

CONGRATULATIONS  
CVHS GRADUATES!

# CLASS OF 2020



# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 32

WEDNESDAY, MAY 27, 2020

NO. 22

## INSIDE YOUR FORUM

### OUR TOWN



#### Virtual Prom

Group of CVHS seniors create a virtual prom for their classmates

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### LIVING



#### It's Chili Inside

It's heating up outside, but it can still be chili in your kitchen

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### HEALTH



#### Back on Track

Providers and patients reconnect for healthcare support during COVID-19

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PHOTOS BY FRED ZEHLER

The gym at 3 Crosses Church is the processing center that supplies some 45,000 meals a week to residents as far away as Livermore. It is staffed by around 150 volunteers.



Part of a line of cars that stretched around 3 Crosses Church on Saturday morning for the weekly food pantry drive-up. Boxes of fresh produce, meats and canned goods are delivered to each car. Each family in need averages about five members and must meet income requirements.



## 3 Crosses Pantry Feeds Thousands Each Week

A line of cars stretched all around 3 Crosses Church in Castro Valley on Saturday morning as more than 500 households picked up boxes of fresh vegetables, beef, chicken, canned goods and pasta during the weekly drive-up food pantry.

More than a hundred volunteers, most of them 3 Crosses parishioners, readied the assortment of food at the church's huge gymnasium which, in more normal times, would be used for basketball on weekdays and church classes on Sunday.

The groceries move quickly in a remarkably efficient operation to car trunks of families that average five members per household.

Most of the food comes from the Alameda County Food Bank with federal programs and

"grocery rescues" from stores like Cosco helping out.

The church also supplies food to Oakland and Livermore, delivering some 45,000 meals a week, according to Tom Green, who manages the operation and who was part of a team that set up the pantry in 2000. The increased demand for food due to the coronavirus pandemic meant a rapid expansion of the operation beginning on March 14. Green says the recipients must truly be in need and meet income requirements.

"We're definitely doing what we can to help," says Green who expressed the hope that other organizations would step up to help with the burden of supplying so many meals each week.

## County Ramps up Contact Tracing to Fight COVID-19

By Michael Singer  
CASTRO VALLEY FORUM

Now that some restrictions have lifted in Alameda County, public health officials are focused on contact tracing in the fight against the spread of COVID-19.

Contact tracing is one way to track the spread of an infectious disease. Public health staff works with a patient to help them recall everyone with whom they have had close contact during the time frame while they may have been infectious.

Health agencies have used contact tracing to combat tuberculosis, polio, measles, HIV/AIDS, and many other infectious diseases. California Governor Gavin Newsom announced last Friday that a team of 500 people statewide would be focused on contact tracing with a goal of 10,000 in the next few weeks.

The spread of the novel coronavirus in Alameda County has tapered off enough that Public Health officials have allowed for more outdoor activities like golfing and gardening as well as curbside pickup of pre-ordered items from retailers.

However, the number of COVID cases in the county has not dropped enough to reopen schools, movie theatres, or sporting venues. Currently, county health officials report 2,874 cases of coronavirus infections with 93 related deaths.

San Leandro reported 140 infections. Castro Valley reported 113 cases. The rest of the unincorporated area saw 196 cases. Hispanic, Pacific Islander, and African American demographics have the highest rates of infection.

Seniors older than 80 and those with underlying health issues are also most at risk of contracting COVID-19.

Public health officials say the more people who participate in its contact tracing program, the more lives and jobs can be saved.

"Right now, with shelter-in-place restrictions, we are finding about three close contacts for each

case, but we are planning for an average of 10 contacts per case after restrictions are eased," says Alameda County Public Health Department spokesperson Neetu Balram. "We are also more likely to see clusters of cases in community settings that may require large contact investigations once shelter-in-place restrictions are lifted."

Alameda County has about 75 people on staff working with COVID-19 patients. Officials would like 300 people doing this work once shelter-in-place restrictions are eased.

Balram says if staff can reach at least 90 percent of cases and identify their contacts, it will help relax even more restrictions of the county's shelter-in-place.

#### How Contact Tracing Works

If you test positive for COVID-19, Alameda County Public Health Department will ask where you have been and the people you have spent time with recently.

The Department may also obtain information from healthcare providers or employers in some situations. Your information is confidential and will not be shared, and you will not be asked about your immigration status.

If a patient was in a community or group setting like a school, retail store, or care facility, Public Health will rely on a combination of interviews as well as the managers to identify and reach potentially exposed clients.

If you have been in contact with a person who has tested positive for COVID-19, you will receive a phone call from a health worker. They will provide you access to testing at no cost to you and medical care if needed. You will also be asked to separate yourself from others in your home to protect those around you.

Currently, Alameda County Public Health Department does not have a phone tracking system that would monitor the movements of COVID-19 patients and there are no current plans to enforce installing such an application.



## Castro Valley Weather May 27-31, 2020



Wednesday  
Sunny  
High 83° Low 58°



Thursday  
Partly Sunny  
High 79° Low 56°



Friday  
Partly Sunny  
High 77° Low 60°



Saturday  
Poss Showers  
High 71° Low 56°



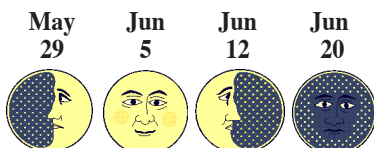
Sunday  
Partly Cloudy  
High 68° Low 53°

### Almanac



Past Week's Rain: 00.00  
Season To Date: 08.49  
Normal To Date: 19.88  
Season Average: 21.22

### Moon Phases



Sun sets at 8:23 p.m. today, rises at 5:51 a.m. Thursday.

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### JENNY LIN REMEMBERED

## Online Service This Evening on 26th Anniversary of Lin Slaying

Jenny Lin, the Castro Valley teen who was slain in her home 26 years ago, will be remembered by the community this evening in a live streaming event beginning at 7:00 p.m. at [jennylinfoundation.org/](http://jennylinfoundation.org/) and [www.facebook.com/jennylinfoundation](http://www.facebook.com/jennylinfoundation).

A young, talented musician and straight-A student, Jenny was murdered on May 27, 1994 at the age of 14. The brutal death devastated her family and shocked the community.

Jenny's parents, John and Mei-lian Lin, vowed to continue working with the police until the case is solved, to carry on Jenny's dreams and to see her life extended in a unique fashion.

In those 26 years, the Jenny Lin Foundation has offered music scholarships and free music programs to the community each summer, and has organized numerous safety fairs, workshops and contests to raise awareness of child safety issues and to improve safety knowledge and precautions for parents and children.

In addition, the Foundation embarked on a safety book project in collaboration with the Castro Valley Library, extending it to other



PHOTO COURTESY OF THE LIN FAMILY

**Slain Castro Valley student Jennifer Han-chi Lin will be remembered in an online service this evening.**

Alameda County branches in San Lorenzo, Union City and Fremont. Titles covering a wide range of safety-related topics were added to their collections.

Throughout her life, Jenny maintained the most vibrant, vivacious and easy-going personality. Her eyes and big smile always welcomed a good time. Even at her young age, she knew the secret to a happy and fulfilling life and helped others around her to discover the same.

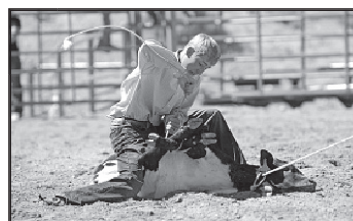
To date, there still has been no arrest or conviction related to Jenny's murder. However, her family is hopeful that through continuous police effort and public help, this senseless, horrifying case will soon be solved. A \$100,000 reward for info leading to the conviction of Jenny's murderer is still available. Anyone with information please call the Alameda County Sheriff's Office at 510-667-7721 or the toll-free hotline at 855-4-JENNY-LIN.

—The Jenny Lin Foundation

## CRIMES AGAINST NATURE: CRISIS AND OPPORTUNITY

*"Humanity's true moral test, its fundamental test... consists of its attitude towards those who are at its mercy: ANIMALS."*

-- Milan Kundera, "The Unbearable Lightness of Being"



THIS?



OR THIS?

Lest we forget, this coronavirus pandemic was HUMAN-caused, a direct result of our gross mistreatment of animals, both wild and domestic. Relatedly, nearly every animal welfare organization in the country condemns rodeo due to its inherent cruelty. This likely holds true for the majority of Bay Area residents as well. Thanks to COVID-19, the May Rowell Ranch Rodeo has been cancelled. The property is owned and managed by the Hayward Area Recreation and Park District (HARD), with a long history of animal abuse, injury and death.

### A MODEST PROPOSAL

HARD should donate the property to a local non-profit, perhaps the East Bay SPCA, and transform the rodeo grounds into a FARM ANIMAL SANCTUARY AND EDUCATION CENTER for Bay Area school children. Projects could include humane education, animal husbandry, an organic garden, riding stable, hayrides, humane ranching skills taught by ranchers, etc. California Education Code 60042 mandates that "humane education and kindness to animals" be taught in the public schools, K-12. Here's a grand opportunity to atone for past sins.

What you can do to help: Send your letters in support of this proposal to Paul McCreary, General Manager, and members of the board, c/o HARD, 1099 "E" Street, Hayward, CA 94541; email – [mccp@haywardrec.org](mailto:mccp@haywardrec.org). Board members are Paul Hodges, Jr., president; Rich Hatcher, Lou Andrade, Carol Pereira and Minane Jameson.

**INFO: ACTION FOR ANIMALS, P.O. Box 20184, Oakland, CA 94620**  
**email – [afa@mcn.org](mailto:afa@mcn.org)**

**Rodeo website, "BUCKING TRADITION"**  
**<https://www.actionforanimals-oakland.com>**

## CVSan ANNUAL CONTRACTORS MEETING

In observance of the COVID-19 social distancing protocols, the Castro Valley Sanitary District (CVSan) will host its annual Contractors Meeting via a virtual meeting on Tuesday, June 3, 2020 from 8:30 – 10:00 a.m.

Topics of discussion include, but are not limited to:

- Amnesty Policy
- Emergency Response Plan
- Contractor / CVSan Contact Communications
- COVID-19 Safety Measures and Protocol
- Private Sewer Lateral Program Review
- Online Permit Portal
- Changes to Lateral Replacement Grant Program (LRGP)
- List of Qualified Contractors

A finalized agenda will be available on Wednesday, June 03, 2020, which can be accessed online at ([www.cvsan.org/acm](http://www.cvsan.org/acm)) or via emailed request to [evan@cvsan.org](mailto:evan@cvsan.org).

Space is limited, and we highly encourage all contractors to pre-register to secure a spot. To observe the meeting by video conference, please email Engineering Technician, Evan Choy at [evan@cvsan.org](mailto:evan@cvsan.org).

For additional information, please contact Evan Choy at (510) 537-0757 ext. 131 or [evan@cvsan.org](mailto:evan@cvsan.org).

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PHOTO COURTESY OF KIRAN BHAT

Kiran Bhat at the computer on a call with friends who worked on the Virtual Prom project.

## CVHS Seniors Create Virtual Prom Night

By Linda Sandsmark  
CASTRO VALLEY FORUM

It may not be the actual Prom, but a group of Castro Valley High seniors have created a virtual prom for their classmates — to be put into play just as soon as Advance Placement tests and finals are over. Senior Kiran Bhat and several friends re-created their Prom's original venue — the Exploratorium — online using the Minecraft video game program.

"We recreated the entire Exploratorium, exterior and interior," says Bhat. "We did this using floor plans we found on the Internet, and 360 degree images from Google Street View. In addition to interactive exhibits, we added activities for players to participate in."

These activities include a virtual dance floor with music, of course. Also in the mix are an obstacle course, mazes, an arena where students play on teams, and a men-

acing-monster zone humorously called "The Exhibit of Natural Selection."

There's also an "Easter Egg Hunt," where students collect valuable items from hidden chests in exchange for points — or to score (unofficial) Prom royalty.

"It's not going to be like a real prom, but it's just our best attempt at having some fun in place of the prom," says Bhat. "It was a bigger job than I expected."

see PROM on page 11

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Family Fight

Monday, May 18: at 9:02 p.m., Sheriff's deputies arrested a 33-year-old CV man on suspicion of assault on a family member. An anonymous tip sent deputies to a home on Forest Avenue near Robin Lane. The man was handcuffed and taken into custody.

### Violated Restraining Order

Monday, May 18: at 10:19 p.m., a 73-year-old CV man was arrested on violating a court-issued restraining order. Deputies were called to a home on Knox Street and North 3rd Street after a report of a suspicious person. The man was ID'd and taken into custody.

middle of Park Way and San Carlos Avenue and not responding to cars passing him by. The man was found to be under the influence and was taken into custody.

### A Note from the CV CHP:

The Castro Valley CHP is reminding motorists to SLOW DOWN! Last week, officers stopped multiple cars going over 100 MPH. One driver was stopped for driving at 123 MPH.

"This type of behavior will obviously get our attention," says CHP Officer Gabe Walters. "We

are enforcing all the speed laws so if you are speeding, eventually you will get caught. Please drive responsibly."

Additionally, the CHP is investigating a fatal motorcycle crash on Thursday, May 21. A 21-year-old rider was traveling westbound on Interstate Highway 580 in Castro Valley. The man exited on the 164th Avenue off-ramp, where he collided with a guardrail about 8 p.m., the CHP said. The CHP has not released the man's name. No other vehicles were involved in the wreck, the CHP said.

## Swalwell Book Date Change

Abrams Press in New York will release Congressman Eric Swalwell's book "Endgame: Inside the Impeachment of Donald J. Trump" on Tuesday, June 16.

Postponed last month due to the pandemic, the book is described as a behind-the-scenes look at Congress' handling of the investigation

and impeachment of President Trump, with details from inside the Democratic caucus and the Intelligence and Judiciary committees.

Swalwell was elected to the House in 2012 to represent the 15th Congressional District which includes Castro Valley, where his district office is located.

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## Chili Cook-Off Will Be Back Next May

Like so many popular local traditions, this year's Chili Cook-Off sponsored by the Rotary Club of Castro Valley had to be canceled because of the coronavirus pandemic. So, for all those who love to savor the spicy concoctions, we present some favorite recipes to try at home.

And maybe your own adaptation of one of them can be an entry in next year's competition.

Cooking times can vary from several hours (like the International Chili Society winner below) to less than 20 minutes.

### INTERNATIONAL WINNER 1967

- 4 pounds coarsely ground sirloin
- Olive oil or butter
- 2 (6-ounce) cans tomato paste + like amount water
- 3 to 4 medium onions, chopped (about 3 cups)
- 1 green bell pepper, chopped (about 3/4 cup)
- 2 to 10 cloves of garlic, minced
- 3 tablespoons chili powder, or more to taste
- 1 tablespoon ground cumin

- 1 tablespoon dried oregano
- 1/2 teaspoon dried basil

In a 4-quart pot, cook meat in a little olive oil or butter (or a blend of the two) until no longer pink. Drain excess fat.

Add remaining ingredients and simmer 2 to 3 hours with the lid on. Make 6 to 8 servings.

### BLUE RIBBON CHILI BOWL

- 2 pounds lean ground beef
- 1 cup chopped onions
- 2 cloves garlic, minced
- 2 tablespoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 2 (7-ounce) cans green chile salsa
- 1 (10-ounce) can spicy tomato cocktail juice
- 1 (1-pound) can pinto or kidney beans, drained
- French bread or tortillas

Cook beef in a large skillet until brown and crumbly. Drain excess fat. Add onion and garlic and cook until onion is tender. Add chili powder, oregano, salt, chile salsa, tomato cocktail and beans. Simmer, covered, until thick, about 1

hour. Stir occasionally. Serve in bowls with warm French bread or heated flour tortillas on the side. Makes 6 to 8 servings.

### SOUTHWESTERN CHILI

- 1/4 cup olive oil
- 2 large yellow onions, chopped, about 4 cups
- 2 pounds coarsely ground beef (shoulder or chuck)
- 2 pounds coarsely ground pork
- Salt
- 1/3 cup mild, unseasoned chile powder
- 3 tablespoons ground cumin, from toasted seeds, if possible
- 3 tablespoons dried oregano, preferably Mexican
- 3 tablespoons unsweetened cocoa powder (not Dutch process)
- 2 tablespoons cinnamon
- 1-1/2 teaspoons cayenne pepper, or to taste
- 4 cups tomato juice
- 3 cups canned beef stock
- 8 medium garlic cloves, peeled and minced
- 2 tablespoons yellow cornmeal as optional thickener (for more as needed)
- 1 (32-ounce) can dark red



kidney beans (drained and rinsed)

In a large skillet, over medium heat, warm the oil. Add onions and cook, stirring occasionally, until tender, about 20 minutes.

Meanwhile in a 4 to 5 quart heavy flameproof casserole or Dutch oven over medium heat, combine beef and pork. Season

with 2 tablespoons salt and cook, stirring often, until meat has lost all its pink color and is evenly crumbled, about 20 minutes.

Scrape onions into casserole with meats. Stir in chili powder, cumin, oregano, cocoa, cinnamon and cayenne pepper. Cook, stirring, 5 minutes. Stir in tomato juice and beef stock. Bring to a boil then lower heat and simmer, uncovered,

for 1 hour.

Taste, correct seasonings and simmer another 30 minutes or until chili is thickened to your liking. Stir in garlic. To thicken chili further or to bind any surface fats, stir in the optional cornmeal.

Stir in the beans and simmer another 5 minutes. Serves 6 or more.

## Congratulations Grad!

Cole, you ARE our sunshine, with a heart of gold, that shines so brightly, when safe to come out. You were born curious and bright and developed a humor and wit that dazzles those you shine upon. Your passion and boundless energy have kept your flame aglow as you persevere, proving your resilience in the face of even the darkest and coldest of times. May your inextinguishable light lead you to a life of peace, happiness, and health. We love you, Cole! Forever and Always... Infinity x Infinity!



## Congratulations 2020 Graduates!

Don't let these times of adversity take away from the huge **accomplishment** you've made. Go forward, be kind and make a difference!



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**The Cathy Brent Team**  
Congratulates Castro Valley High School's Graduating Class of 2020.  
We wish you much success in your future endeavors.

**Go Trojans!**



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## In This Challenging Year The Rotary Club of Castro Valley Congratulates the Class of 2020

We extend our sincerest thanks to our outstanding educators and school staff, who switched from in-class to on-line teaching with great skill and made it work.

When parents stepped in to augment teaching, that action created a strong community bond of parents, teachers, and staff who rebuilt protocols that paved the path to completion of the school year and most importantly, graduation.

Rotary is proud to recognize and thank this amazing community exhibiting extraordinary leadership in difficult times.



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Javier Andres DeLeon #  
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Amiel T. Duncan  
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Kimia Emadi #  
Ermuun Enkhtuvshin  
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Lauren Frances Espinola  
Jalen Rose Esplanada  
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Jeremiah K. Foster  
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Ramirez  
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## Get Charged Up for the Hyundai Ioniq

By Steve Schaefer  
CASTRO VALLEY FORUM

**T**he Ioniq liftback is offered in three versions—all electrified, but to varying degrees. It's either all-electric, a plug-in hybrid, or a hybrid.

I tested the EV version last year, but this time I spent a week with the hybrid version. For 2020, in a midcycle freshening, all Ioniq models receive new mesh grilles (or in the case of the EV, a new pattern on the closed panel). It looks a bit more upscale and refined. As the hybrid and plug-in versions are direct competitors with the Toyota Prius, this only makes a stronger case for choosing the Hyundai if you're cool to the Prius' extreme styling.

The new model year brings more changes. On the outside, the front and rear bumper fascias are updated. There are new LED head, tail, and daytime running lamps, wheel designs, and side sill moldings. Like a restyled grille, these are relatively inexpensive updates. Inside, there's an optional 10.25-inch widescreen navigation system, new center LCD info screen, and changes to the dash and instrument panel, including touchscreen climate controls and high-tech customizable ambient lighting.

One real improvement impacts only the pure EV version, which is not the subject of this story. It gets a larger battery, so range increases from 124 to 170 miles. That's significant.

Back to the hybrid. My Summit Gray test vehicle was pleasant to look at, but hardly stood out in the parking lot. It was the top-level



**ATTRACTIVE BUT NOT DISTRACTING:** The Ioniq may be the perfect car to drive if you just want a pleasant and fairly green way to take yourself and your family where you need to go.

Limited model, so it came with the optional wide info screen, a nice Harmon Kardon premium audio system, Smart Cruise Control, an electronic parking brake, and more. You can order up a hybrid starting with the Blue super-efficient model, moving up through SE and SEL to hit Limited. Prices run from \$23,000 for the Blue to \$31,000 for the Limited, not including shipping, so you can choose the one that suits you for budget and features.

Living with a hybrid is the easiest form of electrified motoring. You never have to plug it in, because the system gets its electricity from regenerative braking. You can adjust the amount of it when you select ECO mode in the drive selector (you can choose Sport or Normal, too).

The 1.6-liter four-cylinder gasoline engine puts out 104 horsepower and 109 lb.-ft. of torque, and is matched up with a permanent magnet 32-kW electric motor with maximum torque of 125 lb.-ft. That really helps move the 3,115-pound hybrid along when you press the accelerator. The motor is powered by a small lithium-ion polymer battery with 1.56 kWh of capacity, which sits out of the way under the rear seats, allowing the hybrid to offer 3.5 cubic feet more cargo room than the plug-in or the EV.

This drivetrain gets an official 55 mpg City and 54 Highway, which comes out in the EPA's math to 55 mpg Combined. I averaged 39.8 mpg over 126.7 miles of testing. This is significantly below 55, but on one freeway trip I was generating more than 47 mpg, so

I think that your average would be closer to 55 over time. This is still way better than a nonhybrid. EPA Green Scores are a good 7 for Smog and a perfect 10 for Greenhouse Gas.

The Ioniq may be the perfect car to drive if you just want a pleasant and fairly green way to take yourself and your family where you need to go. It's attractive but not distracting. Everything looks and feels good and substantial. I thought my car's gray on gray interior was a little boring, but I'm not a gray enthusiast. Hyundai likes brushed nickel finishes on the handles and switchgear, which is a nice change from the plastic chrome on other cars.

The Ioniq is a safe place to ride. SmartSense Safety and Convenience includes Front Collision

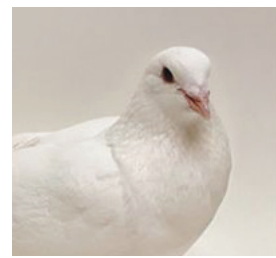
and Avoidance Assist with Pedestrian Detection and new Cyclist Detection Ability and Driver Attention Warning. You also get Lane Keeping Assist and High Beam Assist. You can order Lane Follow Assist as an option. These capitalized features, along with Smart Cruise Control, not only promote safety and reduce driver fatigue but are part of the eventual self-driving car.

For efficiency, the Eco-Driving Assist System helps improve fuel economy. It even includes a Coasting Guide that lets the driver know deceleration is imminent so they can slow down using less braking and save a little fuel. Every bit helps.

I recommend driving a hybrid when you are not able to plug in a car at all. A plug-in hybrid provides some all-electric range, reducing gasoline use while making local trips zero-emission. Pure EVs are great when you have easy access to charging—whether it's in your garage or your neighborhood. The Ioniq can help you for all three choices.

Steve Schaefer lives in Castro Valley. He has been reviewing new cars in the Times for 28 years.

## ADOPT-A-PET



**Homer**, a homing pigeon, needs to be an indoor-only bird. He'd do great in an aviary. Visit: [pigeonrescue.org](http://pigeonrescue.org) for more info on how to care for a pigeon. Hayward Animal Shelter: 510-293-7200.



**Nakia** is a lovable, 2-year-old pup. She has a jovial personality and is a very friendly girl who loves squeaky toys, attention and walks. For more info, call: Hayward Animal Shelter: 510-293-7200.

## U.C. to Eliminate SAT, ACTs

University of California Regents voted last week to phase out the SAT (Scholastic Aptitude Test) and ACT (American College Testing) exams as requirements for admission to U.C. Berkeley, U.C.L.A. and its eight other schools.

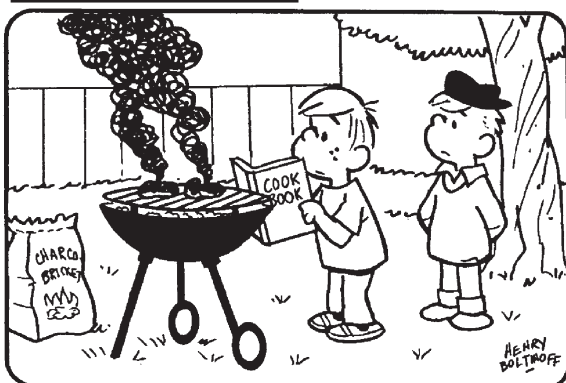
Hundreds of schools, including those in the U.C. system, had already dropped the standardized

tests for 2021 after testing dates were disrupted by the coronavirus pandemic.

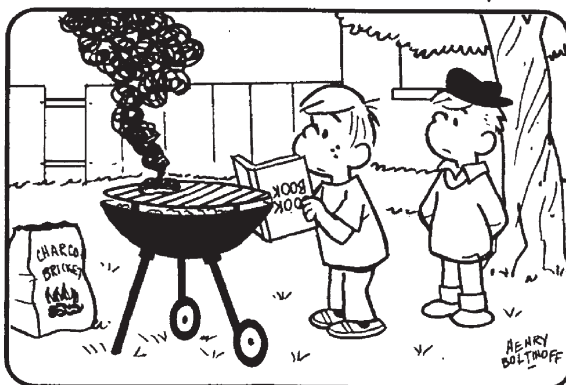
The tests have long been criticized as being unfair to low-income and minority students. The regents' action would mean that, by 2025, consideration of the SAT or ACT for all students would be eliminated. Nearly 300,000 students attend U.C. schools.

## TIME OUT FOR FUN &amp; GAMES

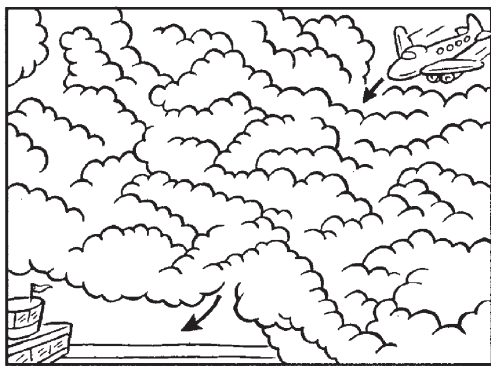
## HOCUS-FOCUS

BY  
HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Fence slat is missing. 2. Window is added. 3. Book is upside down. 4. Steak is missing.



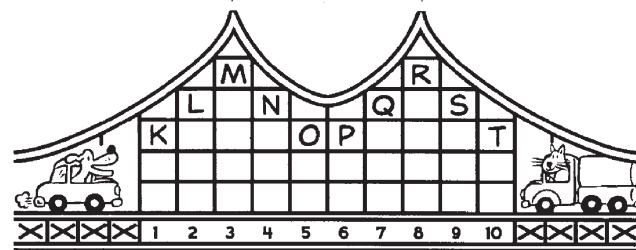
**SOCKED IN!** Visibility is zero. Can you guide the small plane through the maze of clouds to a safe landing at the airport pictured above?

**LUCKY SEVENS!** Professor Flunkum wants you to make up a math problem using seven 7's and one minus sign to arrive at the answer "7." You have seven minutes to solve this one.

Answer:  $7 \cdot 7 \cdot 7 \cdot 7 \cdot 7 \cdot 7 \cdot 7 = 7$

**CHAIN REACTION!** Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.

Answers: Top to bottom: Lack, lace, lane, lank, line, link, lick, lice.



Illustrated by David Coulson

**A WORD BRIDGE!**

The bridge above contains 10 supporting words. We give you the first letter of each word plus plenty of hints:

1. A family relation.
2. Type of onion.
3. A free-for-all fight.
4. A snack or light meal.
5. A lyric poem.
6. A wooden church bench.
7. A clever, witty remark.
8. A picture puzzle.
9. A short performance.
10. A sailor.

Answers: 1. Kin. 2. Leek. 3. Melee. 4. Nosh. 5. Ode. 6. Pew. 7. Quip. 8. Rebus. 9. Skit. 10. Tar.

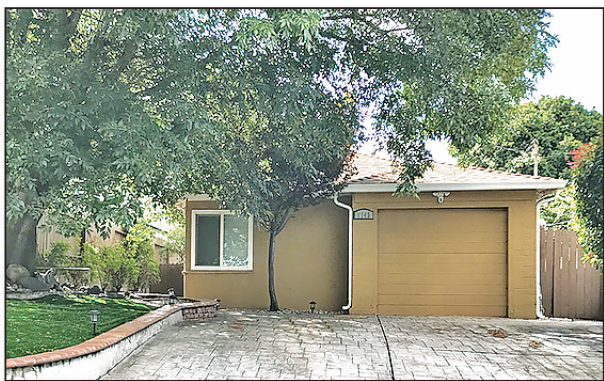


# REAL ESTATE GALLERY



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## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## Cal/OSHA Intensifies Regulations for Showing Homes

**I**nching closer to June 1st, some potential home buyers and sellers are eyeing the end of Shelter-in-Place (SIP) as a Get-Out-Of-Jail-Free card.

Nothing could be further from the truth: real estate sales as we have known them have dramatically altered and will remain that way for some time to come.

Until we have an effective treatment regimen or vaccine for COVID-19, the focus for real estate-related activities will be on prevention. Consequently, many current restrictions will remain for the foreseeable future, including no open houses and personal showings limited to two persons and their agent.

Trying to figure out how this will play out longterm has been difficult since the rules are morphing almost weekly.

The last significant change has been the intersection of Cal/OSHA (The California Division of Occupational Safety and Health Administration) into home sales.

According to their website (<https://www.dir.ca.gov/dosh/>), Cal/OSHA's mission states "protects and improves the health and safety of working men and women in California and the safety of passengers riding on elevators, amusement rides, and tramways." A quick scan of their website reveals nothing real estate specific per se, so how might they be involved?

Under the guise of safety, Cal/OSHA has issued directives concerning access to real estate sales.

First, they have mandated that a placard be placed on the

entry of every home for sale specifying obligatory safety precautions that must be met while accessing the home. These currently include wearing masks and gloves (booties are no longer required and gloves may soon become unnecessary), washing or disinfecting hands prior to and after viewing the home, practicing social distancing and avoiding touching any surfaces inside the dwelling.

Additionally, for those who might not have their own personal protective items, homeowners or listing agents are tasked with providing sanitizer, disinfecting wipes, gloves, masks and a trashcan for used items.

Second, guidelines have been handed down mandating the cleaning and disinfecting of

properties both before and after showings including counters, door and cabinet handles, lock boxes, keypads, sinks, light switches and more. They also state that during a showing, fresh outside air be allowed to enter the property (i.e. leaving the front door open).

The good news is that even with COVID-19 restrictions, significant inventory shortfalls are causing most homes to sell quickly. Multiple offers are also helping keep prices up. Stay tuned as we continue providing updates ... in this new Real Estate Reality.

Carl Medford is a licensed Realtor with Keller Williams Realty and a licensed general contractor. This article is sponsored by the Central County Marketing Association.

## Brown Lawn Stressed by Water

By Buzz Bertolero  
Special to the Forum

**Q** My lawn looks great except for two spots that brownout during the spring and summer months. My neighbor seems to think it's some type of fungus. How do I go about preventing the brown spots before they begin?

**A** While it's possible to have lawn fungus or even insect damage, it's not likely at this time of the year. With warm and windy days, the first thing I suspect is water stress.

Check to see that the sprinklers are operating properly as they can get clogged. The spray from each sprinkler should overlap each other. The overlapping should be close to 100% for each square inch of turf to receive an equal amount of moisture.

Dry spots develop in the sunniest locations where the moisture level is uneven. The gap in the coverage occurs when sprinklers are spaced too far apart or when different types of sprinklers are mixed on the same line.

Here is a simple method to help determine if your coverage is adequate. You'll need several, probably six to eight, straight-sided, empty containers. They are spread out or equally spaced in the lush and problem area(s).

To check proper coverage, turn on the sprinklers until there is a minimum of one inch in a container. Keep track of the time. Check to see if each container is about the same. If one is excessively higher or lower, the sprinklers will need adjustments. Proper irrigation is about

an inch of water twice a week when the temperature is under 85 degrees. If over, three times a week. However soil types, drainage, temperature, age of the turf can all play factors in irrigation. Repeat this for each sprinklers zone or section. If the water levels are close to equal, your sprinkler system is working efficiently. If not, you'll need to make some adjustments and add some sprinklers.

If the solution presents too many problems, increase the water and hand water these spots regularly. Next review the frequency and length of time the sprinklers run.

There is no set rule as there are quite a few variables as mentioned earlier. The soil profile is the key to the solution. This is where the grassroots are growing.

To expose the soil profile you need to make two right angle slices to each other in the turf using a shovel and then lift up the section at the apex. You might do this in several locations. With older

lawns or those poorly amended, the grassroots tend to be at the soil surface or located in an organic layer referred to as thatch.

These lawns need to be watered more often and for shorter periods of time in warm windy conditions than those rooted deeper in the native soil. I recommend that turf be watered in the early morning on a rising temperature instead of waiting for it to be under stress later in the day. Watering in the morning is more water-wise when it's calm as less water is blown around and wasted. And finally. Seasonal grasses will brown out with warm temperatures and return in the fall when it cools off.

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is [www.dirtgardener.com](http://www.dirtgardener.com) and questions can be sent by email to [buzz@dirtgardener.com](mailto:buzz@dirtgardener.com) or on Facebook at [Facebook.com/BuzzBertolero](https://www.facebook.com/BuzzBertolero).



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## RECENT HOME SALES

### Castro Valley

4145 Ravenwood Pl	94546: \$540,000 3 BD - 1,170 SF - 1970
3949 Forest Circle	94546: \$720,000 3 BD - 1,551 SF - 2009
20163 Leroy Drive	94546: \$775,000 3 BD - 1,022 SF - 1954
4899 Seaview Avenue	94546: \$821,500 3 BD - 1,040 SF - 1952
3318 Brookdale Blvd	94546: \$825,000 3 BD - 1,224 SF - 1952
5114 Camino Alta Mira	94546: \$1,010,000 4 BD - 1,780 SF - 1973
2844 Jennifer Drive	94546: \$1,080,000 4 BD - 1,704 SF - 1965
5679 Sun Ridge Court	94552: \$1,135,000 4 BD - 1,891 SF - 1973
6066 Monte Verde Ct	94552: \$1,220,000 3 BD - 3,119 SF - 1980
4069 Pergola Court	94552: \$1,280,000 4 BD - 2,201 SF - 1997
17628 Whisper Lane	94546: \$1,720,500

TOTAL SALES:	11
LOWEST AMOUNT:	\$540,000
HIGHEST AMOUNT:	\$1,720,500
MEDIAN AMOUNT:	\$1,010,000
AVERAGE AMOUNT:	\$1,010,545

### San Leandro

15956 East 14th Street	94578: \$356,000 1 BD - 680 SF - 2008
2077 Washington Ave	94577: \$450,000 2 BD - 1,017 SF - 1984
768 Arthur Avenue	94577: \$492,000 3 BD - 930 SF - 1942
1370 Randy Street	94579: \$570,000 5 BD - 2,025 SF - 1955
1468 156th Avenue	94578: \$600,000 3 BD - 859 SF - 1942
263 Maud Avenue	94577: \$600,000 3 BD - 1,874 SF - 1983
1047 Grace Street	94578: \$680,000 3 BD - 1,340 SF - 1947
1266 Seeley Street	94577: \$700,000 3 BD - 1,052 SF - 1951
15041 Fleming Street	94579: \$700,000 3 BD - 1,118 SF - 1950
14344 Antone Court	94578: \$700,000 3 BD - 1,568 SF - 1955
86 Estabrook Street	94577: \$706,000 2 BD - 1,201 SF - 1940
267 Bowling Green St	94577: \$768,000 3 BD - 1,296 SF - 1941
922 Purdue Street	94579: \$780,000 3 BD - 1,580 SF - 1956
1299 Castro Street	94577: \$830,000 3 BD - 1,803 SF - 1952
837 Arbor Drive	94577: \$1,100,000 3 BD - 1,982 SF - 1930
869 Lee Avenue	94577: \$1,250,000 3 BD - 1,798 SF - 1926

TOTAL SALES:	8
LOWEST AMOUNT:	\$620,000
HIGHEST AMOUNT:	\$1,110,000
MEDIAN AMOUNT:	\$740,000
AVERAGE AMOUNT:	\$756,000



LETTERS  
TO THE EDITOR  
FREDZ@EBPUBLISHING.COM**A Moving, Thoughtful Gesture on Memorial Day**

Editor:

With the Veteran's Memorial at the community center usually fenced off, I thought I could at least place some flowers on the fence in honor of all the brave veterans.

However, Memorial Day morning I found beautiful wreaths and flags waving and a few veterans keeping watch inside. There were no other visitors so I entered through the small opening in the fence, and quickly placed the flowers above my husband's picture on the young boy statue.

I assumed I shouldn't tarry, and started to leave when I heard a voice quietly saying, "stay there!" There followed the most beautiful, stirring rendition of taps I have ever heard.

What a moving, thoughtful gesture. Although he played it for my husband, Owen Smith, I felt it was for all those who served and are honored there.

Thank you to all who designed, created and care for that beautiful memorial. What a blessing to have a place to honor all those who served their country, defending our freedom.

—Erma Smith, Castro Valley

**Save Ruby Meadow and Riparian Corridor**

Editor:

It's time to Save Ruby Meadow on San Lorenzo Creek in Castro Valley from a four-story, 72-unit, maximum-density, apartment complex and vast surface parking that will cover the site and habitat.

This site is on Ruby and Crescent between the Japanese Gardens and A Street. The meadow is unique in the riparian corridors of San

Lorenzo, Chabot, and CV Creeks because it's the largest remaining natural site along this reach of our largest creek.

It's also been in Caltrans/public hands for 50-plus years.

This development will destroy extensive sensitive habitat (described as Oak-Riparian Woodland and Wildlife Corridor in the CV General Plan) that is beyond the creek's minimum-top-of-bank areas.

For example, 90% of the 97 trees in the development area would be demolished including 37 native trees and 25 heritage trees with a diameter of more than 2 feet. Western red bats, an uncommon tree-roosting bat and Species of Special Concern, also depends on the extent and configuration of trees.

The County's limited environmental analysis whitewashes the habitat in the development area, ignores protective policies and requirements, allows grading of 60% of the top-of-bank conservation easement, and does not assess cumulative impacts to the creek corridor.

Eden Housing is pushing ahead despite community input and has put the County on notice of its limits to disapprove or condition approval of an affordable housing project.

Citizens from all over the unincorporated communities and Hayward say this project is too big for this site. We have a HARD-identified, park deficiency in this area of CV and Hayward. The best use of this unique site is park and open space.

We want affordable housing on other currently available sites and 238 Caltrans parcels.

Give written and verbal testimony prior to and at the CVMAC June 8 virtual meeting. Write to Planning, nisha.chauhan@acgov.org. Save Ruby Meadow. See Planning documents: <https://www.acgov.org/cda/planning/landuseprojects/currentprojects.htm>

—Bruce King, Castro Valley

**Celebrate Pride Month with a Free Flag**

Editor:

Castro Valley Pride has been canceled for 2020, but the celebration of Pride Month in June can never be canceled! So we are offering free rainbow flags to anyone who wants one (along with a small gift to mark our 10 year anniversary) on Saturday, June 6th.

It will be a *drive-thru-only* event and will follow all updated Alameda County COVID-19 guidelines, from 10 a.m. to 1 p.m. at Faith Lutheran Church, 20080 Redwood Road.

All participants will enter the church parking lot from Redwood Road and remain in their cars. Each driver can choose (via signage) between a standard rainbow flag or the inclusive rainbow flag, and will be directed to that pickup area.

The driver will open the trunk remotely (if possible) and a CV Pride team member will place their bag with flag choice and gift inside the trunk. Another CV Pride team member will direct the driver to the exit.

A final CV Pride team member will be at the exit to help the driver turn right safely back onto Redwood Road. All CV Pride team members will have masks and gloves.

Drivers must remain in their cars, and there can be no physical contact or conversations. Yes, there will be music and entertainment from a distance. Car dancing is encouraged. Hopefully all those flags will be flying from homes and businesses all month long. Happy Pride!

—Billy Bradford, Castro Valley Pride

**Not the Time to Pay Higher Garbage Rates**

Editor:

Thank you, Ken Owen ("Seeks Help on Garbage Fees," *Letters May 20*) for once again surfacing the recent vote of the Castro Valley Sanitary District (CVSan) Board of Directors to increase our garbage rates to ACI another 5.8% effective July 1, 2020.

We continue to pay one of the highest rates for this service in the Bay Area.

I concur with Mr. Owens on the need for this rate increase to be suspended at this time in light of the current COVID-19 pandemic, and all of the financial ramifications that have come with it.

Many families are out of work, many are working less, and many are relying on food pantries just to put food on the table. This is not the time for us to start paying higher garbage rates.

Utilities, banks and landlords are all working with customers to lessen the financial blows at this time. CVSan and ACI should consider doing the same. Castro Valley is a small unincorporated town that should be given consideration.

A 5.8% increase is substantial. Pay raises for bargaining unions usually don't reach this level of increase at any one time.

I have already reached out to both ACI and the CVSan Board with this request to suspend, and I recommend that you do the same. Our garbage rates continue to go up as they are asking us to continue to move toward zero waste. Doesn't make sense to me.

Won't you please take a couple of minutes and send an email to the CVSan Board of Directors requesting this rate increase be suspended at this time. You can reach them at [board@cvsan.org](mailto:board@cvsan.org).

In addition, I think our CVSan Board needs some shaking up this year. Three Board members are up for reelection. I think we need some new blood on the board as many have been in this position for decades. Please consider running!

—Karen Robertson, Castro Valley

**Reduced Pollution Spares the Air During Pandemic**

Editor:

Not all pandemic news is bad.

We've all noticed how much bluer the sky is. Markers now stay in the "Good-Fair" zones even when it isn't raining.

Look closer and you might see one of the most essential animals on this planet making a strong comeback – honey bees. All of the blossoms in our yard are enjoying perhaps triple the pollination frenzy of years past, and yet not a single neighbor's stay-at-home kid has screamed with a bee sting.

You might have also noticed you haven't had to clean outdoor furniture or wash your car so often.

Yet it's more than pleasantries, one group of researchers notes that world wide in 2015 air pollution shortened the average person's life by 3 years.

That's such a high cause of death that it over-shadows violence. It's 17 times more likely that we'll see someone on Earth whose life was cut short by pollution instead of some sort of direct human violence!

By the numbers, the coronavirus will probably kill more than the 5.5 million people on Earth whose deaths ordinarily come from poor air quality each year, but at least there will be some life saving thanks to cleaner air from reduced "non-essential" production and traffic.

Only 20 miles separates us from the Pacific Ocean. Somehow, in that mixture of land and bay, clean ocean air too often gets so dirty we need health warnings. We've seen how it can be, and most of us already know how to fix it.

—Karl Hodges, Castro Valley

**A New Stimulus Package, Not Weapons**

Editor:

Another stimulus package is needed now. This one for families, the poor, small business (and I mean *small*), hospitals and states.

This stimulus is needed not only to help people in need, but to save the economy and country. We're the richest country in the world, so don't say it costs too much to save it.

The president refers to the pandemic as the invisible enemy we are at war with. For once, this clown is right. It is a war and we should fight it like any other war, by using the trillions of dollars in the defense budget. If it can be used to build a wall, it can be used to fight this war.

We can and must maintain our military forces, but there is no need, during this world-wide pandemic, to build more weapons, ships, planes, create a new space cadet program, etc.

We have enough weapons stockpiled to destroy the world ten times over. Use the defense budget for the next year or two to destroy this enemy before we lose the battle. Trump declared this a national emergency and war, so let's fight it like one!

—Fred Kopperdahl, Castro Valley

**Mail-In Ballots the Safest Way to Vote**

Editor:

Some people, due to their physical health conditions, cannot go to the polls to vote. Voting by mail is the only way they can vote.

Donald Trump is against vote-by-mail because he is afraid he will lose the election.

Vote-by-mail is the safest way to vote. Hackers can attack computers, but not mail-in ballots. It is also less expensive for the states.

Donald Trump is trying to destroy the Post Office.

—Flo Wiley, Castro Valley

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M	A	V	B	E	E	R	B	I	A	S
A	C	E	E	T	N	A	A	R	C	H
T	H	R	A	S	H	E	D	L	A	T
H	E	A	R	T	Y	A	W	L	E	
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LETTERS TO  
THE EDITOR

must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. Email letters to: [fredz@ebpublishing.com](mailto:fredz@ebpublishing.com) or mail to: The Forum P.O. Box 2897, Alameda, CA 94501.

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LOCAL SAILOR ABOARD USS THEODORE ROOSEVELT



NAVY PHOTO BY SPECIALIST 3RD CLASS JULIAN DAVIS

**U.S. Navy Electronics Technician 3rd Class King Chen from Hayward runs diagnostics on a radar data processor, simulating operations aboard the USS Theodore Roosevelt while moored at Naval Base Guam last week. The aircraft carrier is back at sea for the first time in nearly two months after a coronavirus outbreak on board infected more than 1,100 sailors.**

NEWS BRIEFS

Traffic Making a Comeback After Big Dip

Traffic is building again throughout the Bay Area. Overall, traffic in the nine Bay Area counties has surged 61% from its nadir during the week of April 8-12, according to KQED News. However, traffic is still 73% below its March 1 level prior to the start of shelter in place orders.

Hayward Officials Agree to Salary Cuts

The Hayward City Council has approved a set of changes in compensation agreements to save money amid steep declines in City revenue stemming from the coronavirus emergency. Under the agreements, Hayward firefighters, fire department managers, city manager and city councilmembers will give up the 2% pay increases they were scheduled to receive July 1.

Energy Partners Distribute \$250,000 to Alameda County

A partnership between East Bay Community Energy (EBCE) and the Clearway Energy Group is distributing \$250,000 in grants to support COVID-19 relief efforts in Alameda County. A total of \$140,000 will go to local organizations that provide help on utility bills, food security, rent, health and wellness. An additional \$50,000 will spent on masks and hand sanitizer for community members in need and front-line workers in the county. The remaining \$60,000 is yet to be allocated.

Disposal of Surplus Textbooks Announced

The Castro Valley School District has announced it intends to dispose of 80 text books published from 2004 through 2008 by Pearson/Prentice Hall with the title "Realidades," "Realidades Vocabulary and Grammar Transparencies," Realidades Reading and Writing for Success, and Realidades Resource Book." These items are expected to go to the School Board for approval on June 25. To request any of these materials, contact Araceli Cortez at acortez@cv.k12.ca.us,



**Bagged textiles should be set out by 6 a.m. on the appropriate collection day. Textiles include such items as clothing, towels, linens, bathmats, curtains, shoes, stuffed animals in clean and good condition, and area rugs and carpet.**

Recycle Your Textiles Curbside June 1 to 5

Have you been finding clothes that you no longer wear? Take advantage of CVSan's upcoming Textile Collection Week June 1 to 5 to recycle your clothing and other textiles curbside.

Textiles include such items as clothing, towels, linens, bathmats, curtains, shoes, stuffed animals in clean and good condition, and area rugs and carpet no larger than 9-by-12 feet. Customers will not receive a tax-deductible receipt.

Single-family residents should place bagged textiles curbside on their regular recycling collection day that week.

Multi-family residents should check with thir property manager for the textile collection day and collection area.

Bagged textiles should be set out by 6:00 a.m. on the appropriate collection day. They will be collected with a special vehicle that may service your block earlier or later than regular vehicles. Bags should not be placed behind or on top of carts.

Unacceptable items include light-up shoes or clothes, textiles that are wet, moldy, or have human waste, blood, toxic chemicals, or motor oil on them.

Prom: Trying to Bring Everyone Together

continued from page 3

The venue creation took over a month of group effort, and unfortunately was swarmed by unknown hackers who attacked other players and took all the Easter Eggs. The game will be re-released with stronger anti-cheat software on a

higher-capacity server. It will also use a "whitelist," meaning only CVHS students will be allowed, identified by their own names.

"It initially started as sort of a joke, having a Prom in Minecraft. Then at first we expected it to be kind of small, and we were sur-

prised by how many people wanted to join the server," says Bhat. "We're just trying to do this to bring everyone together."

Bhat is working with members of CVHS Leadership, who post official and unofficial events like this one on social media.

HOLIDAY HEATWAVE



PHOTO BY FRED ZEHNDER

**Temperatures in the mid-90s along the bay brought out hundreds to Crown Beach in Alameda on Memorial Day. Picture taken at mid-afternoon, with not a mask in sight!**

FILED  
APRIL 08, 2020  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 569723  
**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
Chabot Collision Inc. at 20736 Lake Chabot Road, Castro Valley, CA 94546 in Alameda County is hereby registered by the following owner(s): Chabot Collision Inc., 20736 Lake Chabot Road, Castro Valley, CA 94546. This business is conducted by a corporation. This business commenced 8/26/2005.  
/s/ Chabot Collision Inc.  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires APRIL 08, 2025  
**MAY 6, 13, 20, 27, 2020  
260-CVF**

FILED  
APRIL 17, 2020  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 569959  
**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
JOVI Worldwide located at 5290 Camino Alta Mira, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Alison Thornberry, 5290 Camino Alta Mira, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A.  
/s/ Alison Thornberry  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires APRIL 17, 2025  
**MAY 6, 13, 20, 27, 2020  
261-SLT**

FILED  
APRIL 24, 2020  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 570091  
**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
Swimbaitcity located at 21771 Shadyspring Rd., Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Donald C. Osborne, 21771 Shadyspring Rd., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced 7-1-2006.  
/s/ Donald C. Osborne  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires APRIL 24, 2025  
**MAY 13, 20, 27, JUNE 03, 2020  
263-SLT**

FILED  
APRIL 29, 2020  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 570144  
**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
shopmaravillas located at 999 Arguello Dr., San Leandro, CA 94578, in Alameda County, is hereby registered by the following owner(s): Stephanie Albor-Rueda, 999 Arguello Dr., San Leandro, CA 94578. This business is conducted by an individual. This business commenced N/A  
/s/ Stephanie Albor-Rueda  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires APRIL 29, 2025  
**MAY 20, 27, JUNE 03, 10 2020  
266-SLT**

**HOROSCOPE** by Salomé © 2019 King Features Synd., Inc.

**ARIES (March 21 - April 19):** Your Aries self-esteem level is high, as is your impatience to see more action come your way in the workplace. Good news, Lamb: It could start to happen sooner than you think.

**TAURUS (April 20 - May 20):** Changing things now could upset a lot of people. But if you feel you're acting because you believe it's the right thing to do, others will understand and even come to support you.

**GEMINI (May 21 - June 20):** A change of mind might not necessarily be a change of heart. You still want to go ahead with your plans, but you might see a better way to make them happen. So go for it.

**CANCER (June 21 - July 22):** An old business dispute could re-emerge and possibly affect upcoming negotiations. Consider opening up the situation to include suggestions from others on both sides of the issue.

**LEO (July 23 - August 22):** Some Leos and Leonas might find it somewhat difficult to get their ideas accepted or even considered. But that's only for a while. Things will soon return to the way you like them.

**VIRGO (August 23 - Sept. 22):** The pace seems to be slowing down from the hectic on-the-job run you recently enjoyed. But be assured that you're still in the race to pick up new workplace-related goodies.

**LIBRA (Sept. 23 - October 22):** Seasonal changes create opportunities for busy Librans. However, be sure to balance your workload with your personal life so that you don't overdo it on one end or the other.

**SCORPIO (October 23 - November 21):** A former critic could make a surprise turnaround and become a supporter. But if your Scorpion sense suspects a questionable motive, who are the rest of us to doubt it?

**SAGITTARIUS (Nov. 22 - Dec. 21):** Data on a new project seems less than dependable. But it might turn out to be just the opposite. Consult with someone who knows how you might best be able to check it out.

**CAPRICORN (Dec. 22 - Jan. 19):** Capricorns face many decisions this week, with the Sea Goat's kids rating high on the consideration scale, especially regarding vacations and upcoming school matters.

**AQUARIUS (Jan. 20 - Feb. 18):** Showing that you care is what Aquarians do so well. It's your very special skill. And this week, you'll have several chances to show off that gift for a very special person. Good luck.

**PISCES (Feb. 19 - March 20):** That streak of Piscean wariness should serve you well this week should you be among those who come up against a slippery character offering a fishy deal with nothing to back it up.



## ATHLETE OF THE WEEK

### Jackson Morgan

Jackson Morgan, a sophomore at Granada High School and a Castro Valley resident, is our Athlete of the Week.

On March 7th & 8th 2020, Jackson competed in USA Wrestling's California State championships where he went 5-0 on the day, and he made it to the state finals.

Jackson won the individual state championships at the 145lb weight class. In the Junior Division, Jackson placed 5th in the state overall.



### CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

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### CVSan AERIAL PIPELINE AND PUMP STATION REHABILITATION PROJECT UPDATE



Castro Valley Sanitary District (CVSan) has begun design for the upcoming Aerial Pipeline and Pump Station Rehabilitation Project. The project is being designed by HydroScience Engineers, and includes the rehabilitation of CVSan's eight pump station locations and four high-priority aerial pipeline locations. An aerial pipeline is a pipe that is installed above ground and usually passes over certain geographical features, such as creeks or streams. The project is estimated to go out to bid in the summer and will hopefully begin construction in the early fall.

If you have any questions regarding future CVSan repair projects, please visit [www.cvsan.org/projects](http://www.cvsan.org/projects) for more information

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## Get Preventative Care Back on Track for 'Summer of Self-Care'

By Monique Binkley Smith  
SPECIAL TO THE FORUM

As California begins cautious steps to resume day-to-day life in the state amid the ongoing concerns of COVID-19, essential services like healthcare are signaling changes of their own.

After weeks of planning, the Sutter Health network has begun expanding clinical services for preventative care and those with medically necessary, time-sensitive procedures and appointment needs in the locations supported by local guidance and public health orders.

"The COVID-19 pandemic has taught us a lot and reinforces that our health is precious. We need to do everything we can to protect it," said Dr. Lizz Vilardo, CEO of Sutter Bay Medical Foundation. "As we begin our phased approach to reopening, we encourage people to take advantage of the summer months to focus on preventative services to promote their best health now."

Medically necessary, time-sensitive procedures for many people include mammograms, colonoscopies and skin exams.

These services complement other ongoing offerings including vaccinations and well-baby visits.

Sutter's expanded clinical services will also help patients with chronic or complex diagnoses like diabetes or high blood-pressure resume needed care that can't always be managed from afar.

Preventative care helps keep chronic health issues from becoming something emergent or acute.

Careful steps have been taken to make clinics safe and patients feel welcome upon returning to network care centers, adopting universal masking for staff and patients, temperature check stations for staff, increased frequency of cleanings and moved furniture to promote physical distancing in waiting rooms.

Patients with worrisome symptoms are seen in special clinics to where there are added safety measures for staff and patients.

Digital documentation and check-in options are also available for Sutter patients, which helps cut down on wait-times and get patients into exam rooms more quickly.

"EZ-Arrival" lets patients provide and verify check-in information in the safety of their homes.

"Hello Patient" uses GPS to detect when patients have arrived at a Sutter facility. Patients simply tap on the arrival button on their mobile device to indicate they are ready to be seen. Both services are available to patients who are signed up for the online patient portal, "My Health Online."

"This safety-first approach helps us support patient needs while allowing us to continually monitor personal protective equipment and testing capability to ensure we can provide care safely and remain prepared for a surge should the number of COVID-19 patients begin to increase again," said Dr. Conrad Vial, Sutter's chief clinical officer. "We are confident that we can broaden our clinical services and still maintain surge readiness."

Video visits remain an option for patients who have routine care needs. Urgent care clinics and hospital emergency departments also are open and provide care beyond the pandemic. Clinical teams are trained and equipped to care for patients while protecting them along with staff.

Monique Binkley Smith is Communications Manager for Sutter Health.

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