | (650) 832-1112 |



SUPPORT LOCAL BUSINESS

If you'd like your local business added to the list, please email scadona@cityofsancarlos.org.

| | | FUNCTIONAL STORE NAME | NUMBER |
|-----------------------------------|----------------|---|-----------------------|
| Pazzo | (650) 591-1075 | A&E Electrical Company | (650)-593-9111 |
| Peets | (650)-517-5890 | Best Buy | (650)-622-0050 |
| Pho 82 | (650)-802-8081 | Bianchini's (senior hours 9:00-10:00 AM) | 650-592-4701 |
| Plantation Coffee Roasters | (650)-592-3710 | Bow Wow Meow | (650)-802-2845 |
| Rangood Ruby | (650)-592-1852 | CVS | 650-591-7659 |
| Red Hot Chili Pepper | (650)453-3055 | CVS | 650-595-8511 |
| Rita's Italian Ice | (650)-596-5144 | Davis Floors | (650)-533-7728 |
| Round Table | (650)-591-1998 | Dollar Tree | 650-801-5630 |
| Russian Ridge Winery | (650)-851-9690 | Granara's Flowers | (650)-591-0751 |
| Rustic House Oyster Bar and Grill | 650-425-3474 | Home Depot | 650-592-9200 |
| Saffron Indian Bistro | 650-593-4269 | Lucky's (senior hours Tues & Thurs 6:00-9:00 AM) | 650-637-1780 |
| Sakura | (650) 832-1254 | Office Depot | (650)-637-9200 |
| San Carlos Bar & Grill | 650-593-7019 | Pep Boys | 650-801-5630 |
| Shiki Bistro | (650) 593-2275 | PetSmart | (650)-632-1605 |
| Siamese Kitchen | (650) 592-3277 | Sarrtori Fine Apparel (appointment only) | (650)-592-9190 |
| Sirayvah Organic Thai | (650)-637-1500 | Trader Joes | 650-594-2138 |
| Spasso Ristorante and Wine Bar | 650-592-5886 | The Floor Store | (650)-801-6680 ex.365 |
| Stamp Bar and Grill | (650) 226-5164 | The Reading Bug | (650)-591-0100 |
| Taco Bell | (650)-508-8226 | Walgreens | 650-637-9777 |
| Tamari Aithentic Georgian | (650)-232-7877 | | |
| The Cask | 650-610-0348 | | |
| The Crepe Stop | (650)-264-8126 | | |
| The Office | 650-598-9740 | | |
| The Omlette House | 650-593-4773 | | |
| The Sandwich Spot | (650)-394-4770 | | |
| The Toss | (650)-486-1520 | | |
| Tin Pot Creamery | (650)-226-3488 | | |
| V & V Delicious Crepes | (650)-486-1251 | | |
| West Park Bistro | (650) 453-3313 | | |
| Wingstop | (650)-592-9464 | | |
| Yan's Garden | 650-593-9777 | | |
| | | OTHER BUSINESSES | |
| | | Bay Area Geriatric Care Managers | (650)-654-1510 |
| | | Bowman Medican Supply | (650)-654-5525 |
| | | Dave Blewett, Real Estate Broker | (650)-622-1000 |
| | | Gregory R. Loomis DDS | (650)-593-0444 |
| | | German Motor Works | (650)-591-3800 |
| | | Laura Bertolacci Dwell Realtors | (650)-575-3822 |
| | | New Life Chiropractic | (650)-598-5414 |
| | | San Carlos Endodontics and Periodontics | (650)-595-3722 |
| | | Spectrum Orthopedic Sport Therapy | (650)-654-1223 |
| | | Tavarez Orthodontics | (650)-498-4125 |

Service in Times of Need

By John McAfee, San Carlos resident of 16 years



One of the best parts about living in this community is the amazing organizations that we can support. Three of my favorite organizations are Healthy Cities Tutoring, The San Carlos Education Foundation and The Sequoia High School Education Foundation. Here is some information about their programs and how you may be able to help too...

Healthy Cities Tutoring

Before the Shelter-In-Place took effect in San Mateo County, Healthy Cities Tutoring (HCT) had already matched over 500 students with community volunteers for tutoring and mentoring help so that these students had a better chance at finding success in school. Their mid-year survey results showed great progress. But now they face different challenges and HCT needs you! Your service remains crucial so that HCT can continue to adapt their model to this new learning environment. The students they serve need help more than ever, as do their families and their teachers. HCT volunteer tutors can provide a unique level of support during this time of Shelter-In-Place and HCT is working hard to continue supporting those services.

Once school campuses reopen in the fall HCT is projecting a higher demand for their tutoring services than ever before. Distance learning can be challenging for certain students and families and it's anticipated there will be many new students referred to the program. Please join the hundreds of community volunteers, aged 14 to 96, who have already signed up to make a difference, and become a Healthy Cities Tutor today. Learn more at www.healthycitiestutoring.org.

San Carlos Education Foundation

The San Carlos School District receives 25% of its funding from local sources including local parcel taxes and the San Carlos Education Foundation (SCEF). SCEF is dedicated to bridging the gap in school funding from the state to ensure a consistently high-quality K-8 education for all students. Since 1982, the Foundation has provided supplemental grants to support critical school programs and provide opportunities that would not be possible with state funding alone. While the Shelter-in-Place has caused the Foundation to cancel all of its fundraising events, it was able to hold a virtual online gala in early March which raised funds towards the Foundation's \$2.8 million goal. SCEF is very grateful to all who participated including their local business sponsors.

SCEF's work is more important today than ever before as other sources of school funding will be stressed during this uncertain time. Grants provided by SCEF will

help the School District and San Carlos Charter fund key positions to support learning in the 2020-2021 school year and provide children with the high quality and enriching education they deserve. SCEF welcomes any volunteer support that the San Carlos community can provide. Learn more at www.scefkids.org.

Sequoia High School Education Foundation

Over the last two years The Sequoia High School Education Foundation (SHSEF) has worked on bringing Sequoia High School to a 1:1 ratio of devices to students, placing technology into every classroom, and greatly expanding the Library Media Center's collection of online resources.

When Sequoia High School Principal Sean Priest got the call, the school would be closing for several weeks due to the COVID-19 crisis on Friday morning March 13th, he immediately contacted his tech team and let them know he needed a Chromebook in the hands of any student who needed one by end of the day. By 12:30, they had the machines and a check out process so that by 2:30, 250 laptops had gone home with students to support online classrooms. By the following Friday, 200 internet hotspots had been made available by a community partner and distributed to families as well.

At the same time, the Family Support Center was contacting every at-risk family and assessing emergency needs. Families were connected with community support agencies, while emergency grants funded by SHSEF were offered to address supplies and other needs to ensure students had everything they needed to succeed in an online classroom.

By Monday, March 23rd, within 10 days of the shelter in place order, 2000+ Sequoia's students were up and running for online learning! If you're asking, "How can I help?" They are always looking for volunteers, especially with skills in the areas of marketing, writing, finance, web design, etc. Bilingual speakers and writers are also needed. Go to www.shsef.org/how-you-can-help/ to learn more.

What You Can Do

All three of these organizations and countless others are in need of your service right now. If you have the ability to help, your support will be appreciated. The entire team at John McAfee's State Farm Agency is here to help life go right. During these difficult times, supporting amazing community organizations to deliver on their promises to our local students is one way we can all help life go right. Stay safe and stay healthy! ■



I love this town.

John W McAfee CLU ChFC CPCU, Agent
Insurance Lic#: 0E37462
john@johnmcafee.com
www.johnmcafee.com
Bus: 650-260-2532

Thanks, San Carlos.

I love being here to help life go right™ in a community where people are making a difference every day.
Thank you for all you do.





PAINTING & DECORATING SERVICE

Proud resident of San Carlos 30+ years

Phone: **650-595-0775**

918 Terminal Way

Lic. No. **416637**

San Carlos, CA 94070

**Happy Tails Dog
Day Care & Grooming**
Happy tails to you !



info@happytailsinc.org

www.happytailsinc.org **650-593-9800**



PUTNAM GMC
BURLINGAME



198 CALIFORNIA DR.
BURLINGAME, CA 94010
(650) 347-1097
WWW.PUTNAMBUICKGMC.COM



PUTNAM CADILLAC
BURLINGAME



Cadillac

198 CALIFORNIA DR.
BURLINGAME, CA 94010
(877) 234-7576
WWW.PUTNAMCADILLAC.COM



San Carlos

Redwood City

San Mateo

King's Swim Academy

Swim Lessons for All Ages!

- Satisfaction Guarantee
- Prenatal Aquatic Exercise
- FREE Infant Swim Lessons (5-6 months old)



Register Today!

www.KingsSwimAcademy.com
650-349-7946

Baby and Kids Virtual Classes

Connecting Our Community

By Katie Kerwin-Gielniak



Over the past month and a half our worlds have gone topsy-turvy, and for some of us have completely turned upside down. Our daily routines have been hugely disrupted and finding the "new normal" has grown into a new job. From having to work at home or losing a job, the kids trying to navigate their distance learning, strategic shopping trips to the grocery store, staying engaged in body, mind and spirit and all the while trying to create some sense of "normalcy" for our families has been a challenge, to say the least.



Mira practicing her tendú with Ms. Katie

Shutting down our "in-studio" classes at Broadway Babies and Kids (BBK) was a difficult reality for us to face, but a necessary one. Our hearts broke knowing we couldn't maintain in-person connections, but we got creative and adapted to a new way of delivering that same quality of instruction, engaged performing arts education, and a sense of community.

We began LIVE virtual classes online and they have been a spark of magic

for our BBK community. Being a mother myself, I understand the importance of maintaining connections with my children's peers and teachers, as well as keeping a sense of routine. We were nervous to start these virtual classes; how were we going to deliver our classes in a way that kept kids engaged and maintained that personal connection? Thankfully our professional, creative and experienced team has succeeded in creating a virtual play-space that is safe, connected and engaged. Feedback tells us that our classes have been the lifeline families are looking for during these uncertain times. When we started Broadway Babies and Kids our mission was to "cultivate a love for the performing arts through dynamic professional instruction in a fun, caring and supportive learning environment." Although our classes are not in the studio, we are living up to our mission and continuing to bring that magic to our families. Gratefully they have welcomed us with open arms.

We have learned a lot through this process and want to share some insights. Here are questions to ask when considering a virtual class for your child. We hope these tips help you to find the right performing arts class.

1. Type: Do you prefer a live class or a pre-recorded one? Do they offer both?
2. Schedule: Is the class at the right time for you? Do they offer an option to receive a video of the class to watch it later when it is more convenient?
3. Content: Is the material educational and does it match the needs and interests of your child? For example, some kids enjoy the calm of ballet while others need to shake those wiggles out and sing it out!
4. Engagement: During live classes does the instructor engage and check in with the students or are the students merely observing? Even recorded class content can be engaging.
5. Technology: Is the technology appropriate and does it support a focused group class setting? Is your technology at home support a positive learning environment? Is the studio receptive to helping you set up your technology?
6. Quality: Is the quality of the broadcast engaging your child?
7. Community Connection: Are the classes helping you and your child connect to your community in a meaningful way? ■



Sing ★ Dance ★ Act ★ Play



3-12y: Musical Theatre Jazz & Voice, Ballet, Tap, Bollywood, & Kids Yoga

6m-5y: My Grown Up and Me classes with Singing, Music, Creative Movement, Theatre, & Arabic Rhythm and Dance

Indoor Play ★ Birthday Parties ★ Camps ★ Shows



Broadway
BABIES & KIDS

1101 Laurel Street, San Carlos, CA
BBK2017.com ★ 650.218.6831



For more information about our classes at Broadway Babies and Kids, email us at info@BroadwayBabiesandKids.com.

Richard J. Marlinski, D.D.S.

Cosmetic and Restorative
Family Dentistry

2130 Ralston Avenue Suite 2A
Belmont, CA 94002

409 Cambridge Avenue
Palo Alto, CA 94306



650-593-4500

|

dr.marlinski.dds@gmail.com

HOLTZ LAW

The Law Offices of Kara S. Holtz

CERTIFIED FAMILY LAW SPECIALIST

Kara S. Holtz was selected to the 2017 Northern California Rising Stars list. Only 2.5 percent of attorneys in the region were selected.



Offices serving the entire San Francisco Bay Area.

855.717.6645
HOLTZLAW.COM



One membership, five great locations!

Call for details.

Jazzercise

Jazzercise San Carlos Center
1656 El Camino Real
San Carlos, CA 94070

650-888-6129 | sbjazzercise@comcast.net | www.jazzercise.com



Ronald Collins

CA License #0611437

Representing all major carriers
Health insurance specialist since 1981
Covered California Certified Agent
San Carlos resident for over 40 years
San Carlos City Council member
Current Mayor



Small Group Benefits · Medicare Plans
Individual and Family Health Insurance

Collins Covers You
(650) 701-9700

www.collinscoversyou.com

CALL NOW

Office 650 741 6107
Mobile 650 219 5049
Fax 650 754 6346

In home care is... Quality care... 24/7 peace of mind



What We Do

Hourly Care
24/7 Care
Alzheimer's

Dementia Care
Neurocognitive Disorders
Companionship

Emotional Care
Fall Risk Prevention
Activities of Daily Living
Holistic Care



info@chajinel.com



208 CYPRESS AVE SOUTH SAN FRANCISCO, CA 94080 HCO #384700002



www.chajinel.com



Premier Dermatology,
the leading dermatology practice
in Silicon Valley.

"Your skin's best friend."

Complimentary cosmetic consult
with Dr. Jhin.
Present this ad at time
of your appointment.

378 El Camino Real
San Carlos
650.551.9700
www.premier-dermatology.com



SIMPLY SPECTACULAR SMILES

Braces & Invisalign for Children, Teens & Adults

“My three kids are all patients. He's very gentle, kind, professional, and knowledgeable. We've been very pleased and have recommended him to several friends who are now patients here, too!”

— NANCY C.

Dr. Chang is the only orthodontist I would entrust with the health and aesthetics of my teeth. He's not only knowledgeable and precise, but he listens to your concerns and comes up with a plan to address those issues. ”

— MONA E.

Call to experience the Chang Orthodontics difference
(650) 598-0888



mchang@changortho.com / www.changortho.com / 10 El Camino Real, Suite 201 / San Carlos

In-network with almost all PPO insurances.



Dr. Michael Chang

In addition to his private practice, he also proudly serves as clinical faculty at UC San Francisco.



REAL ESTATE PROPERTIES IN SAN CARLOS

| ADDRESS | LIST PRICE | SOLD PRICE | SQ. FT. | BED | BATH | DOM | \$ PER SQ. FT. | CLOSE DATE |
|--------------------------|-------------|-------------|---------|-----|------|-----|----------------|------------|
| 200 Sycamore Street | \$3,298,888 | \$3,200,888 | 2,840 | 5 | 3.5 | 58 | \$1,127.07 | 3/20/20 |
| 124 Mesa Verde Way | \$3,100,000 | \$2,900,000 | 2,600 | 3 | 2.5 | 17 | \$1,115.38 | 3/12/20 |
| 1481 Crestview Drive | \$2,700,000 | \$2,800,000 | 2,950 | 4 | 2.5 | 3 | \$949.15 | 3/23/20 |
| 2432 Melendy Drive | \$2,525,000 | \$2,500,000 | 1,870 | 3 | 2 | 0 | \$1,336.90 | 4/5/20 |
| 742 Dartmouth Avenue | \$2,298,000 | \$2,447,000 | 2,186 | 4 | 3 | 13 | \$1,119.40 | 3/30/20 |
| 158 Fleetwood Drive | \$2,398,000 | \$2,422,000 | 2,650 | 4 | 2.5 | 6 | \$913.96 | 3/13/20 |
| 3210 Melendy Drive | \$2,229,000 | \$2,285,000 | 2,800 | 4 | 3.5 | 9 | \$816.07 | 3/10/20 |
| 33 Sunnydale Avenue | \$2,300,000 | \$2,280,000 | 1,818 | 3 | 2 | 0 | \$1,254.13 | 4/1/20 |
| 453 Clifton Avenue | \$1,888,000 | \$2,210,000 | 2,060 | 4 | 3 | 12 | \$1,072.82 | 4/3/20 |
| 321 Wellington Drive | \$2,155,000 | \$2,155,000 | 1,840 | 3 | 2 | 0 | \$1,171.20 | 3/23/20 |
| 845 Somerset Court | \$1,995,000 | \$2,112,000 | 1,670 | 3 | 3 | 112 | \$1,264.67 | 3/12/20 |
| 250 Devonshire Boulevard | \$1,898,000 | \$2,108,000 | 2,070 | 3 | 2 | 6 | \$1,018.36 | 4/9/20 |
| 105 Manor Drive | \$2,198,000 | \$2,100,000 | 1,664 | 3 | 2 | 23 | \$1,262.02 | 3/24/20 |
| 347 Fairfield Drive | \$1,899,000 | \$1,910,000 | 1,540 | 3 | 2 | 0 | \$1,240.26 | 3/13/20 |
| 287 Alberta Avenue | \$1,798,000 | \$1,905,000 | 1,337 | 3 | 2 | 6 | \$1,424.83 | 4/2/20 |
| 19 Garden Lane | \$1,850,000 | \$1,850,000 | 1,390 | 3 | 2 | 10 | \$1,330.94 | 3/20/20 |
| 2648 Howard Avenue | \$1,795,000 | \$1,810,000 | 1,491 | 3 | 2 | 16 | \$1,213.95 | 3/27/20 |
| 1929 Cedar Street | \$1,750,000 | \$1,710,000 | 1,320 | 2 | 2 | 27 | \$1,295.45 | 3/31/20 |
| 539 Hillcrest Road | \$1,650,000 | \$1,700,000 | 1,360 | 3 | 2 | 6 | \$1,250.00 | 3/16/20 |

Best Version Media does not guarantee the accuracy of the statistical data on this page. The data does not represent the listings of any one agent or agency but represents the activity of the real estate community in the area. Any real estate agent's ad appearing in the magazine is separate from the statistical data provided which is in no way a part of their advertisement.

Now more than ever...

Local businesses and families need your support more than ever.

Please support your local businesses.



DAVID YOUNG - Top 1% Realtor

DRE #01036251 | 650.315.8989



**GLOBAL
LUXURY.**

Coldwell Banker Residential Real Estate - San Carlos Office

The Truth About Travel Insurance

By Kelly Gregg Rubingh, San Carlos resident of 18 years



No one ever plans a vacation and expects to cancel it. I'll be honest, when I first started in this business, I probably booked travel insurance less than half the time for trips I planned. Fast forward 25 years, and I would say now I book it on about 90% of trips I book. What changed?

25 years gives you a lot of experience to see exactly what can happen to cancel a trip that was unforeseen. I've seen kids break legs in a soccer game the week before a Kauai vacation, parents/grandparents health deteriorate rapidly into something where they can't be left alone, and car accidents out of the blue that required surgery.

And now I've seen Coronavirus.

None of this is pleasant, or foreseen. What can be avoided, however, is the loss of thousands of dollars on a non-refundable vacation that has fallen into cancellation penalties due to these unforeseen circumstances. So how does travel insurance work, and how can you ensure that you don't lose money on a vacation that you've spent time and money planning months in advance?

There is no way I can cover every policy and nuance of coverage in a general article, and your best bet is to read any travel insurance policy proposed to you thoroughly and call the travel insurance company directly with questions. I will, however, explain the basic premise here of Trip Cancellation Insurance and how best to protect yourself and your vacation investment. I recommend that you work with a travel advisor when planning your trip and ask them questions you have about any insurance policy proposed to you.

Basic Coverage: The most basic trip cancellation insurance will offer a refund in the case of cancellation due to a medical reason that a doctor can validate with a notarized form. You will have to submit proof of the medical reason, but if you have a medical emergency for yourself, anyone in your travelling party, or an immediate family member such as parents you are covered and a refund will be provided.

What about Pre-Existing Conditions? The travel insurance I offer provides coverage for pre-existing conditions if purchased within 14 days of the deposit on the trip. This is true of many policies, but very important to clarify when purchasing a policy. Keep in mind this applies to your immediate family's medical conditions as well, so purchase it as close as possible after making a deposit or payment or this clause won't be effective on anything that flares up after the date of deposit on a pre-existing condition.

What if I can't leave work or my boss won't approve the time off after I book the trip? The insurance I offer has an option to include business reasons as a cancellable reason to receive a refund I've had



clients that were self-employed as well as those, per their manager's request, had to cancel for a work reason and received a refund on their canceled trip. I offer this on every policy I book, because business situations are one of those incidents we don't think will happen but I have seen time and again.

I'm covered for medical or business reasons for cancellation- what else? Until recently, those are the two biggest reasons I've seen for cancellation in 25 years of business and cover the vast majority of canceled trips. But there are other covered reasons for cancellation. This will vary by policy and you will need to check with your insurance provider or travel advisor, but often other cancellable reasons include jury duty, loss of job, military service, divorce, or a traffic accident on the day of travel (happened to me on my last trip!)

What's not covered? In a standard trip protection insurance policy, most anything not mentioned is not covered. On top of that, there are specific exclusions, and what's turning the world upside down right now is one of them; epidemics and pandemics are specifically excluded. This means that the vast majority of travelers with travel insurance policies are finding themselves frustrated that their policy does not cover anything to do with traveling under a pandemic- borders can be closed, flights canceled, shelter in place ordered, and the insurance does not cover it.

So, would any kind of travel insurance have helped under the current situation? Yes. Cancel for Any Reason or Cancel Anytime insurance will typically cost about double the standard insurance price, but will allow you to cancel for a non-covered reason for a partial refund (typically 70%). Once this epidemic flared-up I started recommending it to all clients planning trips, and for those that ended up canceling once they fell under penalties it has been extremely helpful. Most air tickets, hotels, and rail tickets have been offering future travel credits and not refunds, but if you don't want to accept the travel credit then this insurance will allow you to recoup a substantial part of the non-refundable fees and penalties as a

refund. Just keep in mind when you get the sticker shock of the insurance price when planning your trip that it is just as important to protect your vacation investment as it is to choose the right resort, cruise, or air flight (and trust me many people wish they had the Cancel Anytime insurance in hindsight!) Sometimes the tour company the trip is booked through offers such insurance, and other times it needs to be booked through an outside travel insurance company. Your travel advisor will have relationships with preferred and trusted insurance companies.

Are there other reasons to purchase trip insurance? Absolutely, and again it is too much to cover in one article, but trip insurance typically offers medical coverage for health issues that occur outside your normal coverage area that may not be covered by your health insurance policy, trip interruption in case you have to return home early for a situation that happens abroad or at home; evacuation due to disaster, dangerous weather, political emergency, or medical emergency, and baggage reimbursement for lost, stolen, or damaged baggage.

How much does travel insurance cost? This isn't a question that has a blanket answer, as it depends on age of travelers and cost of the trip, among other factors. Insurance does go up in cost the older the traveler is, and kids are free on some policies. Just to give a general idea, with the insurance provider I use a family of four with two kids under 18 traveling on a 10k trip would be \$350 to purchase standard insurance that covers medical and business reasons of cancellation at 100%, and \$700 for Cancel Anytime insurance that will provide a refund of 70% for non-covered reasons. A 10k trip for two 75-year-olds would be \$950 for standard insurance and \$1525 for Cancel Anytime Insurance.

Travel Insurance is not the fun part of planning a trip, but it is certainly a very important part that should not be overlooked. As much as I'd rather discuss the virtues of a particular ship, hotel or theme park- you can bet I will not be booking trips without this important discussion as well. It is particularly imperative that you consider the Cancel for Any Reason Insurance since as we know, unprecedented situations do arise.

Kelly has lived in San Carlos for 18 years and is the owner of Family Travel, a San Carlos travel agency specializing in planning vacations around the world that cater to families, multi-generational trips, and individuals. She has been in the travel industry for 26 years, and can be found on the stages of local theaters when not traveling the world. Her two sons, Nicholas and Chris, share her wanderlust and acting bugs and they have been active in San Carlos Children's Theater, San Carlos Chickens Ball, and many community organizations and events. She can be reached at kelly@familytrav.com or www.familytravel.com.



Mother's Day Word Search

By Kailee Capela

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | P | N | M | L | B | E | R | O | H | K | I | N | D | M |
| A | L | I | N | O | O | A | T | T | L | U | O | S | F | T |
| S | S | L | C | M | H | V | F | J | T | H | A | N | K | S |
| Y | P | A | B | P | E | O | E | Y | P | W | K | N | A | H |
| O | E | F | T | H | N | L | N | I | F | F | B | R | W | P |
| W | C | U | R | H | E | A | R | T | R | A | T | M | L | B |
| G | I | P | I | N | K | F | Y | L | U | M | H | O | J | R |
| L | A | D | E | T | J | M | M | R | A | I | Y | A | I | U |
| F | L | O | W | E | R | S | T | O | R | L | H | Y | K | N |
| S | Y | H | L | B | U | B | I | T | N | Y | O | M | H | C |
| B | T | E | K | Y | R | W | A | G | P | V | H | M | I | H |
| C | E | G | M | E | I | F | M | N | J | E | T | H | F | A |
| P | U | M | U | T | M | P | A | T | I | E | N | T | T | D |
| L | O | I | E | R | K | H | Y | L | X | O | I | B | L | P |
| M | A | K | P | F | O | L | E | T | K | N | N | E | G | B |

Crossword Key is on the back cover

WORDS:

Thanks | Heart | Brunch | Mommy | Special | Kind | Flowers | Patient | Love | Family | May

MELODIC REMEDY DANCE STUDIO (650) 622-9390

Join Us This Summer!

Dance Camps &
Dance Intensives for
Beginning - Advanced dancers!
no dance experience necessary for our camps!

Summer
CAMPS!

& DANCE INTENSIVES

Ages 3-18yrs!

enroll online today!

www.melodicremedy.com

LIMITED ENROLLMENT STILL OPEN FOR SPRING 2020

We are still accepting enrollment
in limited classes for the
remainder of our current Spring
season! Visit our website to view
our open classes.

JAZZ - HIP HOP - BALLET - MUSICAL THEATRE - TAP - LYRICAL - ACROBATICS - CONTEMPORARY & MORE!

Chalk Art

Submitted by the San Carlos Community

During this time of sheltering at home, I walk my dog a lot. I have seen so many beautiful works of chalk art lining driveways and sidewalks. Here is a sampling of them. I hope you enjoy. ■



OUR SPECIALTIES

physical medicine & rehabilitation
spinal disorders / orthopedics
sports medicine / podiatry
foot & ankle / hand upper body
extremity specialists

**FOUR DECADES
OF UNPARALLELED
SPORTS AND
SPINE EXPERTISE.**

From professional athletes to the family
next door, the Bay Area has come to
trust our exceptional team.



SPORTS ORTHOPEDICS AND REHABILITATION

For accurate diagnosis and treatment to
achieve maximum recovery, call us today
for your initial consultation.

650.995.1207

www.soarspine.com

500 Arguello Street,
Suite 100
Redwood City, CA 94063
4675 Stevens Creek Blvd.,
Suite 230
Santa Clara, CA 95051



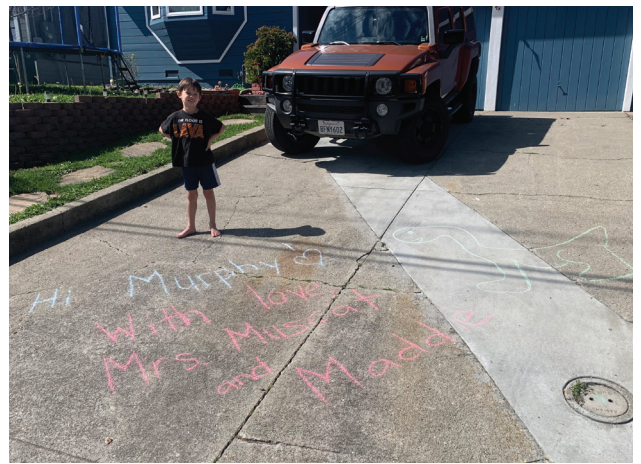
Rosaia's Fine Jewelers

Full Service Fine Jeweler
Local San Carlos business for 15 years

(650) 593-7400

577 Laurel Street
San Carlos





Crippen & Flynn

Established 1949

Cremation • Funeral • Memorial Services
Pre-Need Arrangements

Locally Owned and Operated

Our Professional Services are Based Upon Your Individual Needs

Woodside Chapel
One block from El Camino Real
400 Woodside Road, Redwood City
650-369-4103
FD879

Carlmont Chapel
Only blocks from San Carlos
111 Alameda de las Pulgas, Belmont
650-595-4103
FD1825

www.crippenflynn.com

INTERO

The

A Berkshire Hathaway Affiliate

POWER of EXPERIENCE

The #1 San Carlos Intero Agent from 2003 through 2019

lic. 00548522

1250 San Carlos Avenue, Suite 102
San Carlos, CA 94070
(650) 867-4389
DaveBlewett@Comcast.Net
dblewett.agent.intero.com

INTERO

A Berkshire Hathaway Affiliate

Guidance from a Teacher

Slow Down and Breathe

By Kim Norgaard, San Carlos resident of over 25 years



Throughout my life, I have heard many people use the phrase "sink or swim". However, in our present unprecedented Covid-19 Shelter-in-Place time in history, most of us can only think Tread Water! Many educators and parents feel they were thrown into the deep end of a pool without warning, lessons or raft. How do we all go from just keeping our heads above water to calm efficiency? Slow down and breathe.

Our new way of life was a change made within hours for most of us in San Carlos, discovering the mandate to stay-at-home and facilitate the learning of children. In addition to our minds constantly filled with thoughts for the safety of our family and friends, we are finding ways for everyone to work and play within the confines of our properties. Fortunately, the San Carlos School District created distance learning plans for all students, practically overnight. This approach to learning is new and different for most families and teachers, and will look different, not only among houses but within each house. There are endless ways to homeschool and countless reasons to do so.

I want to allay your fears and anxieties about your child's academic growth in this relatively short time in their learning life. Without feeling that you are shortchanging your child on their learning and quality outcomes, try to slow down and create a fun yet focused learning environment.

For the past 20 years, I have been a bike rider. Well, not a real biker, but an indoor spinner. I would go to gym classes 3-4 times a week with my favorite instructors, working hard, getting stronger and more fit each year. In December I quit the spin gym and purchased an indoor bike for "home biking." I now virtually ride with a peloton of others, from my spare bedroom. I am competitive and always want to go fast, even up the "hills." I can turn the tension way up and try to keep my speed. The steeper the incline, the slower my pedal stroke becomes, no matter my

Learning at a Distance

Poem by Sarah, 9th grader

Two weeks,
14 days
A fortnight
And counting
Of distance learning
Learning at a distance
Not of our choice
But for our safety
To flatten this curve
But that doesn't
Mean
Connection stops
Call friends,
Take breaks,
Eat snacks,
Smile,
take walks
Schedule
Time not only for learning,
For joy and family

determination. However, my output number is the highest of the entire ride. I get the most virtual high fives during these grueling rides. We are all working on a steep incline (to continue my metaphor) and sometimes going slower requires high output and incredible strength. We are in this together, as a virtual peloton. We need to do this together. You need to be there to help your children navigate this new type of learning.

As I mentioned, each child and home are different. Everyone has a learning style and you may need to adjust your distance learning plan for each of your

kids. Teachers are creating a balance of activities for both synchronous and asynchronous learning. Each family can create a daily schedule to help their children feel secure and understand expectations. A visual with a checklist and even times for each subject area may help clarify expectations. I suggest about 2-3 minutes of sit time per independent activity for each year of the child's age (kindergarten 10-15 minutes.)

There are a plethora of online activity lists for students and families of all ages posted on every social media site. The amount is overwhelming, yet I am so thankful for the varied cost-free opportunities available for kids. My motto is Elevate Joy! Joy elevates learning, peace, and calm. Stay well and wash your hands! ■

My favorite learning sites:

Reading - Epic! Leading digital Library for kids 12 & under, Story Time from Space, Audible Stories (now free for kids) PebbleGo, Capstone, Storyline online

Writing - Book Creator, WordArt.com, Scholastic.com, One Minute Writing Lessons with Gennifer Choldenko (Youtube)

Math - Kahn Academy, Math playground, Brainpop, Greg Tang, Learnzillion

Science/STEM - Animal Planet, National Geographic Kids, Code.org, Scratch

Arts - Virtual Museum and Field trips, Art for Kids Hub, Go Noodle, Playbill 15 Broadway Musicals to watch from home

Kim is a resident of the San Carlos community, living in the White Oaks neighborhood. Teaching has been her work and passion for over 20 years. She has been a primary grade teacher in the San Carlos School District since 2007. In addition, she is a part-time instructor with the Notre Dame DeNamur University. In her spare time, she enjoys cycling.



We're all in this together

... which is hard to believe in a world where social distancing is the new normal. But much like any storm, this too shall pass.

We're a community, and we're in this together.

Don't hesitate to reach out!

Leila Sisneros
Realtor®
DRE# 01054638

650.888.1386
l.sisneros@ggsir.com
leilasisneros.com

Golden
Gate

Sotheby's
INTERNATIONAL REALTY

1250 San Carlos Ave, Suite 101, San Carlos
Each office is independently owned and operated.



CABINET WORLD USA

Bay Area's most experienced in cabinetry

Experience the CABINET WORLD USA showroom, 1510 Laurel Street, San Carlos for a complimentary design consultation.

650-592-8020
www.cabinetworldusa.com

Mon – Fri: 10:00 am – 5:00 pm
Sat: 10:00 am – 4:00 pm

We love and appreciate all the support we have received from our customers and community.

We have added FREE local delivery to anyone that would like to order from us.



Sending you all some hygge from the team at Nordic Nest

Nordic Nest, 781 Laurel St, San Carlos
www.shopnordicnest.com 650 592 5500



650-366-9090
774 El Camino Real
San Carlos, CA 94070

30 Beers on Tap, Large Selection of California Wines.

All You Can Eat Buffet - M-F 11am-2pm \$8.95




Buy a Large Pizza, receive a Large Pizza FREE!
Coupon Code: SCL19



Beautify your outdoor living space



Driveways, Decks & Patios • Retaining Walls • Outdoor Living Areas • And Much More

\$1000 OFF

With project of 800 sq. ft. or more. Call for details.
Offers cannot be combined. One offer per client.

Atlas Pavers
3148 Clayton Road,
Concord, CA 94519

Lic: #972318      

CALL FOR A FREE ESTIMATE
925.399.7151
AtlasPaversCo.com

Visit our showrooms in San Mateo, Concord & Santa Rosa

Word Search Answers

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | P | N | M | L | B | E | R | O | H | K | I | N | D | M |
| A | L | I | N | O | O | A | T | T | L | U | O | S | F | T |
| S | S | L | C | M | H | V | F | J | T | H | A | N | K | S |
| Y | P | A | B | P | E | O | E | Y | P | W | K | N | A | H |
| O | E | F | T | H | N | L | N | I | F | F | B | R | W | P |
| W | C | U | R | H | E | A | R | T | R | A | T | M | L | B |
| G | I | P | I | N | K | F | Y | L | U | M | H | O | J | R |
| L | A | D | E | T | J | M | M | R | A | I | Y | A | I | U |
| F | L | O | W | E | R | S | T | O | R | L | H | Y | K | N |
| S | Y | H | L | B | U | B | I | T | N | Y | O | M | H | C |
| B | T | E | K | Y | R | W | A | G | P | V | H | M | I | H |
| C | E | G | M | E | I | F | M | N | J | E | T | H | F | A |
| P | U | M | U | T | M | P | A | T | I | E | N | T | T | D |
| L | O | I | E | R | K | H | Y | L | X | O | I | B | L | P |
| M | A | K | P | F | O | L | E | T | K | N | N | E | G | B |

Mothers Day Sale!

25% - 60% OFF EVERYTHING
THE ENTIRE MONTH OF MAY

PLUS AN ADDITIONAL 10% OFF
WHEN YOU SHOP ONLINE WITH
PROMO CODE: ILOVEMOM

geoffrey's
DIAMONDS & GOLDSMITH

1312 LAUREL ST SAN CARLOS
www.geoffreysdiamonds.com
(650) 591-0301

