

## Stockton is counting on 2020 Census

By Bob Highfill

Billions of federal dollars for schools, health services, child care, emergency services and many more programs will be determined by the 2020 United States Census.

That's why it's vital all communities, especially those that are underserved, stand up and be counted. Todos Contamos!

El Concilio is leading the effort to ensure Hispanics are represented by going into the community and helping people fill out the census.

The 2020 census will decide the number of California's Congressional members and Electoral College votes. With votes come power and a complete count means more people who truly

represent and advocate for communities will be in impactful positions. The U.S. Constitution requires a census of all persons living in the country every 10 years, so this is the only opportunity to shape California's future before 2030.

"We are still a large population that does not get counted," said Dr. Inés Ruiz-Huston, Vice President of Special Programs and Operations with El Concilio. "The reason we don't get counted is because we're scared. We're afraid because of the current climate of our nation. People may turn away."

Ruiz-Huston said it's important to remind everyone the census does not ask questions about citizenship. Presi-

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## Stockton cuenta con el Censo 2020

Por Bob Highfill

El Censo de Estados Unidos 2020 determinará miles de millones de dólares federales para escuelas, servicios de salud, cuidado infantil, servicios de emergencia y muchos más programas.

Por esos hechos es vital que todas las comunidades, especialmente aquellas que están desatendidas, se pongan de pie y sean contadas. ¡Todos Contamos!

El Concilio lidera el esfuerzo para garantizar que los hispanos estén representados yendo a la comunidad y ayudando a las personas a completar el censo.

El censo de 2020 decidirá el número de miembros del Congreso de California y los votos del Colegio Electoral. Con los votos, el poder y un conteo completo significa que más personas que realmente representan y abogan por las comunidades estarán en posiciones impactantes.

La Constitución de los Estados Unidos requiere un censo de todas las personas que viven en el país cada 10 años, por lo que esta es la única oportunidad para dar forma al futuro de California antes de 2030.

"Todavía somos una gran población que no se cuenta," dijo la Dra. Inés Ruiz-Huston, Vicepresidenta de Programas y Operaciones Especiales de El Concilio. "La razón por la que no nos cuentan es porque tenemos miedo. Tenemos miedo por el clima actual de nuestra nación. La gente puede alejarse."

Ruiz-Huston dijo que es importante recordarles a todos que el censo no hace preguntas sobre ciudadanía. El

presidente Donald Trump quería una pregunta de ciudadanía en el Censo 2020, pero fue bloqueado. Las respuestas son seguras y no se pueden compartir con agencias gubernamentales ni utilizar de ninguna manera contra los encuestados.

Eliminar el factor de miedo es importante en áreas desatendidas donde los recuentos son bajos, como el centro, el este de Stockton a lo largo de Wilson Way y el sur de Stockton alrededor de Charter Way y el recinto ferial del condado de San Joaquin. Por ejemplo, la Zona del Censo 1, en el centro de Stockton, tiene más de 4,000 residentes, de los cuales el 53% son hispanos y el 52% vive por debajo del umbral de pobreza. Hasta ahora, solo se ha contado aproximadamente el 32%, dijo Ruiz-Huston.

"Queremos que las personas sepan, en primer lugar, que toda su información es confidencial," dijo. "Nosotros no hacemos la pregunta de ciudadanía. Eso no está en el censo. Queremos recordarle a la gente que si dejamos pasar esta oportunidad, no podremos capturarlo por otros 10 años."

El censo se trata de arreglar carreteras, mejorar las escuelas, construir más centros médicos y mucho más.

"Por eso queremos que se cuenten a las personas," dijo Ruiz-Huston. "Tener a nuestra comunidad contada traerá más recursos a la ciudad y a nuestro condado y, en general, a nuestro estado."

El Concilio promovió el censo en ubicaciones seleccionadas de TNT Fire-

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## Republicans Are Breaking From Trump Like We've Never Seen

By Jack Brewster

Much of the Trump presidency has been defined by the president's uncanny ability to bring the GOP in tow, but in recent weeks—with the nation battling two separate crises and the White House response to the turmoil under scrutiny—members of the party have begun to distance themselves from the president in unprecedented fashion.

Few Republicans supported Trump's highly controversial photo op in front of St. John's Church (which was made possible only after protesters were cleared with tear gas and flash bangs) and several GOP senators "cringed" at Trump's tweet Tuesday morning suggesting that a 75-year-old protester in Buffalo—who was shoved backward by the police and bled from

his head after falling—might be a member of Antifa, Politico reported.

Trump's ability to divide the country by discovering and exploiting wedge issues also appears to have lessened, as some Republican leaders and large swaths of the business community are openly supporting the Black Lives Matter movement, and the White House instead focuses its efforts on the economy, and promoting "law and order," as the president often tweets.

Hours after President Trump declared that his administration "will not even consider the renaming" of army bases named after Confederate generals, the GOP-led Senate Armed Services Committee privately adopted an amendment Wednesday for the Penta-

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# ICE Says Foreign Students Can't Attend Online-Only College This Fall, Despite Pandemic

By Alison Durkee

U.S. Immigration and Customs

Enforcement announced Monday that international students “may not take a full online course load and remain in the United States” during the fall 2020 semester, as schools and universities across the country consider how to reopen amid the coronavirus pandemic.

International students on nonimmigrant F-1 and M-1 visas cannot remain in the U.S. or legally enter the U.S. if their studies are entirely online, and ICE recommended in a press release that students whose schools are online-only should “[transfer] to a school with in-person instruction to remain in lawful status.”

Students at schools offering a hybrid of in-person and online learning will be permitted to take some online courses and remain in the country, though the school must certify “that the student is not taking an entirely online course load this semester.”

The rule will also apply to students whose course loads change mid-semester, with ICE noting that students who change course selections or are required to switch to online-only learning must notify the agency within 10 days.

Students who remain in the U.S. while taking only online courses may face “immigration consequences” including “the initiation of removal proceedings,” ICE said.

The announcement comes as schools



and universities have been considering how to safely reopen in the fall, with major universities like Harvard and Princeton imposing restrictions on students' return that will force some students to stay off-campus and learn remotely for entire semesters at a time.

The ICE decision is part of a broader push by the Trump administration to reopen schools despite the ongoing pandemic, with President Donald Trump tweeting Monday, “SCHOOLS MUST

OPEN IN THE FALL!!!”

Big Number

1,095,299: The number of international students in the U.S. during the 2018-2019 academic year, according to the Institute of International Education and U.S. Department of State's Bureau of Educational and Cultural Affairs.

The Trump administration has taken advantage of the coronavirus pandemic to push through large-scale restrictions on immigration, including partially shutting

down the U.S.-Mexico border, halting new green cards from being issued for most immigrants and suspending H-1B and other work visas through the end of the year. The administration's restrictions on claiming asylum in the U.S. amid the pandemic have been so severe that only two migrants who arrived to the U.S. from the southern border seeking humanitarian protection between March 21 and May 13 had been allowed to remain in the country, the Washington Post reported.



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# San Diego Welcomes First Latina-Founded Community Brewing Space, Mujeres Brew House

By Beth Demmon

On July 1, 2020, the Mujeres Brew Club in San Diego will open the first Latinx women-founded and women-led community brewing space, educational facility, and taproom dedicated to empowering people of all backgrounds, specifically focusing on women of color in the craft beer industry. According to co-founders Carmen Favela and Esthela Davila, Mujeres Brew House will be managed by women and for women with the intent of breaking down barriers of entry into the beer scene.

Mujeres Brew House is an incorporated non-profit collaboration between Border X Brewing, Mujeres Brew Club, and progressive community gallery space Bread & Salt.

In 2019, the Brewers Association confirmed what beer drinkers already knew: The craft beer industry is overwhelmingly white and male-dominated. That same year, Favela and Davila launched the Mujeres Brew Club in San Diego's Barrio Logan neighborhood, a historically Hispanic community where 80 percent of residents claim to be of Hispanic descent. Barrio Logan is also home to a handful of independent craft breweries — notably Border X, which Carmen and husband David Favela launched in 2013. The area's first and arguably most iconic brewery has served as the home base for Mujeres Brew Club since 2019.

## HISTORY OF MUJERES

Mujeres Brew Club (MBC) is a monthly beer education group primar-



ily geared toward women (although its founders remain adamant that it's a space for everyone). Meetings are held at both Border X's Barrio Logan location as well as at its satellite location in Los Angeles. Unlike the Pink Boots Society, there are no annual dues and attendees are not required to be employed by the beer industry; rather, it's a gateway for activating people to learn about the local beer scene without judgement or conditions for participation.

Since its inception last year, MBC has cultivated an inclusive community and provided a safe space to learn about beer and connect with other women and beer fans through guided tastings, seminars, and conversation with

other members. But once Covid-19 hit and the group continued to grow, "we outgrew Border X," explains Davila. During a recent conversation with Carmen, she offhandedly commented that the now-empty brewhouse that used to house Alta Brewing in Barrio Logan might be a good place for Mujeres to expand. By the end of the day, the Favelas had completed a business plan and shared it with the owners of the building, Bread & Salt.

"From the literal first whisper of 'what if...' to signed contract, it was maybe a little more than 24 hours," says Carmen Favela in an email to VinePair.

Despite the accelerated timeframe,

Davila and the Favelas crystallized their vision to capture what they saw as an unmissable opportunity. Border X will assume management, maintenance, and costs of the facility while giving Mujeres "complete freedom to define the beer program, the use of customer space, the decor, [and] the events," according to David Favela. The Favelas also pledged to provide a percentage of all sales to fund Mujeres' training programs and special events.

## A NEW (AND NECESSARY) CONCEPT

This initiative will be the first of its kind for San Diego beer, if not craft beer as a whole. The city's proximity to

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## Census

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dent Donald Trump wanted a citizenship question on the 2020 Census, but he was blocked. Responses are safe and secure and cannot be shared with or by government agencies or used in any way against respondents.

Breaking down the fear factor is important in underserved areas where the counts are low, such as downtown, east Stockton along Wilson Way and south Stockton around Charter Way and the San Joaquin County Fairgrounds. For instance, Census Tract 1, downtown Stockton, has more than 4,000 residents, of whom 53% are Hispanic, and 52% are living below the poverty line. So far, only about 32% have been counted, Ruiz-Huston said.

"We want to let people know, first of

all, that all of their information is confidential," she said. "Two, we do not ask the citizenship question. That is not on the census. We want to remind people that if we miss this, we're not going to be able to capture for another 10 years."

The census is about fixing roads, improving schools, building more medical centers and much more. "So we want people to be counted," Ruiz-Huston said. "Having our community counted will bring more resources to the city and into our county and overall into our state."

El Concilio promoted the census at selected TNT Fireworks locations prior to the Fourth of July and will conduct Census Caravans in collaboration with 12 nonprofits, including

Fathers and Families, Juneteenth, NAACP Stockton Branch, Ministers and Community United, Little Manila and Comerciantes Unidos. In June, El Concilio visited La Fiesta Market on El Dorado Street and captured several families who were willing to fill out the census on tablets. El Concilio also provides Census Pop-Ups at high-traffic locations, such as shopping centers and apartment complexes. The deadline to complete the census has been extended because of the COVID-19 pandemic from July to October.

"We're hoping to get a second opportunity when schools are coming back in August to really push it at Back to School nights and hit the different community schools to get the families to do it right then and there," Ruiz-Huston said.

El Concilio also has free floor decals

that say CaliforniaCensus.org. Businesses can use the decals to space their customers six feet apart to comply with the physical distancing signage that is part of the state's mandate related to the coronavirus pandemic.

"If people are waiting in line, they can do their California census on their phone," she said. "If you're waiting at the bank and you know it's going to take you a half-hour to an hour before you talk to somebody, you might as well complete your Census 2020." Any business that would like free floor decals can call El Concilio at (209) 644-2623 or drop by the office at 445 N. San Joaquin St. For information about the 2020 United States Census, visit <https://www.2020census.gov>. "We really want our community to count," Ruiz-Huston said. "We really want Stockton to count."

## Censo

continúa en pág. 1

works antes del 4 de julio y realizará Caravanas del Censo en colaboración con 12 organizaciones sin fines de lucro, incluidos Fathers and Families, Juneteenth, NAACP Stockton Branch, Ministers and Community United, Little Manila y Comerciantes Unidos. En junio, El Concilio visitó La Fiesta Market en la calle El Dorado y capturó a varias familias que estaban dispuestas a completar el censo en tabletas. El Concilio también ofrece

Pop-Ups del censo en ubicaciones de alto tráfico, como centros comerciales y complejos de apartamentos. El plazo para completar el censo se ha extendido debido a la pandemia COVID-19 de julio a octubre.

"Esperamos tener una segunda oportunidad cuando las escuelas regresen en agosto para realmente impulsarla en las noches de Regreso a la Escuela y llegar a las diferentes escuelas de la comunidad para que las familias

lo hagan en ese mismo momento," dijo Ruiz-Huston.

El Concilio también tiene calcomanías para el piso gratis que dicen CaliforniaCensus.org. Las empresas pueden usar las calcomanías para separar a sus clientes a seis pies de distancia para cumplir con la recomendación de distancia física que es parte del mandato del estado relacionado con la pandemia de coronavirus.

"Si las personas esperan en la fila, pueden hacer su censo de California en su teléfono," dijo. "Si está esperando en el banco y sabe que le llevará de media

hora a una hora antes de hablar con alguien, también podría completar su Censo 2020."

Cualquier empresa que desee obtener calcomanías para el piso gratuitas puede llamar a El Concilio al (209) 644-2623 o pasar por la oficina en 445 N. San Joaquin St. Para obtener información sobre el Censo 2020 de los Estados Unidos, visite <https://www.2020census.gov>.

"Realmente queremos que nuestra comunidad cuente," dijo Ruiz-Huston. "Realmente queremos que Stockton cuente."

# Latino Times

**Publisher & Founder**  
Andrew Ysiano  
andrew@latinotimes.org

**Vice President**  
Judy Quintana  
judy@latinotimes.org

**Contributing Writers**  
Jack Brewster  
Alison Durkee  
Beth Demmon  
Claudia Harmata  
Andy Markowitz  
Dr. Ilian Shapiro  
Dr. Lakshmi Dhanvanthari  
Daniel Gonzalez  
Julia Barnes  
Bob Highfill

**Design & Layout**  
www.JimOliverDesigner.com

**Photography**  
Monica Andeola

**Marketing/Advertising**  
Andrew Ysiano  
Judy Quintana  
Armando Salgado  
Andrew C. Ysiano

(209) 469-2407  
ads@latinotimes.org

**Spanish Translator**  
Lorena Becerra M.B.A.

**Distribution**  
Damian Corona  
Andrew Ysiano Jr.

Find us on  
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**Andrew Ysiano**  
Publisher/Founder



**Judy Quintana**  
Vice President  
Editor

## Trump

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gon to remove the names of Confederate generals from military assets within three years, CNN reported.

Several high-profile Republicans have recently said they will not support the president's reelection bid, including former President George W. Bush, Sen. Mitt Romney (R-Utah), and former Secretary of State Colin Powell, the New York Times reports; Sen. Lisa Murkowski (R-Alaska) told reporters last week she's "struggling" with whether to vote for the president in November.

The dissent from inside the GOP also comes on the heels of plummeting poll numbers for Trump: Trump's approval rating has dropped ten points since May and has fallen below the 40% mark, according to the latest Gallup poll, and polling analysts say the president is in deep trouble come November.

He's also facing dissent from the military: Joint Chiefs of Staff Chairman Mark A. Milley said Thursday he "should not" have been at the church photo op; Defense Secretary Mark Esper said last week he was opposed to sending active-duty soldiers into American cities; and in a statement published in The Atlantic on June 3, former Defense Secretary James Mattis slammed the photo op and added he was "angry and appalled" that he has seen police officers "violate the constitutional rights of their fellow citizens."

Still, while Republicans are distancing themselves from the president on

certain issues in recent weeks, few—besides Romney and possibly Murkowski—are jumping ship entirely, afraid doing so would lead to defeat during their next election, the Washington Post reports.

**Crucial quote**

In a widely read statement published by The Atlantic, former Defense Secretary Mattis said he was "angry and appalled" that he has seen police officers "violate the constitutional rights of their fellow citizens." He also excoriated Trump's photo op in front of St. John's Church. "We know that we are better than the abuse of executive authority that we witnessed in Lafayette Square. We must reject and hold accountable those in office who would make a mockery of our Constitution," he said.

**Chief critic**  
Trump swiftly attacked Mattis on Twitter, calling him the "world's most overrated General."

"I didn't like his 'leadership' style or much else about him, and many others agree. Glad he is gone!" Trump said.

**Key background**

Trump faced a similar erosion of support from the party establishment in October 2016, after the Access Hollywood tape was released. In the video, Trump openly bragged about forcing himself on women and said he could "grab them by the pussy." Republicans denounced Trump's remarks, and some said they would not vote for him for president. In the end, Trump weathered the storm and won the election weeks later.

## Brew House

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Mexico (downtown San Diego is located approximately 14 miles north of the border) has allowed cross-border collaborations and influence to thrive. But despite profiting from these culturally rich assets, San Diego's 150-plus breweries, as in the rest of the United States, remain largely white male-owned and operated. The vision behind Mujeres Brew House is about providing balance to this skewed community.

"This industry is going to see this and say 'this makes sense,'" Carmen Favela continues. "Breweries are going to want to support this and collaborate with us, and they should want to."

The primary goals of the space include: educating consumers on beer history, ingredients, styles, brewing process, and industry; building a platform to provide job training on brewing beer, serving beer, selling beer, marketing beer, and on how to run a successful brewery; and creating an inclusive space for learning, supporting, networking, and growing as a community.

David Favela sees this project not just as another brewery, but a chance to vigorously amplify a currently marginalized point of view for the betterment of the entire beer industry. "By empowering the Mujeres Brew House team," he says, "we are giving voice and opportunity to create something unique and incredibly special — because we believe in diversity, we believe in the American dream that when all voices are given space, our lives are

enriched."

**BREWERIES: TAKE NOTE**

Mujeres Brew House could serve as a template for other craft beer businesses seeking ways to improve inclusion and equity without preying on the neighborhoods that surround them. It will require a two-pronged approach: building a new community as well as dismantling barriers that have prevented entry.

"We do not believe the craft beer industry is overtly racist or misogynistic," explain the Favelas in an email to VinePair. "It is, however, an extension of a pre-existing power structure that has been in place for decades, if not the history of our country. ... [I]s it that minorities don't want to start successful businesses or don't like craft beer? No. The issue was that minorities felt unwelcomed in what is a traditionally Euro-centric tradition that required huge amounts of capital to succeed."

As a native of Barrio Logan — "I could crawl to my mom's house a block away if I needed to," jokes Davila — she hopes this project will provide a haven for all people craving community, connection, and career opportunities, even during Covid-19. The trio admits they're winging it a bit, but once open, they believe the results will speak for themselves.

"It's the beginning of something amazing," promises Carmen. "This is for all of us."

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# U.S. Hispanic population surpassed 60 million in 2019, but growth has slowed

By Luis Noe-Bustamante

The U.S. Hispanic population reached a record 60.6 million in 2019, up 930,000 over the previous year and up from 50.7 million in 2010, according to newly released U.S. Census Bureau population estimates. Over the past decade, however, population growth among Hispanics has slowed as the annual number of births to Hispanic women has declined and immigration has decreased, particularly from Mexico.

Even so, Latinos remain an important part of the nation's overall demographic story. Between 2010 and 2019, the Latino share of the total U.S. population increased from 16% to 18%. Latinos accounted for about half (52%) of all U.S. population growth over this period. They are the country's second largest racial or ethnic group, behind white non-Hispanics.

Here are some key facts about how the nation's Latino population has changed over the past decade.

1. Population growth among U.S. Hispanics has slowed since the start of the decade. From 2015 to 2019, the nation's Hispanic population grew by an average of 1.9% per year – similar to the 2.1% annual growth between 2010 and 2015, but down from annual growth of more than 3% in earlier years.

Despite the slowdown, population growth among Hispanics con-

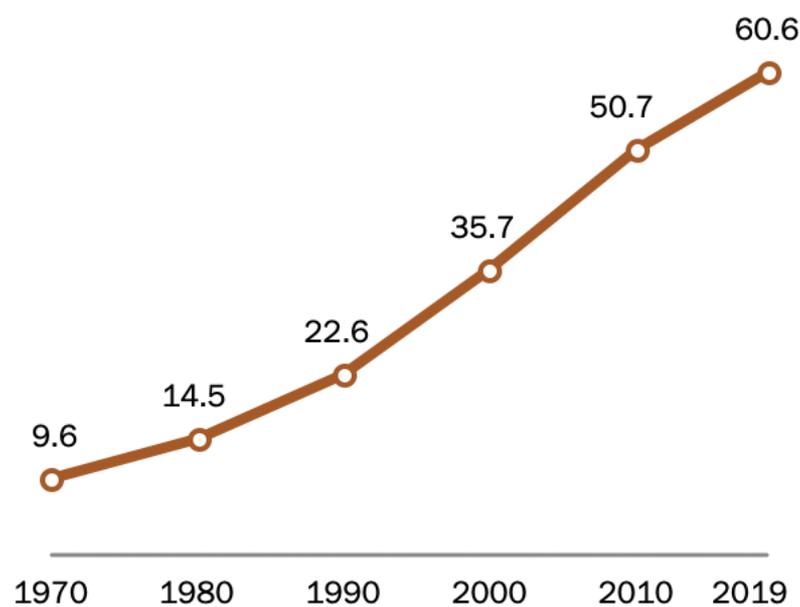
tinues to outpace that of some other groups. The white population slightly declined, with an average growth rate that fell slightly below zero between 2015 and 2019, while the Black population grew by less than 1% per year over the same period. Only Asian Americans have seen faster population growth than Hispanics, increasing by 2.4% per year between 2015 and 2019. (All racial groups refer to single race non-Hispanics.)

2. The Latino population grew faster in the South than in any other U.S. region since 2010. It increased by 26% from 2010 to 2019, rising from 18.3 million to 23.1 million. States in the Northeast (18% increase), Midwest (18%) and West (14%) also experienced growth in the number of Latinos from 2010 to 2019. Nationally, the Latino population has grown 19% since 2010, by 9.8 million people.

3. The states with the fastest Hispanic population growth tend to have a relatively small number of Hispanics – and are not in the South. North Dakota's Hispanic population reached 31,500 in 2019, a 129% increase from 2010, the fastest increase of any state. However, the state ranked 48th out of the 50 states and the District of Columbia in its overall Hispanic population in 2019. The next fastest growth came in South Dakota (66%), Montana (50%), New Hampshire (48%) and the District of Columbia (42%),

## U.S. Hispanic population reached nearly 61 million in 2019

In millions



Note: Population estimates for 1990-2019 are as of July 1 for each year. Hispanics are of any race.

Source: Pew Research Center analysis of 1970-1980 estimates based on decennial censuses (see 2008 report "U.S. Population Projections: 2005-2050"), U.S. intercensal population estimates for 1990-1999 and 2000-2009, and U.S. Census Bureau Vintage 2019 estimates for 2010-2019.

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all of which had Hispanic populations of less than 80,000 in 2019.

4. Los Angeles County had more Hispanics than any other U.S. county, with 4.9 million in 2019. The next largest Hispanic populations were in Harris County, Texas (2.1 million), and Miami-Dade County, Florida (1.9 million). Overall, 11 counties had more than a million Hispanics in 2019. These included Maricopa County, Arizona; Cook County, Illinois; and Riverside County, California. In 104 U.S. counties, Hispanics made up at least 50% of the population in 2019.

5. Latinos are among the youngest racial or ethnic groups in the U.S. but saw one of the largest increases in median age over the past decade. Latinos had a median age of 30 in 2019, up from 27 in 2010. Whites had the

highest median age nationally – 44 in 2019, up from 42 in 2010. Asian and Black Americans had median ages of 38 and 35, respectively, and saw similar increases as whites in their median age since 2010.

6. Puerto Rico's population stabilized in 2019 after several years of decline. The island's population stood at 3.2 million in 2019, the same as in 2018. Puerto Rico's population had steadily declined for about a decade, with its sharpest drops occurring in 2017 and 2018.

In 2017, Hurricanes Maria and Irma hit the island, leading many Puerto Ricans to leave for the 50 states and D.C., especially Florida. Even before the hurricanes, however, the island's population had experienced a steady, long-term decline due to a long-standing economic recession.

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Wear a face covering in public. This can be a mask, a bandana, a homemade cloth face covering, or a scarf. Any fabric that covers the nose and mouth and fits under the chin will help protect others from COVID-19.

Make sure to keep 6 feet of distance from others when you go out. That's the length of two yardsticks laid end to end. This includes while waiting in line and in

a group of people that don't live with you.

Wash your hands frequently for at least 20 seconds. If you don't have access to soap and water then use hand sanitizer that has at least 60% alcohol.

Stay home if you don't feel well. If you are feeling under the weather then stay home and recover. Many people only experience mild COVID-19 symptoms and accidentally spread the virus to others because they did not think they were sick enough to miss work.

Avoid social gatherings. Under both state and local Stay at Home Orders, gatherings of any size are not permitted. Even if you just want to celebrate a birthday, baby shower, or graduation with extended family, getting together with people who do not live with you

puts them and you at risk.

Get tested. We at Public Health Services encourage everyone to get tested, whether you feel sick or not. It is possible for people who never had symptoms to transmit the virus to others. Widespread testing allows us to have a clearer picture of the spread of the disease in our community. Call your regular healthcare provider for more information. If you do not have a regular source of medical care, then visit [www.sjcphs.org](http://www.sjcphs.org) for a list of free testing locations that do not require insurance.

Attend your regular medical appointments. Clinics and hospitals are taking every precaution to keep their patients safe. We encourage you to continue to monitor your health, especially

if you have diabetes, high blood pressure, or other chronic conditions that can increase your risk for a more severe response to COVID-19.

Pick up the phone. If you receive a call from a contact tracer then don't be afraid to talk to them and answer their questions. They will never ask for financial information or about immigration status. They want to help keep you and those around you safe.

If you would like more information about COVID-19 then please visit the San Joaquin County Public Health Services website at [www.sjcphs.org](http://www.sjcphs.org). We are also on Facebook, Twitter, Instagram, and YouTube as @sjcphs. If you have questions, please call 2-1-1 or email [PHS-Info@sjcphs.org](mailto:PHS-Info@sjcphs.org).

## Ayude a Detener la Propagación COVID-19 Aún es Una Amenaza

COVID-19 ha cambiado nuestra comunidad. Las escuelas están cerradas, los eventos de verano se han cancelado y las reuniones sociales se han pospuesto. A medida que navegamos en este momento de incertidumbre, hay cosas que todos podemos hacer y que sabemos que ayudarán a volver a un momento en que podamos reunirnos y celebrar como familias y comunidades de nuevo.

Use una cubierta para la cara en público. Puede ser una máscara, un pañuelo, una cubierta de tela hecha en casa o una bufanda. Cualquier tela que cubra la nariz, la boca y que se ajuste

debajo del mentón ayudará a proteger a los demás del COVID-19.

Asegúrese de mantener 6 pies de distancia de los demás cuando salga. Esa es la longitud de seis reglas puestas en el suelo de un punto a otro. Esto incluye mientras espera en la fila y en un grupo de personas con las que no vive.

Lávese las manos con frecuencia durante al menos 20 segundos. Si no tiene acceso a agua y jabón, use un desinfectante para manos que tenga al menos un 60% de alcohol.

Quédese en casa si no se siente bien. Si se siente mal, quedase en casa y recupérase. Muchas personas solo

experimentan síntomas leves de COVID-19 y accidentalmente transmiten el virus a otros porque no creen que estén lo suficientemente enfermos como para faltar al trabajo.

Evite las reuniones sociales. Bajo las Ordenes de Estancia en Casa tanto locales como estatales, no se permiten reuniones de ningún tamaño. Incluso si solo desea celebrar un cumpleaños, un baby shower o una graduación con la familia extendida (abuelos, tíos, tías, primos u otros familiares), reunirse con personas que no viven con usted los pone a ellos y a usted en riesgo.

Hágase la prueba. Los Servicios

de Salud Pública del Condado de San Joaquín, alentamos a todos a que se hagan la prueba, ya sea que se sienta enfermo o no. Es posible que las personas que nunca tuvieron síntomas transmitan el virus a otras personas. Las pruebas nos permiten tener una imagen más clara de la propagación de la enfermedad en nuestra comunidad. Llame a su proveedor de atención médica para obtener más información. Si no tiene una fuente regular de atención médica, visite [www.sjcphs.org](http://www.sjcphs.org) para obtener una lista de lugares de pruebas gratuitas que no requieren se-

Ver COVID Pág 9

Health Plan   
of San Joaquin

## Keep your friends, family & community safe

Wearing a mask or a face cover is one way to protect you and the people around you by limiting the spread of COVID-19 through droplets in the air. You are keeping your community safe by wearing a face cover when out in public. Remember, wearing a face cover does not replace the social distancing rule – it's for extra protection!

### Join the effort! Together we will beat COVID-19!



**Start the trend.**  
Wear a mask.



**Wash your hands for 20 seconds or more.**



**Go the distance- 6 feet or more.**

**Remember** to inspect your mask for visible rips or holes. Avoid touching your face and throw away disposable face covers.

Learn how to make your own face cover at home!  
Visit [www.hpsj.com/covid19](http://www.hpsj.com/covid19)

Sources: Centers for Disease Control and Prevention, San Joaquin County Public Health Services



# Medical Journal Urges American Voters to Not Re-Elect Trump, Slams Him for Coronavirus Response

By Claudia Harmata

A prestigious medical journal has spoken out against President Donald Trump and is urging American voters not to re-elect him in the fall.

The Lancet medical journal recently published a scathing, unsigned editorial pleading with U.S. voters to choose a president that will “understand that public health should not be guided by partisan politics,” and slammed Trump for his “inconsistent and incoherent” response to the coronavirus pandemic.

“The Administration is obsessed with magic bullets—vaccines, new medicines, or a hope that the virus will simply disappear,” the journal states. “But only a steadfast reliance on basic public health principles, like test, trace, and isolate, will see the emergency brought to an end, and this requires an effective national public health agency.”

According to the Lancet, “the US Centers for Disease Control and Prevention (CDC), the flagship agency for the nation’s public health, has seen its role minimized and become an ineffective and nominal adviser in the response to contain the spread of the virus.”

The journal claims Trump and his administration have “chipped away” the CDC’s leadership and accuses

him of undermining the federal agency’s work in regards to the pandemic.

The journal says that, not only has the administration questioned CDC guidelines surrounding the virus, but the administration also cut back on CDC staff in China in 2019 “leaving an intelligence vacuum when COVID-19 began to emerge.”

“There is no doubt that the CDC has made mistakes, especially on testing in the early stages of the pandemic,” the Lancet states, however, they add that “punishing the agency by marginalizing and hobbling it is not the solution.”

“The CDC needs a director who can provide leadership without the threat of being silenced and who has the technical capacity to lead today’s complicated effort,” the journal states.

The journal adds that the Trump administration’s “erosion of the CDC” will also harm “global cooperation in science and public health, as it is trying to do by defunding WHO.”

“A strong CDC is needed to respond to public health threats, both domestic and international, and to help prevent the next inevitable pandemic. Americans must put a president in the White House come January 2021, who will understand that



public health should not be guided by partisan politics,” the Lancet pleads.

Medical journals like the Lancet may sometimes run a signed editorial that takes a political stance, but they rarely share a unanimous, unsigned note calling for such a drastic measure as to vote out a public official, The Washington Post reported.

“It’s not common for a journal to do that — but the scientific community is getting increasingly concerned with the dangerous politicization of science during this pandemic crisis,” Benjamin Corb, the public affairs director for the nonprofit American So-

ciety for Biochemistry and Molecular Biology, told the Post.

“We watch as political leaders tout unproven medical advice, and public health and science experts are vilified as partisans — all while people continue to get sick and die,” Corb added.

Lancet editor Richard Horton also spoke out against the British government’s response to the pandemic in editorials and public statements published under his name. He shared a tweet stating that Prime Minister Boris Johnson had “dropped the ball” in containing the virus.



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# ICE: International students must leave U.S. if universities only offer online classes this fall

By Daniel Gonzalez

The Trump administration announced that international students will have to leave the United States if the college or university they attend switches to online-only classes in the fall because of the coronavirus pandemic or face possible deportation.

Similarly, international students enrolled in colleges or universities offering only online courses this fall will be barred from entering the U.S.

The Trump administration's announcement comes as some colleges and universities, including Harvard University, say they will only offer online classes in the fall to protect students and staff from the new coronavirus.

The Trump administration's move, a reversal from the spring when international students were allowed to remain in the U.S. to attend online-only classes, could represent a major economic blow to colleges and universities as well as local communities over the loss of tuition and other revenue from international students who typically pay full price.

It comes at a time when colleges and universities are already implementing layoffs, furloughs and other cost-cutting measures to offset a loss in revenue amid the coronavirus pandemic as more and more students opt to defer attending college.

The move drew immediate criticism from immigration advocates who say it is part of the Trump administration's ongoing attempt to restrict legal and illegal immigration into the U.S. The new policy, issued in a memo by Immigration and Customs Enforcement, is "clearly designed to chase foreign students out of the United States and to bar foreign students who were coming to the U.S. from entering the country if the schools they are going to are only online," said Charles Kuck, an Atlanta-based immigration lawyer and representative of the American Immigration Lawyers Association, an advocacy group.

Kuck predicted the ICE policy will push international students from U.S. schools to schools in Canada in Europe.

The policy memo comes two weeks after President Donald Trump signed

an executive order that will suspend temporary visas for foreign workers until the end of 2020.

Kuck said the new policy is directly contrary to the memo that was sent out in March allowing international students to remain in the U.S. while attending online only classes because of the coronavirus pandemic.

International students generally must attend all of their courses in person and are prevented from taking more than one online class a semester while studying in the U.S.

In March, however, ICE made an exception for international students attending schools that had switched to online classes only amid the pandemic.

There were 872,214 international students enrolled in the U.S. in 2018-19, the most recent year data was available, according to the Institute for International Education, a State Department-backed initiative that tracks international student enrollment in the U.S. and internationally.

International students contributed \$45 billion to the U.S. economy in 2018, the institute said.

Under the policy memo announced Monday, international students enrolled at institutions that offer classes entirely online in the fall will be given the option of switching to a school that offers a hybrid of online and in-person classes or leaving the country and taking online classes from their home countries, said Carissa Cutrell, acting ICE deputy press secretary.

Those who decide to return to their countries while enrolled in all online classes in the U.S. will maintain their non-immigrant visa status, Cutrell said.

"So you can engage in remote learning as any other student would at that school but you would just do it from home as the other students would," Cutrell said.

Universities and colleges rely on international student for a significant share of their revenue. The move requiring them to go home if only online courses are offered could put added financial strain on U.S. colleges and universities, said Doris Meissner, senior fellow and director of the U.S. Immigration Policy Program at the Migration Policy Institute.

See ICE Page 12

## COVID

continúa en pág. 7

guro médico.

Asista a sus citas médicas regulares. Las clínicas y los hospitales están tomando todas las precauciones para mantener seguros a sus pacientes. Le recomendamos que continúe controlando su salud, especialmente si tiene diabetes, presión arterial alta u otras enfermedades crónicas que pueden aumentar el riesgo y provocar una respuesta más grave al COVID-19.

Tomé la llamada. Si recibe una llamada de un rastreador de contactos, no tenga miedo de hablar con ellos

y responder sus preguntas. Nunca pedirán información financiera o sobre el estado de inmigración. Quieren ayudar a mantenerlo a usted y a quienes lo rodean a salvo.

Si desea obtener más información sobre COVID-19, visite la página web de los Servicios de Salud Pública del Condado de San Joaquín en [www.sjcphs.org](http://www.sjcphs.org). También estamos en Facebook, Twitter, Instagram y YouTube como @sjcphs. Si tiene preguntas, llame al 2-1-1 o envíe un correo electrónico a [PHS-Info@sjcphs.org](mailto:PHS-Info@sjcphs.org).

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# Sweaty Face Mask? 5 Tips to Keep Cool While Covered Up

by Andy Markowitz

## 1. Choose the right fabric

A light, breathable material like cotton will likely keep your face cooler than medical and N95 masks made from synthetic materials, and in the right configuration can be effective in preventing contagion, according to new research by Taher Saif, a professor of mechanical science and engineering at the University of Illinois.

Saif's team tested 10 common fabrics, from 100 percent cotton to polyester and silk blends, to see which best balance comfort and droplet-blocking impermeability. The "sweet spot," he says, is a two-layer mask made from a cotton T-shirt, which comes close to matching a surgical mask's efficiency in stopping potentially infectious droplets from coughs and sneezes and is about twice as breathable. All-cotton tested best, but up to 40 percent polyester will do the job, Saif says. "I'm not a cloth expert. I just buy things from Walmart and Target," he adds with a laugh. "Our study showed that if you have these layers on top of your mouth and nose, you don't have to have an official mask where it goes with the elastic behind your ears. You can just wrap it around your nose and mouth, like a bandana."

Lighter, softer cotton coverings can also help you avoid chafing, heat rash or inflaming a skin condition like eczema or dermatitis, says Carrie Kovarik, an associate professor of dermatology at the University of Pennsylvania's Perelman

School of Medicine and a member of the American Academy of Dermatology's COVID-19 task force.

"They make masks out of a lot of different material, so you want to feel it and make sure it's something that feels soft against your skin," she says. "A lot of people are making masks for fashion, they want it to look nice and pretty on the face, but make sure it feels good."

## 2. Keep it dry

Cotton traps less air and moisture than standard medical and industrial masks, and it's more absorbent, but if it gets damp due to breathing and sweating it can be less effective in filtering respiratory particles, not to mention uncomfortable and abrasive to the skin.

"Try to stay in well-ventilated locations to keep air and vapor mixing, which can help evaporate any extra water (and also keep the rest of your skin/body feeling cooler)," says Jennifer Vanos, a biometeorologist at Arizona State University who studies the effects of heat on health. Vanos also suggests trying masks made of especially absorbent materials like bamboo, which "can absorb up to three times the amount of water as cotton." Hemp also wicks moisture well, and washable hemp-blend masks are widely available online, although like bamboo they tend to cost more than cotton face coverings.

## 3. Time trips to beat the heat

Avoid going out at the hottest parts of the day and for extended periods. Stop at home between errands if you can, to cool off and doff your mask. When you



do have to be out, stay well-hydrated and seek the shade.

Being cognizant of the heat is about much more than keeping your mask fresh. "We have major issues every summer with heat exhaustion and heat stroke and heat-related deaths," the Mayo Clinic's Poland says, and older adults are "definitely at increased risk."

An ice pack or damp cloth applied to the head or neck can help you cool off—just take care not to get your mask wet or touch your face. Poland notes other heat hacks he's observed traveling in parts of Asia where mask-wearing has long been routine.

"They more often carry a hand-powered fan or small, battery-powered fan," he says. That trick comes with a caveat—if you are "around a lot of people's exhalation, you're just fanning that air at yourself"—but with sufficient social distancing you may be able to use a fan to

stay comfy while still protecting yourself. "The other thing you see a lot of people doing in Asian countries during the summer is shading themselves with an umbrella," Poland says. "Turns out that things like that actually do help."

## 4. Skip the makeup

Heat and perspiration mixed with makeup or oily skin care products makes for a gunky mess under your mask. "You don't have the ability to have sweat evaporate when you have the mask on. It all sits there and collects," says Kovarik, the dermatology professor. That clogs pores and contributes to the lower-face skin eruptions that have been dubbed "maskne," a combination of the words mask and acne.

Kovarik recommends masking up with your face clean, save perhaps for a bit of moisturizer (preferably with some

See MASK Page 13

## El Hospital General de San Joaquín y Clínicas del Condado Reanudan las funciones normales para el paciente



Estamos reanudando todos los procedimientos electivos y las visitas de clínica.

En las últimas semanas ha habido una disminución en los casos de COVID-19 vistos tanto en nuestro Hospital y Clínicas. Hemos tomado todas las precauciones para avanzar en la dirección de las operaciones normales de atención médica a la vez protegiendo a los pacientes con una atención confiable que cumpla con los más altos estándares de seguridad y calidad.

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# Pediatrician and Dad, Talk About Milk for Children

By Dr. Iian Shapiro

When I am with my patients, it is an honor to be able to set guidelines from the beginning of life to improve the growth and health of children. I always use a plant as an example: it needs sun, adequate nutrition and water to continue growing. We as humans are the same. As children are growing, they definitely need the nutritional foundations that will take them to their full potential. There are so many questions about alternatives and nutrition, I hope I can clarify a little more the doubts that I might have.

It is impressive that today one in two children ages 9 and up do not consume enough calcium, vitamin D, and potassium, which are essential nutrients for growth. As a parent and pediatrician this is alarming. Just by thinking that the bones at this stage are in full formation, and need these 3 nutrients in order to form the structure that will keep them running for the rest of their lives. By not having adequate levels, we put at risk that children suffer from osteoporosis (practically weak bones that can be broken easily). Many young people and adults

also do not get the recommended levels of calcium, vitamin D, and potassium in their daily diet for optimal health.

After commenting on these points, parents ask me: And what can I do to help my child? I always recommend the three pillars of growth which are: nutrition, exercise and good sleep habits. Creating routines where our children can develop physically may seem limited, but we can do it from home, in the park or even fun family walks. The value of having a routine before bed (without electronics an hour before) including a little reading creates a perfect landing for our children to enter the world of dreams. As for nutrition, it is difficult to obtain the necessary nutrients if we do not include cow's milk in our diets; With 9 essential nutrients per serving, real milk offers a strong source of power and nutrients for children

The American Academy of Pediatrics recommends serving portions of milk with meals and giving water between them. Whole milk is recommended between the first and second year of life. Definitely as a doctor I have seen that there are children who suffer from lactose



intolerance, as an alternative they can consume lactose-free cow's milk.

The new guidelines proposed by Healthy Drinks Healthy Kids, recommend cow's milk, like water, as the best drink for young children, due to its incomparable package of natural nutrients that growing bodies need, such as high protein quality, calcium, vitamin B among others. These guidelines (endorsed

by the American Academy of Pediatrics and The Academy of Nutrition and Dietetics) also recommend avoiding replacing milk with alternatives of plant origin, such as almond, oat, or coconut milk; warning parents that although these beverages are fortified they are not nutritionally the same as cow's milk. See the recommended milk guidelines for your children.

## Pediatra y Papá, Habla de la Leche para Los Niños

Por Dr. Iian Shapiro

Cuando estoy con mis pacientes, es un honor poder establecer las pautas desde el inicio de la vida para mejorar el crecimiento y la salud de los niños. Siempre uso una planta como ejemplo: necesita sol, nutrición adecuada y agua

para seguir creciendo. Nosotros como humanos somos iguales. Los niños al estar en crecimiento necesitan definitivamente las bases nutricionales que los llevarán a su máximo potencial. Hay tantas preguntas sobre alternativas y nutrición, espero poder aclarar un poco

más las dudas que pudiera tener.

Es impresionante que hoy en día uno de cada dos niños de 9 años en adelante no consumen suficiente calcio, vitamina D y potasio, que son nutrientes esenciales para crecer. Como padre y pediatra esto es alarmante. Solamente

con pensar que los huesos en esta etapa están en plena formación, y necesitan de estos 3 nutrientes para poder formar la estructura que los mantendrá corriendo por el resto de sus vidas. Al momento de no tener niveles adecuados,

Ver **LECHE** Pág 12

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- All cemetery offices are open by appointment only. These appointments must be scheduled with the cemetery staff.
- Please limit visitations to our cemetery grounds. We ask everyone to follow the state and county shelter-in-place guidelines.
- Burial services are being held following cemetery guidelines.

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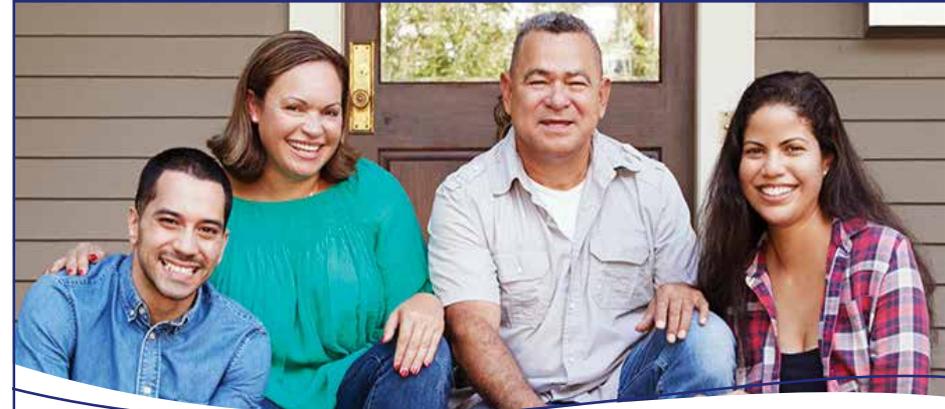
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# MJC Begins Distribution of \$4.8 Million CARES Act

Modesto, CA – Modesto Junior College began distributing the \$4.8 million federal CARES Act Grant, intended for direct student aid providing assistance to alleviate hardships students endured as a result of COVID-19, e.g. food, and housing insecurity, technology expenses such as computers and internet access, and other needs to support remote learning. As of June 12, the MJC Financial Aid Office has distributed a total of \$794,000

to 1,588 students, awarded in \$500 grants. Below is a breakdown of the funds by week, thus far:

Friday, May 29, 2020, \$57,000 were distributed to students.

Friday, June 5, 2020, an additional \$550,000 were distributed to students.

Friday, June 12, 2020, an additional \$187,000 were distributed to students.

Eligible students were notified through their campus student email,

where they received instructions how to access the \$500 grant.

Aurelia Gonzalez, Interim Director of Student Financial Services, shared:

“MJC estimates that about 8,000 students are eligible under the Title IV eligibility. MJC will continue to disburse student emergency grants, until funds run out. Students should be checking their PiratesNet email for the link for the application and fill it out as soon as possible. Students will receive

funds via their Bank Mobile account. They need to make sure that account is set up.”

For more information about CARES and transparency of process and disbursements, please visit the MJC CARES Act Funding webpage: <https://www.mjc.edu/student-services/finaid/caresact.php>

For more information, contact Aurelia Gonzalez, Student Financial Services, [gonzalez@yosemite.edu](mailto:gonzalez@yosemite.edu).

## ICE

continued from Page 9

“Universities and colleges are struggling enormously as it is to figure out how to provide education under these pandemic circumstances and so this adds a much greater burden,” Meissner said. “International students are so baked into the higher education, environment and model that exists in this country.”

U.S. schools benefit from international students in other ways beyond financial, including through cultural exchanges, Meissner said.

“They are an important part of the student body. They make it possible for native-born students to meet people from all over the world,” Meissner said. “They create the possibility for international students who come here and experience living in this country and experience going to colleges, universi-

ties in this country at a really formative time in their growing up.”

U.S. schools benefit from the research conducted by international students, said Kuck, the immigration attorney.

More than 60% of STEM grads are foreign students, he said.

The new policy “could have a massive impact on the research and the extraordinary developmental work done by universities and colleges in their Ph.D programs and their post-doc programs,” Kuck said.

Allen Orr, a Washington, D.C., immigration attorney, fears the new ICE policy will pressure universities to offer in-person classes just to avoid losing revenue from international students, putting professors and students at risk of the coronavirus, which causes the

disease COVID-19.

He also said it may not be practical for many international students to take classes remotely from their own countries because of huge time zone differences.

Orr said the policy appeared intended as a slap at China, which sends the highest number of international students to the U.S., followed by India, South Korea and Vietnam.

Trump frequently blames China for the new coronavirus pandemic.

ICE’s policy likely will send international students and U.S. schools scrambling to figure out how to respond.

Arizona State University, the University of Arizona and Northern Arizona University all have said they intend to return to in-person classes in some form this fall, though their plans were left open-ended depending on pandemic conditions.

Since the announcements about returning to in-person classes were made in April, Arizona’s COVID-19 situation has worsened considerably. UA President Robert Robbins recently said that, if conditions didn’t improve, classes would not be held in person this fall.

At this point, ASU does not believe the new regulations and procedures proposed by ICE will have a material

impact on the university or its international students, ASU spokesman Jay Thorne said.

International students do not generally participate in ASU online courses at any significant level, he said. Students attending ASU on a F-1 visa in Fall 2020 will continue to participate in immersive, synchronous classroom instruction both in-person and through ASU Sync.

NAU offers a hybrid model called NAUFlex that includes remote attendance and in-person classes that is acceptable under the ICE policy for this fall, allowing international students to remain in the U.S., said Kim Ann Ott, a spokeswoman.

About 570 active international students attend NAU, she said.

Stanford University has been planning to have about half of its undergraduate student body and all of its graduate and professional school students in residence on campus at any given time during the coming academic year. However, the school plans to offer many or most of its classes online this fall.

“We are concerned about this decision, which will create more uncertainty and complexity for international students,” Stanford President Marc Tessier-Lavigne said in a written statement.



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## Leche

continúa en pág. 11

ponemos en riesgo que los niños sufran de osteoporosis (prácticamente huesos débiles que se pueden romper con facilidad). Muchos jóvenes y adultos tampoco obtienen en su dieta diaria los niveles recomendados de calcio, vitamina D y potasio para una salud óptima.

Después de comentar estos puntos, los padres me preguntan: ¿Y qué puedo hacer para ayudar a mi hijo(a)? Recomendando siempre los tres pilares del crecimiento que son: nutrición, ejercicio y buenos hábitos de sueño. Crear rutinas donde nuestros hijos puedan desarrollarse físicamente pueden parecer limitadas, pero lo podemos hacer desde la casa, en el parque o hasta divertidas caminatas en familia. El valor de tener una rutina antes de dormir (sin electrónicos una hora antes) incluyendo un poco de lectura crea un aterrizaje perfecto para que nuestros niños entren el mundo de los sueños. En cuanto a la nutrición, es difícil obtener los nutrientes necesarios si no incluimos leche de vaca en nuestras dietas; con 9 nutrientes esenciales por porción, la leche verdadera ofrece una fuerte fuente de poder y nutrientes para los niños

La Academia Americana de Pediatría recomienda servir las porciones de leche con las comidas y darles agua entre las mismas. La leche entera se recomienda entre el primer y segundo año de vida. Definitivamente como doctor he visto que hay niños que sufren de intolerancia a la lactosa, como alternativa pueden consumir leche de vaca deslactosada.

Los nuevos lineamientos propuestos por Healthy drinks Healthy Kids, recomiendan la leche de vaca, al igual que el agua, como la mejor bebida para los niños pequeños, debido a su incomparable paquete de nutrientes naturales que los cuerpos en crecimiento necesitan, como proteínas de alta calidad, calcio, vitamina B entre otras. Estos lineamientos (respaldados por La Academia Estadounidense de Pediatría y La Academia de Nutrición y Dietética) también recomiendan evitar la sustitución de la leche con alternativas de origen vegetal, tal y como leche de almendra, avena o coco; advirtiendo a los padres que, aunque estas bebidas están fortificadas no son nutricionalmente iguales a la leche de vaca. Ve las pautas de leche recomendadas para tus hijos.

# Volaris increases 1,000 flights to its Jalisco offers 7,000 tickets to the U.S. at \$129 dollars

Mexico City, July 2020 - Volaris will increase 1,000 flights in July to its operation in Jalisco, one of the most important centers of its point-to-point network, and will offer 17,000 tickets to travel this month at 769 pesos on national routes, and 7,000 tickets to the United States at \$ 129 USD per one-way trip.

This month Volaris will have 85 operations average on a daily basis among its 12 national routes from Guadalajara (GDL) to Culiacán, Cancún, Hermosillo, CDMX, Monterrey, Mexicali, Los Cabos, Tijuana, La Paz and Chihuahua and from Puerto Vallarta (PVR) to CDMX and Tijuana, and 15 international destinations departing from Guadalajara to Los Angeles, Oakland, Chicago O'Hare, Chicago Midway, Fresno, Sacramento, Portland, Seattle, Houston-Intercontinental, San José (CA), Denver, Ontario (CA), Charlotte, San Antonio and Las Vegas.

Volaris has transported more than

46 million passengers to and from Jalisco since its creation in 2006, positioning itself as the largest airline in the state, dedicating around 20 aircraft to its operation. The routes that restart operations today are: Guadalajara - Las Vegas, Guadalajara - San Antonio and Guadalajara -Charlotte with two weekly frequencies per route.

The airline remains focused on its brand promise, offering the lowest fares on the market and competing directly with the bus prices on most of its routes, and offering flexibility options through its program "Con Volaris Seguro Vuelas". Volaris is a safe travel option thanks to its renewed Biosafety Protocol, which provides well-being to its Clients at all stages of the trip.

Volaris recommends buying in advance with the "Tú Decides" business model, where Customers decide how and with what to travel, through all the airline's available sales channels:



official website [www.volaris.com](http://www.volaris.com), Call Center in Mexico (52 55 1102 8000), Call Center in the United States (1 855 VOLARIS -8652747-), as well as authorized travel agencies.

#### Quick Facts:

- This month, Volaris will operate

27 national and international routes and will resume flights from Guadalajara to Las Vegas, San Antonio and Charlotte.

- The airline is the largest in the state of Jalisco with the best prices in Mexico and to the United States.

## Mask

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SPF, if you plan to be out long). "Creams that have dimethicone in them are a good moisturizer but also is a barrier cream, so it creates some protection between your skin and the mask," she says. "It will actually create a barrier to the friction."

Another change to make to your skin

care regimen: Avoid products with retinoids or salicylic acid, which some older people use to diminish wrinkles or sun damage.

"Those can be very, very irritating if used under occlusion or under some kind of covering. We don't want to put them under the mask," Kovarik says. "If [peo-

ple] are using those products, it's better to put them on at night and then wash your face in the morning."

5. Bring a spare

If you can't keep your mask from getting icky and sticky, there's no better remedy than swapping it for another. "I recommend people do that anyway," whatever the weather, Poland says.

"When you're outside with the mask on, that mask has a limited lifespan."

On especially hot and humid days, pack multiple masks, recommends Vanos, the heat expert. Just make sure to follow the other CDC safety recommendations when changing masks, like avoiding crowds and washing or sanitizing your hands.

## OUR NEW COVID DEAL

*We each keep safe, to keep others safe – So we can all move on and safely reopen*

Dr. Lakshmi Dhanvanthari

It's been months since the start of COVID 19. We all have been through this together. You have taken steps to protect your health and those around you. Now, it's summer. We want to just go, to enjoy the outdoors and get back to all our events. And, yes, we are COVID-tired!

But the Novel Coronavirus? As working life is coming back for more, the virus is again spreading. The numbers show the spread is spiking in many places. Epidemiologists warn us COVID-19 rates are poised to grow exponentially – unless we follow all the safety steps.

On the brighter side – THANK YOU! Through bodily distancing and hand washing and staying at home, we flattened the curve. Each one of you added to shrinking the huge growth in the cases by protecting yourself and your friends, family, and neighbors.

We have learned that shutting down public life has bad results on our bodily, mental, and emotional health. We also cannot work or earn money. So that we can safely reopen, let us step up – stay with the virus blocking measures and teach your friends and neighbors to do the same.

HELP IS ON THE WAY! The experts are working 24/7 to find a vaccine to protect us from COVID-19. Until then, we must follow what the CDC says:

We've had months to perfect our ways to do these: Bodily Distance – at least 6-feet from those you do not live with.

Hand wash often with soap and water or an alcohol-based hand sanitizer. Cover your cough or sneeze. Use a cloth face cover over your mouth and nose when in a public place (such as the grocery store) and when you are at work and when you are within 6-feet of some other person. If you or someone you are living with gets sick, let your boss know and stay home. If you or someone you live with tests yes for COVID-19, call your boss, and stay home. If you are a high-risk person (with long term health problems such as heart disease or high blood sugar, are over 65 years of age, and so on) the stay-at-home order is still the thing to do, count on family, friends, and your neighbors to help you with your daily needs. Eat healthy, work out, get enough sleep, reach out if you are feeling blue. Get the flu shot during the flu season this year. It is important to stay healthy and to keep the hospitals open for COVID patients.

Lastly, please keep being a local leader for health. As you work to stay COVID-Safe, be a role model for all the people in your life and each of those you come into (safe) touch with. Please join us to teach and support those who are COVID-tired, so we can all follow the virus blocking measures and stay healthy.

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# Saucies – Southern Hospitality with a West Coast Twist

By Julia Barnes

When Saucies Founder, Amber Moncrief debuted her Barbecue “Pop Up Kitchen” on Friday, June 19th (Juneteenth), in Stockton, she had no idea that she would completely sell out in seven hours. But that is exactly what happened as eager patrons feasted on Saucies’ mouthwatering Memphis style barbecue. As an up and coming entrepreneur, Amber could not have been happier as she had been envisioning this day from an early age.

“I am a sauceologist”, she smiled. “I did my first slab of ribs when I was 8 years old camping with my family. When I was 11, I started inviting my friends over and pretended I had a restaurant by cooking and serving them as customers. I always loved making people happy with my food.” She credits her late father, Murray Moncrief for sharing his culinary gifts and inspiring her to start her own business.

Amber received her Culinary Arts Degree from the Institute of Technology in Modesto in 2007. Upon graduation, Amber’s first role as a chef was through an externship on Catalina Island cooking for over 300 Science Camp students daily. Over the next decade, she worked as a Line Chef and Dietary Cook for several companies including Wolfgang Puck’s Bon Appetit to various Skilled Nursing Facilities in the Healthcare Industry.

And even though she faced many personal challenges including carpal tunnel surgery on both wrists, she continued to persevere because she loved her craft. She had finally landed her “dream job” in January, as a chef for The Town Kitchen, a corporate catering company in the Bay Area, but unfortunately in March, the company suspended operations due to Covid-19. It was then she decided it was time to change focus and start her own business.

As she explained, “When you are stripped of everything, you don’t have anything to lose. I always knew that I went to school to make my own food. I had my own vision. When Covid-19 happened, something shifted for me. In this darkest hour of the world, I knew I would be able to make something wonderful happen. I knew it was time to share my dream!”

After extensive research of other successful restaurants and organizing her business plan she was ready to launch Saucies, and “bring a fresh new taste to the community so people could experience the true essence of southern hospitality with a west coast twist”. In addition, Saucies has two commandments that it lives by and continues to build upon namely: the classic culinary term “Keep it Simple” and the Founders own words, “make it with love”. Amber went on to say, “When you are cooking

you have to be in a good mood and be happy because it transfers over into your food. You have to be in the zone! You can’t go wrong when you make it with love.”

Her Memphis style barbecue starts out with her special dry rub, and is then smoked with both apple and hickory wood. Amber then adds her signature sauce which is a blend of sweet and savory seasoning with a “kick of spice on the backend”. She uses only the best quality meat including Lockeford Sausage for the Links and fresh produce and ingredients for the side dishes. This coupled with her culinary artistry provides a memorable barbecue experience that only gets better with every bite.

Saucies’ menu consists of a Ribs, Chicken or Links meal individually or combo plate or your choice of Sandwiches. All meals are served with 2 sides including Potato Salad, Mac & Cheese, Collard Greens or Baked Beans, as well as a beverage and dessert.

You can definitely taste the love and passion in her cooking and her signature sauce. According to Amber, it is all about the Barbecue and what’s in your sauce, which is how she came up with the name “Saucies” because the sauce is the star. The slogan “Follow The Drip” was inspired partly by today’s technology of Twitter and Instagram “followers”. When you are looking for Saucies, just



Saucies Founder, Amber Moncrief

“Follow The Drip” to find us. Stay tuned for the next event to be announced later this summer.

Well along with everyone else that day, I was extremely happy that we followed the drip to Saucies. Not only were we able to experience some down home southern comfort barbecue but also witness a young entrepreneur successfully unveil her dream, share it with the community and provide us with a shining example that dreams are still coming true.

Congratulations and thank you Amber for following your dream. We are all looking forward to the next Saucies experience!



# Emergency Food Bank Stockton/San Joaquin County Announces New CEO

The Board of Directors of the Emergency Food Bank of Stockton / San Joaquin County is pleased to announce the appointment of Dr. Leonard O. Hansen, Ph.D. as the new CEO said Steve Morales, Chair, Board of Directors.

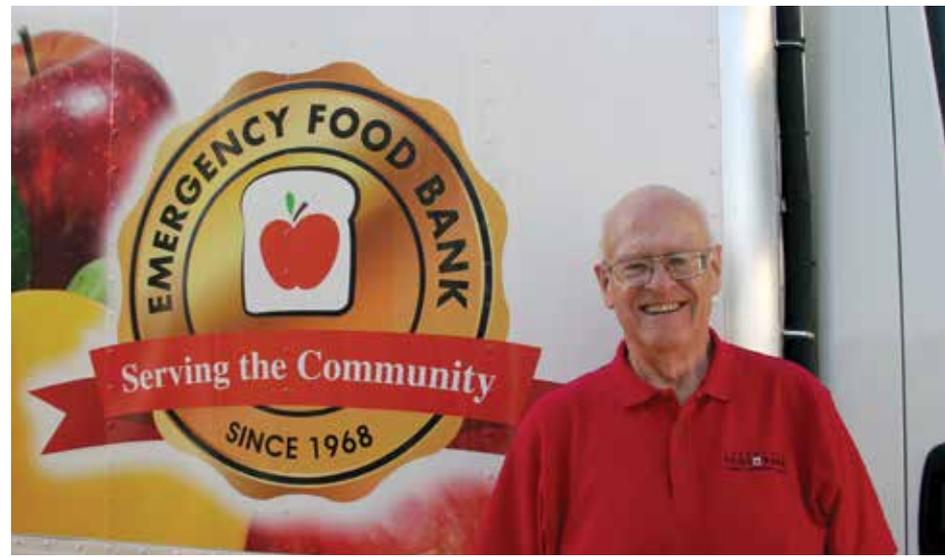
Dr. Hansen began his work last month and quickly stepped into the new demands of the COVID-19 emergency. Dr. Hansen comes to the Emergency Food Bank from Howard Training Center in Modesto where he served as Director of Operations for over 5 years, supervising training of adults with disabilities in multiple settings. He managed the Senior Meals-On-Wheels Program for Stanislaus County which, also, serves meals each day to the San Joaquin PHF, CSU, and Recovery House as well as other clinics and schools within Stanislaus and San Joaquin County. Dr. Hansen supervised Production Training Programs as well as three

Adult Integration Programs.

Dr. Hansen worked for over 25 years in the supermarket industry holding executive positions for Food4Less of Modesto, Fry's Food & Drug Stores and Save Mart Supermarkets. He was a franchisee for Cold Stone Creameries throughout the Central Valley for many years. Prior to the jump into business, he taught business and professional speaking at Mount Union College in Ohio as well as teaching rhetoric and public speaking while earning his Ph.D. at Indiana University, and the M.A. and B.A. degrees from the University of California, Davis.

"We see the Emergency Food Bank as the focal point for food distribution to underserved families in Stockton," Dr. Hansen noted, as he talked about goals to expand services and facilities at the Emergency Food Bank.

For over 50 years, with the support of many individuals and private,



business, and governmental organizations, The Emergency Food Bank of Stockton/San Joaquin County has provided food for the needy. Due to the demand of the past few months with the increased unemployment, the Emergency Food Bank continues to meet the needs. Please consider the Emergency Food Bank in your giving plans or join us as a Volunteer!

"We are grateful to be of service to those in need and to have Dr. Hansen leading the way with his passion and vision," said Steve Morales.

To receive food assistance, volunteer or donate, please contact the Emergency Food Bank at 7 W. Scotts Ave, Stockton, Calif. 95203. Call (209) 464-7369 or visit [www.StocktonFoodBank.org](http://www.StocktonFoodBank.org).

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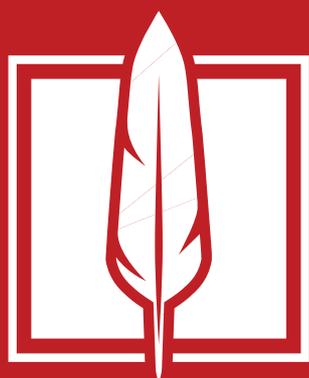
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