

MONDAY,
MAY 25TH

MEMORIAL DAY

4

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YEAR 32

WEDNESDAY, MAY 20, 2020

NO. 21

INSIDE YOUR FORUM

OUR TOWN

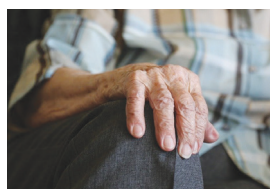


Food Drive

Local food recovery project seeks small business food vendors

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SENIORS



Fall Prevention

Fall prevention is even more necessary with the shelter-in-place orders

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NEWS



Fire Season

With climate change, the fire season is now virtually year round

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PHOTOS BY CATHY BRESLOW/BRESLOW IMAGING

THANK YOU

A Salute to Our Community's Heroes

The staff at Eden Hospital was celebrated on National Hospital day by a First Responder parade organized by the Alameda County Fire Department.

A huge crowd of masked cheering and waving healthcare workers were joined by members of the Castro Valley/Eden Area Chamber of Commerce, Castro Valley Rotary, CV Matters, and a number of First Responder agencies, many displaying large signs of support.

The Thursday afternoon parade consisted of fire trucks – their sirens blaring, horses from the East Bay Regional Park District, motorcycles from the California
see SALUTE on page 4



Curbside Business Now Open in 'Early Stage 2'

By Michael Singer
CASTRO VALLEY FORUM

Alameda County is open for business—at least in front of your favorite store—as the Bay Area enters its next phase in reducing restrictions imposed by the coronavirus pandemic.

Public Health Department officials issued an order for so-called Early Stage 2 this past Monday, allowing customers to walk up to a retail store to pick up pre-ordered goods.

Workers that support retail are also allowed to return to their manufacturing and warehouse jobs. The announcement does not open

the door to other office workplaces, malls, and dine-in restaurants. Schools are expected to remain closed for the time being.

The announcement comes one week after officials relaxed restrictions for outdoor activities like golf and businesses such as construction and landscaping.

The three-month-old shelter-in-place order is still in effect and health officials stress that people should stay home as much as possible, wear face coverings when outside their homes, and maintain a distance of six feet or more from anyone outside their household.

"To meet our collective responsibility to safeguard our commu-

nities and manage this pandemic in the long run, we have to move slowly and incrementally," said Colleen Chawla, Health Care Services Agency Director. "We know we will see more cases as restrictions are loosened. To prevent large spikes in hospitalizations and deaths, we all need to do our part."

If the number of people infected, hospitalized by, or die from COVID-19 continues to decrease, Alameda County will enter "Later Stage 2" recovery. Restrictions would be relaxed for malls, schools, child care, offices, dine-in restaurants, and outdoor museums.

Stage 3 would reopen movie theaters and religious services, as

well as personal and hospitality services. Reopening concerts, conventions, and sports arenas would happen in Stage 4.

"While the data is moving in the right direction, we are monitoring the five indicators with vigilance and caution," said Dr. Erica Pan, Health Officer for Alameda County.

Pan says the restrictions were eased after the number of new COVID cases and hospitalizations remained flat or decreased in the last two weeks. Alameda County has enough hospital capacity to handle COVID-19 cases even if there is a surge in infections later this year, she added.

MAC MEETING

Safer School Routes

By Amy Sylvestri
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) held an in-depth discussion of the county's "Safe Routes to Schools" initiative during Monday's online meeting. While they've been working on the initiative for years it has been given renewed interest following the recent tragic death of a 12-year-old girl walking home from Creekside Middle School.

Edric Kwan of the county's Public Works Agency gave the MAC an update, including recent changes to the Crow Canyon Road area, near Manter Road where Lana Carlos was killed by a hit-and-run driver. Joshua Byrne, 24, of Hayward later turned himself in and was arrested on suspicion of felony hit-and-run and vehicular manslaughter.

Kwan said improvements included a high-visibility crosswalk and additional signage including "yield to pedestrian signage" on Manter Road as well as advanced school warning signs.

"Right now the town of Castro Valley really wants to do everything it can to make the children feel safe when it comes to going
see MAC on page 4

Currently, county health officials report 2,457 cases of coronavirus infections with 83 related deaths. San Leandro reported 122 infections. Castro Valley reported 108 cases. The rest of the unincorporated area saw 183 cases.
see OPEN on page 4

Alameda County
Confirmed Cases = 2,522
Deaths = 86

California
Confirmed Cases = 81,903
Deaths = 3,296

as of May 19, 2020

Castro Valley Weather May 20-24, 2020



Wednesday
Mostly Sunny
High 66° Low 55°



Thursday
Partly Sunny
High 68° Low 54°



Friday
Mostly Sunny
High 70° Low 53°



Saturday
Mostly Sunny
High 70° Low 50°



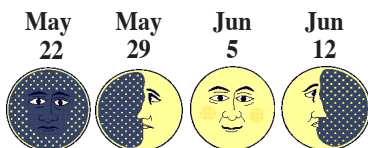
Sunday
Mostly Sunny
High 69° Low 59°

Almanac



Past Week's Rain: 00.63
Season To Date: 09.12
Normal To Date: 19.77
Season Average: 21.22

Moon Phases



Sun sets at 8:17 p.m. today, rises at 5:55 a.m. Thursday.

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PHOTO BY MIKE KADY

VIRTUAL GRADUATION: RCS High School Co-Valedictorian Deanna Gee with parents Calvert and Connie Gee and Superintendent Dr. Al Hearne reading her information and Principal Ben Warner waiting to congratulate her in the empty Bruce D. Johnson Gymnasium.

Redwood Christian Schools Graduation Featured on National News Broadcast

Redwood Christian Schools 2020 graduation ceremonies were featured on the nationwide broadcast of the CBS Evening News last Friday, thanks to the creativity and hard work of school officials and the graduates.

The 44th high school commencement managed to feature all 68 graduates together digitally. That was accomplished by School Superintendent Dr. Al Hearne and Principal Ben Warner who worked over a three-day period

hosting ceremonies for each graduate and their family while Marketing Director Teresa Hendren captured it all on video. Director of Advancement Mike Kady served as the official graduation photographer.

The event was broadcast on the KPIX local news on May 12 and was picked up by the CBS-TV Network and televised across the country on Friday.

The graduates were recorded in their own individual 10-minute

segments with a five-minute interval between each to ensure social distancing. All were recognized for their accomplishments, future plans, and life goals, then received their diplomas from their parents or other family members.

Olivia Clausen, Deanna Gee and Jackson Leonard earned Co-Valedictorian honors.

The videos of each graduate and the speeches will be available on the RCS Facebook page at 6 p.m. tomorrow, May 21.



EDEN HEALTH DISTRICT PHOTO

Of the 6,736 tests for COVID-19 that had been administered at the Hayward Testing Center up until last Thursday, 712 were positive. The center tests 200 to 300 people a day.

Eden Health District Transfers \$250,000 To Extend COVID-19 Testing in Hayward

The Hayward COVID-19 Test Center on the Cal State campus was assured of remaining in operation through the end of this month after Eden Health District transferred \$250,000 to the City of Hayward to sustain its operation.

Eden Health CEO Mark Friedman says the district will consider additional funding to extend testing operations through June if necessary.

A new partnership between Hayward, Cal State, and the non-profit La Familia organization was also announced last week. La Familia will employ specifically trained health workers to begin collecting test samples at the Center and will be supported by recent graduates of the Cal State nursing program.

Launched on March 23 at Fire Station No. 7 in South Hayward and relocated to Cal State on April 14, the Center and Hayward mobile teams have provided COVID-19 testing of more than 6,700 people.

Of those tested, 712 were found to be infected with the coronavirus that causes COVID-19, an infection rate for those tested of under 11 percent, lab results show.

The Center the first of its kind in the nation, is located on Lot A on the Cal State East Bay campus. It is open from 9 a.m. to 6 p.m. weekdays, though it may close earlier if

the available number of tests for the day has been exhausted. Testing at the Center is free and available to anyone regardless of where they live or immigration status. To be tested, individuals generally must have a fever over 100 degrees or other COVID-19 symptoms.

Health-care workers and first responders can make advance appointments for testing by calling Hayward's COVID-19 hotline at 510-583-4949.

Currently, the Center is testing 200 to 300 people a day and it accounts for the largest single share of coronavirus testing in Alameda County on a daily basis.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Contempt of Court

Sunday, May 17: at 7:23 p.m., Sheriff's deputies arrested a 65-year-old man with no permanent residence on suspicion of failing to report his whereabouts to the court. The man had been recently released from custody outside of Castro Valley and required to let deputies know where he was staying pending a future date in court. Deputies stopped the man for questioning outside a business on Grove Way near Redwood Road. The man was also charged with possession of illegal drug paraphernalia. Deputies took him into custody.

Grand Theft Auto

Sunday, May 17: at 2:20 p.m., a 49-year-old woman from Castro Valley was arrested on suspicion of grand theft auto, possession of stolen property, and possession of

found property reported stolen. Deputies pulled the woman over on Lorena Avenue near Redwood Road. The woman was taken to Santa Rita Jail pending bail.

Spousal Assault

Saturday, May 16: at 11:47 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a house on San Carlos Avenue near Stanton Avenue. There, they arrested a 62-year-old man from Castro Valley on suspicion of spousal assault. The man was handcuffed and taken into custody. The victim was treated at the scene.

Filed a False Report with Deputies

Friday, May 15: at 1:47 a.m., deputies arrested a 53-year-old man from Castro Valley on suspicion of filing a false report with offi-

cials. The man was stopped for questioning outside an apartment on Anita Avenue near Somerset Avenue after he reportedly called 911 to investigate an unspecified emergency. Deputies report there was no emergency and took the man into custody.

Warrant Arrest Uncovers Weapons, Illegal Narcotics

Thursday, May 14: at 2:45 a.m., a 28-year-old man from Castro Valley with a previous felony record was arrested as part of a warrant issued for his capture. Deputies served the warrant at a home on Laredo Road near Stanton Avenue only to find a stash of weapons and illegal narcotics at the home. The man was charged with multiple counts of illegal possession of firearms, stolen property, and illegal drugs. Deputies took the man to Santa Rita Jail and held him without bail.

Assault with Deadly Weapon

Wednesday, May 13: at 2:40 p.m., deputies arrested a 28-year-old man from Castro Valley on suspicion of assault with a deadly weapon, resisting arrest, and possession of illegal drug paraphernalia. The man was stopped for questioning after reports of an altercation in a business park on Redwood Road near Norbridge Avenue. Deputies took the man into custody. The victim was treated at the scene.

Family Fight

Tuesday, May 12: at 5:13 p.m., a 47-year-old woman from Castro Valley was arrested on suspicion of assault on a family member. Deputies were dispatched to a home on Lawrence Drive near Joseph Drive after reports of a loud and aggressive-sounding argument. The woman was handcuffed and taken into custody. The victim was treated at the scene.



PHOTO BY SAM GARVIN

Dig Deep Farms at 2700 Fairmont Drive in San Leandro is operating a drive-up food distribution program every Friday from 1 to 3 p.m. for those experiencing food insecurity.

Food Recovery Project Seeks Small Business Food Vendors

Dig Deep Farms, a division of the Alameda County Deputy Sheriffs' Activities League (DSAL), has begun operating an innovative, drive-up food distribution center on Friday afternoons from 1 to 3 p.m. for home-bound seniors, medically vulnerable patients and families experiencing food insecurity and hunger as a result of the COVID-19 pandemic.

The food is distributed for free at the Dig Deep Farms Food Hub, located at 2700 Fairmont Drive in San Leandro in partnership with ALL IN Alameda County and Alameda County Community Food Bank (ACCFB).

The non-profit is looking for small business food vendors, such as restaurants and caterers, to partner with in the production of individually prepared meals for distribution throughout Alameda County.

see FOOD on back page



Hope Hospice Offering 3 Free Town Hall Webinars

Hope Hospice will present a free series of live educational panel discussions via Zoom on the next three Wednesday evenings to discuss issues surrounding end-of-life planning, understanding grief, and caring for the elderly.

Participants in the following webinars will be able to ask questions of Hope's in-house experts:

- May 20, 5:30-6:30 p.m. "Having a Higher Awareness of Your Mortality: Planning for the What If's" – for young adults and middle-agers. With an average lifespan of about 80 years, it's easy to push aside thoughts about our days being numbered. But if there's one takeaway from the current health crisis, it's that a life-altering health emergency can happen at any time.

All adults, regardless of health status, should have an advance medical directive in place, and to have end-of-life conversations with loved ones well before the

need arises. The Hope Hospice panelists will be Medical Director Dr. Jatinder Marwaha, Associate Director Dr. Kuljeet Multani, and CEO Jennifer Hansen.

- May 27, 5-6 p.m. "Understanding Loss and Grief": Leaders from Hope's supportive staff – Kathleen Brand and Rev. Melissa Tumaneng – will discuss different kinds of loss and how loved ones can support one another during uncertain times.

- June 3, 5-6 p.m.: "Understanding the Care Needs of Aging Loved Ones" – While many families wait until a crisis to start discussing care needs, sharing of responsibilities, and finances, you will learn how to save stress by starting research early from Hope's Veronica Martin and Debbie Emerson.

Logon information is posted at HopeHospice.com/townhall. For more information, call 925-829-8770.

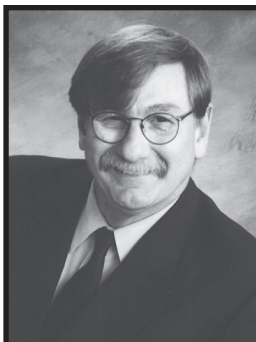
ADOPT-A-PET



Mae, a lovely 2-year-old gal, arrived at the shelter a bit skeptical of people. However, with a little TLC, she's warming up to the idea of human companionship and enjoys head scratches and soft, comfy beds. Hayward Animal Shelter, 510-293-7200.



Mickey Blue Eyes, a very friendly 3-year-old, is recovering from a bit of bad luck. He got scabies, an easily treatable condition that made his fur fall out. Now treated, it's already growing back! Hayward Animal Shelter, 510-293-7200.



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With a few simple changes and care you can take the steps to be safe in your home to prevent falls.

Fall Prevention is Even More Necessary During Lockdown

By Pamela Stoker
SPECIAL TO THE FORUM

More than 75 percent of falls happen inside or near the home where people often feel safer and roam without thought to the safety hazards around them, according to the National Council on Aging.

With the current shelter-in-place orders keeping people home, focusing on fall prevention is even more necessary.

"Falls are the majority of traumas seen at Eden and a few minor changes can help you avoid a fall," says Eden Medical Center's Trauma Program manager Kimberly Windsor, R.N.

• Home Safety

Look around your home, paying attention to walkways, bathrooms, kitchen, and bedrooms.

For general use areas, keep the floor clear of clutter that can be a tripping hazard. Keep a phone within reach should you need to call for help (especially near the bed at night). Secure floor rugs with double sided tape or slip resistant backing.

Bathrooms: remember that towel racks are not grab bars. Grab bars should be properly installed near the tub/shower and toilet.

Use nonslip strips or mats in and outside the shower. Avoid the water being too hot, which can cause dizziness or burns. Keep a

towel close to avoid losing your balance when reaching.

Kitchen: place frequently used items within reach. Putting things within reach will help you avoid relying on a stepstool or chair that you can easily lose your balance on. If you use a stepstool, make sure it has a handle for safe usage.

Remove any rugs or floor mats that are not secured to the floor with nonskid tape or rubber backing. Clean up spills immediately—kitchen floors can be slippery and dangerous when wet.

Bedroom: make sure there is a nightlight to light the walkway or a light within reach of the bed should you need to get up at night.

Minor changes in your home environment will help you avoid falls. Other adjustments can also help: make sure you eat properly, limit alcohol consumption, take prescribed medications only as directed, and get enough exercise.

Exercise

Remember that exercise is important to keep your body strong and prevent falls. If you feel comfortable walking around outdoors in your neighborhood, make sure to watch for cars and follow all traffic signals while crossing streets.

If you prefer to stay home, you can find ways to exercise like marching/walking in place, following along with an exercise music and dancing around your newly clutter-free floors!

During these times of shelter in place, safety is on everyone's mind. With a few simple changes and care you can take the steps to be safe in your home to prevent falls.

Pamela Stoker, MA is the Trauma Injury Prevention Specialist at Sutter Health and Eden Medical Center.

The Coronavirus Pandemic and Your Estate Planning Documents

Q: My wife and I signed our estate planning documents quite some time ago. In view of the current COVID-19 Pandemic, we wonder whether there are any revisions we should consider?

By Gene L. Osofsky, Esq.
SPECIAL TO THE FORUM

A: Excellent question. The short answer is, "Yes." Here are some specific suggestions relating to some important estate planning documents which you probably signed:

• **Durable Power Of Attorney:** As you know, a Durable Power Of Attorney ("DPOA") allows you to nominate an Agent who will act for you in managing your financial affairs if you become unable to do so, yourself.

Many of these documents are what we call "springing" DPOA's, in that they only "spring to life" if you lose capacity. Your loss of capacity would typically be certified by one, or possibly two, examining physician(s).

In the current chaotic environment of the COVID-19 Pandemic, getting letters from physicians

may be difficult. Consider changing your DPOA so that you designate your Agent to have immediate powers, as this will eliminate the need for doctors' letters.

Note: Just because you designate your Agent to have immediate powers does not mean that you have surrendered yours. It is like having two sets of car keys to the same automobile. Each of you would retain powers. Obviously, you would only do this if you have total trust in your designated agent.

• **Trust:** You might consider something similar if you have a Trust and have nominated a successor Trustee to take over upon your incapacity.

Instead, consider elevating the Successor to the status of a Co-Trustee, with recitals that trust affairs can be managed by either one of you.

• **Advance Health Care Directive:** An Advance Health Care Directive ("Directive") appoints a Health Care Agent to speak for you in regard to medical treatment in the event you are unable to do so, yourself.

Usually your Agent would meet personally with your physicians to

convey your wishes, especially in a critical care situation. However, in the current environment, meeting personally may not always be possible, especially if you were in a hospital setting, and even more so if you contracted the Corona Virus and were in quarantine.

Consider authorizing your Agent to communicate with your doctors by electronic communication, video, or other alternate means of communication, as an alternative to a personal meeting, so that your wishes can still be honored.

You might also express your wishes about being intubated and connected to a ventilator to save your life. There is growing concern that being on a ventilator may result in lasting disability for the patient, even if he or she recovers from the virus.

POLST: Many patients, especially if they are in a hospital or critical care setting, have signed a "Physician Order for Life-Sustaining Treatment" (POLST), a two-way statement between you and your doctor which expresses your wishes on end-of-life care.

see OSOFSKY on back page

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May 20, 5:30–6:30 p.m.
"Having a Higher Awareness
of Your Mortality"

May 27, 5–6 p.m.
"Understanding Types of
Loss and Grief"

June 3, 5–6 p.m.
"Understanding the Care
Needs of Aging Loved Ones"

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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Market Shifting as Anticipated Removal of Slp Inches Closer

Listening to media reports, we have all heard that 2020 home sales are down from previous levels. While true, that is only half the story.

We began 2020 with record low inventory consequently made worse by the COVID-19 crisis. In reality, the number of sales are down because of drastic reductions in the actual number of available properties.

Truth be told, 2020 home sales have been keeping pace with available inventory. Average days on the market are low and prices remain steady.

There also appears to be

good news on the horizon: as we inch closer to June and the anticipated reduction of Shelter-In-Place restrictions, we are seeing an increase in the number of homes being prepared to hit the market.

This is good news for buyers who have not only been frustrated with the lack of available homes, but have chafed under the viewing restrictions placed on the ones currently available.

All of which brings up a few questions:

If a flood of new listings hits the market in June, how will that impact pricing?

If numerous properties hit

all at once, we could see a downward deflection in pricing. It is difficult to say, because we still have a large pool of active buyers in the region and, even with the extreme limits placed on access, interest has been high with multiple offers in some neighborhoods.

A more plausible scenario might be a stabilization in prices with fewer multiple offers.

When will we be able to do open houses again?

At this time, there is no foreseeable return to open houses as we have known them. Social distancing protocols will be in

See MEDFORD on page 7



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June Meinecke Seller of 227 Dantley Way Walnut Creek wrote:

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John Langon of Castro Valley wrote:

"I was very impressed with your professional ability to market and sell my six townhomes on San Miguel Ave. in Castro Valley. Your Knowledge of market value, pricing, and dealing with all of the buyers along with their agents plus staying on top of all of the paperwork making sure everything was always in order, made this a very pleasurable experience. I would recommend you to anyone interested in buying or selling Real Estate. It was a real Pleasure working with you and I look forward to working with you again."

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If you are going to sell this year get your house on the market as soon as possible before everyone else does. History shows homes that sell early sell for the most. Prices in Castro Valley have increased since the Corona Epidemic. We are all waiting to see how the unemployment is going to hit.

Call me with your questions. I can advise over the phone and am happy to make CoronaVirus Safety Accomodations in order to provide you with the service you need. Having successfully sold two homes this month I am very aware of what is going on in the market.



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MEDFORD: Coronavirus Shakes Up Market Timing

continued from page 6
place for a long time to come and ongoing concerns about safety in homes with numerous visitors will effectively curtail open houses. Listing agents are gearing up with 3D tours and virtual open houses, and it is now possible to arrange private tours.

Normally, the best time to sell is in the spring – how has COVID-19 impacted market timing?

We honestly have no idea. It is a brave new world and everyone is feeling their way

a day, a week and a month at a time. Everything has changed: schools, businesses, stores, restaurants and more are all trying to figure out how they will function going forward.

We will continue to post information as we get more clarity, in the meantime, stay safe.

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.

Wash Off Salt Before Putting Peanut Husks in Soil

By Buzz Bertolero
CASTRO VALLEY FORUM

Q Perhaps it's a silly question but is there any truth that one can add sunflower seed shells or peanut husks to the soil? What do you think?

A There are no silly questions, but some are more unique than others.

Sure, why not add sunflower and peanut shells to the soil. We have found a use for eggshells, haven't we? They are just as

good a source of organic matter as the more traditional soil amendments. I'd wash the shells first to minimize or remove any salt residue. This assumes that the peanuts and sunflowers were salted. It's the salt that poses the biggest risk to plants.

Placing the shells in a bucket of water and rinsing them a couple of times should do the trick. Also, I'd crush the shells, as the smaller particles will decompose quicker than larger ones.

Buzz Bertolero is an Advanced California Certified Nursery Pro-



fessional. The Dirt Gardener's to buzz@dirtdgardener.com or on website is www.dirtdgardener.com Facebook at Facebook.com/Buzz. and questions can be sent by email Bertolero

Mortgage Rates Hold Steady

Long-term mortgage interest rates held at an averaged 3.28 percent last week.

"Mortgage rates have stabilized at very low levels over the last few weeks as homebuyer demand slowly improves," said Sam Khater, Freddie Mac's

Chief Economist. 15-year fixed-rate mortgage averaged 2.72 percent with an average 0.7 point, down slightly from last week when it averaged 2.73 percent. A year ago at this time, the 15-year FRM averaged 3.53 percent.

HAPPY SPRING!
We hope everybody is doing well while sheltering in place.
We would like to thank all the health care workers, essential service workers, and all the neighbors who have shown kindness to one another.
Be Strong and Be Safe!



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LETTERS to the Editor

Seeks Help on Garbage Fees

Editor:

The Castro Valley Sanitary District (CVSan) Board of Directors at the May 5th Board Meeting raised the garbage rates that we pay to Alameda County Industries (ACI) starting July 1, 2020 by 5.8% over the current rates. The current rates are one of the highest in the area.

CVSan's garbage rate is more than double that of a Castro Valley Five Canyons resident, who is in the Oro Loma Sanitary District!

We are in a medical and economic crisis because of the Covid-19 global pandemic. Most retail businesses are closed because of the shelter-in-place orders. Millions of people are out of work. There are tenant eviction moratoriums in place. Businesses that are closed deserve credit for unused or reduced sewer and garbage services.

Many other institutions are suspending payments or helping customers through this economic crisis. While I'm sure we all appreciate the service that ACI provides, I urge ACI and CVSan to consider helping its customers during this crisis by suspending its garbage fees, or to at least consider suspending the 5.8% rate increases during this crisis.

—Ken Owen, Castro Valley

'Anti-Gay Animus Still Very Much Alive'

Editor:

This past Thursday the Castro Valley School Board passed a resolution to raise the rainbow flag at all Castro Valley schools for the month of June. This is wonderful news for the many LGBTQ families in Castro Valley, and a huge step forward toward a positive environment and safe place for the kids at those schools.

Flying the rainbow flag during Pride Month aligns our community with many others across the country, including the Fremont district just South of us. The flags will be provided to the district at no cost by Castro Valley Pride, and will fly below the American flag.

While we (members of the LGBTQ community) are happy, we recognize that knowing those flags are there will be a very triggering event for a lot of folks, even though it seemingly doesn't affect them at all.

On the day of the board meeting, those folks – through social media – let us know all about our “alternative lifestyles” and our “sexual perversion.”

They told us that we were “immoral” and that raising a rainbow flag was “opening the door to acceptance of pedophilia.” It was noted that if the schools were going to fly a rainbow flag, they should also allow the KKK flag. Yes of course...those two groups are so similar.

Imagine being a kid, knowing that you are gay, and reading all of

that hate. That kid is why those flags will be flying – because all that anti-gay animus is still very much alive.

Castro Valley Pride itself is canceled this year, but we will be providing rainbow flags to any person who wants to fly one at their business or home during Pride Month. More details on that coming soon!

—Billy Bradford, Castro Valley Pride

Ethnic Studies Model Draft 'Deeply Flawed'

Editor:

On April 23, the Castro Valley Unified School District issued Resolution 75-19/20, endorsing the California Ethnic Studies Model Curriculum Draft.

The original draft was widely condemned by politicians, educators, and by a diverse coalition of community members. Although I support the inclusion of an ethnic studies curriculum for Castro Valley, the current draft falls short of community standards.

It was premature and inappropriate for the Castro Valley Unified School District to endorse it. California Board of Education President Linda Darling-Hammond stated “A model curriculum should be accurate, free of bias, appropriate for all learners in our diverse state and align with Governor Newsom's vision of a California for all. The current draft model curriculum falls short and needs to be substantially redesigned.”

Governor Gavin Newsom described the draft as “offensive in so many ways.”

The original draft garnered over 19,000 critical comments during its period of public review and is now being revised. I urge the Castro Valley Unified School District to modify, revise or rescind resolution 75-19/20 which endorses a deeply flawed document and subverts the due process of the California Department of Education. The children of Castro Valley deserve better.

—David Holsey, Castro Valley

Urges Support of Bill Outlawing Wildlife Commerce

Editor:

Senator Henry Stern of Los Angeles has introduced Senate Bill 1175, to outlaw the importation of hunting trophies of such iconic African species as elephants, rhinos, lions, leopards, giraffes and zebras.

SB 1175 would also curtail the brutal commerce in wildlife, banning the importation of non-native frogs and turtles for human consumption. California annually imports two million American bullfrogs (most commercially-raised in China and Taiwan), plus an estimated 300,000 freshwater turtles, all taken from the wild in states East of the Rockies, depleting local populations.

None of these animals are native to California, and they cause major harm when released into local waters, a common though illegal practice. All the market frogs and turtles are diseased and/or parasitized, posing major risks to the environment, the public health, and animal welfare.

SB 1175 will be heard on May 26 before the Senate Natural Resources & Water Committee, chaired by Senator Stern. Other committee members are Brian Jones, Benjamin Allen, Andreas Borgeas, Anna Caballero, Robert Hertzberg, Ben Hueso, Hannah-Beth Jackson and Bill Monning. They may be written to at The State Capitol, Sacramento, CA 95814 or emailed to: senator.lastname@senate.ca.gov

—Eric Mills, coordinator
Action for Animals, Oakland

Supports Historical Society's '5-Item Challenge'

Editor:

My name is Liam Mendez and I am currently a junior at CVHS. One of my favorite classes this school year has been U.S. History.

I recently read the online copy of your May 6 issue of the Castro Valley Forum. I particularly enjoyed reading the article, ‘Contribute To ‘5-Item Challenge.’

The article was about the 5 items that people can contribute to the current documentation of COVID-19 shelter in place by the Hayward Area Historical Society.

I liked reading this article because it shows that anyone, maybe even me, can potentially be a part of this effort and that people in future generations can see our 5 images one day.

I also found this article enjoyable to read because of how local and relatable it is, while at the same time being about something the whole world is experiencing at this time.

Thank you for the continued production and publishing of your fine newspaper.

—Liam Mendez, Castro Valley

Obituaries

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FD 1168 CR49

Beatrice Ann Van Wetter

September 4, 1930 ~ May 6, 2020

Beatrice was born to Emma and Antone Leon. We will miss her beautiful smile, positive attitude and loving spirit. She was very active with the Oakland Women's Rowing Team, Garden Club, Car Club, and Italian Catholic Federation.

She survived her late husband Raymond Van Wetter. She leaves behind her boyfriend, Richard Johnson of 17 Years. She also leaves behind her nieces Theresa, Arlene, Tina, Debbie and Nephew Tony. She also had many grand nieces and nephews.

She loved her dog, Sassy which she called her baby. She graduated from Holy Names High School in 1948. She worked for the Alameda Court House as a Jury Selection Clerk.

Services are private.

CROSSWORD
PUZZLE
ANSWERS

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CASTRO VALLEY
FORUM
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Include a phone number.
Color photos are available.
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LONE TREE CEMETERY'S 117TH MEMORIAL DAY OBSERVANCE MAY 25TH, 2020

WE REGRET THAT WE WILL BE UNABLE TO HOST OUR ANNUAL MEMORIAL DAY PROGRAM DUE TO THE SHELTER IN PLACE STATE AND COUNTY MANDATED ORDERS. WE WILL HOST A NON-PUBLIC CEREMONY WITH MILITARY HONORS THAT WILL BE AVAILABLE FOR YOU TO VIEW ON OUR FACEBOOK PAGE AND ON OUR WEBSITE.

THE GATES WILL BE OPEN FROM 8:00 A.M. TO 6:00 P.M. FOR THE PUBLIC TO VISIT LONE TREE CEMETERY ON MEMORIAL DAY IN ACCORDANCE WITH THE COUNTY OF ALAMEDA'S SOCIAL DISTANCING PROTOCOL. PLEASE FOLLOW OUR SHELTER IN PLACE PROTOCOLS THAT ARE AVAILABLE AT OUR ENTRANCE GATE TO SAFELY ENABLE OTHERS TO PAY THEIR RESPECTS ON THIS MEMORIAL DAY.

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FILE PHOTO

The Rhythm Cadets Drumline, begun by the Alameda County Deputy Sheriff's Activities League in 2018, and a similar program at the Juvenile Justice Center in San Leandro, were the recipients of \$65,000 in grants from the California Arts Council.

Arts Council Awards \$65,000 in Grants To Deputy Sheriff's Activities League

The California Arts Council has awarded the Alameda County Deputy Sheriff's Activities League (DSAL) a total of \$65,000 in two grants for its work in strengthening arts, culture, and creative expression.

A "Youth Arts Action" grant, which supports art projects for youth outside of traditional school hours, will help fund the DSAL's Rhythm Cadets Drumline, a youth marching musical education program.

In addition to learning drumming, marching, and movement, the Rhythm Cadets learn music

theory and how to read and play compositions. Participants have the opportunity to develop creative styles as they supplement their drumming training.

The second arts grant, from "Jump StArts," will support the Rhythm Cadets Pathway, a version of the Drumline program tailored to meet the needs of incarcerated youth at the Juvenile Justice Center in San Leandro. Youth in the program build life skills while gaining a sense of pride and accomplishment. Organizations were awarded grants across 15 different program areas addressing

access, equity, and inclusion; community vibrancy; and arts learning and engagement.

"We're incredibly grateful to the California Arts Council for supporting the Rhythm Cadets drumline program, which brings music and rhythm to youth in the Eden area and the Juvenile Justice Center in San Leandro," said Hilary Bass, Crime Prevention Senior Program Specialist with the Alameda County Sheriff's Office, who noted that DSAL's mission is part of a community policing initiative to build a safer, healthier, more vibrant community.

News Briefs

New Principal Appointed for Stanton Elementary

The Castro Valley School Board has appointed longtime school district employee Gina Faria as Principal of Stanton Elementary School, replacing Robin Ormsby. Faria began her career in Castro Valley as a teacher and English Language Learner Coach at Castro Valley Elementary School in 2004. Over the next 13 years she served as a teacher, coach, and an intervention specialist. She has also served as the Assistant Principal at Canyon Middle School for the past three years.

Students Making News

Manicia Doss of Castro Valley, a member of the Class of 2020 who is majoring in Health Science at Marietta (Ohio) College, has been named to the Spring 2020 Dean's List. She is a graduate of La Salle High School.

Kelson Griffiths of Castro Valley, a student at Saint Mary's College in Moraga, was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society.

Virtual Cancer Workshop

Eden Medical Center will present a virtual workshop titled "Eating for Healing" from 5:30 p.m. to 7:30 p.m. tomorrow, May 21, for people with cancer, caregivers, families, and survivors. Learn nutritious recipes with ingredients known for healing and disease prevention benefits. Registration is required by calling 925-933-0107. Once registered, you will be provided the virtual meeting info.

PG&E Seeks Information

PG&E customers in high fire-threat areas of the East Bay are urged to contact the utility company with their updated contact info so they can be notified before a Public Safety Power Shutoff is initiated during windy, hot weather conditions. If you have a new cell phone number, a new email address or haven't checked in with PG&E to make sure your info is current, visit: pge.com/mywildfirealerts or call 1-866-743-6589.



Local songwriter Clay Bassard

What's Up at Smalltown

● **TONIGHT! Wednesday, May 20:** Smalltown Society continues its Instagram Takeover Series! Join musician Clay Bassard for his live show on the Smalltown Society Instagram page! *Free at 9 p.m. Instagram: @SmalltownSociety*

● **Saturday, May 23:** The Chabot Facebook LIVE: "Teenagers from Outer Space" The fun continues with our 9th Installment of "Live RIFF-Along" from the Chabot BIG screen with the 1959 movie: 'Teenagers from Outer Space', hosted by the venerable Lord Blood-Rah of Lord Blood-Rah's Nerve Wrackin' Theatre! *Free, at 8 p.m. LIVE on The Chabot's Facebook account: @ChabotCinema*

● **Sunday, May 24:** Quarantine Sundays: Join Smalltown Society artist Safiyah Hernandez for her 8th installment of Quarantine Sundays LIVE from her Instagram and Facebook account. *Free, at 2 p.m. IG: @safiyahhernandez/ FB: @SafiyahHernandezMusic*

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

Pandemic Doesn't Stop Delivery of Mail

While the coronavirus has uprooted lives and changed our daily routines, delivering the country's mail by the United States Postal Service remains a constant.

Physical distancing has become necessary to keep the public and employees safe, but letter carriers have adapted delivery procedures to keep Americans socially and

emotionally connected and to protect both its employees and customers.

If a delivery requires a signature, carriers will knock on the door rather than touching the bell. They will maintain a safe distance, and instead of asking for a signature on the mobile device, they will simply ask for a name. The

carrier will leave the mail or package in a safe place for retrieval.

Customers are asked not to approach a carrier to take a delivery. Instead, allow them to leave the mailbox area before retrieving the mail. Since schools are not in session, children should be encouraged not to approach a postal vehicle or carrier.

FILED
APRIL 08, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 569723

FICTITIOUS BUSINESS

NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Chabot Collision Inc. at 20736 Lake Chabot Road, Castro Valley, CA 94546 in Alameda County is hereby registered by the following owner(s): Chabot Collision Inc., 20736 Lake Chabot Road, Castro Valley, CA 94546. This business is conducted by a corporation. This business commenced 8/26/2005. /s/ Chabot Collision Inc.

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires APRIL 08, 2025

MAY 6, 13, 20, 27, 2020
260-CVF

FILED
APRIL 17, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 569959

FICTITIOUS BUSINESS

NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): JOVI Worldwide located at 5290 Camino Alta Mira, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Alison Thornberry, 5290 Camino Alta Mira, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A. /s/ Alison Thornberry

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires APRIL 17, 2025

MAY 6, 13, 20, 27, 2020
261-SLT

FILED
APRIL 24, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 570091

FICTITIOUS BUSINESS

NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Swimbaitcity located at 21771 Shadyspring Rd., Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Donald C. Osborne, 21771 Shadyspring Rd., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced 7-1-2006. /s/ Donald C. Osborne

This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires APRIL 24, 2025

MAY 13, 20, 27, JUNE 03, 2020
263-SLT

FILED
APRIL 29, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 570144

FICTITIOUS BUSINESS

NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): shopmaravillas located at 999 Arguello Dr., San Leandro, CA 94578, in Alameda County, is hereby registered by the following owner(s): Stephanie Albor-Rueda, 999 Arguello Dr., San Leandro, CA 94578. This business is conducted by an individual. This business commenced N/A /s/ Stephanie Albor-Rueda

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Expires APRIL 29, 2025

MAY 20, 27, JUNE 03, 10 2020
266-SLT

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): You might not like some people's idea of a surprise. But you could be in for a pleasant shock when someone finally sends a reply to a request you made so long ago that you almost forgot about it.



TAURUS (April 20 - May 20): It's a time to expect the unexpected. So don't be surprised if a decision that just recently seemed final suddenly opens up and leaves you with another chance to make an important choice.



GEMINI (May 21 - June 20): Taking a different tack on a work project might rankle some colleagues. But the positive results of your innovative course soon speak for themselves. Celebrate by doing something fun this weekend.



CANCER (June 21 - July 22): Meeting new associates can be awkward, even if you're in a high positive phase right now. Best advice: Make them feel comfortable, and you'll soon forget your own discomfort..



LEO (July 23 - August 22): It's a good time for you social Lions to blow-dry your manes, polish your claws and look like the Fabulous Felines you are as you make new friends and influence the influential.



VIRGO (August 23 - Sept. 22): Expectations run especially high this week, and you should feel confident in your abilities to take advantage of what might be offered. A colleague has some advice you might find helpful.



LIBRA (Sept. 23 - October 22): A recent flurry of activity leaves you in need of a little breathing space, and you'd be wise to take it. Close family members should have an explanation about an emergency situation that just passed.



SCORPIO (October 23 - November 21): An insensitive act makes a difficult situation more so. But try not to waste either your physical or emotional energies in anger. Move on and let others fill the clod in on the facts of life.



SAGITTARIUS (Nov. 22 - Dec. 21): It's a good time to look into that training program or college course you've been considering. You might have a good place to use those sharpened skills sooner rather than later.



CAPRICORN (Dec. 22 - Jan. 19): Education dominates much of your aspect during this week. You might want to start checking out those summer session courses that could help advance your career plans.



AQUARIUS (Jan. 20 - Feb. 18): Progress often comes in fits and starts. But at least you're moving straight ahead with no backsliding. You should soon be able to pick up the pace and reach your goals in due time.



PISCES (Feb. 19 - March 20): Be wary of a deal that gives confusing answers to your questions. Remember: It's always risky swimming in unknown waters, so you need all the help you can get to stay on course.



BART PHOTO

MAJOR MILESTONE: The 9 p.m. shutdown of BART train service is allowing workers, to install some 2 miles of new high-voltage electrical cable every night with this mechanical cable puller beneath the 16th & Mission Station.

Cable Pull: A Major Milestone in Upgrading BART Infrastructure

BART workers were buzzing with activity on a recent Friday night in the tunnel underground at the 16th and Mission station. Crews had reached a major milestone in an important infrastructure improvement — the large-scale installation of modern, robust high-voltage cables.

The existing electrical system dates back to when BART was built in the 1960s.

The operation involved pulling three large cables through a conduit using a mechanical cable

puller, an upgrade partly funded by the Measure RR bond that voters approved in 2016.

BART is using a new type of lightweight — but strong — conduit that takes less time to install and which will provide a longer service life.

BART's infrastructure and system upgrades are considered essential work under the coronavirus shelter-in-place orders. Workers are equipped with face masks, safety glasses, hard hats and other PPE, and keep the greatest social

distance possible on each job.

The additional time is made available by the system's 9 p.m. early closure as a result of low ridership during the pandemic.

Customers may be affected by the need to single-track for this project; the extra time is necessary to bring in staff and materials to be ready to go when trains stop running, allowing for three cable pulls instead of one per shift. That equals up to nearly 2 miles of cable that can be installed each night, shaving off many months of work.

Food: Organization is Seeking Donors

continued from page 3

Each selected vendor will receive \$15,000, funded by the Stupski Foundation, to cover the cost associated with preparing up to 1,000 meals from May 2020 - September 2020 with a minimum of 200 meals per scheduled week per selected vendor.

The DSAL will develop a regu-

lar schedule for each selected vendor to distribute meals during the five-month time frame.

Food would need to be prepared in a commercial kitchen and in alignment with food safety practices dictated by the Alameda County Environmental Health Department. The meals incorporate fresh produce, lean proteins,

and whole grains; and ideally be individually wrapped for single-serve or family consumption in a sturdy, reuseable/compostable container.

The organization is also currently seeking donors such as restaurants, grocery stores, distributors and producers who want to reduce food waste, surplus goods and increase access to healthy foods for low-income residents of Alameda County.

Donor-partners will need to be actively engaged in the project, and must be willing and able to:

- Donate at least 100 pounds of eligible food items per week.
- Dedicate at least one staff member to coordinate food recovery efforts for your organization.
- Participate in data collection and pilot program evaluation.
- Work collaboratively with DSAL to address problems, continuously improve process, and improve outcomes.

In addition, the Food Recovery Project is looking for organizations that can receive and distribute donated food to low-income or food insecure individuals and families in Alameda County through their own networks.

For more information, visit www.acdsal.org/ to fill out an application.

'Fire Season' Virtually Year-Round

By Ned MacKay
SPECIAL TO THE FORUM

Because long-range forecasts predict dry weather, East Bay Regional Park District's fire department is gearing up for a potentially dangerous fire season.

Fire Chief Aileen Theile cites two factors in particular. Weather forecasters are predicting more frequent, dry offshore breezes. And although this was a relatively dry winter, some late spring rains stimulated more growth by already tall grasses.

Firefighters used to think in terms of a "fire season." However, with climate change, the fire season is now virtually year round.

To combat fires, Chief Theile leads 16 fulltime firefighters and some 34 on-call staff — district employees with other primary occupations, but who are also fully trained firefighters available when needed.

A new and important component of the fire department is an eight-member fuel reduction crew that works throughout the year to enhance fire safety, clearing brush away from trails, trimming trees and piling the resulting vegetation for disposal by burning "strategically and where appropriate," as Chief Theile puts it. They fight wildfires too, when needed.

The fuel reduction crew also works on the district's fuel break in the East Bay hills. This is a zone of thinned vegetation between regional parklands and adjacent residential neighborhoods that extends from Richmond south to Castro Valley.

It serves two purposes: slowing the spread of fire between open space and adjacent neighborhoods, and providing firefighters with a place to make a stand.

Fire headquarters are at Station 1 in Tilden Regional Park near Berkeley. Seven other stations throughout the district are staffed as circumstances demand. All

have engines and other equipment in place.

A dispatch center operates 24 hours per day in support of the district's firefighters and police. During a fire, the district's two police helicopters serve as observation platforms to determine fire location and speed, and best access for ground crews.

The helicopters are equipped with Bambi buckets to fight fire from above with 250-gallon water drops.

Besides its own personnel and equipment, the park district has mutual aid agreements with Cal Fire, the California Office of Emergency Services, and every fire department within Alameda and Contra Costa Counties. This enables rapid response to emergencies both within and outside the parklands.

Of course the coronavirus pandemic has dominated the news in recent times. In that regard, Chief Theile noted that it was easier for the firefighters to observe the new protocols, because they are accustomed to wearing protective gear anyway.

Their additional safety measures include assigning separate crews to each engine, allowing only assigned personnel in the stations, and designating one firefighter to approach and assess a

victim in an emergency situation, before committing the entire crew. Post-incident decontamination is accomplished as appropriate.

There are major ways in which the public can help the district reduce fire hazards. It should be noted that no smoking, including vaping, is permitted in the regional parks. And during any emergency, park visitors need to cooperate with all instructions from firefighters, police or park rangers.

If you see a fire while in a park, call 911, report the fire's location, size and direction of burn if possible, then leave immediately.

Beyond that, Theile said, "We ask people to take a hard look at fire safety in their own backyards." "It's not just one neighbor doing it, but the entire neighborhood," she added.

"Thirty feet of lean, clean and green" is the motto. This means reducing the fuel load by mowing. Beyond 30 feet there should also be thinner vegetation. Information on defensible space is available at the CAL FIRE website, fire.ca.gov.

It's also important to have an evacuation plan in case of an approaching fire. "Don't wait to be told," Theile said, "and don't block the road so that fire engines can't get in."

To sum it up, "Be informed and be prepared," she said.

Osofsky: Estate Planning

continued from page 5

Unlike the health directive, it carries the weight of a Physician's Order, and usually is prominently positioned in your medical file on bright pink paper so that it can be easily retrieved.

Studies indicate that these Physician's Orders are generally honored more frequently than wishes stated in a Health Directive. Importantly, many POLSTS contain prohibitions on intubation, and this may be the very thing that a doctor

might prescribe if you contracted the virus, especially if you need to go on a ventilator.

Discuss changes as appropriate with your doctor and then sign a new POLST.

Consider these changes now and chances are that you and your wife will feel much better about your preparedness.

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

Spectrum Senior Lunches

Take-away low-cost lunches are available curbside for seniors 60 and over at United Methodist Church, 19806 Wisteria St. in Castro Valley on Tuesdays and Fridays from noon to 12:30 p.m. A donation of \$3.75 per meal is suggested. Participants must be registered for the program at www.SpectrumCS.org (or, pickup a registration form on-site).

Please call three business days in advance to 510-881-6768 and leave a message with your name, phone number, the day(s) you want to reserve a meal and the location. Other distribution sites are listed at www.SpectrumCS.org.

MENU

Friday, May 22

Sweet & Sour Chicken, Chow Mein Noodles, Baby Carrots, Green Beans, Seasonal Fresh Fruit

Tuesday, May 26

Brown Rice, Black Beans, Chicken Burrito Bowl, Corn with Red Peppers, Broccoli, Seasonal Fresh Fruit

ATHLETE OF THE WEEK

Nicole Schouten

This week's Athlete of the Week is Nicole Schouten, a Senior at Castro Valley High School who played Varsity Girls Water Polo team all four years and was on the Varsity Track & Field team. Nicole was on the 2018 Water Polo team that went to the North Coast Section tournament. She also played for the Neptunes and Krakens Water Polo clubs. In the fall, she will be attending either UC Santa Cruz or Santa Barbara City College and then UC Santa Barbara and plans to play club Water Polo at these schools.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



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