# LIONS HQ SHUTTERD

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#### IPDG DOUG WIGHT ALERTS CLUBS TO POSSIBLE ANNUAL DUES INCREASE FOR DIST AND MD4

Wight's submission was edited for this paper

District 4-C5 was advised recently of a proposed dues increase from Lions Clubs Inter-national (LCI) of \$3 per member to become effective 1 July, 2021 Also proposed was an annual adjustment for U.S. inflation to be applied to the

previous semiannual dues effective 1 July 2022.

Currently, LCI charges \$43 annually and MD-4 charges \$31. The total will be \$77 per year per member should the increase pass.



Any Lions clubs not currently collecting enough to cover the combined dues, should review their Administratiive Accounts to be certain adequate club dues are properly and fully collected and forwarded.

Loomis Lions Treasurer Malcolm Singer has been managing this club's accounts for many years.

### **FEATURED**

#### MAHARLIKA'S MISSION

This one club has the reputation of bringing medical care to famillies who sometimes walk miles to . . .

#### **LIONS PLAY CHESS**

Being sheltered, a Loomis Lion suggests that global chess games can fill the . . .

P.4

HOW TO HAVE A STREET PARTY IN A VIRUS ATTACK? THESE LIONS KNOW HOW AND MADE IT HAPPEN

#### Everyone needs a night out

When it became known that the Coronavirus was spreading across the world, Uruguay's Lions moved quickly to help their communities even though they were in a state of lock down.

Some Lions made face masks, others delivered food, and this group of Lions converted a member's garage into a cooking pot diner. Some members and neighbors brought potatoes, tomatoes, onions, and other vegetables. When they had enough fresh produce for the entire neighborhood, they announced that dinner was on the table.

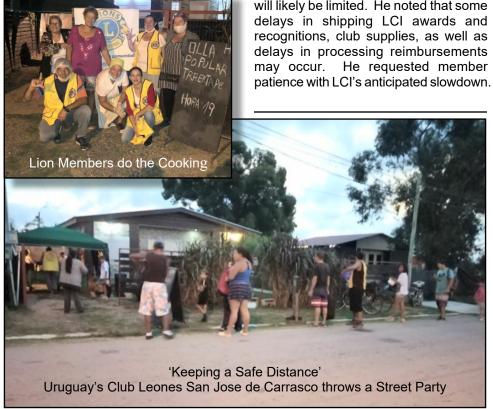
Neighbors arrived and carefully kept their distances as the long line moved forward. Lions are remarkable! First time in more than 100 years Lions Clubs International closed its headquarters at Oak Brook, Illinois. Past International President Frank Moore said that all LCI services will continue as staff takes their work home

Many Lions members the world over wondered the impact Coronavirus would have on Lionism. Most clubs have shut down temporarily across America. Many of the closures referred to the directives regarding virus and the need for distance. One by one the American states ordered businesses to close and people to stay at home.

An order from the Illinois governor in late March was quickly obeyed by Lions Clubs International (LCI) with the closure of its Lions headquarters at Oak Brook, Illinois. PIP Frank Moore, Executive Administrator and Secretary for the organization, wrote that the Lions center would remain shuttered until 7 April.

While staff will not physically be in the building, Moore added that staff teams are working remotely and available during business hours to respond to the needs of Lions everywhere.

He warned that system performance may be impacted due to the increased number of people working remotely, and response time may be affected. Some of our business operations that require physical interaction will likely be limited. He noted that some delays in shipping LCI awards and recognitions, club supplies, as well as delays in processing reimbursements may occur. He requested member patience with LCI's anticipated slowdown.



A spark of a timely idea

# A LION SUBMITS A TIMELY IDEA SUGGESTING EAGER LIONS SHOULD MAKE SOME MASKS

Loomis LC is known globally for its eagerness

Speaking of timely and something most Lions members could do during their captivity, is the production of those little face covers. The time is right to make their production a club project.

What's needed is the will to get on with the learning and the production. Before anything goes into production, makers must recognize a need, and then get to it.

Lions know the need. It is an enemy killing people by the thousands through invisible microbe bullets. It involves masks, too. Masks stop these microbes from killing and there is a shortage of them everywhere.

Editor Lion Jack Morris wants to promote this production and contribute to the production.

Because of the lack of meetings by the club's board of directors during the Coronavirus pandemic, a project such as this must be done by the Samaritans among us. Volunteers willing to put their old sewing machines back in service and do the mask assembly.

What better service can a Lions club render than, during a war, make things to help the community survive. This being a war, face masks, like gas masks of WW2, are needed everywhere.

Members distribute them, while spaced properly, free of charge, to anyone entering the Loomis Post Office or the Ralleys grocery store.

Lion Jack Morris will loan a working sewing machine donate \$100 for the fabric needed for the project. He will gladly hand the masks out, as well, everyone of them, at the end of a very long stick.

**CLUB PROJECT MASK** 



Continued from **HOME** at P.4

residents are also provided with activities, exercises, entertainment and transportation to doctor's appointments, church activities and shopping. This set-up is now known as a Residential-Care Facility for the Elderly. Bigger buildings which can accommodate 19-49 residents or 50-99 residents are called Assisted Living Facilities.

In addition to the services as outlined in the 6-bed care home, the assisted living facilities now have more regulations to comply with as regulated and licensed by the State of California Dept of Social Services. They provide a posted menu for the week at the dining room and a part or full-time activity director.

All these facilities, 6-bed, 49, 99 and more can either be ambulatory or non-ambulatory (ambulatory device like canes, walkers, wheelchairs) have to have special approval from the Dept of Social Services and the local Fire Department. These facilities are classified as non-medical (No in-house Doctors or nurses). They are considered social models to enhance quality of life of these elderly residents in a safe, clean and pleasurable environment.

The other bigger models are called Multi-Level Campuses, composed of several buildings depending on the level of care that residents need.

Needs include independent living, assisted living, nursing home in which no medical personnel are in place, and memory care for dementia clients.

Continued from MISSION at P.4

The scene for the mission team will be remembered forever.

The Maharlika mission team was given the privilege of re-visiting an orphanage run by Nuns for sexually abused girls ranging from 5-16 years old.

Several Maharlika members paid the rent for the homes and bought them 6 carts of groceries, as well. While there, team members were also entertained by a blind student orchestra from the residential School for the Blind in Davao City.

"Tired, yes," wrote Dr Lynn Ventura, "but such a gratifying experience. We thank the Lord for the privilege."

#### THANK YOU JUNIE AND LYNN

A word of thanks from me has been earned by two of my fellow Lions for their willingness to contribute to this newspaper. In both cases, I merely requested something on three subjects to which both quickly agreed.

Thank you Lion Dentist Junie Baldonado for your piece on 'Gums and Health' on page 5. He made clear that good dental work keeps many Lions members out of ERs.

More thanks to Lion Doctor Lynn Ventura for her reporting on her club's recent mission to the Philippines. She also did a piece on 'Rest Homes', a timely piece due to the severity of the virus pandemic. See her reporting on pages 4 and continued on 2.

When historians review our club's old newspapers they will see these art panels and agree we members laughed a lot

Home Invasions should probably decline. Everyone is home with Guns and enough bleach and paper Towels to clean up the scene.



MY BODY HAS ABSORBED SO MUCH SOAP AND DISINFECTANT LATELY, THAT WHEN I PEE IT CLEANS THE TOILET. A little satire from inside the club house

## LESSON ON HEALTHY FOODS IMPACTS OPHIR'S MEETING ROOM

Ophir Lions Club members were delighted to see two guests in their doorway. Their club house was far off the main highway and getting there took time and effort; visitors were rare.

Horace Linknelder was the first Ophir Lion to get to

his feet to greet the two at the door. As was his practice during greetings, Horace ignored the first visitor's open hand and went for the man's body in a generous embrace. He would have hugged longer had he not experienced a sharp odor emitting from the man's hair and shoulders. It was strong and it made his arms open quickly as he tried to catch his breath. Horace kept his nose discovery to himself after deciding that some spacing would

suffice for the second visitor.

"Where did you say you're from?" Horace inquired.

"We from San Francisco. We all Asian club." One man replied. He smoothed his Lions vest as he collected himself from the unexpected grapple with greeter Horace.

President McFadden stepped past Horace, caught a whiff of something offensive, and offered his hand to one of the men. He glanced back at Horace with an expression that said he thought Horace Linknelder should tend to his smelly clothes.

'We visit. Maybe, we talk on health issues.'

The president nodded he had time for them on the program. He now knew the terrible smell had not come from Horace. It had entered the club house from San Francisco and it was ripe enough that it already spanned the meeting area.

"In fact," the president's mind raced to find a way to expedite the talk, "you can talk right now."

"Do you know that stinky foods have properties good for health?" The man walked back and forth near the front row of Ophir Lions as he spoke. He didn't notice the pinched noses and eyeball rolling and went on. He didn't see President

McFadden lift the window next to the American flag. Another Lion opened the door and kicked the door wedge in place.

"We eat garlic my club." The speaker said, he was oblivious to the activities with the room's windows and doors.

"I smell kimchi back here." A muffled voice thought he detected fried onions. Another window creaked open despite the several layers of paint sealing it

"I close now. Stinky food all good for digestive health, the immune system, and also

very good because loaded with vitamins and nutrients."

Horace Linknelder stood in front of the floor fan next to the open window. He had pulled the fan from the closet as the men spoke. He led the applause by clapping long before the speaker had finished.

"We go now! You **NO** huggy me, please." One of the men warned Linknelder as the pair left the clubhouse.

Suddenly the room echoed one word: "WHEW!"

NOTE: This satire is based on a TrueAge.com report that the so-called 'stinky' foods do indeed help digestion, the immune system, and provide important vitamins and nutrients.



## Strawberries fun to eat but loaded with Pesticides

The rich red color and sweet taste of strawberries might entice folks, but what's lurking on their surface should be alarming. For the second year in a row, this fruit has topped the definitive list of pesticide-ridden produce, earning first place on an expert's Dirty Dozen.

The best way to have the bowl of berries and cream sans chemicals? Go organic! To be considered organic, fruits and veggies must be grown without synthetic pesticides, fertilizers and GMOs.

If you're worried about the price of organic fruits and veggies, choose papaya.

Papaya is a fleshy fruit low in sugar and calories, and rich in immuneboosting vitamin c. When you have the choice, go papaya.

#### UNPLUG THE SMART PHONE IS WAY TO GO

Among the numerous tips the health community suggest we take more seriously, beside drinking water and walking further and faster, is leaving the phones behind. It seems we carry smart devices everywhere, so much so, they have become as important to us as our driver's license, car keys, and the dollar bills in our wallets.

Every flashing phone light or alarm sound has us jumping to respond no matter why the call.

The unknown messages that blink in our hands or pockets are always more important to view and listen to than the speakers at the rostrums or the children asking questions.

The belief that calls may be important drag us away from family conversations at the dinner table or chats with a friend at the Post Office.

We have ample experience with these calls as we drive, eat and visit to know they are rarely important enough to warrant our attention.

The medical world identifies these surprise calls as mostly distractions. They draw us away easily because we accept distractions while losing our skill of concentration/focus.

The phone in hand and the discussion underway before us is pulling in too many directions. Something must give, be adjusted, for we are living in the state of 'being distracted' and making learning and listening harder to deal with.



The hard truth is being mentally married to phone use greatly reduces our ability to be fully present in the moment.

Experts claim we should 'unplug'.

Spending less time on devices helps with sleep and decreases feelings of depression and anxiety, reduces headaches and eyestrain, and increases our abilitity to focus.

This article rewritten from CalPERS booklet, OnHealth, 2020, pp 9-10, Vol 10, issue 1.

Saw my neighbor out early this morning scraping the "My kids are teriffic students" sign off her car window. I guess these first weeks of home schooling arern't going so well.





# LION MEMBERS SHELTER - SOME CHOOSE CHESS

#### WHAT'S HAPPENING RIGHT NOW?

Many Lions members are also chess players and all members are 'Sheltered In Place' for the time-being. They also find themselves unable to invite into their homes other chess players. Some have already gone to the Internet for group tournaments and these groups are playing the world over.

Loomis member Brian Morris, a very dedicated chess player, wants to use the locked-in situation to promote chess throughout Lions clubs everywhere.

"I am pleased to organize and manage chess games for Lions among the clubs." He told this paper he could have the first games up and running during April.

He will be using this paper's vast email listing as he reaches out to determine numbers of interested players.

#### CONTACT

Loomis Lion Brian Morris 1-562-810-9113 blmorris72@gmail.com



Loomis Lion Brian Morris sees Chess Games make great Linkage for Lions Members in the District, MD4, and around the World

the intellectual game for the days inside

Welcome to CHESS CORNER a new addition for this progressive newspaper. The playing board depicted below will appear every month to attract and flesh out Chess players among local Lions and from around the world.

A 'Chess.com club' called <u>Lions</u> <u>Club - CALIFORNIA</u> has been created. Join our website to play in the members and their families only tourneyments.

Visit <a href="mailto:morphygame@gmail.com">morphygame@gmail.com</a> to get started.

For chess players wanting to see a bit of what Lion Brian offers right now, study this playing board.



#### MAHARLIKA LIONS PROVIDE ANOTHER MEDICAL MISSION

#### BACKGROUND ON ASSIST HOMES BY LION LYNN VENTURA, CO-OWNER OF TWO HOMES IN CALIFORNIA

In years past when an elderly person needed care, assistance or needed someone to be with them for safety reasons, they went to a Rest Home or Home for the Elderly or Home for the Aged.

Now, a single-family residential home can be licensed by the Dept of Social Services to accept clients ranging in age from 59 and above. The Home can be licensed for 1-6 beds depending on the capability of the home, staffing and its program design as approved by the State

In this set-up, the residents are provided assistance for activities of daily living (bathing, grooming, diaper change if needed). Meals are provided, assistance with medications is also part of it.

The resident is still able to inject insulin, put eyedrops and take the pills on their own. The Staff can only assist.

District Club serves Internationally

The Sacramento Maharlika Lions Club embarked on yet another medical, dental, and humanitarian mission to the Philippines in February during the periods 3-4 in Davao City and 10 & 11 in Cebu. The project took a year of planning, fundraising, and coordinating with its twin club, Mt. Apo Lions Club, Davao City.

The number of people served included Medical services-2,024, Dental-328, Blood Sugar Testing-365, Eyeglasses-4,000, and Feeding-2,000.

Medicines were dispensed free to all who requested the services. The two locations served were in the very poor communities that had no medical care available. Many families walked miles or came using whatever mode of transportation was available.

The first venue was in the town of Magsaysay in Davao del Sur which was rocked by several powerful earthquakes in the magnitude of 6.8-7.4.

Buildings were badly damaged, and temporary tents became homes made of blue tarps and the color blue filled a vacant field.

Go to **MISSION** at P.2



**Key Squares**: If the offensive side (*the side with the pawn*) occupies a key square in an endgame like this, they will always win. Key squares are therefore of vital importance. The key squares are two squares ahead of the pawn if the pawn has not reached the fifth rank yet. In this case the key squares are d6, e6, and f6.

So, White's plan, move the King as quickly as possible to occupy one of the key squares, from there, march the pawn to promotion and win.

#### CORONAVIRUS QUIPS

Half of us are going to come out of quarantine as amazing cooks. The other half with drinking problems.

I used to spin the toilet paper roll like it was the Wheel of Fortune. Now I turn it like I'm cracking a safe.

Still haven't decided where to go for Easter, the living room or bedroom

Home schooling is going well. Two students suspended for fighting and one teacher fired for drinking on the job.

Go to **HOMES** at P.2

### PARAGUAYAN POOR SHELTERED-IN-PLACE RELY ON LIONS FOR FOOD

For the poor, life is not easy in the best of times anywhere in the world. And when the Covid-19 reached the small South American country of Paraguay, it was undoubtedly devastating for the familes with small children whose plots of land and small shelters lay scattered for miles in the countryside.

The several Lions Clubs in Asuncion and elsewhere were aware of the nearby poverty long before the order to stay indoors crossed the country. The order did not overlook the people beyond the ends of roads. The struggling poor did as directed.

Lion Luis S Rodas wrote that Lion Mario Pererra, president of the Villa Mora LC and a whatsApp group from Paraguay's District M2, created a campaign to assist the poor under the banner of 'Together We Serve' with DG Antonia G de Barboza in charge.

Lion Luis wrote: "We have very few Clubs (3,000 members total) and sometimes the donations we collect are small. We put these cash contributions together along with new and used clothing and toys, and delivered what we had."

Luis wrote that given the current virus the immediate need to help gained strength, and even with the risk that it entailed healthwise, the group decided to reach every family in the poor community at their locations instead of centralizing the food delivery.

"We are now reviewing our field work to see what more we Lions can do currently and in the future." Luis wrote the project helped discover other needs which are being analyzed to find the best ways for Lions to help. He said their goal follows one of the statements in LCI's Code of Ethics, "To aid others by giving my sympathy to those in distress, aid to the weak, and substance to the needy."

#### SERVICE FROM THE HEART

We kept an accounting of the humanitarian services we rendered. More than 165 families and individuals received food packages and clothes as part of club's project.

Each food (non-perishable) kit guarantees the food for one week. Preparing the kits took 3 to 4 days, including grocery shopping.

The round trip from club to community took almost an entire day, including house-to-house delivery.

The bus is owned by a Lion from the Bernardino Caballero Lions Club who grants us permission to use it for free. The bus has decals with the Lions Club International logo and the name "Club de Leones Bernardino Caballero".

The club pays for all gasoline, insurance, and maintenance.

The club appreciates the lending of the bus and feels forever grateful to our fellow Lion.

#### LUIS SANCHEZ RODAS



Lion, Attorney, and member of the Club de Leones Bernardino Caballero, District M2. Paraquay, and contributor to the materials on this page.







#### TO THANK THIS CLUB

You can show your appreciation for the good will, food gifts and clothing collected by this wonderful Paraquayan club located near the southern end of the Americas by using this email address. Tell them you read about their services in the Loomis Newspaper.

Lion Editor Jack Morris leonessanjosecarrasco@hotmail.com

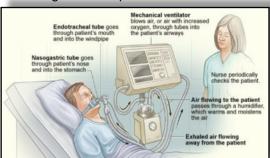


### This Lions page is devoted to current and future Health Issues

#### BACKGROUND ON THE LITTLE MACHINE THAT KEEPS US BREATHING Thousands were once thought enough - - millions are needed globally

An invisiable little microbe has changed the wortld and it did it in less that 3-months. Begun in one country and allowed to spread to virtually every nation in the world, it has locked down civilized life as we know it.

One stand alone electronic device has become a life saver for countless victims of Coronavirus. Read this short piece on the medical ventilator for the life saving service it proivides.



A ventilator is a machine designed to provide moving and breathable air in and out of the lungs. It delivers breath to patients physically unable to breathe, or are breathing insufficiently. Modern ventilators are computerized microprocessor-controlled machines. They are chiefly used in intensive care, home care, and as standalone units in

begins with various versions of what was eventually called the iron lung, a form of noninvasive negative pressure ventilator widely used during the polio epidemics of the twentieth century.

John Haven Emerson developed, in 1949, a mechanical assister for anesthesia with the cooperation of the anesthesia department at Harvard University. Mechanical ventilators began to be used increasingly in anesthesia and intensive care during the 1950s. Their development was stimulated both by the

need to treat polio patients and the increasing use of muscle relaxants during anesthesia.

In 1952, Roger Manley of the Westminster Hospital, London, developed a gas driven ventilator which became the most popular model used in Europe.

The 1955 release of Forrest Bird's medical respirator in the United States changed the way

mechanical ventilation was performed around the world. It was a pneumatic device requiring no electrical power source. The well known Army Emergency Respirator followed.

Intensive care environments nearly everywhere revolutionized again in 1971 with the introduction of small, silent and effective electronic ventilators. That design remains the basis for the ventilators employed today against the Coronavirus.

clear association even after adjusting for common risk factors. Gum disease, or gingivitis, is the infection of the tissues that support the teeth. Gingivitis can lead to periodontitis, or advanced gum disease which ultimately results in tooth loss.

Interestingly, periodontitis is the most common dental disease affecting the 29.1 million Americans suffering from diabetes, affecting nearly 22% of those diagnosed. In fact, gum disease and diabetes are comorbid, or existing simultaneously and having a negative effect on each other. Like all types of infections, gum disease may cause blood sugar levels to rise. On the other hand, poor sugar control in diabetics increases the risk for gum disease since uncontrolled diabetes in general renders individuals more susceptible to infections throughout the body, and in the mouth, less able to fight the oral bacteria that causes gingivitis.

As research continues to determine the exact reasons behind the dental and systemic connection, it is clear that proper oral hygiene at home and routine visits to the dentist contribute to our overall health.

#### **CORONAVIRUS - THE NEED FOR VIGILANCE**

(Dr. Colm Harrington, Salthill, Galway, Ireland As he posted it to the Irish papers)

Sir, - Many people have been showing great support to the healthcare workers that are on the "frontline". I have had people asking me what they can do to support doctors and nurses in the fight against coronavirus. This is a heartwarming sentiment but it also shows a huge misunderstanding of what is actually going on here.

The frontline is not in hospitals. The frontline is where you are, out on the streets. If we are using this war analogy, doctors and nurses are not the soldiers. They are still just the doctors and nurses, dealing with the casualties of war. It is the everyday citizen who is the soldier. It is you who is playing the most important role in fighting this disease. We do not have medicine to treat this virus. Prevention is the only way to fight this. Prevention is up to every one of us.

There are two things about viruses that we all must understand. First, they require hosts to spread. They cannot replicate by themselves. Every time you come into contact with someone you are giving the virus a chance to spread, to replicate, and become more powerful.

Every time you decide to avoid contact with someone new, you starve the virus.

Second, viruses spread exponentially. Every time you come into contact with someone new, you are not just putting that person at risk, but also all the people that that person comes into contact with, and all the people that those people come into contact with.

Every time you meet one person, it will affect an untold number of people, many of whom may have weaker immune systems than you, and will suffer severely.

It is your duty to protect these vulnerable people. I cannot stress this enough. It is the decisions that you make that will decide the course of this disaster.

Social distancing is the most important intervention we can all carry out. It is our greatest weapon. If you can selfisolate for at least two weeks you will help flatten the curve and you will save countless lives. That is the gift that healthcare workers are praying for.

Please be their heroes!



anesthesiology. The history of mechanical ventilation

### HEALTHY MOUTH, Junie Baldonado, DDS



For many of us, a visit to the dentist is associated with "drilling and filling" a cavity and perhaps hours of chewing funny because of a numb tongue and lip afterwards. And of course, the experience for so many won't be complete without the underlying and unavoidable apprehension before and during the visit. So what are the benefits of seeing a dentist regularly besides alleviating a toothache and the reassurance that our teeth won't fall out? It turns out that it is commonly overlooked just how much our oral health impacts our overall or systemic health.

For years, research has shown that there is a link between common dental diseases and systemic diseases. The phrase "the gums are a gateway to the heart" has been uttered after studies have shown that gum disease may be associated with heart disease, stroke, and several serious health conditions. In April 2012, the American Heart Association published a Statement supporting this link, adding that while the exact link has yet to be understood, there is a



# Loomis History

From the Deep Past to Today in 2020

Schools and education were always number one on the minds of the initial families settling in the Loomis Basin and nearby as far back as the 1850s.

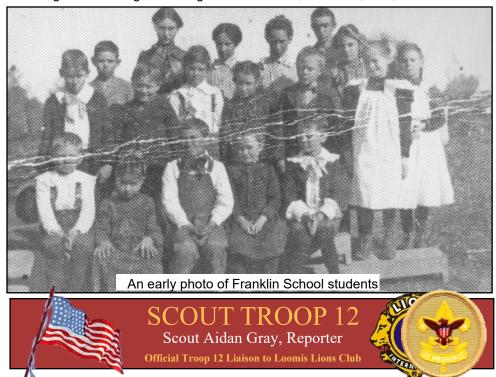
Documented history of school date to the Franklin School District at Dolan's Bar in 1852. From that point on, a number of small buildings sprung up for student use wherever people built homes and had children.

The Franklin School was a modest one-room structure with an iron stove for warmth and a hole-in-the-ground outhouse nearby. It didn't stay at Dolan's Bar long after local gold mining failed.

Years went by as the school moved to what was then the Sacramento Road. It finally settled down to its present location on Laird Road

Pine Grove School was built to fill an educational need closer to the growing community of Pine Grove (later called Loomis) in 1956. Its location was near the intersection of Brace and Barton Roads. The intersection now has a Methodist Church, two residences, and a bountiful strawberry patch.

The Pine Grove name for the Town of Loomis was changed in later years to Placer, Smithville, Pino, and then Loomis.



Due to the Covid-19 pandemic, Scouting has been unable to meet recently; however, that does not mean Scouting has gone silent. Many of the Scouts took advantage of the increased amount of free time to focus on advancement. This varies across a wide range of things, but one focus area has been merit badges. Many of the older Scouts focused on the Eagle required badges such as Family Life and Personal Fitness.

Family Life is a badge that requires Scouts complete projects independently, some with families. On their own, they learned essential construction skills by doing things such as assembling a grill, and building a compost bin. Along with their families they completed larger projects like installing pathways in gardens and building a deck.

Personal fitness encouraged scouts to be physically active and encouraged them to develop a workout regimen. Their workout goal to be well rounded as future young men.

Scouting is not the only thing changed by this pandemic, the day to day life for the Scouts changed drastically, as well. One major change was the learning policy many schools had set in place. This meant that students do all of their work online and, as a result of not having any social time, drastically reduced the length of their school days.

This lack of interaction when combined with social distancing leaves a major hole in the Scout's social development. Many of the amazing teachers in our community are doing their best to combat this by holding zoom meetings, and other video calls to provide some interaction.

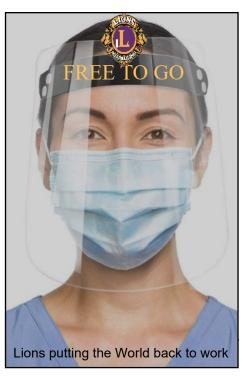
Many Scouts are developing ways to interact with friends via online voice chat clients like Discord and Skype. This home period allowed many Scouts to drastically improve their technology literacy and their internet capability.

#### EDITOR'S DESK Jack Morris, MJF

Who am I to think of another approach to this war on an enemy we can't see, smell, or touch? I'm no medical person or lab scientist. I'm just an aged guy claiming his share of common sense who faces weeks, maybe months of stressful worry and lockdown. But here's my suggestion for what it is worth.

#### **HOW ABOUT FACE COVERS?**

We rightfully make a big deal out of masks, gloves, and special attire for our first responders. And they do need this gear, too.



I'm thinking our companies ought to include in their designs and productions real face covers for we who are locked away. I'm talking about proper cover of the eyes, nose, and mouth. Afterall, there are only these few entrances for the virus to enter and we know how to cover them cheaply.

Assuming we can get these face covers at our pharmacies, while there we take the blood test, see the results, have our temperatues read, and depart wearing the face cover as visible proof we have been approved for shopping and our workplaces.

Seems apparent to me we are primarily battling the enemy and should focus more on the gateways where the enemy must penetrate to operate.

Washing the hands still works. But covering the eyes, nose and mouth is best of all.

