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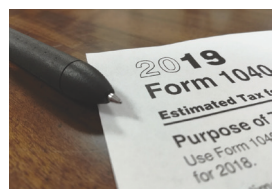
YEAR 32

WEDNESDAY, MARCH 18, 2020

NO. 11

INSIDE YOUR FORUM

OUR TOWN



Tax Delay

More time to file and pay for taxpayers affected by the COVID-19 pandemic

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LIVING



Town Hall

Free telephone town hall meeting on Coronavirus tomorrow evening

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SENIORS



COVID Coverage

Is Medicare covering testing or treatment for the Coronavirus?

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PHONE: (510) 614-1560



PHOTO COURTESY OF JANE MOREHOUSE

Happy Birthday, Annabel

ANNABEL FATKIN of Castro Valley celebrated her 100th birthday on March 10. She and her late husband, Earle, moved to Castro Valley in 1961. She celebrated her special day first on March 8 at her church, Castro Valley First Baptist, and then in her home on her actual birthday. Annabel was born on March 10, 1920 in Gates, Tennessee. In the picture are her son, Christopher, and daughter, Jane Morehouse.

An Important Message To All of Our Readers

The rapidly spreading coronavirus disease has changed our world in a way we couldn't have imagined only a month ago. And respected health officials tell us that the worst is still ahead.

At this time, we have no idea how this outbreak will impact our newspaper staff, or the people who print the Forum, or the people who deliver it.

If you do not receive a copy of the Forum next Wednesday, please visit our website: castrovalleyforum.com for information.

What's most important now is for all of us to protect ourselves, our families, our friends and our neighbors by following the instructions of state and local officials.

—Fred Zehnder, Editor & Publisher

Coronavirus: A Disruption to Our Daily Lives

By Michael Singer
CASTRO VALLEY FORUM

With every day, the spread of coronavirus disease (COVID-19) is rearranging people's lives in Castro Valley and beyond. Long lines, empty shelves, canceled events, closed schools, and social distancing are becoming daily occurrences.

The Alameda County Public Health Department on Monday issued a shelter-in-place order for Alameda County through April 7. That means families are asked to stay in and around their homes for the next three weeks unless it's absolutely necessary.

Exceptions to this include, "health care operations; businesses that provide food, shelter, and social services, and other necessities of life for economically disadvantaged or otherwise needy individuals; fresh and non-perishable food retailers (including convenience stores); pharmacies; child care facilities; gas stations; banks; laundry businesses and services necessary for maintaining the safety, sanitation and the essential operation of a residence."

The order comes on the heels of a mandate from California Governor Gavin Newsom urging people 65 and older and those with chronic health conditions to stay indoors in an effort to slow the virus' spread.

As of Monday, there were 18 reported COVID-19 cases in Alameda County.

Businesses and organizations in Castro Valley have also felt the impact of the COVID-19 pandemic.

The governor's response to the coronavirus also called for the closure of all bars, nightclubs, wineries, and brewpubs.

Buon Tempo Club announced last week that all dinners will be canceled through April, according to Jim Murphy. Eden Medical Center says its Senior Dinner held each Thursday from 4 to 5 p.m. has been postponed until further notice.

Starbucks is encouraging pre-ordering online and is discouraging customers from using their creamers and other condiments. The coffee chain has also instructed all of its stores to stack furniture off to the side of the room to prevent guests from sitting down inside.

Restaurants like the ones at Lake

Chabot Market encourage patrons who want to avoid crowds to order meals for takeout.

"Unfortunately, we do not know how long this will last, but we have faith that we will get through this together," a representative from C&H Meats posted in a statement. "Let's continue to show love and support to our neighbors, especially to those in need."

Long Lines

Shopping in and around Castro Valley has also become an exercise in patience. Long lines into stores and to their cash registers are full of worried shoppers hoping not to miss out on staples.

In response, Safeway stores are opening one hour later and closing one hour earlier to give staff time to restock shelves with food and other essential items.

Trader Joe's reports that its stores will be open 9 a.m. to 7 p.m. until further notice and is also limiting the number of people in the store to prevent further spread of COVID-19.

Walmart says that its stores normally open 24 hours will be open from 6 a.m. to 11 p.m.

In all cases, officials are asking the public to avoid hoarding items such as bottled water and toilet paper and to consider shopping at off hours to avoid large crowds.

As for the workers needing to protect themselves, the Castro Valley Eden Area Chamber of Commerce Business issued its set of guidelines for its members.

Among their recommendations, they ask local businesses to:

- Actively encourage sick employees to stay home
- Separate sick employees
- Emphasize staying home when sick, respiratory etiquette and hand hygiene by all employees
- Perform routine environmental cleaning
- Advise employees before traveling to take certain steps

"We just changed the policy at the tattoo shop, Fura Bodyworks, and will be limiting all tattoos to appointment only — no walk-ins will be accepted until further notice," owner Mel Speed told the Castro Valley Forum. "All see *LIFE* on page 4

Castro Valley Weather Mar. 18 - 22, 2020



Wednesday
Cloudy-Showers
High 56° Low 44°



Thursday
Mostly Cloudy
High 61° Low 44°



Friday
Partly Cloudy
High 62° Low 45°



Saturday
Partly Cloudy
High 66° Low 49°



Sunday
Cloudy-Showers
High 64° Low 50°

Almanac



Sun sets at 7:20 p.m. today, rises at 7:15 a.m. Thursday.

Past Week's Rain: 01.28
Season To Date: 06.40
Normal To Date: 16.21
Season Average: 21.22

Moon Phases



Mar.
24



Apr.
1



Apr.
7



Apr.
14

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CV SPORTS HALL OF FAME

Jim Phillips Started Track Club To Fill Local Youth Sports Void

Fifteenth in a series profiling the 16 new members of the Castro Valley Sports Hall of Fame. The induction banquet will take place Sunday, September 20, at the Redwood Canyon Event Center. More info at castrovalleysportsfoundation.org.

By Lowell Hickey
SPECIAL TO THE FORUM



Jim Phillips

Jim Phillips, who was born and raised in Castro Valley, always knew that his community offered excellent youth sports opportunities — baseball, softball, soccer, basketball, flag football, etc. — but when his children became a certain age he realized there was one major missing piece.

Outside of school, there was no opportunity to compete in track and field or cross country.

The nearest track clubs were in Oakland and Fremont. So, Phillips, in 2001, started the Castro Valley Track Club with his own kids — 12-year-old Katelyn and 10-year-old Jackson — the first two members.

Phillips, a former track athlete himself at Castro Valley High, made it clear from the start that the club was not competing with school programs. Quite the opposite. It was there to give athletes from ages 6 to 18 an opportunity to train and compete in USA Track and Field sanctioned meets when the school season was finished.

"You can't join the track club unless you're on the school team," Phillips explained. "And you can't miss a school practice to come to a club practice."

With those rules firmly established, Phillips quickly garnered the support of the track coaches at the high school (Peter Brewer) and middle schools (Shauna Shoptaw and Scott Malfati), a crucial factor in the club's growth.

"We benefitted the school programs," Phillips pointed out. As a result of training during the off-season, "track club athletes showed up in better shape than the others."

For his efforts in forming and running the CVTC for the past two decades, Phillips was recently elected to the Castro Valley Sports Hall of Fame, but he insisted on spreading the credit.

"The secret to our success was surrounding myself with great coaches, including some college All-Americans," Phillips said. He particularly paid tribute to Dennis Coulter and Helen Brusco, who have served as volunteer coaches since the club's inception.

The initial focus of the track club was on running, but field events were added the second year and soon after that the club added

see FAME on back page

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CV ADULT SCHOOL

Beat the Summer Slump

By Linette Escobar
SPECIAL TO THE FORUM

Summer can be a stress for parents. With kids out of school, parents want to keep their children engaged, safe, and away from screens.

They have reason to worry: the Brookings Institute has found that student achievement scores went down in the summer vacation at the rate equivalent to one month of school learning.

This phenomenon of summer learning loss has been referred to as the "summer slide".

Castro Valley Adult & Career Education and Castro Valley Unified School District are fighting the summer slide by offering a summer enrichment program taught by experienced teachers for children from pre-K through 5th grade. Summer enrichment runs Mondays through Fridays from June 4 to June 26. Registration is open now.

First Steps to Become an Engineer

Summer Enrichment is a high-value educational program. It is taught by certified teachers who spark the joy of learning by approaching Science, Technology, Engineering and Math (STEM) topics in creative ways.

Entering third and fourth graders will apply these skills to design marble rollercoasters and use Legos to engineer bridges and motorized contraptions.

Entering fifth and sixth graders will explore more complex items such as circuitry and motors. Water balloon fights in summer are fun, but what if your future engineer designed their own catapult to see SUMMER on page 4



Special Tax Relief for COVID-19 Pandemic

California's Franchise Tax Board (FTB) has announced special tax relief for state taxpayers affected by the COVID-19 pandemic.

Affected taxpayers are granted an extension to file 2019 California tax returns and make certain payments until June 15, 2020, in line with Governor Newsom's March 12 Executive Order.

"During this public health emergency, every Californian should be free to focus on their health and wellbeing," said State Controller Betty T. Yee, chair of FTB. "Having extra time to file their taxes helps people to do this, as the experts work to control the spread of coronavirus."

This relief includes moving the various tax filing and payment deadlines that occur on March 15, 2020, through June 15, 2020, to June 15, 2020 including:

- Partnerships and LLCs who are taxed as partnerships whose tax returns are due on March 15 and who now have a 90-day extension to file and pay by June 15.
- Individual filers whose tax returns are due on April 15 who now have a 60-day extension to file and pay by June 15.
- Quarterly estimated tax payments due on April 15 who now have a 60-day extension to pay by June 15.

The FTB's June 15 extended due date may be pushed back even further if the Internal Revenue Service grants a longer relief period.

Taxpayers claiming the special COVID-19 relief should write the name of the state of emergency (for example, COVID-19) in black ink at the top of the tax return to alert FTB of the special extension period. If taxpayers are e-filing, they should follow the software instructions to enter disaster information.

The FTB will also waive interest and any late filing or late payment penalties that would otherwise apply.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Unwanted Patron
Monday, March 16: at 1:26 a.m., Sheriff's deputies arrested a 22-year-old man with no permanent residence on suspicion of violating the terms of a court-issued restraining order and violating the terms of his probation. The man was spotted within 20 feet of a business on Redwood Road near Grove Way that he was ordered to distance himself at least 100 feet. The man was taken into custody.

Vandalism Caught on Tape
Sunday, March 15: at 12:25 a.m., a 36-year-old man with no permanent residence was arrested on suspicion of vandalism at a gas station on Castro Valley Boulevard near Wisteria Street. Deputies were called to the scene after a store manager spotted the man defacing the building. The manager positively identified the man and provided video surveillance of the incident. The man was taken into custody.

Unlucky Day for Biker
Friday, March 13: at 9:40 p.m., deputies arrested a 33-year-old woman with no permanent residence on suspicion of possession of methamphetamine drugs and associated drug paraphernalia. Deputies were patrolling Meadowview Drive near Marshall Street for possible car break-ins. The woman walking a bicycle was spotted in the area and found to be in violation of her probation. Deputies discovered a syringe with the drugs in her pocket. She was taken into custody.

Beware the Ides of Drug Paraphernalia
Saturday, March 14: at 1:22 a.m., a 30-year-old woman with no permanent residence was arrested on suspicion of possession of an illegal pipe used for smoking drugs. Deputies were called to the

parking lot of the back entrance of Eden Medical Center on Stanton Avenue to investigate a suspicious person. The woman told deputies she thought she was being followed. Deputies noticed a drug pipe sticking out of her pocket during questioning. The woman was taken into custody.

Driving Under the Influence
Saturday, March 14: at 3:37 a.m., deputies pulled over and arrested a 19-year-old man from Oakland on suspicion of underage driving under the influence of alcohol. The man was traveling on Lake Chabot Road and about to go over the hill on Fairmount Road when deputies spotted him running through a stop sign. Deputies report the man failed his field sobriety test and was taken into custody.

Suspicious Person
Sunday, March 15: at 1:25 a.m., a 37-year-old man with no permanent residence was arrested as part of a warrant issued for his capture. The man was previously charged with breaking and entering a property and possession of illegal narcotics. Deputies responded

to a suspicious person report at an apartment complex on Center Street near Grove Way. The man fitting the description was stopped, questioned and taken to Santa Rita Jail pending \$5,000 in bail.

Family Assault
Thursday, March 12: at 9:43 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to an apartment on Wilbeam Avenue near Castro Valley BART parking. There, they arrested a 63-year-old man from Castro Valley on suspicion of assaulting a family member. Deputies took the man into custody. The victim was treated at the scene.

Illegal Stun Gun
Thursday, March 12: at 8:36 a.m., deputies arrested a 30-year-old woman with no permanent residence on suspicion of illegal possession of a stun gun. The woman was traveling on Stanton Avenue near San Carlos Avenue when deputies stopped her for questioning and discovered the device in her bag. Deputies took the woman into custody.

see REPORTS on page 6

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Life: Impact Of COVID-19 On County

continued from front page
clients will be required to sanitize their hands and submitting to having their temperature taken prior to entering the procedure area."

Other Changes

In addition to businesses, other organizations have seen a massive change to help prevent the spread of COVID-19. Alameda County Libraries including the one in Castro Valley will remain closed during the shelter-in-place and potentially beyond.

This week's scheduled MAC meeting to discuss pedestrian safety in Castro Valley following the tragic death of a Creekside Middle School student last month has been postponed.

All group events in the next three weeks have been canceled including sports. Castro Valley Independent Sports League (CVI) says it has suspended all games and practices until further notice.

Other cancellations include the Alameda County 4-H Projects & Pancakes Field Day, all current performances at the Center for the Arts on Redwood Road, and the California Golden Gloves canceled its Region 1 Qualifier.

Schools have transitioned to online instruction for the time being. Students will have picked up their learning packets and received instructions for online distance learning in all of Castro Valley Unified School District, Redwood Christian Schools, Oakland Diocese schools including Our Lady of Grace, and charter schools in the area. Local Universities and Colleges have also provided internet-based learning for their students.

"If you have questions, please be patient as we are dealing with an unprecedented event and will respond as soon as possible by updating information on our website/emails," Castro Valley Unified School District Superintendent Parvin Ahmadi said in a statement.



CV Firm Awarded

Cheryl Fields Tyler, founder and CEO of Blue Beyond Consulting in Castro Valley, receives the "For All Leadership Award" from Great Place to Work, a global authority on workplace culture, at its annual awards gala in San Francisco. The award recipients were selected from companies that appear on Fortune's annual lists of the 100 Best Companies to Work For. Founded in 2006, Blue Beyond serves clients throughout North America, specializing in the people side of business.

Arts Leadership Awards

The Alameda County Arts Commission is accepting nominations for the 2020 Alameda County Arts Leadership Awards, which will recognize five people for their outstanding achievements and contributions in the county's arts community. Nominees must be residents of Alameda County and involved in such arts disciplines as music, dance, visual arts, literature, theater, film and video, crafts and folk arts, and must be affiliated with a county arts organization as an artist, staff member, teacher, volunteer, supporter or advocate.

Nomination statements must include a description of the nominee's major achievements in the arts and other background information.

Nominations are due on Friday, May 15, and must be submitted online at www.acgov.org/arts/awards.

Review the online nomination instructions at www.acgov.org/arts/html/artsfund_program.html.

More information is available at 510-208-9646, artscommission@acgov.org or www.acgov.org/arts/awards

Summer: CV Adult School

continued from page 3
take it to the next level?

Explore the World through Sports

New this year, Go for the Gold explores the Olympics around the world. Scholar/athletes will not only learn about the Olympics, they will be able to participate in different Olympic sporting events with their own Summer Enrichment Olympiad.

"I'd Like to Thank the Academy..."

Budding actors and artists have several high-quality creative courses to hone their craft. In the Young Actors Studio, students will experience the fun of auditioning for a part and put together a full production of "The Jungle Book."

There are also classes to explore art and storytelling around the world and apply lessons to your own art whether it be through dance, drama, art, literature or animation.

Experience Medicine or Paleontology as a Career

Science classes come to life when entering first through third graders get the chance to work as a team in a simulated hospital setting learning all about the medical field and how organ systems work together. Perhaps your entering first or second grader is more into dinosaurs? They get to play amateur paleontologist as they visit the Mesozoic Era and explore how fossils form.

Set the Stage for Kindergarten Success

Prepare your child for the structure of kindergarten in the Pre-kindergarten class taught by Castro Valley elementary school teachers in real TK/Kindergarten classrooms.

All classes are held at Independent Elementary School. Review all the offerings and register at www.cvadult.org. Classes fill up so register early. Classes are registering now.

Linette Escobar is Marketing Chair for Castro Valley Adult & Career Education.



Smalltown is planning their 2nd Artist's Collective this April 25th. The pop up show will include local artists and vendors from the East Bay to support!

What's Up at Smalltown

Looking to have a gathering or party? Even an off-site meeting for your team? Smalltown offers a unique and artistic space perfect for intimate groups to rent out by the hour. Visit <https://www.smalltownsociety.com/space-rental> to book! Email info@smalltownsociety.com with any questions. The space is perfect for photo shoots, off-site meetings, parties of up to 40 people, private showcases.

For interest in volunteering or showcasing your work contact Cherie at info@smalltownsociety.com for upcoming opportunities to give back and share your passions with the community!

Upcoming events to look out for:

- March 21 at 7:30 p.m. Live music at The Monkey House in Berkeley with Skye Alexander, Graham Hill & Wilson Wong \$10-20
- April 4 at 7 p.m. Live music at Caffè Chiave with Graham Hill & Safiyah Hernandez 7 p.m. - Free
- April 30 Workshop 101: Building Tiny Homes, hosted by Supervisor Nate Miley 8:30 a.m. to noon at Castro Valley Library - Free
- April 25 Artist Collective Noon to 5 p.m. at Smalltown Society, an art pop up with local artists and vendors!

For more details on these events and others visit www.smalltownsociety.com or text "Smalltown" to 797979. Smalltown Society is located at 22222 Redwood Road, Castro Valley.

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Diana Redding Attorney-at-Law



I practice law in the areas of Estate Planning, Probate, Trust and Conservatorships and offer practical advice to assist my clients including seniors, people who require Special Needs Trusts and young families. I provide a free initial half-hour consultation which can be in person or by phone.

I attended Golden Gate University in San Francisco, where I received my J.D., M.B.A., and L.L.M. degrees. I hold a black belt in Karate and I'm an avid runner.

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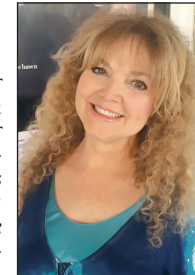
Karin Johnson Owner



- I have over 20 years baking experience in Santa Barbara, St. Helena, Livermore, Oakland and now Castro Valley.
- Over ten years selling pastries at Farmers Markets in Castro Valley, Palo Alto and Menlo Park.
- Four years brick and mortar bakery in Lucky's Shopping Center on Redwood Road.
- Pastry Training at CIA Greystone and cooking school at Santa Barbara City College.
- We focus on using ingredients from small family farms within 150 miles of Castro Valley

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Katy Del Rio Owner & Operator



Katy has been in business for over 37 years, 24 of which have been in Castro Valley. She is well-known for artistic styles, bridal, and special up-dos. Her knowledgeable staff updates their education to make sure they keep their clients in style. Some of the many services offered are facial microdermabrasion, eyebrow and eyelash dyeing, hair coloring including highlighting, multicolors, permanent waves, ear piercing, waxing and massage.

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Reports: Couple Arrested on Suspicion of Stolen Goods

continued from page 3

Couple Busted with Stolen Property

Thursday, March 12: at 4:27 p.m., two people were arrested on suspicion of possession of stolen property in the parking lot of a bank on Castro Valley Boulevard near San Miguel Avenue. An anonymous tip led deputies to the couple—a

35-year-old man from Castro Valley and a 37-year-old woman from Vallejo (Solano County)—and to their stolen goods. The couple were handcuffed and taken into custody.

Thief Goes Back to Jail

Thursday, March 12: at 9:44 p.m., deputies arrested a 33-year-old

woman from Menlo Park (San Mateo County) as part of a warrant issued for her arrest. The woman had been previously charged with felony possession of stolen property and conspiracy to commit a crime. Deputies stopped the woman for questioning outside a fast food restaurant on Castro Valley Boulevard near Yeandle Avenue

and confirmed her warrant. The woman was taken to Santa Rita Jail pending \$100,000 in bail.

He Fell Asleep on The Wrong Couch

Wednesday, March 11: at 6:07 p.m., a 28-year-old man with no permanent residence was arrested on suspicion of violating the terms of a restraining order, possession of illegal narcotics, possession of burglar tools, and violating the terms of his probation. Deputies responded to a call at a home on Miramar Avenue near Stanton Avenue after the owner said the man had illegally entered the home and fell asleep on the couch. The man was still passed out when deputies arrived. They discovered the man had hidden the narcotics in his cigarette box and a set of keys designed to break into cars on the table beside him. Deputies took the man into custody.

Street Fighting Man Goes to Jail

Tuesday, March 10: at 9:53 p.m., deputies arrested a 32-year-old man with no permanent residence on suspicion of assault on another person. The man was spotted in an altercation at the intersection of Castro Valley Boulevard and Center Street. Deputies handcuffed the man and took him into custody. The victim was treated at the scene.

Assault on a Family Member

Monday, March 9: at 1:07 a.m., a 22-year-old man from Castro Valley was arrested on suspicion of assault on a family member. Deputies responded to an anonymous tip about an argument at an apartment on Center Street near Grove Way. The man was taken into custody. The victim was treated at the scene.



Documentary 'ScreenAgers' Shown Tonight, Tomorrow

The award-winning documentary "ScreenAgers" — *Growing Up in the Digital Age* will be screened free this evening and tomorrow, followed by panel discussions at San Lorenzo High School.

Sponsored by the High School and Eden Health District, the film explores how teens interact with each other using technology — smartphones, computers, social media — and looks at whether parents can, or should, try to limit or control this behavior.

It is the first feature documentary to bring awareness to students, parents, and educators on how technology impacts teen development, and how the interplay of social media creates more stress, anxiety, and depression in the lives of many young people.

Many experts share their thoughts on the topics the movie covers, which include tech addiction, violent video games (some clips from the games are shown) and digital citizenship.

According to nonprofit Common Sense Media, "It's sure to prompt conversations about fami-

ly communication and responsible tech use if kids and parents watch together."

Tonight's screening begins at 6:30 p.m. with discussion at 7:40 p.m. Tomorrow's (March 19) screenings are (1) at 5:30 p.m. followed by a discussion in Spanish, and (2) at 6:30 p.m. with a discussion in Mandarin.

All screenings will be in the BADA Bldg. at San Lorenzo High School, 50 E. Lewelling Boulevard.

To register, visit bit.ly/39fZrL

For more information, call Daniel Chaja at 510-317-3137, or Jonnie Banks at 510-861-7613.

Telephone Town Hall Tomorrow

Rep. Eric Swalwell will host a telephone town hall tomorrow evening with Dr. Arthur Reingold and Dr. Michael Anderson to discuss the COVID-19 outbreak.

The telephone town hall will take place at 6:30 p.m. Pacific Time on Thursday, March 19 for 15th Congressional District residents. The toll-free call-in number is 855-962-1059.

Dr. Reingold is Division Head of Epidemiology and Biostatistics at U.C. Berkeley School of Public Health.

Dr. Anderson is President of UCSF Benioff Children's Hospitals and Senior Vice President, Children's Services for UCSF.

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Seniors

How Medicare is Covering Coronavirus

Q: Is Medicare covering testing for the coronavirus? My husband and I are very nervous about this virus and would like to find out if or when we should get tested, and how Medicare manages it.

By **Jim Miller**
SPECIAL TO THE FORUM

A: Yes! Medicare is indeed covering the cost of testing for the coronavirus, or COVID-19. But be aware that getting a test isn't as simple as going to your local pharmacy or doctor's office and asking for one.

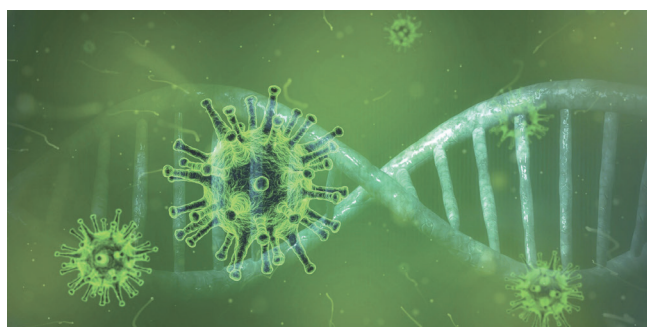
Here's a breakdown of what Medicare is covering, along with how to get tested if you think you may have symptoms.

Medicare Coverage

Medicare (Part B) will cover the lab test to see if you have coronavirus, but only when your doctor or other health care provider orders it. You will pay no out-of-pocket costs for these tests.

In addition, Medicare also covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine.

And while there's currently no vaccine yet to protect against COVID-19, when one becomes



Medicare is covering the cost of testing for coronavirus.

available next year, it too will be covered by all Medicare prescription drug plans (Part D).

If you happen to get your Medicare benefits through a private Medicare Advantage plan, you will have access to these same benefits.

In addition, many Advantage plans are also expanding coverage of telemedicine, which allows beneficiaries to consult with medical professionals without having to go to a doctor's office.

Check with your plan for coverage details.

When to Call Your Doctor

Older adults, age 60 and older (especially those in their 70s and 80s), and people with chronic medical conditions like diabetes, heart, lung or kidney disease are at a higher risk of serious illness if they contract the coronavirus. So, everyone in these categories needs to be vigilant.

Symptoms of COVID-19 include fever, cough and shortness of breath. Severe cases can lead to pneumonia, severe acute respiratory syndrome, kidney failure and death. If you develop any symptoms that are concerning, you should contact your primary-care provider by phone for guidance. If your doctor believes you need testing, he or she will instruct you on what to do.

Unfortunately, there have been reports of test shortages across the country, so depending on where you live you may have to wait a few days.

Prevention Tips

To help you steer clear of COVID-19 the CDC recommends that you avoid close contact with anyone who is sick. Wash your hands often with soap and water for at least 20 seconds, especially after being out in public, blowing your nose, coughing, or sneezing.

If soap and water isn't available, use a hand sanitizer that contains at least 60 percent alcohol.

Try to avoid touching your face, nose, and eyes. And avoid touching high-touch surfaces in public places, like elevator buttons, door handles, handrails, and handshaking. Use a tissue or your sleeve to cover your hand or finger if you must touch something.

Also, clean and disinfect your home to remove germs: Practice routine cleaning of frequently touched surfaces – tables, door-knobs, light switches, handles, desks, toilets, faucets, sinks and cell phones. You should also avoid crowds, especially in poorly ventilated spaces. Risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people who are sick.

The CDC also recommends that seniors and high-risk individuals stock up on supplies, such as extra medications and groceries. And, if there is an outbreak in your community, remain at home as much as possible. They also discourage non-essential travel.

For more information on the COVID-19, visit [Coronavirus.gov](https://www.cdc.gov/coronavirus).

Send senior questions to: *Savvy Senior*, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](https://www.savvysenior.org). *Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.*



Spectrum Senior Lunches

Low-cost lunches are available at the following Castro Valley locations at noon on the listed days. For lunch reservations, please call 24 hours in advance. Suggested donation is \$3.75. No registered senior over 60 will be refused a meal due to lack of funds.

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Monday, March 23

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Tuesday, March 24

BBQ Chicken Sandwich on Wheat Bun with Lettuce, Tomato & Onion, Broccoli-Cranberry Salad, Banana

Wednesday, March 25

Baked Potato with Turkey Chili, Broccoli & Carrots, Wheat Roll, Grapes

Thursday Senior Dinners Are Canceled Until Further Notice

Due to COVID-19 precautions, the Senior Dinner held each Thursday from 4 to 5 p.m. at Eden Medical Center, has been canceled until further notice. When the dinner resumes, an announcement will be made.

Eden Medical Center is experiencing a heavy flu season. In order to keep patients, staff and the community safe, the hospital is restricting facility access for any visitors and community members who show signs of illness.

Stay home if you have any signs of illness or suspect that you have been exposed to COVID-19. If you aren't feeling well and are seeking care, please contact your doctor for guidance. If you have concerns that you have been exposed to COVID-19, please contact your doctor or the local health department. You can also find additional tips by visiting Sutter Health's website: www.sutterhealth.org/for-patients/health-alerts/2019-novel-coronavirus

Estate Planning When You Spend Time in Different States

Q: My wife and I spend a substantial amount of time each year living in two other states, so that we can spend time living near each of our two children and their own families. We have our California estate planning documents created some time ago, but wonder whether we should create new documents in each of the other states, as well?

By **Gene L. Osofsky**
SPECIAL TO THE FORUM

A: Good question! While, technically, you do not necessarily need a separate set of estate planning documents created under each of the other state's laws, nevertheless it might be wise to do so as to at least as to two of them, and here's why:

The United States Constitution requires that each state give what is called "full faith and credit" to the laws of every other state in the union.

This means that your estate planning documents created under California law should be honored in every other state of the union, without the need to create new documents in each of those other states.

That said, however, the practical realities of dealing with California documents in other states might nevertheless create problems, especially as to your Durable Power Of Attorney (DPOA) and your

Advance Health Care Directive.

If you both remain permanent residents of California, you should not need new wills or a new trust, yet as to your DPOA and your Advance Health Care Directive, it may be a different story: You might very well meet some resistance if you attempt to use your California documents in those other states.

Reason: financial and health-care institutions are used to seeing the documents commonly used in their own states and may refuse to honor out-of-state documents of which they are unfamiliar. Further, as to your Health Directive, other states may use different terms for the document, such as "durable power of attorney for health care" or "Living Will."

Remember that the people at

the bank, and the

people in the hospitals, are not constitutional lawyers, and may therefore not know that they should fully honor your California documents.

Therefore, I recommend that you consult an attorney in each of the other states and prepare at least a DPOA and the equivalent of a Health Care Directive, both in a form that is customarily seen and used in each of those other states.

Further, even as to your wills and trust, my recommendation is still to consult with a lawyer in each of the other states in order to make sure there are no special rules that might trip up your family



in the event it became necessary to handle some of your estate affairs outside of California.

So, even though you could stand upon your constitutional rights to assert the validity of all of your California documents in the other two states, my suggestion is that, upon your next visits, you create new Health Directives and DPOA's that would be easily recognized by financial and medical folks in those other states.

When doing so, try to make them as similar as possible to your California documents, especially in terms of who is authorized to act as your agent, so as to avoid confusion in the event of need.

Gene L. Osofsky is an estate planning and elder law attorney in Hayward. Visit his website at www.LawyerForSeniors.com

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57				58						59		

ACROSS

- Do arithmetic
- Long tales
- Stitch
- Take to court
- Treasure cache
- Work with
- Newlyweds' trip
- Siesta
- Chicken-king link
- Waldorf salad ingredient
- Floated on air
- Remain
- Ostrich's cousin
- Blue
- Ruhr Valley city
- Tear
- Cry loudly
- Apiary structure
- Boredom
- Solidify
- Morning moisture
- Village People hit
- Express sorrow for
- Like a duck's feet
- __ Jima
- Past
- Wealthy one
- Beer container
- Over
- Life story, for short
- Praise in verse
- "When pigs fly!"
- Conclusion

DOWN

- Fire residue
- Pair
- Lair
- Fashions
- Fleets
- Sticky stuff
- Acknowledges
- Washington group
- Optimist's part of the street?
- Jacob's brother
- Cried
- Dine
- Whip
- "The Way We __"
- "So be it"
- Sense of humor
- Pooch
- Tied
- Mr. Gingrich
- Foolish
- Accept as true
- "The __ Cometh"
- Attorney
- Pueblo brick
- Unruly bunch
- Texas city
- "Zounds!"
- Autumn mo.
- Honest politician
- Martini ingredient
- Turf

ANSWERS ON PAGE 6

HOROSCOPE by Salomé

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- ARIES (March 21 - April 19):** A pesky health problem should clear up soon. Meanwhile, travel -- both for personal as well as for business reasons -- is strong in the Aries aspect this week, and well into the next.
- TAURUS (April 20 - May 20):** Look for Bovines to be on the move this week, whether it's traveling for fun or for business. Other "moves" include workplace adjustments and, for some, relationship changes.
- GEMINI (May 21 - June 20):** Geminis who have just gone through a hectic period involving job and/or family matters might want to take some well-earned time out to relax and restore those drained energy levels.
- CANCER (June 21 - July 22):** A romantic situation seems to have stalled, just when the Moon Child was expecting it to go forward. Could that be a bad case of miscommunication going on. Talk it over openly and honestly.
- LEO (July 23 - August 22):** Showing a genuine interest in something that's important to a friend, family member or colleague could open a communication line that had been pretty much shut down for a while.
- VIRGO (August 23 - Sept. 22):** Making a potentially life-changing decision takes as much knowledge as you can gather, plus determination and patience. Take your time working it out. Don't let anyone rush you.
- LIBRA (Sept. 23 - October 22):** You should be back on schedule and heading in the right direction after clearing up a misunderstanding. But there could still be some setbacks. If so, correct them immediately.
- SCORPIO (October 23 - November 21):** A business matter keeps you pretty busy, but try to squeeze in time to be with family as well as close friends. You need the good vibrations you get from people who care for you.
- SAGITTARIUS (Nov. 22 - Dec. 21):** Investing in an attractive prospect (business or personal) with little or no information can be risky. Avoid future problems by getting all the facts before you act.
- CAPRICORN (Dec. 22 - Jan. 19):** Someone close to you might have an unexpected reaction to a decision you feel you're prepared to make. Listen to his or her point of view. It could prove to be surprisingly helpful.
- AQUARIUS (Jan. 20 - Feb. 18):** Don't give up yet. That once warm, personal relationship that seems to be cooling off fast could recover with some tender, loving care, and who better than you to provide it?
- PISCES (Feb. 19 - March 20):** Career matters are strong this week. You might want to enter a training program to enhance your skills. Also, consider getting professional help in preparing a brilliant resume.



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COMMUNITY CALENDAR UPDATE

CASTRO VALLEY LIBRARY

The Library is closed through March and all events have been canceled or postponed

HAYWARD AREA RECREATION DISTRICT (HARD)

HARD's Castro Valley Community Meeting scheduled for this Saturday has been canceled, but the online survey is still in effect. Based on direction from state and local agencies, effective immediately the District has decided to cancel all programs, classes and events of any attendance size, including rentals, and close all other HARD facilities through March 31 or until an update is issued. Open space and parks will remain open until further notice.

KENNETH C. AITKEN SENIOR CENTER

All events have been canceled through March.

EAST BAY REGIONAL PARKS

Effective this past Sunday evening, the following East Bay Regional Park District facilities will be closed until April 12:

- All Visitor Centers
 - All Internal Rental Facilities
 - All programs, paid or free (includes all school programs, recreational programs and naturalist-directed programs)
 - All campgrounds, including Anthony Chabot and Del Valle
 - All swim facilities
- Currently, all regional parks and trails (except those listed above) remain open to the public. If you do visit, please be prepared by bringing your own water and hand sanitizer.

Nature is a great place to get exercise and rejuvenate the mind, body and soul -- especially in time of crisis. A walk on a trail, around your neighborhood, or private backyard provides a breath of fresh air and helps reduce stress and anxiety.

CASTRO VALLEY CENTER FOR THE ARTS

All performances have been canceled through April, including:

- "Chicago the Musical" (High School Edition) scheduled to open March 23
- Free Concert by the Castro Valley Adult School Band at 7 p.m. on Wednesday, March 25
- Concert by the Castro Valley Orchestra scheduled for 2 p.m. on Sunday, March 29.
- Bee Gees Gold Tribute scheduled for April 4. Castro Valley Arts Foundation hopes to reschedule the Bee Gees. Ticket holders will be notified soon of date and ticketing options.

SERVICE CLUBS

All Castro Valley Rotary Club meetings in March have been canceled. The Castro Valley Women's Club noon meeting scheduled for today has been canceled

STILL SCHEDULED:

- **Spectrum Community Services** is continuing to deliver meals to homebound seniors. Hand sanitizer and disinfecting wipes are being used during meal deliveries to ensure clients and volunteers remain healthy. Additionally, Spectrum has received approval to temporarily allow takeout food from its senior dining sites. Regular participants are being contacted to ask if they'd like to receive their food to take home.
- **Eden Area Village Monthly Coffee** will be held at J.P.'s Restaurant in Castro Valley at 10 a.m. this Saturday, March 21. Visit edenareavillage.org or email info@edenareavillage.org for late updates.
- **The Bringing Back The Natives Plant Sale** will be held this Saturday, March 21. Local nurseries specializing in California native plants will be open from 10 a.m. to 4 p.m. For info visit: www.bringingbackthenatives.net/native-plant-extravaganza. For questions, call Sandra Nevala-Lee at 510-502-0992.

LEGAL NOTICES

<p>FILED FEBRUARY 20, 2020 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 568754</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>The name of the business(es): Central Blueprint Company at 17132 E. 14th Street, Hayward, CA 94541 in Alameda County is hereby registered by the following owner(s): East Bay Blue Print + Supply Co, 1745 Fourteenth Ave., Oakland, CA 94606. This business is conducted by a corporation. This business commenced N/A. /s/ Individual Care Community Services, Inc This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires FEBRUARY 20, 2025 FEB 26, MAR 04, 11, 18, 2020 0233-CVF</p>	<p>FILED FEBRUARY 21, 2020 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 568807</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>The name of the business(es): Christina Andrade's Skin Care at 20632 Redwood Road, Castro Valley, CA 94546 in Alameda County is hereby registered by the following owner(s): Christina Andrade Johnson, 936 Thornton St., San Leandro, CA 94577. This business is conducted by an individual. This business commenced 10/1/2014. /s/ Christina Andrade Johnson This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires FEBRUARY 21, 2025 FEB 26, MAR 04, 11, 18, 2020 0235-CVF</p>	<p>FILED FEBRUARY 24, 2020 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 568830</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>The name of the business(es): Cal-Fed Construction Company at 16846 Daryl Ave., San Lorenzo, CA 94580 in Alameda County is hereby registered by the following owner(s): (1) Xueyong Mei Chen, 718 Roverson Ct., San Ramon, CA 94582 and (2) Yu Ming Chen, 16846 Daryl Ave., San Lorenzo, CA 94580. This business is conducted by a general partnership. This business commenced 10/01/2003. /s/ Xueyong Mei Chen, Yu Ming Chen This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires FEBRUARY 24, 2025 MAR 04, 11, 18, 25, 2020 0239-CVF</p>	<p>FILED FEBRUARY 27, 2020 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 569041</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>The name of the business(es): DL International at 21550 Pheasant Woods Dr., Castro Valley, CA 94552 in Alameda County is hereby registered by the following owner(s): (1) Qian Li and (2) Lang Deng, 21550 Pheasant Woods Dr., Castro Valley, CA 94552. This business is conducted by a married couple. This business commenced N/A. /s/ Qian Li, Lang Deng This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires FEBRUARY 27, 2025 MAR 04, 11, 18, 25, 2020 0242-CVF</p>
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<p>FILED FEBRUARY 26, 2020 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 569023</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>The name of the business(es): TriMed Billing Associates at 3847 Dartmouth Way, Livermore, CA 94550 in Alameda County is hereby registered by the following owner(s): (1) Kathie Vandiver, 20022 Meadowlark Drive, Castro Valley, CA 94546, and (2) Denise Roberts, 3847 Dartmouth Way, Livermore, CA 94550. This business is conducted by co-partners. This business commenced N/A. /s/ Kathie Vandiver, Denise Roberts This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires FEBRUARY 26, 2025 MAR 11, 18, 25, APR 01, 2020 0243-CVF</p>	<p>FILED MARCH 4, 2020 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 569260</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>The name of the business(es): Smoke Industries at 19379 Lake Chabot Road, Castro Valley, CA 94546 in Alameda County is hereby registered by the following owner(s): Hernan Langerica Jr., 19379 Lake Chabot Road, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A. /s/ Hernan Langerica Jr. This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires MARCH 4, 2025 MAR 11, 18, 25, APR 01, 2020 0244-CVF</p>	<p>FILED FEBRUARY 27, 2020 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 569029</p> <p>FICTITIOUS BUSINESS NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930</p> <p>The name of the business(es): BODI'S JAVA at 3803 E. Castro Valley Blvd., Castro Valley, CA 94552 in Alameda County is hereby registered by the following owner(s): (1) Ki Hoon Han and (2) Hyang Sook Han, 20147 Waterford Place, Castro Valley, CA 94552. This business is conducted by a married couple. This business commenced 12/01/16. /s/ Ki Hoon Han, Hyang Sook Han This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires FEBRUARY 27, 2025 MAR 18, 25, APR 01, 08, 2020 0248-CVF</p>
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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Bay Area Realtors Grappling with Spreading Coronavirus

With the spread of COVID-19, amidst obvious concerns for those infected by the virus, questions are emerging about the health of the housing market. While still too soon to state definitively, it appears we are beginning to see some effects.

The primary concern is how to avoid contact with anyone potentially infected. With the CDC recommending a six-foot distance between others at gatherings, major events are being cancelled across the country and the State of California is asking that non-essential meetings be limited to 250 people or less.

In a statement from the Governor's office, issued 03/11/2020, Governor Newsome declared, "Changing our actions for a short period of time will save the life of one or more people you know. That's the choice before us. Each of us has extraordinary power to slow the spread of this disease. Not holding that concert or community event can have cascading effects — saving dozens of lives and preserving critical health care resources that your family may need a month from now." He continued, "The people in our lives who are most at risk — seniors and those with underlying health conditions — are depending on all of us to make the right choice."

Bay Area Realtors are wrestling with the new realities. Realty offices are asking agents and employees to work from home and regional marketing meetings are cancelled. Agents showing homes have been urged to carry hand sanitizer and wipes. While it is currently generally agreed that, with proper precautions, there should be no issue showing or holding open houses for vacant properties, concerns are being raised for homes currently

occupied, especially by seniors or those with weakened immune systems.

Washington State's King County has been a hotspot for virus activity and Seattle-based Redfin CEO Glenn Kelman stated in a recent blog that he had noticed a "significant drop in demand" from area sellers and buyers. Bay Area Realtors are not currently seeing significantly decreased activity, however a few transactions have cancelled due to buyer concerns over the plummeting stock market and a few sellers are keeping their homes off the market. Some

buyers have seen down payments reduced by lower stock prices. Others indicate concern over how the stock market's gyrations may effect housing values.

Realtors across the region are urging calm. We have weathered crises in the past and, with common sense and adequate precautions, we will navigate this one as well.

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.

Should I Be Worried About That Condensation on My Windows?

If you take a look at your home's windows and doors in winter, you may notice condensation. As temperatures drop, it often appears on the inside and outside of these surfaces.

Here's what you need to know about why condensation occurs, when it matters and what you can do about it:

Interior Condensation

When the heat is on inside the home in wintertime, a certain amount of humidity feels good -- we breathe easier, our skin is less dry and there's less static in the air. This is fine usually, but when temperatures outside get extremely low, problems can arise. Under these circumstances, humidity can generate condensation on your windows -- whether they're old or new -- and this should be managed.

While there's no problem with condensation on the window glass itself, (except for the fact that visibility can be obscured) that condensation could affect wood trim around the windows and lead to mold and rot. Perhaps even worse, it could be an indicator that

condensation is also occurring within your walls, which can lead to unhealthy mold.

Unfortunately, the most common sources of home humidity are everyday parts of life, including showers, cooking, doing laundry and even fish tanks. However, if you see condensation on your windows there are two actions that experts recommend. One, if you have a humidifier, turn it down. The second, use a dehumidifier.

Exterior Condensation

Exterior condensation occurs when the dew point temperature approaches the outside air temperature. When the air is saturated and can't hold any more moisture, water vapor forms droplets on surfaces -- including your roof, siding, windows and doors.

If you have energy-efficient windows, you may notice exterior condensation occur more than you did when you had older, less energy-efficient windows that allowed warmth from inside the home to reach the outside glass pane and dissipate the condensation. Unlike with interior condensation, there's

nothing to worry about in the case of exterior condensation. Moisture on the outside pane of glass is normal and a good sign that your windows are functioning correctly to prevent warmth from reaching the outside glass. The condensation will dissipate when the outside air temperature rises.

Next Steps

If there's no condensation on the exterior of your windows but there's moisture on adjacent exterior surfaces, this would be a good indicator that it's time

for new windows. Also, if you get constant internal condensation on your windows in very cold weather and your humidity is low, then upgrading to a more thermally efficient window would be a good idea.

Look for high-performing replacement windows with the latest technological advances that offer maximum efficiency and comfort. Third-party recognition for a particular brand or product is a strong indicator that you're investing in a quality product. A recent "Remodeling"

magazine survey of remodeling contractors ranked ProVia vinyl windows as number one in window quality in part because of their features that are tested against the most stringent requirements for air and water infiltration.

This winter, pay attention to your home windows, glass doors and other surfaces. Understanding the ins and outs of interior and exterior condensation can help you address potential issues.

- StatePoint



Pending! Pending!

There are beautiful Panoramic Views of the San Francisco Bay. This unique home is on over 1.14 Acre of useable land. There are 4 Bedroom, 3.1 Baths, approx. 4500 sq. ft., so many custom features and 3 levels of comfortable living space. This home offers beautifully manicured Japanese Botanical style Gardens, 3 car garage which has 12 ft ceilings and 2-240 volts outlets for machinery or electric vehicle. Easy access to Bart or major freeways, schools & Shopping. Great place for family living and entertaining.



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WEEKEND GARDENER

Weeding

If predicted rains actually materialize this week, pulling weeds will be a much easier job. Weeding with bare hands is best, but use gardening gloves if your working around roses, briars or plants with sharp leaves. Grab a handful of weedy growth close to the ground and pull up with the roots. If the roots don't give, use a narrow trowel to loosen the soil a little more. Shake dirt off the roots and put the weeds in the compost bin.

Roses

Feed roses heavily to ready them for their long blooming season. Water first, then apply the fertilizer, then water again. As soon as they begin blooming, prune spent blossoms down to the first five-part leaf to gently shape the plant. Continue to feed lightly and water through through the summer. Apply a thick mulch to conserve water and to keep the plant healthy.



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PENDING WITH 19 OFFERS!

Major fixer-upper, Diamond in the Rough, Sweet Sunnybrae neighborhood of San Mateo, featuring 2 bedrooms, 1 bath, 1 car garage with a private backyard. Also featuring hardwood floors upstairs and a fireplace in the living room. Sold "AS IS" 890 sq. ft. Asking \$900,000

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RECENT HOME SALES

Castro Valley

21463 Orange Avenue 94546: \$650,000 2 BD - 1,022 SF - 1943
19201 Stanton Avenue 94546: \$730,000 3 BD - 1,414 SF - 1952
3886 Lorena Avenue 94546: \$980,000 3 BD - 2,171 SF - 1935
19040 Helton Street 94546: \$1,012,000 5 BD - 2,234 SF - 1975
TOTAL SALES: 4
LOWEST AMOUNT: \$650,000 MEDIAN AMOUNT: \$855,000
HIGHEST AMOUNT: \$1,012,000 AVERAGE AMOUNT: \$843,000

San Leandro

15941 Cambrian Drive 94578: \$90,000 3 BD - 1,984 SF - 1960
16714 Rolando Avenue 94578: \$565,000 3 BD - 1,410 SF - 1963
TOTAL SALES: 2
LOWEST AMOUNT: \$90,000 MEDIAN AMOUNT: \$327,500
HIGHEST AMOUNT: \$565,000 AVERAGE AMOUNT: \$327,500

ADOPT-A-PET



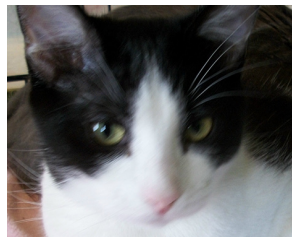
GABY is a beautiful, shy 2-year-old girl who is hoping a patient family, willing to give her TLC to help build her self confidence. Spayed. Hayward Animal Shelter, 510-293-7200.



MOLLY is a sleek black, playful 7-month-old kitten who just loves to be loved. She's small for her age, is a big fan of toys. More info: Hayward Animal Shelter, 510-293-7200.



TINY is an active 6-month-old black and white tuxedo girl. She loves to play and wrestle with her 4 siblings. Spayed, vaccinated, microchipped. Email Loveallpawzrescue@gmail.com.



ROSIE is a beautiful, 1 year old black and white tuxedo girl and is good with cat friendly dogs and other cats. Spayed, vaccinated, chipped. Email Loveallpawzrescue@gmail.com.

CVSAN

Temporary Suspension Of Service

In order to limit possible COVID-19 exposure and comply with the recent "shelter in place," walk-in services at the Castro Valley Sanitary District office at 21040 Marshall St. and the CVSan Capital Improvement Projects Office at 20211 Patio Drive, Suite 200 are temporarily suspended until April 7th.

CVSan will continue to provide essential wastewater services and will respond to sewer emergencies.

Report sewer emergencies to 510-537-0757 Monday through Friday, 7 a.m. to 4 p.m. or after hours at 510-506-5821.

Current collection services for recycling, organics and garbage provided by ACI have not been affected. Residential customers should have their containers ready for service between 6 a.m. and 6 p.m.

ATHLETES OF THE WEEK



Transfiguration 5th Grade Boys Basketball

This week's Athletes of the Week are the members of the Transfiguration CYO 5th Grade Boys Basketball team.

The Wildcats finished their regular season with a 6-4 record and went 2-0 in the playoffs to complete their Championship season. (Pictured left to right) Erin Morse (Coach), Lyvell James, Noah Lopes, Devon Richardson, Clayton Tang, Levi Delgado, Kayden James, David Baik, Peter Tao, Heather Lopes (Coach)

CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

**Youth Baseball and
Flag Football Programs**

www.CVSPORTSLEAGUE.org

SUSTAINABLE HOME

Reusable Dishware



As a frequent party host, Jennifer has collected an impressive selection of dishware for serving her guests. Here are some tips you can implement to have a sustainable home:

- Use tablecloths and cloth napkins for a timeless look that replaces single-use items.
- Serve food on reusable plates with reusable cutlery.
- Make your own beverages, such as iced tea or lemonade, and serve from a pitcher to cut down on single-use containers.



Check out CVSan's 2020 Calendar for more tips on cultivating a sustainable home, available at CVSan offices, 21040 Marshall St.

Visit www.SelectMyPath.org for more zero waste tips.

REDUCE REUSE RECYCLE ROT

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This ad was funded by Measure D



Fame: Phillips Wants Athletes to Have Fun

continued from page 2

decathlon, javelin, hammer throw and steeplechase, all events not offered in high school.

"So far we've had 53 athletes go on to become college athletes," Phillips said proudly.

An innovation that has worked especially well for the CVTC is the high school mentor program. Phillips encourages the club's high school athletes to serve as role models for the younger members. It's a win-win: the young athletes get personal attention and the mentors get coaching experience.

"We've had 120 mentor coaches," Phillips noted.

Phillips' own mentor was Norm Guest, a 2016 inductee into the CV Sports Hall of Fame. Guest was Phillips' track and cross country coach at CVHS.

"I try to emulate Coach Guest's calm, positive approach to coaching children," Phillips said. "He was a class act."

Phillips emphasizes "self improvement" as the measure of ev-

ery athlete's success. "Kids mature at different rates," he explained. "That's why we stress personal improvement. I don't measure success by winning or beating other athletes."

While Phillips expects his athletes to work hard, he also wants them to have fun.

He has had training runs across the Golden Gate Bridge and around Angel Island and has done workouts in Halloween costumes.

"I guess I get that from my mom," he said, smiling. "Her name was Mirian but she went by 'Mike.' She made everything fun."

Phillips not only formed the Castro Valley Track Club, he has been its only president. In addition to coaching, he does all the administrative work.

"It's a one-person non-profit," said Phillips. "Simplicity is best."

After 19 years and 35 seasons (track and cross country are separate seasons), Phillips is taking a year off to focus on his law practice with his daughter, Katelyn.

Jim and his wife, Melissa, have called Castro Valley their home for the entire 36 years of their marriage.

"I'm so proud of the positive changes in Castro Valley... including the wonderful, peaceful diversity that now exists here," he said. "That diversity is something that we openly celebrate on the club."

Induction Banquet Postponed

Due to the coronavirus pandemic, the Castro Valley Sports Hall of Fame banquet has been postponed.

The new date for the induction banquet is Sunday, Sept. 20, at the Redwood Canyon Event Center.

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