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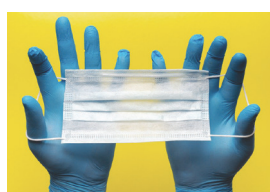
YEAR 32

WEDNESDAY, APRIL 1, 2020

NO. 14

INSIDE YOUR FORUM

NEWS



Preparations

Area hospitals set up tents and ask community for donations

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SENIORS



Time of Need

How to get help from Social Security during Coronavirus pandemic

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NEWS



Earth Day

CVSan cancels Earth Day events but resources still available to residents

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PHONE: (510) 614-1560



PHOTO BY FRED ZEHNDR

A long line of cars wait in the rain to enter Hayward's curbside testing station on Saturday morning. The Center, at Hayward Fire Station No. 7, opens at 9 a.m. Tuesday through Sunday, but is available only to those with symptoms of COVID-19.

Hundreds Tested for Virus At Hayward Testing Station

At the direction of the Alameda County Health Officer, testing at the Hayward COVID-19 Test Center is now limited to people with fever over 100 degrees and other symptoms of Coronavirus infection, such as cough or shortness of breath.

The Testing Center, at Fire Station No. 7, is located at 28270 Huntwood Ave. in South Hayward, is free and open to members of the general public regardless of where they live or immigration status.

It is scheduled to operate from 9 a.m. and 6 p.m. Tuesdays through Sundays or until the number of tests available for the day have been exhausted. The Center is closed on Mondays.

To get to the Center, members

of the general public should enter Huntwood Ave. at Industrial Blvd., then proceed north to the line of cars leading to the curbside screening locations. Access to screening lines may be limited at times to provide for safe social distancing and to manage traffic flow.

First responders and health-care workers can schedule a test in advance by calling 510-583-4949, but they too must be symptomatic and have a temperature over 100 degrees.

The test entails deep swabbing of the nasal cavities and back of the throat, and then transportation of the samples to a laboratory in Menlo Park. Individual results are available within six hours or by the next day in most cases.

The Center, staffed by Hayward firefighter-paramedics, was established to help suppress new transmission of the virus, take pressure off hospital emergency rooms and provide quicker answers for first responders and health care workers. Generally, it can provide up to 370 tests per day.

For more information, visit www.hayward-ca.gov.

Alameda County
Confirmed Cases = 283
Deaths = 7

California
Confirmed Cases = 7,426
Deaths = 149

as of March 31, 2020

Rodeo, CV Traditions Postponed

The 100th Rowell Ranch Pro Rodeo that was scheduled to be held May 15-17, has been postponed to 2021 due to COVID-19.

Since its beginning, the historic East Bay event has been a time for friends and neighbors to come together and celebrate the community and its history.

The nonprofit rodeo association also supports many local charities through proceeds from the annual event. But during this time of uncertainty, it is critical that the focus must be on the safety and well-being of the public.

The 100th Rowell Ranch Pro Rodeo is now scheduled for May

14-16, 2021 at the historic Rowell Ranch Rodeo Park off of Highway 580 in Castro Valley.

Tickets for the rodeo can be exchanged or refunded for the 2021 performance. Visit www.rowell-ranchrodeo.com for more information.

see PANDEMIC on page 2

SENIOR HOMES

Families Wait, Worry, Work With Facilities

By Michael Singer
CASTRO VALLEY FORUM

Sara Raymond's mom is currently in a senior care facility for dementia in Castro Valley, but she hasn't seen her in nearly a month because of COVID-19 visiting restrictions.

She respects the shelter-in-place rules and is grateful the facility was proactive in protecting residents, but she is concerned that she may not be able to see her mother again.

"She's a really happy, loving person who loves to see people and hold hands and touch hands and be present if you are with her," Raymond says. "This is a hard situation to be in our family... for any family."

Raymond's story echoes how families in Alameda County and elsewhere are trying to cope with loved ones isolated in situations they cannot control.

After coronavirus spread among

senior homes in Washington and New York earlier this year, health-care officials quickly issued guidance on how to slow the spread and protect both senior residents and healthcare workers.

The Alameda County Public Health Department updated its long-term care facility guidance last week. The directive covers independent-living complexes senior housing, retirement residences, residential care facilities, and skilled nursing facilities. These senior housing facilities may manage as many as 100 residents, or operate out of single-family homes.

Under the revised guidelines, residents are screened before being admitted and are then monitored for at least 14 days. Facilities are directed to screen residents at least daily for sore throat, shortness of breath or difficulty breathing, new or changed cough, high temperature, heart and respiratory rates, and oxygen saturation.

see FACILITIES on page 7

CV Chamber Events Canceled, Postponed

The Castro Valley/Eden Area Chamber of Commerce has announced a number of changes in its 2020 lineup of events.

The Annual Eden Awards ceremony, scheduled to be presented on May 2, has been postponed to a date to be determined. This year's winners are:

- Sgt. Oscar Perez of the Alameda County Sheriff's Office who was named "First Responder of the Year"

- Joshua Theo Wheeler who was selected as CV School District "Teacher of the Year"

- Jess Vaughn who was chosen as San Lorenzo Schools' "Teacher of the Year"

- Rachel Lunt who was named "Volunteer of the Year"

- Rick Hatcher who was named "Business Person of the Year."

Other Changes

The Eggstravaganza, scheduled for Saturday, April 4, has been postponed to a date to be determined

San Lorenzo Arts and Crafts Fair scheduled for Sunday, April 5, has been postponed until the summer.

The Student Citizens of the Year awards ceremony scheduled for May 20 has been canceled.

The Chamber invites you to join its Facebook Groups in support of local restaurants and health and fitness businesses:

- Eden Area Take Out & Delivery

<https://www.facebook.com/groups/edenareatakeout/>

- Eden Area Health & Fitness

<https://www.facebook.com/groups/edenareafitness/>

Castro Valley Weather April 1-5, 2020



Wednesday
Mostly Sunny
High 61° Low 41°



Thursday
Mostly Sunny
High 63° Low 43°



Friday
Partly Sunny
High 60° Low 46°



Saturday
Showers
High 60° Low 49°



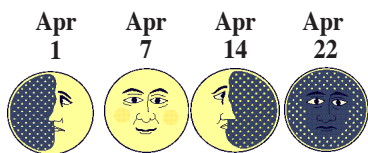
Sunday
Showers
High 56° Low 41°

Almanac

Moon Phases



Past Week's Rain: 00.40
Season To Date: 06.80
Normal To Date: 17.53
Season Average: 21.22



Sun sets at 7:33 p.m. today, rises at 6:54 a.m. Thursday.

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Pandemic: CV Events

continued from front page
**Chili Cook-Off and
Parade Postponed**

After much deliberate thought and discussion, the Board of the Rotary Club of Castro Valley made the difficult decision to postpone until 2021 the Chili-Cookoff and Rowell Ranch Rodeo Parade scheduled for next month.

"Although the Chili-Cookoff and Parade will not happen this year, we will be back in 2021 stronger than ever," said Castro Valley Rotary President Todd Anglin. "Our Club Board as well as the Parade Board encourages all Rowell Ranch Rodeo Parade participants and spectators to become involved in the 2020 Castro Valley Light Parade in November, another great Castro Valley event. We are so proud to live and serve in Castro Valley."

The annual Art and Essay Contests for children in grades K-5 will still be held for children who are at home and can participate. Details for participation in the contest are available at www.rowellranchrodeoparade.com/art-essay-contest/.

Many factors were considered including school closures and the uncertainty of participants in both events as well as staffing the events.

The Rotary Board has chosen to focus on how the Club can positively impact the community during these challenging times. These programs include raising funds to purchase additional medical supplies for local health care professionals (www.sutterhealth.org/for-patients/health-alerts/ppe-donations), raising funds to help feed residents of Ruby's Place, which provides shelter, services, and support to survivors of human trafficking and domestic abuse.

Visit: castrovalleyrotary.org for more information. Other programs will be posted in the weeks ahead.

News Briefs

Swalwell Q&A This Afternoon

Rep. Eric Swalwell will hold a Facebook Live Q&A at 1:30 p.m. today, April 2, with Dr. Grace Lee, pediatric infectious disease specialist at Stanford Children's Hospital. Join at: [Facebook.com/CongressmanEricSwalwell](https://www.facebook.com/CongressmanEricSwalwell). Participants are encouraged to submit questions in advance on the event Facebook page.

Schools Remain Closed in April

The Alameda County Board of Education has extended the closure of schools in the county from April 7 to May 4. Distance learning for students will continue as usual except for Spring Break, April 13-17.

CV Teachers' Invitation to School Board Candidates

The Castro Valley Teachers Association will interview candidates interested in running for three seats on the Castro Valley School Board on April 28 and 29. The CVTA intends to endorse and support well-qualified candidates, according to Association President Mark Mladinich. Endorsement decisions will be made before the summer break. Depending on coronavirus restrictions, teachers and potential candidates may meet electronically. Potential candidates may schedule an interview by contacting Matt Johanson at matt.johanson@sbcglobal.net.

ART Events Canceled

A.R.T., Inc. has canceled all meetings and demonstrations for the month of April 2020 to comply with current restrictions and to keep everyone as healthy and safe as possible. A previously scheduled colored pencil demonstration by Peggy Milovina Meyer has been rescheduled to Sept. 12 at the Adobe Art Center.

Farmer's Market Open Saturdays

The Urban Village Farmer's Market in the BART parking lot will continue to operate on Saturdays with a "senior hour" from 9 to 10 a.m. Best time to shop is after 11 a.m. to reduce crowding. If crowds get too dense, staff will ask customers to wait in an "Over-Flow Line" outside of the market perimeter or on sidewalks until enough customers leave to keep things spacious. For more information and changes in procedures visit uvfm.org/coronavirus

DMV Offices Reopening

Employees at all 176 offices on the California Dept. of Motor Vehicles were expected to return to work today, Wednesday, April 1, and will begin conducting "virtual transactions" with customers tomorrow. The offices were closed on Friday after an additional employee tested positive for COVID-19. While the offices were closed, they were to have undergone "enhanced cleaning," according to DMV officials.

'Hike for Hope' Canceled

Hope Hospice has canceled its annual Hike for Hope 2020 fundraiser which had been scheduled for Saturday, May 2. Participants who already paid the event registration fee should send an email to info@hopehospice.com to request a refund, to apply the fee to the 2021 hike, or to change their fee to a tax-deductible donation.



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PHOTO BY JIM KNOWLES

Fares were suspended last week on all AC Transit buses for the duration of the Coronavirus emergency. AC is asking riders to board buses by the rear door leaving the front of the bus clear for just the driver and people in wheelchairs. Passengers should try to keep a six-foot distance from others to prevent spreading the virus. Passengers in wheelchairs, or who need priority seating, can still board through the front door.

Donations Sought for Homebound Seniors

The Coronavirus pandemic and California's shelter-in-place order have caused demand for senior meals to increase significantly. In the past week, meal delivery has increased to more than 400 seniors in Alameda County, and the number rises every day.

SOS Meals on Wheels and Spectrum Community Services in

Hayward are the two organizations that provide these critically needed nutritious meal deliveries to local seniors who cannot shop or prepare food because of a variety of reasons including poor health, immobility and poverty. These seniors need your help now more than ever. Please consider making a donation today to help keep them

safe at www.SpectrumCS.org or the Meals on Wheels website www.sosmow.org, or by mail to: Spectrum Community Services, 2621 Barrington Court, Hayward, CA 94545

For more information about ways you can help, contact Caryl Mahar at development@SpectrumCS.org or 510-600-7729.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Assault with Deadly Weapon
Sunday, March 29: at 9:17 a.m., Sheriff's deputies arrested a 54-year-old man from Castro Valley on suspicion of assault with a deadly weapon. The man was spotted in front of a grocery store on Redwood Road near Grove Way in an altercation with another person with an unidentified weapon. Deputies handcuffed the man and took him into custody. The victim was treated at the scene.

Violated a Court Order
Saturday, March 28: at 4:28 a.m., a 49-year-old man from Castro Valley was arrested on suspicion of violating a court-issued restraining order requiring him to keep a distance of at least 100 feet. Deputies responded to a home on Somerset Avenue near Betrose Court following a report of a suspicious person. The man was identified and taken into custody.

Shoplifter Caught
Friday, March 27: at 9:09 p.m., deputies arrested a 45-year-old man from Oakland on suspicion of shoplifting from a store on East Castro Valley Boulevard at the 580 Market Place shopping area. Store managers detained the man after they observed him walking out with unpaid merchandise. Deputies handcuffed the man and took him into custody.

Wanted Man, Stolen Property
Friday, March 27: at 11:59 p.m., a 73-year-old man from Castro Valley was arrested as part of a warrant issued for his capture. The man had previously been convicted for possession of stolen property. Deputies served the warrant at a home on Knox Street near Redwood Road. The man was taken to Santa Rita Jail pending bail.

Family Assault
Saturday, March 28: at 9:19 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Proctor Road near Dorson Lane. There, they arrested a 54-year-old woman from CV on suspicion of assault on a family member. Deputies took the woman into custody. The victim was treated at the scene.

Grand Theft Auto
Thursday, March 26: at 8:33 p.m., deputies pulled over and arrested a 33-year-old man from San Mateo on suspicion of grand theft auto. The man had been traveling on East Castro Valley Boulevard near the 580 Market Place when deputies identified the vehicle as being stolen. The man was handcuffed and taken into custody. The vehicle was impounded.

Note From the CV CHP

The Castro Valley CHP is reminding motorists to SLOW DOWN! Last week, officers stopped seven cars going over 100 MPH. One driver was stopped for driving at 117 MPH.

"This type of behavior will obviously get our attention," says CHP Officer Gabe Walters. "We are enforcing all the speed laws so if you are speeding, eventually you will get caught. Please drive responsibly."

Additionally, the CHP is investigating a fatal motorcycle crash on March 25. The rider was traveling northbound Crow Canyon Road near San Simeon Place when the bike lost control and crashed into a side barrier. The weather was not likely a factor, Officer Walters said.

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REAL ESTATE GALLERY

REAL ESTATE REALITY
By Carl Medford, CRS
Special to the Forum



Alameda County Realtors Asking For Essential Services Status

As the coronavirus crisis deepens, shelter-in-place mandates issued by the county and state are dramatically affecting life as we know it. All entities deemed non-essential are closed. Currently, local counties include real estate-related industries. Agents are not allowed to hold open houses, show properties or conduct related activities that necessitate them leaving their homes.

Due to the significant impact of home sales on the country's economy, both the California (CAR) and National (NAR) Associations of Realtors have been working to change the status of real estate activities to essential. NAR President Vince Malta states, "Everyone's goal is the same right now - to protect the health and wellbeing of our citizens. We must also preserve and defend the fabric of our communities and the critical infrastructure that supports us all." Malta includes, "NAR is working with state Realtor associations to ensure certain real estate services are deemed 'essential' in emergency declarations in order to protect property owners and ensure future economic recovery can occur. It is important that all

services involved in facilitating a real estate transaction remain functional during these unprecedented times; including mortgage, title, insurance, appraisal and government recorder services," he concludes.

Local Realtors agree. Since real estate values and related costs are so high, any delay in the buying, selling and renting processes can be catastrophic for all parties concerned. In addition to the impact of real estate transactions, affected jobs include real estate agents, appraisers and lenders along with other services such as staging companies, home improvement services, sign providers, photographers and more. The majority of these are self-employed individuals who currently do not have access to benefits such as unemployment insurance.

As of March 29th, CAR's website states, "the U.S. Department of Homeland Security Cybersecurity and Infrastructure Security Agency (CISA) updated its list of essential services during the coronavirus (COVID-19) crisis and expressly included residential real estate. Since Governor Newsom's March 4, 2020 order incorporates this list, the

order now includes residential and commercial real estate, including settlement services, as essential services in California. However, if a city or county has an order with a more restrictive standard regarding what qualifies as an essential service, or more restrictions on activities, those guidelines will still govern the activities of a licensee (Realtors)."

As of this writing, county regulations supersede state and federal rules, so real estate-related business are still on lockdown. We hope this will change soon.

We are taking a break from our regularly scheduled marketing because we want to touch base with you, heart to heart. ❤️

This global pandemic is real. A lot of people are understandably afraid, confused, overwhelmed, and uncertain. We feel you and we are here for you.

Now is the time more than ever to begin to **practice optimism, kindness, and love.**

We know that when we pull together as a global family, we will make it through.

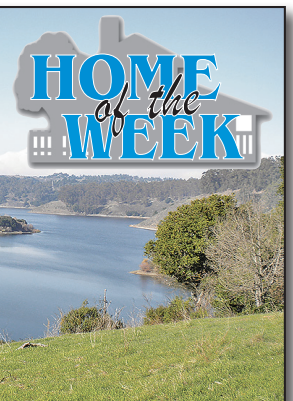
But some of us need help. And if you are one of those people or you know anyone that is in need, please reach out to us. **We are ready** to track down the essentials, disinfect and leave them on your doorstep. Or, we are here to just talk, so if you want to get on a call to hear a friendly voice please reach out to us. We are here to do whatever we can to help support you through this time.

Stay home. Stay safe. Spread kindness.



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What To Do About Small Garlic?; Growing Vines

By Buzz Bertolero
Special to the Forum

Q For the past couple of years, the size of my garlic has been getting smaller and smaller. I'm looking to switch to a different type of fertilizer this year. I'm considering 'Manure Tea.' Could you explain what 'Manure Tea' is and how you go about using it?

A With underground edibles, such as garlic, onions, carrots, beets, etc., you have to be careful with the type of fertilizer that you apply.

Frequent feeding with a high nitrogen fertilizer will produce disappointing results. These types of fertilizers produce lush top growth while the underground portion is undersize.

Nitrogen is the first number in the fertilizer analysis found on every fertilizer. You'll find this information on the front panel of the packaging. I suspect that this



is the cause of your problem with the small or undersize garlic.

Organic type fertilizers and Manure or Compost Tea is ideal for root crops as the nutrient percentages are low. Manure or Compost Tea is simply the nutrient-rich liquid resulting from a container of animal manure or compost and water. It's a favorite fertilizer of organic gardeners.

Here is a simple method of making Manure or Compost Tea. Fill a five-gallon or larger can with

one-quart solid material and the balance water and let it sit for four to six days in a sunny location, stirring the mixture several times.

Some gardeners will use burlap or cheesecloth and place the organic matter in it, drawing up the side and tying it up much like a tea bag hence the tea reference.

When you're done, drain off the dark liquid and then dilute it with water until it's a light amber color. This liquid is poured around plants as a liquid fertilizer.

You can go online and find a more elaborate system or kits available. So yes, you should consider the Manure Tea this year. Also, I wouldn't be supplementing this with any other type of commercial fertilizer as you may run into the same problems again.

Q We are going to redo our patio this year and will need to raise the soil level about a foot around four ancient and lovely-blooming trumpet vines. How will they tolerate the new conditions?

A Trumpet Vines are an aggressive growing vine, so there is a small possibility that they would be okay. However, I suspect they will struggle for some time and then die, so this is a big gamble that I would not want to take.

Plants do not like to be buried deeper than they were initially planted. Raising the soil level is not an option for me. It is not to late to transplant them, so that is one option. I'd do so quickly before it gets warm.

I think the most practical option is to install a permanent plant well around each plant. The barrier should extend from the trunk to beyond the drip line. This is where the majority of the roots are located. You can use a variety of materials such as railroad ties, concrete blocks, moss rocks, or a metal grate over them to hold back the soil.

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

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WEEKEND GARDENER

Irrigation Systems
Although the rainy season isn't probably over, warm weather is headed our way. Check drip irrigation systems and sprinklers to see that they are working properly and watering where and when they are supposed to. Replace broken or damaged parts.

Vegetables
When planting radishes, corn carrots and lettuce, do so in successive plantings to lengthen the harvesting period. Remember that corns should be planted in blocks, not single rows, since they are wind-pollinated. If you started vegetable seeds already, thin them to prevent overcrowding when the plants are two or three inches tall.

Lawns
Your lawn needs attention this spring if you want it to reach its full potential in the months ahead. Aerate, if needed, but definitely fertilize on a regular basis.

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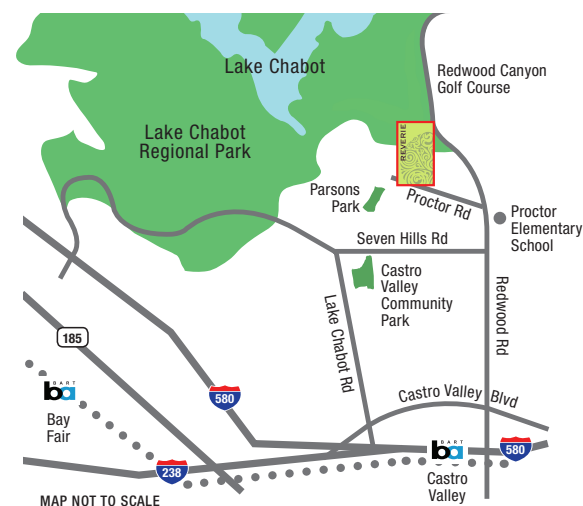


Lot 3



Lot 5

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Decorating With Table Lamps: The 5 Best Tips for 2020

Many people underestimate the power of lighting to set the mood and introduce different design elements into their home's interiors. As a result, they often make the mistake of relying solely on overhead fixtures to light their homes.

To get that cozy, homey feel, be sure to incorporate table lamps into your design scheme using these tips and trends from Eyely.com:

- **Use color:** Table lamps can be a good way to add bold pops of color or complement the existing palette. Think about whether you want each lamp to act as focal point or to quietly blend in.

- **Consider size:** Make sure that what you're buying is actually meant to sit atop a table. Table lamps should be between 24 and 31-inches high and at eye level when you're sitting next to them. This comes in handy if you're

using the lamp as a reading light. Those on the shorter end of the range are ideal for bedrooms, whereas taller lamps work best in living rooms and other spaces. You'll also need to note the size of the base -- if it's too wide, it may not leave room on the table for books, coasters and decorative pieces.

- **Think purpose:** There are many different types of lampshades and each offers its own benefits. An opaque or dark shade is good for minimizing glare if you're watching TV. A less opaque shade will provide more light and give off a warm glow.

- **Pair up:** Table lamps usually look best in pairs. If you have a long table, you can place a lamp on either end and then, place additional decorations in the center of the table, or, use matching end tables on either side of a sofa to accommodate your twin lamps.

- **Define Your Space:** Do you decorate around a theme such

as farmhouse or mid-century design? Lighting can help you define the look. For example, if you're a bohemian type who prefers a minimalist style, shop for fixtures with an eclectic design and clean, simple lines. For mid-century modern rooms, look for clean lines and vintage-inspired finishes. Mixing rustic and modern finishes can add a modern edge to a traditional space. To get you started, consider these recommendations from Eyely.com:

To simultaneously harken the past and beckon the future, consider the Alani 34-inch Metal LED Table Lamp, which is evocative of 1960s futuristic space race-inspired design but plated in a modern brass, finish.

Flank a table, sofa, or adorn bedside tables with a set of two, such as these Max 27-inch Glass Triple-Sphere LED Table Lamps. Glass blown into a trio of orbs, the look is completed with a matching finial and linen drum



shade.

Whether adding a conversation-worthy lighting feature to an otherwise serious room, or completing a menagerie of animal-inspired decor items, the blue and white owl-shaped Kai 16-inch Ceramic Mini LED Table Lamp will give your home

a touch of chinoiserie and woodland whimsy.

For more design tips, visit Eyely.com.

Redecorating? Be sure to include lighting that completes the look and feel of your interior spaces.

- Statepoint

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Facilities: Isolation of Residents to Help Prevent Spread

continued from front page

"Skilled nursing facilities, or facilities that have a resident with suspected or confirmed COVID-19 infection should perform this check twice daily," the Public Health Department said in a statement.

In addition to residents, health-care staff is advised to screen for symptoms at the beginning of each shift and are excluded from work for 14 days if they encounter a high-risk exposure to someone with suspected or confirmed

COVID-19 infection.

Even if everything goes without a hitch, senior facilities are required to isolate residents as much as possible to prevent the spread of infection. This means most are in their rooms alone or if they are situated in common rooms, they are spread out as much as possible. Such scheduled activities as guest artists and musicians have been all but eliminated to protect all parties involved.

While isolation is difficult for any senior in long-term care, for

people with dementia it's especially difficult as they thrive on face-to-face interactions. A phone call may only confuse the patient and they may not recognize the other person on a video chat.

"The facility is really good about keeping in contact with the families," Raymond says. "I hear from the director at least once a week and I hear from my mom's caregiver at least once a day to let us know how she is doing. My heart goes out to the staff. They are part of our family as well."

Ironically, Sara Raymond's mother was a career lab manager for UC Berkeley, Stanford, and eventually Genentech specializing in brain research. Until a few years ago, she was an active member of a UC Berkeley alumni choir, which she helped found.

"And if we do get through all of this, what is she going to be like? What is she going to recognize," wonders Raymond. "An extended absence might have a massive impact on how her illness might accelerate."

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LETTERS to the EDITOR

A Dismayed and Disappointed Veteran

Editor:

The Castro Valley Veterans Memorial Library Foundation was put together to represent over 5,000 voters (Castro Valley residents) who wanted to save the old library, which has stood empty since 2009, to be used as a community meeting place.

Many believe the County was fiscally negligent by just keeping it inactive for so long. At the Board of Supervisors meeting on March 10, instead of support, our efforts were improperly characterized by Supervisor Haggerty as trying to save "a building from Hell."

And Supervisor Carson said we were "racist" for not supporting homeless housing in our backyard, though our group is working closely with Eden Housing and First Presbyterian Church to plan for new, low-income housing.

I did not expect a lack of civil discourse from an elected official and was angered and traumatized by being publicly labeled 'racist' by Supervisor Carson.

I have been on the receiving end of racist actions and words most of my life. I was born in Nagasaki, Japan 14 months after the Atomic

bombing, the son of an American GI and a Japanese Atomic bomb survivor as my mother. My youth, growing up in Nagasaki as "a half breed bastard," was filled with constant verbal and physical attacks.

My body still bears all of the scars, mental and physical. My skull is like a constellation of stars due to scars from rocks thrown at me by my Japanese classmates. Half-Asian, I was also verbally abused and involved in many altercations with fellow GI's during my in-country tour as a Brown Water Sailor with the US Navy during the Vietnam War.

As a disabled veteran, who served in the Naval Service for over 28 years and suffered from PTSD and cancer caused by gross exposure to Agent Orange in Vietnam, I continue to serve our community as a Post Adjutant and Honor/Color Guard for Veterans of Foreign War Post 9601, Castro Valley and support other local and national veteran's groups.

I proudly and honorably served our country and to be dismissed as "racist" was not just a slap in the face, but a swift kick and knockout punch. I am totally dismayed and disappointed by the actions and name calling by a County Supervisor.

—Keisuke "Kasey" Warner, Castro Valley

Praise for Hayward Fire Chief

Editor:

I wish to praise the Hayward Fire Dept. and especially Chief Garrett Contreras for their service during this pandemic. Some people decry public servants as a drain on our tax dollars.

Ronald Reagan famously said, "The most terrifying words in the English language are: 'I'm from the government and I'm here to help'." Yet when these same people who denigrate the government and the people serving in it are threatened by wildfire, flood or pandemic they realize the value of these dedicated public professionals.

When everyone was bemoaning the unavailability of Covid-19 testing, Chief Contreras stepped up and provided fast, efficient and free testing to anyone presenting with Covid-19 symptoms. Chief Contreras is a treasure to our community.

—Bob Britton, Castro Valley

COVID-19 PANDEMIC

Local Hospitals Set Up Tents and Accept Donations

By Michael Singer
CASTRO VALLEY FORUM

Local hospitals and health-care facilities continue to prepare for a massive influx of patients needing to treat the COVID-19 disease including setting up tents and accepting donations such as homemade masks for healthcare workers.

Alameda County Health officials confirmed 270 people are infected with coronavirus as of Monday morning with seven deaths related to the disease. The city of Berkeley, which has its own health department, reported an additional three cases.

County officials have not made predictions about how many new cases they expect. By press time, California reported more than 5,800 cases of coronavirus. Last Monday, county health officials reported 112 people had contracted the virus.

Also, on Monday, California Governor, Gavin Newsom signed an executive order to add 50,000 temporary hospital beds throughout the state through the month of June and is asking licensed health care workers to lend a hand including those fresh out of nursing school or medical school.

Local hospitals such as Eden Medical Center in Castro Valley and Kaiser Permanente in San Leandro report they are ahead of the curve.

"Preparedness efforts are an integral part of our response," Sutter Health Communications Manager, Monique Binkley Smith says. "Most recently, that has included the addition of tents located outside of Eden Medical Center, to help limit the general population's interactions with patients who may have potential respiratory illnesses."

"Using tents is part of our hospital's plan to deal with a surge of patients, and their use is approved by the state. They help prevent the spread of illness to patients and visiting family members, including, for example, during influenza season," Smith continued.

Like all hospitals and health systems during this unprecedented crisis, those in Alameda County say they anticipate a shortage of medical supplies, including personal protective equipment.

Eden and Kaiser say they are primarily looking for businesses and community members to donate things like unopened N95 respirators and surgical masks, disposable gloves, hand sanitizer, disinfecting wipes, and face shields if they are new and in their original packaging.

"Kaiser Permanente is grateful for the many individuals, community groups, and local businesses that have inquired about donating supplies, such as gloves, masks, and other items," Kaiser Permanente *see HOSPITALS on back page*

Obituaries

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Obituaries

Janet Carol Stanchina

July 30, 1933 - March 15, 2020

Janet was born to Jack and Hannah Flashberger of Caspian, Michigan. She grew up in the Upper Peninsula with her brother and two sisters. Janet went on to graduate from the University of Michigan with a degree in education. In 1963, Janet and her late husband Chester moved their family to Castro Valley where they remained to raise their four children. Janet taught elementary school at Our Lady of Grace School in Castro Valley as well as All Saints Catholic School in Hayward and Corpus Christi School in Piedmont. It was during this time that she met her lifelong friends Barbara, Bernie, Betty, Jan, Judy, Kathy, Peggy, Pat, Sandy, and Sylvia.

Janet enjoyed reading, playing musical instruments, and traveling. She especially loved her trips to see her family in Michigan, to relax with her friends at Lake Almanor, and to attend the annual Shakespeare Festival in Ashland, Oregon. However, Janet's greatest pride and joy was her family. Family gatherings were a weekly occurrence. Janet and Chet never went a day without a visit from one if not all four of their children. Janet is survived by her son John and his wife Michelle and their two children Tyler and Sean of San Ramon, her son Dan and his wife Sonja and her two children Jurrell and Jocelyn of Danville, her daughter Mary and her husband Dave Rose of Danville, and her son Mark and his long time girlfriend Ann Nye of San Ramon.

Janet passed away peacefully in her sleep at the age of 86 at Felipe Care Home (Paraiso Gardens) in Danville where she had lived for the last seven years. Special thanks to Bernadette Felipe O'Shea and her amazing team for all of their excellent care and love.

Laura Mary Martell

Longtime Castro Valley resident Laura Mary Martell, age 97, passed away peacefully at home, surrounded by family on March 19, 2020.

Laura was preceded in death by her husband Albert Martell, her parents Philip and Eva Paradis, her sisters, Yvonne Smead, and Jeannette Cyr. She is survived by her children: Anne Sapeta, Rene Martell, Madelaine Pagni, Theresa Gould and Larry Martell and her sister Marie Coleman, eight grandchildren and 10 great-grandchildren.

Laura was a beloved wife, mother, daughter, sister with an independent spirit that really came out during her battle with dementia. Laura and Al were married 61 years and loved to travel overseas and across America. But they would also take weekend getaways to Pismo Beach, where they could relax and enjoy each others company. Most of all Laura was a generous woman whose love permeated all who knew her. She will be dearly missed by us all.

A celebration of her life will be held at a later time.



HOROSCOPE by Salomé

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ARIES (March 21 - April 19): You might be upset about having to deal with problems that are no fault of your own. But you can turn the annoyance into an asset by showing how quickly and how well you can resolve them.



TAURUS (April 20 - May 20): The Bovine's fondness for tidiness pays off when you untangle a situation that seems hopelessly snarled. You might later be surprised to learn who will be expressing his or her gratitude.



GEMINI (May 21 - June 20): Although you can tackle your assignment the way you prefer, it might be a good idea to at least ask for suggestions. Who knows? One or two might even turn out to be helpful.



CANCER (June 21 - July 22): Make all the changes in your plans or proposals that you feel are necessary before -- repeat, before -- you submit them to your colleagues. You'll come off looking more decisive that way.



LEO (July 23 - August 22): You might feel a mite intimidated in a new environment, be it a job, a classroom or meeting the future in-laws. But enter with a big smile, and everyone will see you as a real take-charge Cat.



VIRGO (August 23 - Sept. 22): This could be a romantic time for you if you can set aside your cynicism and let yourself believe that someone really cares. If you're already in a relationship, expect your partner to be extra-loving.



LIBRA (Sept. 23 - October 22): It's a good time to shed any doubts about your abilities. You've proved yourself in the past, so why not accept that you'll do just as well, or better, in dealing with the new challenge ahead?



SCORPIO (October 23 - November 21): Your suspicions might be on the mark, but unless you can prove what you assume, you need to exercise that Scorpion discretion and let events unfold without your assistance.



SAGITTARIUS (Nov. 22 - Dec. 21): Be careful not to go over the top this week. Avoid overeating (especially of the wrong foods), or drinking too much, or working too hard. You can do it all, but in moderation.



CAPRICORN (Dec. 22 - Jan. 19): A family matter is given to you to resolve because you have the gift for bringing quarrelsome kinfolk together. But while you're playing Dr. Phil, don't neglect your career obligations.



AQUARIUS (Jan. 20 - Feb. 18): Someone of importance shares your goals but disagrees with your plan to achieve them. Never mind. Defending your methods with logic and facts earns you admiration and respect.



PISCES (Feb. 19 - March 20): Consider getting away, perhaps for the weekend, despite all the demands made on your time and energies. You'll return refreshed and ready to tackle it all with your usual finesse.

Getting Help From Social Security During the Coronavirus Pandemic

By Jim Miller
SPECIAL TO THE FORUM

The Social Security Administration has closed its 1,200 field offices throughout the country to protect benefit recipients and workers from the coronavirus pandemic.

Their offices have been closed since March 17. How long they will be closed is unclear. It will depend on the course of the pandemic.

In the meantime, services will continue to be available online at the SocialSecurity.gov website, and over the phone. You can also rest assured that monthly payments to the more than 69 million Social Security beneficiaries will not be affected in any way.

Here's a rundown of how you can get help and get answers to your Social Security questions, while their offices are shut down.

Online Help

For any Social Security business you need to conduct, go to SSA.gov/online services. There you can view your latest statement and earnings history, apply for retirement, disability, and Medicare benefits online, check the status of an application or appeal, request a replacement Social Security card



Social Security services during the coronavirus shutdown will continue to be available online at the SocialSecurity.gov website, and over the phone.

(in most areas), print a benefit verification letter, and much more – from anywhere and from any of your devices.

Their website also has a wealth of information to answer most of your Social Security questions without having to speak with a representative.

For answers to your Social Security questions see their frequently asked questions page at SSA.gov/ask.

Phone Assistance

If you can't conduct your Social Security business online, check the SSA online field office locator (see SSA.gov/locator) for specific information about how to directly contact your local office.

Your local office will be able to provide critical services to help you apply for benefits, answer your questions, and provide other services over the phone.

Or, you can also call the Social Security national toll-free number at 800-772-1213 (TTY 800-325-0778). This number has many

automated service options you can use without waiting to speak with a telephone representative.

If you already have an in-office appointment scheduled, Social Security will call you to handle your appointment over the phone instead. The call may come from a private number and not from a federal line.

Beware of Scams

Be aware that Social Security telephone impersonation scams are growing.

These scammers may falsely tell you that there is a problem with your account, that your Social Security number has been suspended because of suspected illegal activity, that you're owed a cost-of-living benefit increase, or that your monthly benefits will stop because of the coronavirus pandemic.

The caller may also threaten your benefits, suggest you'll face legal action if you don't provide information, or pressure you to send money via wire transfers, cash or gift cards. They may even "spoof" your caller ID to make it look like Social Security is actually calling.

If you receive one of these calls, hang up. Social Security rarely contacts anyone by phone unless you have ongoing business with them, and they never threaten you or ask for any form of payment.

For More Information

To get help with Social Security during the coronavirus shutdown, visit SSA.gov/coronavirus.

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



Have Signs of Illness?

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

Due to COVID-19 precautions, Senior Dinners usually held on Thursday from 4 to 5 p.m. at Eden Medical Center, have been canceled until further notice.

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. All senior dining sites have switched to take-away meals.

- **United Methodist Church**
19806 Wisteria Street
Tuesdays
510-581-3486
- **Aitken Senior Center**
17800 Redwood Road
Monday thru Wednesday
510-881-6738

MENU

Monday, April 6

Albondigas Entrée, Soup with Mixed Meatballs, Tossed Vegetable Salad, Whole Wheat Roll, Applesauce

Tuesday, April 7

Turkey Sloppy Joe on Whole Wheat Bun, Garden Salad, Banana

Wednesday, April 8

Spaghetti with Vegetable Marinara Sauce, Broccoli & Cauliflower

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ATHLETES OF THE WEEK



Canyon Middle Girls Soccer Team

This week's Athletes of the Week are the members of the Canyon Middle School girls soccer team who won the Southern Alameda County Middle School Athletic League championship at San Leandro's Burrell Field on December 19. Canyon beat Newark Junior High School 4-2 on penalty kicks after regulation and overtime ended 0-0. The Condors roster: Melissa Arroyo, Kiana

Ayllon, Olivia Chauvin, Abby Forsgren, Krystie Gomes, Ella Hodzic, Lillian Horne, Katella Lazaro, Zoie Li, Claire Lowery, Lauren Mac, Allison Mitchell, Jocelyn Nguyen, Kathryn Pereur, Kaleigh Ramos, Laurel Ramsdell, Madeline, Ramsdell, Tzintzuni Tohlakai, and Adelaide Wilhelm. The coaches were Mark Yin and Nathan Deigert, and the team manager was Kathy Feder.

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Hospitals: Protocol to Protect Staff, Others

continued from page 10

nente spokesperson Kerri Leedy said. "We have protocols in place to address situations when employees and physicians are exposed to the virus to ensure that we can protect them and others from additional risk.

"Staff at all our medical centers regularly drill using various emergency scenarios, including detection and treatment of infectious diseases, and have been advised of and are following CDC protocols for the coronavirus," said Leedy.

For those interested in making

masks to wear in nonclinical settings or for personal use, Kaiser has published step-by-step instructions, although to be accepted, the masks need to meet certain specifications in order to be effective.

Get instructions at: lookinside.kaiserpermanente.org/donate-ppe/

Park District Restrictions

Last weekend, the East Bay Regional Park District saw more people in its parks than on a busy holiday.

Such unsafe overcrowding has prompted district officials to announce new park closures and parking restrictions.

While the Park District hopes to keep parks and trails open, some closures are necessary to maintain social distancing. For a list of parks, parking lots, and entrance points that will be closed through April 30, visit ebparks.org.

Trails will remain accessible on a walk-in, bike-in basis.

"We are all in this together," said Park District General Manager Robert Doyle. "We want to help everyone during this crisis by keeping parks open, but safety of the public and our employees is our top priority. If parks are too crowded, please help us keep people safe by going home."

Ways the public can help keep parks open include:

- Maintaining a 6-foot distance from other people
- No picnicking, groups, gatherings, or meetups (only immediate households should be together)
- Pack-in, pack-out trash, including dog poop, since there is no trash collection at this time)

Park visitation and park use will continue to be monitored closely, with additional closures possible.

All picnic areas, restrooms, water fountains, swim facilities/areas, playgrounds, campgrounds, group campsites, backcountry campsites, sports fields, kiosks, and reservable facilities are closed.



Smalltown Hosting Live Virtual Shows

Smalltown is hosting live virtual shows and artist demonstrations Monday nights while shelter-in-place continues. Follow us on Instagram and Facebook to stay connected with your creative family during this time! Dates and times to be released on our social media. The Smalltown Team thanks you for the community's support over the years. Take care and love you all!

Hayward Launches COVID-19 Info Hotline

The City of Hayward has established a new telephone hotline and call center to provide reliable, up-to-date information to community members about coronavirus COVID-19 and its local impact.

The number, 510-583-4949, will be staffed by a multilingual group of City employee volunteers and workers reassigned from

other duties, and is in operation from 8 a.m. to 5 p.m. seven days a week.

The purpose of the hotline is to reduce demand on 911 emergency dispatch call centers and to provide residents—regardless of the language they speak or immigration status—trustworthy information and connections to the

services and help they may need.

Before calling the hotline, residents are highly encouraged to first go online to the City's COVID-19 Updates webpage at www.hayward-ca.gov/fire-department/disaster-preparedness/covid-19-updates for current information and a growing list of links to other reliable resources.

Animal Shelter Adapts During Emergency

The shelter-in-place restrictions have affected the Hayward Animal Shelter, too.

To adopt a pet from the shelter, go to www.facebook.com/pg/haywardanimalshelter/posts/

Hayward Animal Shelter will still be providing services essential

to public safety and the safety of animals in the community during the county-wide COVID19 emergency.

With the reduction in nonessential services, the shelter is looking for adopters and temporary foster homes for adoptable pets.

Please submit your application to animal.services@hayward.ca.gov. All applications will be reviewed with initial conversations being conducted by phone.

Appointments to meet your new permanent or temporary family member will be made at that time.

CVSan Cancels April Earth Day Events

Castro Valley Sanitary District's Earth Day Clean-Up and Recycles Day events scheduled for April 25th have been canceled due to public health directives calling for the cancellation of large public gatherings to slow the spread of COVID-19.

The following resources are still currently scheduled for CVSan's residents:

• Curbside Textile Collection Week June 1-5: Bagged textiles set out by residents on their regular collection day during the first week of June, will be picked up by Alameda County Industries (ACI).

These E-waste options for CVSan residents are available at www.cvsan.org/EWaste:

• Used cooking oil in a screw-top plastic bottle (no taller than 12

inches), can be placed at the curb next to the blue recycling cart.

• Shredded paper should be collected in a paper bag and can be placed in the green organics cart.

CVSan thanks the many agencies and people for their sponsorship and help with preparations to support the 2020 events and looks forward to working with their partners for next year's event.

FILED
FEBRUARY 26, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By _____, Deputy
FILE NO. 569023

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

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

FILED
MARCH 4, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By _____, Deputy
FILE NO. 569260

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

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 Langarica Jr., 19379 Lake
Chabot Road, Castro Valley, CA 94546. This
business is conducted by an individual. This
business commenced N/A.

/s/ Hernan Langarica 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

FILED
FEBRUARY 27, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By _____, Deputy
FILE NO. 569029

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

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