# **CASTRO VALLEY FORUM** A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

Barth Day

#### **YEAR 32**

#### WEDNESDAY, APRIL 22, 2020

**NO.17** 

# **INSIDE YOUR** FORUM

#### **NEWS**



**EBX Changes** BART's Early Bird Express bus changes start next Monday Page 2

#### LIVING



Get Comfortable Staying in more provides the perfect opportunity to enjoy comfort foods Page 5

#### NEWS



**Garden Tours** Tours of native plant gardens will begin online this Sunday Page 12

# **INDEX**

Arts & Entertainment 11
Classified Ads8
Crosswords9
East Bay Living5
Homes 6
Horoscope 10
Obituaries 10
Opinions 10
Our Town 3
Weather 2
PHONE: (510) 614-1560



Hospitalman Mark Canlas of Hayward treats a patient in an intensive care unit aboard the hospital ship USNS Mercy last Thursday. Mercy deployed in support of the nation's COVID-19 response efforts, and will serve as a referral hospital for non-coronavirus patients currently admitted to shore-based hospitals. This allows shore base hospitals to focus their efforts on COVID-19 cases.

# Face Masks Now Mandatory

#### **By Michael Singer** CASTRO VALLEY FORUM

If you are going out in public, make sure to wear a face mask or risk getting a ticket starting today. Alameda County Health officials issued new orders late last week to help control the spread of the novel coronavirus. Enforcement began this morning at 8:00 a.m. and will remain in place until further notice.

The order makes it mandatory for nearly everyone to wear face coverings when around people outside of their own homes.

County because people may have COVID-19 but not show symptoms or their symptoms are so mild they don't think they have after seeing a significant and become infected," County Health increasing number of suspected Officer Dr. Erica Pan said in a cases of community transmisstatement.

The directive comes at a time when Alameda County and Berkeciated with COVID-19.

facilities.

San Leandro along with Castro

up more than 200 of the reported



PHOTO COURTESY OF RACHEL GOODWIN

"Consistent and broad use of a County Health officials issued new orders late last week face covering may help to slow the which makes it mandatory for nearly everyone to wear face spread of COVID-19 in Alameda coverings when around people outside of their own homes. open car window or in a chair. For week, a figure he said was "still

> Officials said they were moti- infections; only Oakland and Hayvated to issue these protections ward have more.

Alameda County, which has 1,870 and San Francisco at 1,216.

# County Activates Disaster Relief Funds, Website

needs facing residents, commu- will be accepted from individuals, nity-based organizations, first re- philanthropy and businesses. sponders and health care workers, Alameda County has activated two Disaster Relief Funds.

Established after the 9/11 attacks on the U.S., these Disaster by personal check payable to the Relief Funds have been reactivat- Alameda County Disaster Relief ed a number of times, most recent- Fund c/o the Auditor-Controller ly during California's devastating Agency, 1221 Oak St., Room 238, wildfires.

ners to support vital needs by donating to the funds.

The first, an Emergency Fund, will provide needed services to those directly affected by the pandemic. All monetary contributions will assist residents that are directly affected by the pandemic, proving emergency relief to families, youth and seniors that may need assistance.

Support will include such needs as emergency childcare, shelter and food aid, and personal protective equipment (PPE).

The second, a Recovery Fund, will accept cash donations to purchase supplies to assist first responders, emergency workers and

# To help address the growing health care providers. Donations

Donors must designate either the Emergency or Recovery Fund along with their donations.

Cash donations may be sent Oakland, CA 94612.

The County is reaching out to In addition to funds, the coun-philanthropic, business, private, ty is accepting donations of new public non-profits and other part- personal protective equipment in original packaging of such needed supplies as N95 or P100 Respirator Masks, Surgical Masks, Protective Gowns, Disposable Gloves, Hand Sanitizer, Disinfectants & Wipes, and Goggles & Eye Protection.

To donate, visit: acgovcares. org/#ppedonations

Alameda County Confirmed Cases = 1,191Deaths = 42California Confirmed Cases = 33,874

Deaths = 1,227as of April 21, 2020

# **Eden Drive-Up Clinic**

Eden Medical Center has an their symptoms worsen. outdoor drive-up Respiratory Care Clinic for Sutter patients with se-

phone call 1-866-961-2889.) those with symptoms of a virus, a inadequate." specimen is collected for a flu test and a COVID-19 test.

1.7 million residents, now has the each patient's lungs, and if indi- used to sign up those who wish to third-most cases in the Bay Area, cated, order an X-ray or CT scan volunteer in many different ways. sions, especially in senior care behind Santa Clara County at to detect infection. Every person who comes through the clinic has Face coverings can be simple their temperature, respiration rate, guidelines on testing and tracking ley registered 1,191 cases of infec- Valley and the other unincorporat- and homemade, made of cloth, heart rate and oxygen saturation COVID-19 in the state. The brieftion and identified 42 deaths asso- ed areas of Alameda County make fabric, or other soft or permeable checked and each leaves with a ings are broadcast live each day at see MASKS on page 4 personalized plan for what to do if noon on Bay Area TV stations.

Statewide Testing

At his daily briefing yesterday, rious symptoms who have already Gov. Gavin Newsom said that the been screened. (To be screened by state was conducting 14,500 tests per day as of Tuesday and that A physician in full protective he expected to increase the daily gear sees patients through their number to 25,000 by the end of the

The governor also announced a new interactive website (califor-The physician will listen to niansforall.ca.gov) which will be

At tomorrow's briefing, Newsom is expected to outline new

## **Castro Valley Weather** April 22-26, 2020



Almanac

۲



Thursday Wednesday Mostly Sunny Mostly Sunny High 71° Low 56° High 66° Low 50°

Friday Mostly Sunny High 75° Low 54°

Saturday Mostly Sunny

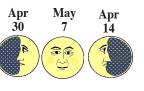
Apr 22

High 71° Low 52° High 70° Low 46°

Sunday

Mostly Sunny

# Moon Phases





Past Week's Rain: 00.00

Season To Date: 08.39 Normal To Date: 18.50 Season Average: 21.22

PUBLISHED EVERY WEDNESDAY DELIVERED TO OVER 20.000 HOMES - TOTAL CIRCULATION 22.500 <u>To advertise call</u>

Mary Florence: 510-861-3270 or Linda Nakhai: 510-915-1513 2060 Washington Ave. • San Leandro, California 94577

# GOT A NEWS TIP? CALL 510-614-1560 OR EMAIL: fredz@ebpublishing.com

# **ACI EXTRA SERVICE TAGS** AND PAPER GARDEN BAGS

# DO YOU HAVE A LARGER VOLUME **OF GARBAGE OR PLANT DEBRIS THAN USUAL?**

Purchase Extra Service Tags and Paper Garden Bags from Alameda County Industries (ACI) for garbage and plant debris that do not fit in your carts.





**Extra Service Tags** 

Affix one tag on one bag of garbage and place next to carts on your service day.

Paper Garden Bags Fill with yard trimmings and place next to carts on your service day.

\$8.94 per tag or bag (includes collection & processing costs).

To order, contact ACI at 510-483-1400 or info@alamedacountyindustries.com. Products will be mailed. Postage will be added to Paper Garden Bags. Fee of \$8.94 per item through June 30, 2020. Only extra bags with proper tags and ACI garden bags will be collected. No other bags or tags are accepted.

#### CASTRO VALLEY SANITARY DISTRICT Effective Environmental Services since 1939 510-537-0757 | www.cvsan.org This ad was funded by ACI Pub Ed



۲



BART ridership is down more than 90% these days.

PHOTO BY JIM KNOWLES

# **BART's Early Bird Express Changes Start Next Monday**

Bird Express (EBX) bus routes will be reduced or discontinued beginning Monday, April 27, due at least one trip into San Francisco parture stations to inform riders to decreased ridership during shel- from each region. This will help to about the changes. ter-in-place orders.

In mid-March, the EBX network carried roughly 1,000 riders shelter-in-place orders are lifted operators at BART's Information per day. Recently that number has and customers return. dropped to as low as 100, a 90% decline in ridership.

Since shelter-in-place was established, BART and its sevand evaluating potential options to craft a reduced service plan to match the decreased demand.

Partner bus agencies have also indicated that the express service ken Senior Center invites your to sustain their main routes.

Among routes being discontin- connected with others. ued is No. 703 from Dublin/Pleas-

BART service on all 13 Early anton Station to the Salesforce the Salesforce Transit Center and Transit Center in San Francisco.

ensure that EBX stays within bud-

son outreach on Monday, Tuesday 465-2278 to help riders plan their and Wednesday, April 27-29, at trips and gather feedback.

at 19th St./Oakland Station. Signs The new service plan provides will also be posted at all EBX de-For more info about EBX, visit

get and is able to restore service as bart.gov/earlybirdexpress. Phone Center are available Monday-Fri-BART staff will conduct in-per- day, from 8 a.m. to 6 p.m. at 510-

# en partnering bus agencies have been monitoring ridership trends Sign Up for Senior Chat

Sheltering-in-place can be is convenient for you Monday lonely and difficult to handle for through Friday from 9 a.m. to 4 many seniors. The Kenneth Ait- p.m. during the shelter-in-place. conversation and help you stay

You can sign up for a time that Tera Maroney at 510-750-7268.

To sign up, please call Kenneth reductions are needed to free up sign up for Senior Chat now! Staff Aitken Senior Center Recreation their overall service capacity and will call you to have a 10 minute Coordinator Jen Tibbetts at 510-750-7861 or Hayward Area Senior Center Recreation Coordinator



#### SHERIFFS REPORTS OMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM

#### **Caught with Stolen Property** and Illegal Narcotics

Sunday, April 19: at 3:15 p.m., pulled over a vehicle and charged Sheriff's deputies arrested a the driver, a 34-year-old man, on 25-year-old man from Castro Val- suspicion of driving with an exley on suspicion of possession of pired registration. The passenger, stolen property, illegal narcotics, a 33-year-old woman was also and methamphetamine drugs. The charged with possession of illegal man was stopped at a business on narcotics. Deputies took the pair Lake Chabot Road near Quail Avenue when deputies approached him and discovered his stash. The man was taken into custody.

#### Theft Outside of Church

a 20-year-old man from Hayward was arrested on suspicion of theft from another person at a church on near Marshall Street. The driver, a Grove Way near Redwood Road. 42-year-old man, was handcuffed Deputies were called to the scene and taken into custody. The pasfollowing a call about a stash- senger, a 33-year-old woman, was and-grab incident. The man was additionally charged with possesstopped in the parking area and sion of illegal narcotics. Deputies taken into custody.

Traffic Stop Ends in Arrest were arrested following a traffic Santa Rita Jail pending bail.

stop on Castro Valley Boulevard near Stanton Avenue. Deputies into custody.

#### Two Charged with **Grand Theft**

Wednesday, April 15: at 10:11 a.m., deputies pulled over two peo-Thursday, April 16: at 6:32 p.m., ple from Oakland on suspicion of grand theft auto in front of a drug store on Castro Valley Boulevard report the woman was also wanted as part of a warrant issued for her capture on previous charges of Wednesday, April 15: at 6:10 auto theft and possession of stolen p.m., two people from Oakland property. The woman was taken to

Contributors:

Linda Sandsmark

Michael Singer

Amy Sylvestri

Jim Knowles

Gene Osofsky

Carl Medford

Terry Liebowitz

Debbie Tee

Linette Escobar

Thomas Lorentzen

**Buzz Bertolero** 

Bruce Roberts

#### CASTRO VALLEY FORUM CASTROVALLEYFORUM.COM

ESTABLISHED: 1989 • CIRCULATION 22,500 © 2020 EASTBAY PUBLISHING CORPORATION - ALL RIGHTS RESERVED

Published every Wednesday by EastBay Publishing Corp. 2060 Washington Ave., San Leandro, CA 94577 Corporate Address: P.O. Box 2897, Alameda, CA 94501 Tel: 510-537-1792 • Fax: 510-814-9691

#### Fred Zehnder, Editor & Publisher fredz@ebpublishing.com

Howard Morrison, Assoc. Publisher howardm@ebpublishing.com

Helen Burkett, Advertising Design Mgr. helenb@ebpublishing.com

Moxie Morrison, Lavout Design moxmore@yahoo.com

Claudette E. Morrison, Business Mgr. cm@ebpublishing.com

Patrick Vadnais, Classified Ads / Obituaries patrickv@ebpublishing.com

Mary Florence, Advertising Sales 861-3270 Mpominville458

Linda Nakhai, Advertising Sales

Inakhai@comcast.ne

# **VALLEY TRUCK & TRAILER**

YES WE'RE OPEN 510.889.8103

Can't get your car or truck in for service? We offer free pickup and delivery! All basic service, from brakes and tires to batteries to hitch installation



18811 Lake Chabot Road, Castro Valley



The Alameda County Sheriff's Office Rhythm Cadets were recipients of one of eight grants from the Rotary Club of Castro Valley. They are shown in their appearance at the 2019 Rowell Ranch Rodeo Parade.

# Rotary Club Awards \$6,500 in Grants

a positive difference in Castro Val- A.R.T., Inc. ley to receive grants ranging from \$500 to \$1,500.

Center's Fall Prevention Pro- munity," said Rotary President gram, Alameda County Sheriff's Todd Anglin. "The Rotary Club of Valley Sports Foundation's Trail porting outstanding community

"The Club is excited to pro-

mote all of these wonderful orga-The recipients are Bad Busi- nizations that are striving to make ness Model Bikes, Eden Medical Castro Valley an even better com- cellent grant applications this above under Upcoming Events. Office Rhythm Cadets, Castro Castro Valley is committed to sup- challenge.

he Rotary Club of Castro Challenge, Ruby's Place, Spec- programs that align with the goals round of grants in October 2020. Valley has selected eight trum's Meals for Seniors program, of Rotary. The Club is excited to Details are at www.castrovalleyroprograms that are making La Honda Music Program, and promote all of these wonderful tary.org. organizations that are striving to make Castro Valley an even better community.'

year, making the Rotary Grants Committee's selections a difficult

The Club will fund another nationally.

The Rotary Club of Castro Valley is currently meeting online on Tuesdays at noon. Links to the The club received thirteen ex- meetings are posted at the website

The Club welcomes individuals who want to make a positive impact locally, nationally, and inter-

# DMV Will Extend Expiring Driver's Licenses to May 31

The California Department of COVID-19 pandemic.

id through May 31.

endorsements and certificates ex- document their extension. piring between March and June 2020 are now valid through June license are not eligible. 30.

er licenses expiring during the These drivers will not receive a mail automatically. new card or an extension in the Licenses that expire between mail. As an option, drivers can medical certificates for com- al.dmv.ca.gov, builds on the other March and May 2020 are now val- request a free temporary paper mercial drivers, which requires online services already available extension online through DMV's additional administrative actions to DMV customers at dmv.ca.gov, All commercial driver licenses, Virtual Field Office (see below) to scheduled in the near future.

The extensions require no indi- expiring noncommercial licenses encourages drivers who are eligi-Motor Vehicles is extending driv-vidual action on the part of drivers. are receiving an extension in the

The extension does not include

California law enforcement has Californians with a suspended been alerted to the extensions. The DMV continues to review

Drivers age 70 and older with and process online renewals, and cial distancing guidelines.

ble to renew their license online to do so.

The Virtual Field Office, virtuincluding driver license renewals.

During the Covid-19 epidemic, the DMV has canceled all behindthe-wheel drive tests to honor so-



# **NEW!** Free Family Caregiver Classes now Offered by Video Conference

Since Hope Hospice has had to temporarily suspend our Family Caregiver Education Series and Living With Dementia group classes in light of the region's COVID-19 response, we transitioned the courses to video conference via Zoom technology. Classes remain complimentary to the public in our Tri-Valley and adjacent East Bay service area. Additionally, families who care for a loved one living with dementia and have questions about specific challenges they are facing can request a free private consultation via Zoom.

(925) 829-8770 • HopeHospice.com/family

# Masks: Must be Worn in Main Settings

#### continued from front page

material without holes, that covers the nose and mouth. Medical settings must wear a face covermasks such as the N95 respirators ing where the public is present or emptions. Children ages 12 and should be reserved for health care likely to be, and at any time when younger are not required to wear professionals and first responders. The order requires that a face Pan.

covering must be worn in three main settings:

stores, offices, and government distance isn't possible," said Dr. required to wear a mask, however buildings · Seeking health care: such as

visiting a doctor or clinic

transportation.

ers, and volunteers in all these onment by law enforcement.

"A face covering may reduce wear a face covering. the risk of transmitting the virus • Going to - or working in - that causes COVID-19 when own such as walking, hiking, bian essential business: including maintaining at least six feet of Pan.

business owners to refuse service distance from others. • Taking public transportation: to patrons who do not follow the a mask in public could also result with members of their family.

**STORE IN** 

**REUSABLE DISHES** 

FORGET DISPOSABLE CONTAINERS

Making the switch to reusable dishware is easy and it's

better for the environment! Food even tastes better

Employees, contractors, own- in a misdemeanor fine or impris-

The new order has some exothers are nearby, according to Dr. a face covering, and any child two years old or younger should not

If you are exercising on your cycling, or running, you are not you should keep one with you and Health officials are asking maintain at least 6 feet of physical

The order also does not apply to including BART, bus, and shared face covering order. Failure to use someone driving by themselves or

### **PUBLISHER'S STATEMENT**

We wish to thank, once again, our loyal advertisers and our friends who have sent donations that have enabled us to continue to print and distribute The Forum this week.

For those who wish to contribute at this time, the best way is to send a check to The Forum, P.O. Box 2897, Alameda, CA 94501. We hope to have a PayPal link at castrovalleyforum.com soon.

Our ability to print and deliver The Forum on any given week depends on funds available at that time. On those Wednesdays that you do not receive a paper, please visit the website above for the latest news.

-Fred Zehnder, Editor & Publisher

The working relationship

Prior to her career in adult ed-

'We welcome Ms. Cutter to the

Castro Valley Unified School Dis-

trict," said Superintendent Parvin

Ahmadi. "She is already familiar

with our excellent adult school

program, and we are extremely

excited to have her join our team.'

anton for seven years.

# New Adult School Director

The Castro Valley School Board appointed Beth Cutter as the Di- through this consortium is expectrector of Castro Valley Adult and ed to provide for a seamless lead-Career Education (CVACE) at ership transition. last Thursday night's meeting. She will replace Susie Passeggi, ucation, Cutter served as Assistant a leader in Bay Area adult educa-Principal for two years in Livertion, who will retire at the end of more and taught science in Pleasthe school year.

Cutter is currently the Assistant Director of Adult and Career Education in the Pleasanton School District where she is actively involved in the Mid-Alameda County Consortium, of which CVACE is also a member.

# **LEGAL NOTICES**

SUMMARY OF ORDINANCE NO. 185 AN ORDINANCE OF THE CASTRO VALLEY SANITARY DISTRICT BOARD OF DIRECTORS TO INCREASE RATES CHARGED FOR SOLID WASTE COLLECTION.

A public hearing will be held on Tuesday, May 5, 2020 by the Castro Valley Sanitary District Board of Directors to consider the adoption of Ordinance No. 185, which will amend Castro Valley Sanitary District Code Article V, Regulation of Solid Waste Disposal, Refuse, and Recycling, Sections 5302, 5303, 5306, and 5307. The proposed Ordinance will increase the rates charged for solid waste coll

(e.g. 1.79 per month for standard 20-gallon garbage cart/up to a 96-gallon organics cart/up to a 96-gallon recycling cart). These changes will be effective July 1, 2020.

The Castro Valley Sanitary District Board of Directors voted on April 7, 2020 at the Castro Valley Sanitary District Regular Board meeting to approve the draft Ordinance and set the public hearing as follows: Akagi – Abstain; Appleton – Yes; Johnson – Yes McGowan – Yes; Sadoff – Yes.

The above summary constitutes the major highlights of Ordinance No. 185. A reading of the entire Ordinance may be necessary to obtain a full understanding. The full text of the draft Ordinance is available at the Castro Valley Sanitary District website at <u>www.cvsan.org/oan</u>, or, to make other viewing arrangements, please contact the Clerk of the Board Stacy Marcoux at stacy@cvsan.org.

# CASTRO VALLEY SANITARY DISTRICT

NOTICE IS HEREBY GIVEN that the Board of Directors of the Castro Valley Sanitary District (CVSan) intends to amend Sections 5302, 5303, 5306, and 5307 of the Castro Valley Sanitary District Code to increase the rates charged for solid waste collection (e.g. \$1.79 per month for standard 20-gallon garbage cart/up to a 96 gallon organics cart/up to a 96 gallon recycling cart), to become effective July 1, 2020.

NOTICE IS FURTHER GIVEN that on Tuesday, the 5th day of May 2020, at the hour of 6:30 P.M., at the District Office, 21040 Marshall Street, Castro Valley, in said District, said Board will hold a public hearing to hear and consider all comments, protests and objections to said proposed amendments to the Castro Valley Sanitary District Code. Written protests against the proposed rate increase may be mailed or delivered to Castro Valley Sanitary District, 21040 Marshall Street, Castro Valley, CA 94546. All protests must be received prior to the close of the public hearing and must identify the owner(s) of the property or properties.

Dated: April 7, 2020

ROLAND P. WILLIAMS, JR. General Manager Castro Valley Sanitary District

# ADOPT-A-PET



WOLFGANG, a 2-year-old German Shepherd mix, is a bit shy, He's also a couch potato and likes being with people. He needs a patient family to give him some TLC. OK with teens. Hayward Animal Shelter: 510-293-7200.



VADER, a 1 yr old husky mix, is very playful and loves to explore the great outdoors with you. He's an active, fun dog and would do best in a home with teens and adults. Neutered. Hayward Animal Shelter: 510-293-7200.

when enjoyed in real dishes.

**Practice Reuse:** 



Dishes you can **reuse** will save you money. The added benefit is you have a dish for your meal built-in!

Reusable dishware is the way to go. Help save Earth's resources by making the switch to reusable dishware.

Store homemade or takeout leftovers in reusable containers instead of disposables.

Don't forget to use reusable utensils and napkins too.

Visit http://www.selectmypath.org/gardening/dishes.htm for tips on dishwashing.

.....

# REDUCE REUSE RECYCLE ROT

CASTRO VALLEY SANITARY DISTRICT Effective Environmental Services since 1939

510-537-0757 | www.cvsan.org This ad was funded by Measure D

# NOTICE OF PUBLIC HEARING \*\*\*\*\*\*\*\*\*

\*\*\*\*\*\*\*\*\*\*



GIVE US A CALL: (510) 614-1558

# LEGAL NOTICE

**FILED** MARCH 09, 2020 MELISSA WILK County Clerk ALAMEDA COUNTY By . Deputy FILE NO. 569449

#### **FICTITIOUS BUSINESS** NAME STATEMENT Pursuant to Business and

Professions Code Sections 17900-17930 The name of the business(es):

Sisters With A Purpose at 20074 Rawhide Way, Castro Valley, CA 94552 in Alameda County is hereby registered by the following owner(s): (1) Alona Ward, 20074 Rawhide Way, Castro Valley, CA 94552 (2) Donna Rosby, 29 Klondike Ct., Sacramento, CA 95835. This business is conducted by a general partnership. This business commenced

/s/ Alona Ward, Donna Rosby This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above Expires MARCH 09, 2025

# East Bay Living

The company is also offering

with nationally certified Child Pas-

senger Safety Technicians to help

expectant families get home safely

With 3 in 4 car seats installed

incorrectly, this virtual inspection

will help ensure their newest fami-

ly member is safely secured while

For full information, visit

calstate.aaa.com/automotive/

they need to be on the road.

from the hospital.

# Spending More Time in the Kitchen

hile sheltering-at-home can have its set of stresses, these evenings are allowing many of us more time in the kitchen to cook what your grandmother called "comfort foods." Nothing fancy, just good, hearty dishes that satisfy the appetite and the soul.

Here's a collection of some of the traditional favorites that will bring smiles all around the table during unsettling times.

#### **OLD-FASHIONED MEAT LOAF**

1-1/2 pounds ground chuck 1/2 pound ground pork sausage (seasoned or not)

- 2 eggs, lightly beaten
- cup fine bread crumbs
- 1 to 2 large cloves of garlic, pressed
- 1 cup diced sweet onion 1/4 cup diced green bell
- pepper
- teaspoon dried oregano, 1 crushed
- Freshly ground pepper to taste 1 tablespoon Worcestershire
- sauce
- 1/2 cup milk 1 (6-ounce) can tomato paste,
- divided use

Preheat oven to 350°F.

Combine ground beef, pork sausage, eggs, bread crumbs, garlic, sweet onion, bell pepper, oregano, pepper, Worcestershire sauce, onion soup mix, milk, and half of the tomato paste. Gently mix only until combined. Do not overwork the meat or it will become tough.

Form into a loaf. Cover with the remaining half can of tomato paste.

Bake for 1 hour and 15 minutes. Let meatloaf rest 15 minutes before cutting to serve. Yields 8 servings. Great with mashed potatoes and brown gravy.

#### **BROWN GRAVY**

- 1/2 cup butter
- 1/2 cup flour
- 1 clove garlic, minced
- 1/4 cup ketchup
- 1 tsp Dijon mustard 1 tablespoon Worcestershire sauce
- quart cold beef broth Salt and black pepper to taste

In a saucepan, melt the butter over medium-low heat. Add the flour and cook, stirring, for 5 minutes, until the mixture is gold-



for 30 seconds. Whisk in a cup of 1 package dry onion soup mix the cold beef broth, and then add the rest of the ingredients, except the salt and pepper.

Bring to a simmer, whisking, and then reduce the heat to low and simmer for 20 minutes, stirring occasionally. Taste, and season with salt and pepper. Serves 8.

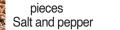
#### SCALLOPED POTATOES

- 2 tablespoons butter
- 3 tablespoons flour
- teaspoon salt 1/4 teaspoon pepper
- 1-1/2 cups milk
- 1/2 cup shredded Cheddar cheese
- 5 medium potatoes, peeled and thinly sliced medium onion, halved and

thinly sliced In a small nonstick skillet, melt butter. Stir in the flour, salt and pepper until smooth; gradually add milk. Bring to a boil. Cook and stir for 2 minutes or until thickened. Remove from the heat; stir in

cheese until blended. Place half of the potatoes in a 1-1/2 quart baking dish coated with cooking spray; layer with half of the onion and cheese sauce. Repeat layers.

Cover and bake at 350°F for 50 minutes. Uncover; bake 10-15 en-brown and smells like cooked minutes longer or until bubbly and pie crust. Add the garlic and cook potatoes are tender. Serves 6.



1 cup flour 1-1/2 teaspoons baking

2 tablespoons olive oil

3 boneless chicken breast

- powder
- 2-1/2 tablespoon olive oil 1/4 cup milk
- 1 egg

Bring broth to boil in Dutch oven with celery and parsley.

Sauté onion in olive oil over medium heat until soft, ab out 5 minutes. Add chicken, onion and salt and pepper to taste to broth. Reduce heat to simmer.

Combine flour, baking powder and 1/2 teaspoon salt in bowl. Whisk together vegetable oil, milk and egg in separate bowl. Add liquid mixture to dry mixture and stir just until soft dough forms. Do not over-work.

Pat out dough on floured board about 1/3 inch thick. Cut into small rounds with biscuit cutter. Remove parsley and celery from broth and add dumplings. Simmer, covered, until dumplings puff up and are cooked through, about 5 minutes.

# CHOCOLATE PUDDING

- 2/3 cup sugar 1/4 cup unsweetened cocoa powder
- 2-1/2 tablespoons cornstarch 1/2 teaspoon salt
- 2 cups milk
- 1 tablespoon butter

In a heavy saucepan, combine sugar, cocoa, cornstarch and salt throroughly. Gradually stir in about half the milk until smooth, then stir in remaining milk.

Cook, stirring constantly, over medium-low heat, until mixture is thickened and come to a boil, about 5 to 8 minutes. Cook, stirring, 1 minute more. Remove from heat, stir in vanilla and butter until smooth. Pour into individual dessert bowls or a large serving dish.

Chill puding until ready to serve or serve warm with a scoop of vanilla ice cream. Makes 4 servings.

**Patio Dining** 

**Banquets** 

"Have Your Party Here!"

All Food Prepared Fresh Daily

**Cocktails and Catering** 

# AAA Offers Free Roadside Help to First Responders

AAA Northern California is roadside assistance, which operoffering free AAA Roadside As- ates as an essential service during sistance service to first responders shelter-in-place orders. and healthcare workers 24 hours a day, 7 days a week through the end free Virtual Car Seat Inspections of May.

"Offering free AAA Roadside Assistance when they break down is a small way AAA can help get these heroes back on the road to where they're needed most," said Tim Condon, the company's president and CEO.

All first responders and healthcare workers, including those who aren't AAA members, can call 1-800-AAA-HELP if they need car-seat-inspections

# Cherryland Food Insecurity

For the past eight years, volun- of Christ, 21455 Birch St., Hayteers from unincorporated Cherry- ward, CA, 94541. Please make land along with Congregation Shir checks payable to "Eden United Ami in Castro Valley and Eden Church of Christ" and write "Co-United Church of Christ have been addressing the food insecurity needs of residents in Unincorporated Southern Alameda County.

Recently, the food pantry Comida para Cherryland served 1,000 a bag of nutritious groceries for clients in one hour, and demand is a family served by Comida para expected to continue leapfrogging Cherryland. prior levels until the shelter-inplace order is lifted.

The Hayward Rotary Club will match dollar-for-dollar gifts up to a total of \$5,000 in support of Comida para Cherryland, operated by Eden United Church of Christ. A tax deductible donation may be mailed to Eden United Church

# Plant Sale Postponed

Eden Garden Club's Annual Plant sale, scheduled for May 16 at the Moose Lodge, has been postponed until further notice.

The plant sale is the clubs's major fund-raiser for grant money given to local schools in Castro Vallev and Hayward to start and maintain school gardens. Please watch for notice of a new date. Call 510-397 -1268 more info.

mida" in the memo line.

Eden Church congregation is also an official partner of the Alameda County Community Food Bank. Every \$5 given provides



proud of her and all the graduates of 2020 whose lives have been changed due to COVID-19!

# **SHELTERING IN PLACE - PERFECT** TIME FOR SPRING CLEANING

Clean your garage and yard now, we'll provide an economical dumpster delivered to your driveway - call for your next day delivery We also deliver rock, topsoil, and building materials - let us know what your project is



2nd Meal 1/2 OFF. of equal or greater value, from Regular Priced Menu with this Ad. Not good with any other offer. Expires 04-30-20 Family Owned since 1957

#### Since The Entire line of 1969 Europharma **Products** UNLIMITED - NATURAL FOODS -San Leandro **182 Pelton Center** On Sale in Terry April Naturally. (510) 483-3630 15508 E. 14th St., San Leandro (Across from Bayfair Center) **Castro Vallev** Open: Wed. - Sun. 11am - 10pm/Closed Monday + Tuesday I 3446 Village Dr. EuroPharma: For Birthdays, Parties & Banquet Information Call Us Today! (510) 581-0220

5 cups cooked macaroni 1/2 stick butter 2 eggs, beaten cups milk cups shredded mozzarella cups sharp cheddar cheese 2 1/8 teaspoon salt

1/8 teaspoon black pepper

**MACARONI & CHEESE** 

aroni in a large bowl. In a separate bowl, mix eggs and milk. Pour over macaroni.

Add cheeses, salt and pepper. Pour into a casserole dish, cover with foil and bake at 350 degrees for 45 minutes. Remove foil and bake uncovered for another 15 minutes.

#### **CHICKEN & DUMPLINGS**

8 cups chicken broth 2 stalks celery 1/2 bunch parsley, tied in a bundle

1

onion, chopped

'Bienvenidos Amigos"



Celebrating 65 Years!

510.276.1793

# Open For Take Out!

# teaspoon vanilla Melt butter and pour over mac-



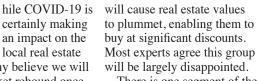
#### REAL ESTATE REALI By Carl Medford, CRS Special to the Forum GUEST COMMENTARY

# **COVID-19** Slowing **New Home Construction**

certainly making an impact on the local real estate market, many believe we will see the market rebound once

the crisis has passed. Even before the shelter-inplace began, local inventory shortages were pushing prices higher. Most of those who were in the market pre-crisis looking to buy still need to purchase, and while we may see a short-term drop in pricing, it is not expected to be severe.

While many buyers are still firmly engaged, we have seen two groups backing out of the current market: the first segment has lost their down payment due to the stock market crash. Once their portfolios rebound, they will return. The second batch contains those assuming recent events



There is one segment of the market, however, that has taken a significant hit which will affect it for a while to come. New home builders.

An examination of new construction communities across the country by Meyers Research revealed a 50% drop in sales in March compared to February.

While construction of new homes has been categorized as essential in some regions, builders must still comply with social distancing mandates. Consequently, only one group of trades should be in a property at one time, dramatically affecting the time it takes to build a home.

As someone who has built

many houses and understands how critical it is for tradespersons to work closely together to accomplish tasks, I cannot imagine trying to build a home with proximity distancing in effect.

With combined housing expenditures (including new home construction, residential remodeling, manufactured home production, existing home sales, rents and utilities payments) making up approximately 15-18% of yearly GDP in the US, consistent housing sector growth is critical for overall economic health.

Currently, new home builder confidence has dropped to a low of 30, putting it deep in negative territory. This does not bode well for the overall housing industry, which has already been experiencing a dramatic shortage of homes especially in densely populated regions like the San Francisco Bay Area. If anything, this will put pressure on existing home sales to fill the gap and help keep values from plummeting.

As the stated end to the shelter-in-place draws closer, many hoping it will be removed, allowing housing to return to some semblance of "normal."

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

I am looking to plant some blackberries and need some advice on what varieties would be best suited for this area? I am especially interested in the thornless varieties.

By Buzz Bertolero

Special to the Forum

renewed interest in growing blackberries and raspberries with the availability of them at the supermarket. They're being planted by a new generation of gardeners, but they're not always suited for every yard.

Before you plant, consider Blackberries and raspberries



Currently Pending

Hit the Market

Multiple Offers

received on 4/17/20

on 4/14/20

18719 Lamson Road, Castro Valley • \$949,000

significantly higher than list price

If you are a seller that is on the fence as to whether it is the right time to sell, you may want to reconsider. Inventory is very low in Castro Valley and there are many buyers out there who need a home. Call us if you would like to discuss the current market.



# **Are Blackberries Right for your Yard?**

# Today, there is a

are aggressive growing vines that need to be maintained; otherwise, they'll overtake a landscape, and removing them will be expensive and time-con-

suming. They like a sunny location and must be supported with a sturdy trellis. Typically, a fence is used, but this isn't a good idea, as there is no way you can prevent the underground rhizomes from intruding into an adjourning yard. Ultimately, this could lead to a nasty neighbor dispute.

You'll need a four-foot-wide planting area that is at least four feet from any property line. Ideally, it should be in a raised bed so you can control the rogue roots.

The berries form on the second year's growth. Each year, the fruiting canes are cut off at the ground after the harvest. They're replaced on the trellis with the new shoots that have formed at the base of each plant.

Before planting, be sure to add plenty of organic matter like homemade compost or any of the blended soil conditioners. The vines should be watered often and fertilized annually in the spring. They need to be sprayed during the winter to control berry mite, which causes the berries to ripen halfway and be very hard.

GARDENFE

The nursery professional at your favorite garden center should be able to assist you with the varieties, but you can't go wrong with Boysenberry, Ollie, or Marion.

And finally, thorny blackberries are heavier producers than the thornless ones. Unless you have a big yard you might want to pass on this.

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com or on Facebook at Facebook.com/Buzz. Bertolero

# **5 WAYS TO ADVERTISE IN THE FORUM Real Estate Gallery**

The

Shamrock Realtors - Going Above and Beyon James Esmever, Broker Associate - DRE#01363681

(510) 909-8344

Esmeyer Team



**Display Advertising** Home of the Week **Open Home Listings** Agents in Action Classified Advertising

**To Advertise Call:** Mary Florence: 510-861-3270 maryflorence798@gmail.com Linda Nakhai: 510-915-1513 Inakhai@comcast.net

www.castrovalleyforum.com



PICK UP AND DROP OFF

# ★ Check Engine Light \*\* COVID-19, SEITERY FIRST \*\*

We are offering FREE pick up and delivery for "Shelter in place" or "drop off problems " to limit contact. Please call for limitations. Please see our web site to view our response to the crisis and sanitation policy.

**ASE Certified Technicians** 







Family Owned & Operated 52 years in Castro Valley 5269 Crow Canyon Road, Castro Valley, (510) 881-1052 • WWW.KLHAUTOTECH.COM Open Monday-Friday 7 a.m. to 5:30 p.m.

# **Check Ahead Before Visiting a Regional Park**

By Ned MacKay Special to the Forum In an effort to prevent overcrowding with resulting public health challenges and spread of the coronavirus, East Bay Regional Park District is advising the public generally not to drive to regional parks, but instead to walk or cycle to parks close to their homes.

"The public should consider staying at home, walking in their neighborhood, or visiting parks on less crowded days or times," said Park District General Manager Robert Doyle. "No picnicking and group activities are allowed by the 'Stay-at-Home' order from the state, which has been in place for the past two weeks."

Unfortunately, as the coronavirus pandemic continues, more restrictions may become necessary.

As of this writing, trails and open space remain open to the public on a walk-in and bike-in basis. Before you head out to a regional park, it's best to visit

the park district website, www. ebparks.org, for up-to-date information on the situation district-wide.

Click on "COVID-19 Park Updates & Closures" at the top of the home page. And please comply with the rules listed at the website, especially maintaining social distance, packing out trash, and keeping dogs on leash.

Toilets and drinking fountains are off-line, so go before you go and bring your own water.

Of course we're not used to these restrictions when we visit the regional parks and other open spaces. But extraordinary circumstances require extraordinary measures. With everyone's cooperation, we will get through these difficult times and be able to return to a more familiar way of living.

And remember: nature isn't going anywhere. Our beautiful open spaces will still be there for all to enjoy after this health emergency passes.

There's some good news, too. Although all in-the-parks nature education programs in the East Bay Regional Park District have been canceled because of the coronavirus pandemic, the park district naturalists have still been busy, bringing the world of nature to your living room.

The naturalists have put together two series of videos: "Creature Features," and "Songs and Stories." In each program, a naturalist on camera or narrating gives a lively presentation about some aspect of nature. You can access the programs and other information by visiting www.ebparks. org/DigitalLearning.

Creature feature topics so far have included newts, Julius Squeezer the gopher snake, animal skull identification, birding basics, Tilden pond life, and Deltoid Balsamroot, a beautiful sunflower that is important both as food and as insect habitat.

"Songs and Stories" is a

kid-friendly series led by an on-camera naturalist. The first one featured Morgan Guenther explaining the importance of habitat for all living things, then leading the habitat song.

Both series are interactive, in that viewers can ask questions in the comment section, to which the naturalist staff will respond. These online nature programs are a great supplement to the regular school curricula that students must now experience from home. Ned MacKay is a columnist

for the East Bay Regional Parks District.





**PLEASE RECYCLE HIS NEWSPAPER** 



Here Yesterday, Here Today, Here Tomorrow



# **Castro Valley is our business**, life and our passion. Our dynamic marketing is promoting your property. 24 hours a day, 7 days a week, throughout the US

#### Our team offers complete real estate services including:

- Dynamic, multi-platform, high visibility & virtual marketing.
- Unrivaled knowledge of Castro Valley, our entire team works, lives, shops and volunteers in Castro Valley. From schools to local businesses we have you covered.
- Castro Valley Relocation Discount Program (ask us about it).
- · Senior Discount (55 and over). You can save money selling or buying your home.
- Staging Services.











J&L Real Estate Group wants to thank Castro Valley for it's dedication to sheltering in place. Efforts by our community are helping to save lives. We also send a special thanks to all essential workers, medical professionals, grocery and delivery workers and volunteers. Thank you for keeping Castro Valley safe and strong.



Waiting to sell your home?

Are you planning to wait to sell your home until after the shelter in place is lifted? If so please call us today for our free report on 7 things every seller should be doing right now to prep their home for a post Covid-19 sale.

# **CASTRO VALLEY FORUM** Wednesday, April 22, 2020

#### ETTERS TO THE EDITOR FREDZ@EBPUBLISHING.COM

#### **Discrimination Again**

Editor: It's happening, again. Discrimination against Asian Americans. This time because of COVID-19.

In just a few weeks since its creation, over 1,100 incidents have been registered on Stop AAPI Hate, an online hate crime reporting tool.

This is real. I tend to be super

away at the age of 99.

she rest in peace.

۲

as many family and friends.



positive, and yet I feel it, too. It is scary – and this is not the America that I know.

And the thousands of Americans who have lashed out at my fellow Asian Americans are not the Americans I know and love.

The Americans I know have made this country great - creating a vibrant nonprofit sector, launching millions of charitable

<u>Obituaries</u>

**CASTRO VALLEY FORUM OBITUARIES** 

may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209.

Include a phone number.For help, call Patrick Vadnais at 510-614-1558

**Floria Annie Miller** 

December 30, 1920 - April 8, 2020

On Wednesday morning, April 8, 2020 Floria Miller passed

Floria is survived by her two sons, Jeff and David, as well

She will be greatly missed for her wit and humor, her

A funeral service will be held for Floria at the family grave

at Holy Cross Cemeteries in Colma, CA Tuesday, April 21,

where she will lay in rest with her other family members, may

resiliency and her friendship and gentle spirit.

campaigns, finding cures for diseases, creating solutions for culture challenges. Now we need these generous Americans to tackle another challenge and lead the way to end this racial scourge.

In this pandemic, our heroes and heroines are frontline workers supporting our lives in healthcare roles and other essential services. Many on the frontline are immigrants and include Asian Americans who courageously step up in the midst of hateful rhetoric and violence.

■ Florence Jeanette Givans

Barbara Elaine Journeay

**PUZZLE** 

ANSWERS

SARA L. ENNOR

LAWYER

Wills & Trusts

F

TENDS

DWEL

EATOI

Floria Annie Miller

I am asking for your help on the frontline against racial violence. Step up and be a hero, too. Call for an end to these acts.

As Dr. Martin Luther King taught us, "Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only light can do that."

In the America I know we can all be great. We need your light more than ever. Stop the hate and keep America great. –Porcia Chen Silverberg

Homeless Emergncy

Editor: I am a street outreach provider and advocate for the homeless in the East Bay, covering the Castro Valley, San Leandro and Hayward areas. I, myself, am also

homeless. There is an immediate emergency situation among all the

#### Russo To Direct Eden Health **CROSSWORD**

Castro Valley

The Eden Health District Board has appointed Pam Russo, a Registered Nurse with a 35-year history in healthcare, as its new director.

pital in Hayward, including in all clinical areas. During her last 15 years as an administrator there, she oversaw the fundraising arm of the hospital, government affairs, marketing and project management

Russo, who replaces Megan Lynch who resigned to attend medical school, was sworn into office last Wednesday following a unanimous vote by the directors.

ing able to respond to critical situpeople and their health needs," Russo stated. "I am focused on working with my colleagues on

to the COVID-19 pandemic. I have formed a group of advocates and we have been reaching out to many government officials over the last several days to locate and get the Emergency Aid that was allocated by the emergency order Governor Newsom signed on March 17 (link included below) to the unsheltered residents, specifically focusing on our area, District 4 of Alameda County.

This is going on Day 7 since the Governor signed and released the funding for immediate release of motel vouchers and FEMA trailers to get the unsheltered out of the encampments and streets and into a safe place to shelter in place.

This segment of the population is considered one of the most vulnerable and at risk to have this disease spread throughout their camps and affect the communities as a whole. If we don't get them homeless in the country in regards off the streets and into safe places

during this pandemic... more people will die from this disease.

I am asking for your help to get this out to our communities and push on our officials to release the aid and help stop the spread of COVID-19. Please help us help them. We still wait for this critical aid to be released. Feel free to contact me at teamwanderlust0531@gmail.com or 510-723-4623.

> -Melissa Moore Street Outreach Worker Castro Valley

#### Kudos to the Techies Editor:

In addition to all those brave and selfless responders (doctors, nurses, EMTs, etc.) I believe kudos should go out to all those Techies who have contributed to the various social and group meeting apps that have helped to keep us sane and in contact with each other during a time of Stayat-home confinement.

While the internet has always been a gift to us all in many ways. it has shown it's true worth in these tragic times. It has connected us with loved ones and friends, provided us with a safe method of consumerism, and even offered up humor and entertainment as we all sit at home bored to tears at times.

So, it is time to venerate all you nerds out there for your obsessive talents.

> -Robert S. Thomas Castro Valley

# Swalwell To Hold Facebook Q&A 1:30 Tomorrow

Rep. Eric Swalwell will hold a Russo currently serves as the Facebook Live Q&A tomorrow, ident of Information Technology A longtime resident of Castro and Chief Information Officer of

"Our Facebook Live Q&A series has brought guests from across the Bay Area to answer your most pressing questions related to the coronavirus pandemic," Swalwell said. "Having a chance to ask frontline public health experts your questions makes us all safer and better-prepared for what comes next."

The Facebook Live Q&A will take place at 1:30 p.m.

Members of the public and press can join at: Facebook.com/ CongressmanEricSwalwell. Participants are encouraged to submit questions in advance on the event Facebook page.

# **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. We do not withhold names or publish unsigned letters. Email letters to: fredz@ebpublishing.com or mail to: The Forum PO Box 2897 Alameda, CA 94501.



former students and parents are mourning the passing of Florence Jeanette Givans, a teacher in the Castro Valley School District from 1968 to 2000. Jeanette, as she was called by friends, is described by those who knew her as gentle, warm and kind, a wonderful teacher and mentor who made a difference in the lives of children and adults alike.

She was generous, caring, cheerful and fun. Mrs. Givans was born in Philadelphia, Pa., on Nov. 21, 1936, and died on April 13, 2020, at home in Oakland.

She was preceded in death by her loving husband of 29 years, Clinton A. Givans. Jeanette taught in Castro Valley for 32 years, touching many lives. She is survived by an () adoring family: son Garnett Givans, daughter Felicia R. Ellis and grandchildren Amir, Danny and Darryn. Services are planned for a later date.

#### **Barbara** Elaine (Beegle) Journeay

Sunrise, November 5th 1944, Neptune, New Jersey Sunset, March 27th 2020, Castro Valley, California.

Age 75 years, 4 months, 22 days. A beautiful life, coast to coast After a long struggle with "Chronic

Lung Disease" Barb will be dearly missed by Jerry, her husband of 55 years, daughters Mary Shaver (John),

Casaray

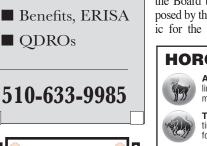


0

member of Alameda Oak Leaf Chapter 8, Order of the Eastern Star, and Nefru-Ari Temple 17, Daughters of the Nile. In these uncertain and troubled times, a celebration of her

life will be deferred to a later time, and will be under the auspices of the above fraternal orders.

Donations in her memory may be made to: Shriners Hospitals for Children, 2425 Stockton Blvd., Sacramento, CA 95817, attention: Pediatric Orthotics and Prosthetic Service (POPS), which was her project as First Lady of ര Aahmes Shriners in 2013. ()



Since 1965 P Jess C. Spencer Mortuary & Crematory 21228 Redwood Rd., **Castro Valley** 581-9133

# Offering Personalized Memorial and Gremation



FD 1168 CR49

۲

ГŤ

Michelle



Area Recreation & Park District Edward Lee, Executive Vice Pres-(HARD)) Foundation.



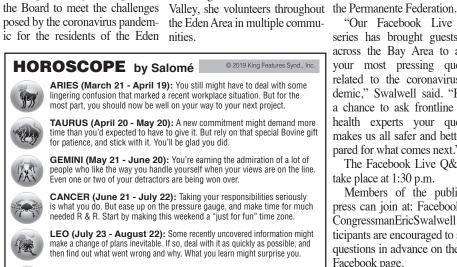
target, and you're absolutely right to reject that "too good to be true" offer. Meanwhile, something positive should be making its way to you.

Area."

Russo worked at St. Rose Hos-

work.





VIRGO (August 23 - Sept. 22): Aspects favor moving carefully and deliberately when making any significant changes. Could be there are more facts

JOKING to goad you into an action you don't want to take. Ask someone you both

accomplishment hasn't been overlooked by those who watch these things. Meanwhile, start making travel plans for that much-too-long-deferred trip with someone special.

move in your favor. Now would be a good time to start putting some money

can create job pressures. But, once again, follow the example of your birth sign and take things a step at a time, like the sure-footed Goat you are. AQUARIUS (Jan. 20 - Feb. 18): Cheer up. You could soon have the

funds you need for your worthy project. Your generous gifts of time and effort are well known, and someone might decide it's time to join with you. PISCES (Feb. 19 - March 20): Your inner scam-catcher is right on



# CASTRO VALLEY FORUM Wednesday, April 22, 2020 11



Writer and poet, Brittany 'B-Spoke-It' Williams

# What's Up at Smalltown

• TONIGHT, Wednesday, April 22: Smalltown Instagram LIVE: B-Spoke-It the Poet. Join Smalltown Society as we continue our IG take-over's with writer and poet 'B-Spoke-It,' free at 8 p.m. on Smaltown Society's Instagram & Facebook accounts: @ smalltownsociety

• Thursday, April 23: Week 2 of "April Artist Collective," Smalltown's Virtual Art Show with an incredible network of makers who create amazing art, a daily digital drop to highlight our community of artists and make it easy for you to shop & support them digitally. Check it out on Instagram: @smalltownsociety

• Friday, April 24: Now Playing at The Chabot: 'Bacurau' via Kino Marquee. The Chabot is partnering with Kino Marquee to create a "virtual theater" showing films that would be in theaters currently if not for COVID-19. Their first showing will be of the Brazillian-French film 'Bacurau', winner of the Jury Prize at the 2019 Cannes Film Festival. This is a paid experience and supports both The Chabot and the artists behind the film. 'Bacurau' is notyet-rated by the MPAA, though it is generally considered suitable for audiences 18 and older. Watch online at TheChabot.com

• Saturday, April 25: The fun continues this Saturday Night with Chabot Theater's 5th Installment of "LIVE RIFF-Along" from the Chabot BIG screen with "Nightof the Living Dead," hosted by the venerable Lord Blood Rah of Lord Blood-Rah's Nerve Wrackin' Theatre. Free at 8 p.m. live on The Chabot's Facebook account: @ChabotCinema

Support The Chabot Theater: Online Gift Cards available at The Chabot.com. Donations to The Chabot can be made via Pay-Pal/Venmo: @thechabot. Donations to Smalltown Society can be made via PayPal/Venmo: @smalltownsociety

# Post Office Adapts to Distancing

"Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds."

You can add coronavirus to the words chiseled in granite over the entrance to the General Post Office in New York City.

"COVID-19 has uprooted many lives and changed daily routines, but delivering America's mail re-mains constant," said Post Office spokesman Augie Ruiz.

The post office adapted to keep its employees and the public healthy during the pandemic. New measures are in place, including physical distancing, to prevent the spread of the coronavirus, as recommended by the Centers for Disease Control (CDC).

Letter carriers are now required to maintain a safe distance. If a delivery requires a signature, carriers will knock on the door rather than touch the bell, and instead of asking for a signature on a mobile device, they will simply ask for a name. And then the carrier will leave the package in a safe place for retrieval.

The post office is asking customtake a delivery. Instead, allow them to leave the mailbox area before retrieving the mail.

At post offices, new protections have been put in place, including making sure gloves, masks and sanitizing products are available to employees. At offices and processing facilities measures are in place to ensure appropriate distancing, including signs, floor tape and sneeze barriers. All the cleaning at post office facilities is done according to CDC guidelines for the pandemic.

"The post office is closely monitoring the coronavirus disease, as the safety of our employees and customers is our highest priority," Ruiz said. "We are issuing new information to our workforce daily and implementing protocols on CDC guidelines."

MED-Project<sup>™</sup> Medication Education & Disposal

CAS

VEAR 34, NO. 9 FORLM Out 10040



# A.R.T., Inc. Takes Its Art Online

.R.T. (Artists Relaxing Together) Inc., an organization founded in 1984 ers not to approach a letter carrier to by a group of artists at the Adobe Art Gallery in Castro Valley, has launched its first viral art exhibition

"Our intention is to mount a new album of member-created art every two months," said A.R.T., Inc.'s publicist Valerie Snart. "We want everyone to enjoy the creativity of our members.'

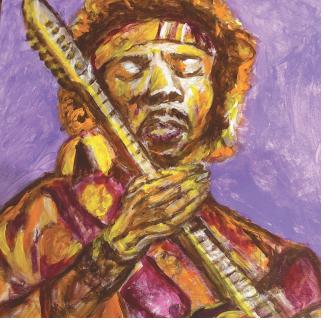
To keep within the rules concerning the COVID-19 virus, the group had discontinued all meetings and gallery exhibits, communicating only by emails and phone conversations.

Now, by visiting photos.app. goo.gl/kw8HLaD9DLofh8G1A the public can experience, in their homes, a wide variety of mediums in Exhibition No. 1.

inc.org

What should you do with your

expired or unwanted medicines



PHOTOS COURTESY OF A.R.T., INC. For more information, visit art- Examples of artwork current on exhibition at A.R.T., Inc.'s website: photos.app.goo.gl/kw8HLaD9DLofh8G1A

# Extra! Extra! 16 Es

# "Local Newspapers Remain a Dominant Source of News in Small Towns..." according to the Revnolds Journalism Institute &

the University of Missouri's School of Journalism. The Castro Valley Forum...

Your Best Source for Local News! To Advertise Please Contact Mary Florence: 510-861-3270

Linda Nakhai: 510-915-1513

CASTRO VALLEY FORUM DELIVERED TO OVER 20,000 HOMES - TOTAL CIRCULATION 22,500 Office: 510-537-1792 • Fax: 510-483-4209 www.castrovalleyforum.com

SAFE AND FREE DISPOSAL OF UNWANTED MEDICINES & SHARPS FOR RESIDENTS

and sharps?



To learn about 1-844-MED-PROJECT services available in your area, www.med-project.org contact us at:

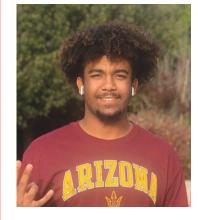


**Our Appreciation For** Your Business & Support

Stay Safe & We Look Forward To Seeing You When We Reopen



# ATHLETE OF THE WEEK



# Kendari Maloof

This week's Athlete of the Week is Kendari Maloof, a senior and part of the inaugural CVHS Boys Water Polo Team which started in 2016.

Kendari played all 4 years on the Varsity team as well as club water club. This year, the boys' hard work paid off and the team was invited to the North Coast Section (NCS) for the first time in CVHS Boys Water Polo history. Kendari will attend Arizona State University on a

Dean's Merit Scholarship and will study Criminology and plans to go to law school after completing his undergraduate education. Kendari plans to continue playing water polo while at ASU.

# VALLEY INDEPENDENT SPORTS LEAGUE Youth Baseball and **Flag Football Programs** www.CVISPORTSLEAGUE.org

# School Board Virtual Meeting Tomorrow

Birthright

Of San Lorenzo

**WE BELIEVE:** *"It is the right of every* 

pregnant woman to give birth... and the right of every child to be born."

1-800-550-4900

A non-profit **CRISIS PREGNANCY CENTER** helping women to identify life-affirming

resources and receive guidance in planning for her and her baby's future.

• Free Maternity / Baby Clothes (as available) 24-HOUR HOTLINE

1048 GRANT AVENUE • SAN LORENZO • 510-481-9677

Check us out at: www.birthrightofsanlorenzo.com

Email: info@birthrightofsanlorenzo.com

will hold a regular board meeting ings. tomorrow, April 23, with an open session beginning at 5 p.m.

participation is encouraged.

For the agenda and board pack- -Joining-a-Meeting.

• Free Pregnancy Tests

Medical Referrals

Housing Referrals

• Friendship for Life

Volunteer Opportunities

We Are

The Castro Valley School Board et, visit bit.ly/CVUSDBoardMeet-

To observe the meeting by video conference, please click on The board will be conducting LINK on the agenda at the noticed meetings virtually until further no- meeting time. Instructions on how tice. While there will be no specif- to join a meeting by video conferic physical meeting place, public ence is available at: support.zoom. us/hc/en-us/articles/201362193

To listen to the meeting by phone, please call at the noticed meeting time 1-669-900-6833, then enter the meeting ID on the agenda, then press #. Instructions on how to join a meeting by phone are available at: support.zoom. us/hc/en-us/articles/201362663 -Joining-a-meeting-by-phone.

To make a public comment, the "Request to Speak Form" (cv.k12. Douglas Tallamy will kick off this ca.us/publiccommentcard/) will be open to members of the public 30 minutes prior to the public meeting. When it is time for the speakers to address the Board, your name will be called and you will then be unmuted and allowed to make public comments. Speakers should rename their Zoom profile names to their real names to expedite this process. After the comment, the microphone for the speaker's Zoom profile will be muted.

Executive Assistant to the Superintendent with questions at acayere@cv.k12.ca.us

# PHOTO BY GERRY KIFFE

# Longtime Natives Garden Tour participant Dale Wolford's garden in Castro Valley. **Tours of Native Plant Gardens** Will Begin Online This Sunday

or the next three Sundays, d beginning at 10 a.m., East Bay gardeners have the opportunity to take "Bringing Back the Natives Garden Tours," online and free this year, hosted on Zoom, and live-streamed on YouTube.

Pre-registration is required at: www.BringingBacktheNatives. net

Inspiring speaker and author event this Sunday, April 26.

Then, in a series of live garden visits, passionate garden owners and the talented designers of the Bay Area's most beautiful and inspiring landscapes will show what's happening in the garden now, feature their favorite natives, describe the native plant gardening resources they use most and provide tips for those just getting started.

Check www.BringingBackth-Please contact Aimee Cayere, eNatives.net for the exact schedule of gardens to be visited.

> Castro Valley resident Mary Cooper, who wanted to get rid of

Alan D. West

**Attorney at Law** 

Specializing in Estate Planning

LIVING TRUSTS

...Eliminate or significantly

510-889-6692

reduce estate taxes

...Avoid probate



PHOTO BY PETE VEILLEUX

Mary Cooper's native plant garden contains purple blue California lilac and bright pink currants, which attract native bees and butterflies. This garden will be shown, live online, on this year's Bringing Back the Natives Garden Tour.

that '50s landscape look, and was Salamanders hide in the leaf litter inspired to plant natives, hired Pete that is left to compost under the Veilleux of East Bay Wilds to de- trees. Two gravity-fed drip founsign and install a garden with boulders, berms, and year-round color.

Out went the junipers, and in went an artistic and fun front garden containing undulating and by a garden that would conserve meandering raised planting areas that provide drainage, mixed yellow and blue decomposed granite, look than one often sees with nadriftwood, and a variety of attrac- tive plant gardens. tive drought-resistant native plants selected to provide color throughout the year.

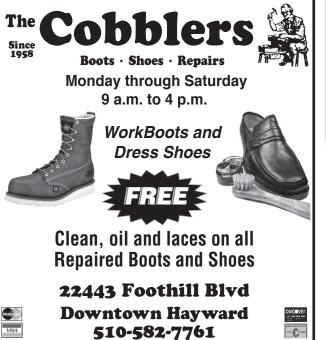
ture, and bird feeder attract whitecrowned sparrows, house finches, and scrub jays. Recently a bluebird birds adore the California fuchsia. ing the garden green longer.

tains provide water for wildlife. Dale Wolford, a longtime Na-

tives Garden Tour participant, was ready for the lawn to be replaced water, be colorful, attract bees and butterflies, and have a more formal

In summer, heady drifts of red fuchsia, purple lilac verbena, aromatic purple-blue Cleveland sage The native plants, water fea- and coyote mint, and pink rosy buckwheats both complement each other and delight the pollinators.

Raised planting areas provide was seen bathing in the fountain. the drainage most natives need, Bees love the sages and humming- and retain rainwater on-site, keep-





**FREE In-Home Consultation!** We help you improve your home entertainment and home automation systems one step at a time. **"Quality Home Theater** 

at a Reasonable Price"