



CASTRO VALLEY FORUM

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YEAR 32

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NO. 13

INSIDE YOUR FORUM

OUR TOWN



Increased Need

COVID-19 pandemic places extreme demands on local program

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NEWS



RCS Online

RCS students have transitioned to Online Distance Learning

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NEWS



Flush Protocol

Flushing anything other than toilet paper can cause big problems

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PHONE: (510) 614-1560



FILE PHOTO

DATA-BASED DECISION: With ridership dropping by 90%, BART is shutting down service at 9 p.m. nightly and delaying opening on weekends until 8 a.m.

BART Taking Action to Reduce Operating Costs

BART took swift action this week to reduce operating costs as ridership levels have declined by 90% as a result of the COVID-19 pandemic and shelter-in-place orders.

After an exhaustive review of ridership and train car loads, the transit agency is making the following changes until further notice:

- Beginning this past Monday, BART began providing weekday service from 5 a.m. to 9 p.m., instead of ending service at midnight, but the frequency of trains will remain the same.

- Starting this Saturday, March 28, weekend service will be from 8 a.m. to 9 p.m.

All riders must be in the system by 8:45 p.m. to have a guaranteed ride to their destination. BART will monitor ridership data each day to determine how long these service hours will be in effect.

Data-based decision

Ridership after 9 p.m. has dropped substantially and now represents only 3% of total daily riders.

BART officials say closing early is a better option than running less frequently or running shorter trains after 9 p.m. because the system will be able to save money by reassigning some of its staff to other projects.

"We are taking a data-driven approach to these decisions to ensure as few people as possible are impacted," BART General Manager Bob Powers stated. "Our system operates using public dollars and we have an obligation to make financially sound decisions about service levels."

BART has initiated a hiring freeze except for its police department and has canceled all overtime except for critical functions. It is also seeking emergency funds from all levels of government during this crisis.

COVID-19 Infections Double, One Dead In Alameda County

By Michael Singer
CASTRO VALLEY FORUM

One person has died, and 112 people are confirmed infected with the coronavirus in Alameda County, health officials reported Monday as more efforts are being taken to screen those at risk.

The Alameda County Public Health Department's website (<http://www.acphd.org/>) notes the person, who had been hospitalized, was elderly and had underlying conditions that placed them at

greater risk of serious illness. The person likely contracted the virus through community-acquired transmission, a health official said.

The number of reported cases does not include Berkeley, which currently stands at 10 people infected. Last week, Alameda County reported 45 confirmed positive cases.

Health officials continue to urge the public to follow the everyday preventive actions to help prevent the spread of viruses by staying

see COVID-19 on page 4

Sutter Health Accepting Donations in Preparation For Coronavirus Surge

The following statement is from Dr. Rishi Sikka, president of Sutter Health System Enterprises:

Like all hospitals and health systems during this unprecedented health emergency, Sutter Health anticipates a shortage of medical supplies, including personal protective equipment (PPE).

We are pursuing additional avenues to bolster and conserve our supplies, so we can meet critical community need while maintaining patient and frontline staff safety. We are asking for business and community donations of the following new items in original

packaging: N95 masks, Powered, air-purifying respirator (PAPR) Hoods, Surgical masks, Procedure masks, Isolation gowns, Paper masks (with ties or elastic), Paper protective gowns, Protective glasses/goggles, Industrial face shields (e.g., industrial face shields), Painters smocks (impermeable).

To make a donation, please contact local Sutter affiliates or call 1-844-987-6099. A Sutter Health representative will provide specific guidance on how to make a delivery. For large local donations, a courier service can be arranged.

Publisher's Statement:

The Castro Valley Forum is operating under reduced circumstances due to a shortfall in advertising revenue. For the past several years, EastBay Publishing Corporation has made no profit from the Forum or its sister publication, the San Leandro Times. We are going to do our best to continue publishing both newspapers weekly with a smaller staff. Any financial donations, no matter the size, will help keep us going, but keep in mind that they are not tax-deductible.

Because of the cutbacks, you might not receive a copy of the Forum by home delivery, but you will be able to find a PDF version at castrovalleyforum.com. In addition, print copies of both newspapers will be available from the rack at the Times' office at 2060 Washington Ave. in San Leandro while supplies last.

—Fred Zehnder, Publisher

PG&E: Beware of COVID-19 Scams

PG&E is alerting customers to be aware of potential scam phone calls or emails threatening to shut off power if a payment is not made.

Since the COVID-19 outbreak began, the company's security department has received reports on scammers requesting payment on past-due utility bills immediately with a debit card.

PG&E has also seen an increase in "spoofing," which is when the incoming call appears to come from a PG&E telephone number.

"It's alarming that people are trying to capitalize on the pandemic and people's fears. Unfortunately, that's the reality with scammers," said James Murphy, PG&E Corporate Security Director. "We've seen a steady stream

of scam calls recently and are reminding customers that PG&E will never ask for personal information or a credit card number over the phone."

PG&E has already announced that it has voluntarily implemented a moratorium on service disconnections for non-payment, which applies to both residential and

see PG&E on page 4

CV SPORTS HALL OF FAME

Poole's Love of Sports Leads to Career in Newspapers and TV

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

By Monte Poole
SPECIAL TO THE FORUM



Monte Poole

Every so often I'll run into someone offering me a gift-wrapped compliment with the cheer of Santa Claus on his first day at the mall.

Great to meet you. I've been reading you since, like, forever.

I thank them and express appreciation for their support. But such statements make me feel old.

And then I do the math and realize I'm indeed a veteran of the craft. I've been writing sports since 1983, full-time since March of 1985, two months before graduating from San Jose State – and nine years before I moved to Castro Valley, which I have proudly called home for the past 25 years.

With age comes wisdom (or so I've been told), but also an ever-lengthening list of memories that bring a smile to the face.

I love what I do, loved it before realizing writing about sports is how I wanted to make a living. The love of sports goes back to childhood, a second-grade boy who never got into comic books or the comic pages but always reached for the sports page of the Oakland Tribune.

But the journey from reading the Tribune to writing for it was filled with labor, advice and support. Having completed three unfocused semesters at Merritt College in Oakland, I zeroed in

on sports. I wasn't good enough to play professional sports, but I'd always gotten decent grades in language/English classes and I didn't mind addressing crowds. Maybe I could talk about sports, like the people on TV.

It was time to transfer to Chabot College in Hayward.

Chabot had a solid mass communications program and an on-campus TV studio. A few weeks into my first quarter, one of my professors, a buoyantly avuncular man named Tom Driscoll, pulled me aside and floated an idea that I'd only briefly considered.

"You're a pretty good writer," he said. "Have you thought about working on the school newspaper?"

Mr. Driscoll was the advisor for the Chabot College Spectator, a campus tabloid published each week. He sold me on it, and our conversation launched me into journalism. I joined the staff and before long they were letting me write columns on any sports topic of my choosing.

After four quarters at Chabot, I transferred to San Jose State, where I spent five semesters, the

pre-graduation highlight being the spring semester of my junior year (1984) when I covered men's basketball for the Spartan Daily.

Hooked, I was. Even lucked into a part-time job covering prep sports for ... the Tribune. I was on the same team as Ron Bergman, Dave Newhouse and Nick Peters, working in the same newsroom as the esteemed and influential Ralph Wiley had vacated only a few months earlier.

From preps to colleges to pros to sports columnist, they tolerated me for 28 years, under four different ownerships. The career allowed me in 1994 to become a home owner, in Castro Valley, where my daughters attended school, ran track and played soccer.

Dozens of legends are among those I've interviewed and written about, including Rickey Henderson, Joe Montana, Jerry Rice, Al Davis, Carl Lewis, Don Nelson and the Warriors' Run TMC trio of Tim Hardaway, Mitch Richmond and Chris Mullin. Had dinner at the same table as the greatest of them all, Muhammad Ali.

With the newspaper business shrinking, I had the good fortune in October of 2013 to receive an offer from Comcast SportsNet Bay Area, now NBC Sports Bay Area, to become their Warriors Insider. Nearly seven years, six play-off appearances, five NBA Finals appearances and three championships later, I'm still there.

Another stroke of luck came my way in January of 2015. I'd left for a trip to Lowe's when my SUV was broadsided by a car running a red light at Castro Valley Boulevard and Crow Canyon, a stone's throw from home. The SUV was totaled, but I was resting at home

see FAME on page 4

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With the onset of the Coronavirus, Meals on Wheels workers are working harder than ever to meet the increasing needs of homebound seniors in Alameda County.

COVID-19 Puts Strain on Local Program

Many local seniors rely on the daily knock on the door and the friendly smile of a Meals on Wheels volunteer, as a reason to get up in the morning.

Meals on Wheels programs, like many essential services, are still operating under Alameda County's shelter-in-place orders due to the Coronavirus (COVID-19) pandemic.

These programs provide critically needed nutritious meal deliveries to 2,400 homebound seniors who cannot shop or prepare food because of a variety of reasons

including poor health, immobility and poverty.

More often than not, volunteers are the only people who are going to drop by to check in on their wellbeing at the same time every day. Because these seniors respond well to continuity, they feel safe when their environment and schedule are the same every day.

With the onset of the pandemic, three local Meals on Wheels programs have experienced a mass of urgent calls from vulnerable at-risk seniors who fear hunger from not being able to shop for food

because of a combination of their living situations, lack of a support system and inability to compete with panic buying at stores.

This means local programs are working harder than ever to limit service interruptions.

Due to this increase in demand for Meals on Wheels, Alameda County's programs need the community's financial support. Gifts can be made online at www.feedingseniors.org or mailed to Meals on Wheels of Alameda County, 1721 Broadway, No. 201, Oakland, CA 94612.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Violated a Court Order

Sunday, March 22: at 6:10 p.m., Sheriff's deputies arrested a 22-year-old man with no permanent residence on suspicion of violating the terms of a court-issued restraining order and violating the terms of his probation. The man was stopped for questioning in front of a business on Redwood Road near Grove Way after the manager called to complain about a nuisance customer. Deputies took the man into custody.

Breaking and Entering

Sunday, March 22: at 6:54 p.m., a 23-year-old woman from CaV was arrested on suspicion of breaking and entering into a vacant lot on Grove Way near North 5th Street. Deputies also charged the woman with possession of burglar tools, destruction of private property, and possession of illegal narcotics and drug paraphernalia. The woman was taken into custody.

Wanted Man

Friday, March 20: at 1:55 p.m., deputies arrested a 56-year-old man from Castro Valley as part of a warrant issued for his capture. The man had been previously charged with failing to appear in court for a previous criminal charge. Deputies served the warrant at a home on Farley Street near Ada Street and took the man to Santa Rita Jail pending bail.

Domestic Assault

Sunday, March 22: at 7:28 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Chester Street near Castro Valley Boulevard.

There, they arrested a 54-year-old woman from Castro Valley on suspicion of assault on a family member. Deputies took the woman into custody. The victim was treated at the scene.

Message From Alameda County Sheriff's Office

The Alameda County Sheriff's Office says it will continue to enforce California's shelter-in-place order. This means that residents are required to stay home and avoid non-essential travel. Deputies will continue patrols and issue warnings to individuals who are in violation. The Department spent the last week following up with business owners to discuss essential vs non-essential businesses.

"All the business owners we

talked with understood the importance of the shelter-in-place and everybody was super cool," ACSO Sargent Ray Kelly says. "We can all do better on practicing social distancing. People just need to be mindful that they are not overcrowding each other."

Staying at home may not be an option for some, Sgt. Kelly added. If at risk of domestic violence, call the County Family Justice Center crisis hotline at 1-800-947-8301.

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ATHLETE OF THE WEEK

Alex Williams

Alex Williams (Class of 2018, Redwood Christian High School) is our Athlete of the Week. The Stanford sophomore is a right-hand pitcher who earned Pac-12 Pitcher of the Week honors.

Williams recently went seven innings and allowed just one run to lead the Cardinals to a 2-1 win.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

Youth Baseball and Flag Football Programs
www.CVSPORTSLEAGUE.org

Important Announcements From The Davis Street Family Resource Center

In the midst of the COVID-19 crisis, Davis Street Family Resource Center at 3081 Teagarden St. in San Leandro has implemented strong emergency disaster and risk management protocols. The center is taking extreme measures to protect our staff and volunteers to ultimately be suitable to serve and provide services to those that are still in-need.

All Davis Street Staff have been trained to take extra precautions and are executing hygiene, and sanitization safety standards from the CDC. Here is an important list of updates for each department.

- Davis Street's Emergency Food Pantry will remain open Monday through Friday 10

a.m. to 5:30 p.m. and is offering the option for a drive-through grocery pick up. To schedule a drive-through food pick up, please text or call 510-561-9042

- Davis Street's Clothing Program will be closed and we will not be accepting any donations of clothing or household items until further notice. The only donations that will be accepted during this time are unexpired food items which will be sanitized before distributing to our clients.

- Medical and Behavioral Health Services will remain open Monday through Thursday 8 a.m. to 6 p.m., and Fridays 9 a.m. to 6 p.m.

- Dental and Optometry Ser-

vices will remain closed until further notice.

- Child Development Centers Garfield and Roosevelt Elementary Sites will be closed until April 6.

Lakeside Site will remain open weekdays 8 a.m. to 5pm

Jefferson Site will remain open Monday - Friday 7am - 6 p.m.

- Davis Street is in need of volunteers, monetary donations, and/or unexpired food items.

You may drop off or mail in in kind, check or cash donation to Davis Street Community Center at 3081 Teagarden St in San Leandro 94577, or volunteer by calling 510-347-4620

COVID-19: Screening at Fire Station

continued from front page

home, not touching your face, practicing social distancing, cleaning and disinfecting frequently touched surfaces and objects, and covering a cough or sneeze with a tissue which should then be thrown in the trash.

This week, the Hayward Fire Department opened a screening station at the city's fire station at 28270 Huntwood Avenue. The free testing can handle up to 370 tests a day.

People were lined up in their cars and on foot in a nearby park as early as 6 a.m. Monday. The tests are set up for those displaying symptoms, first-responders, and health care workers with recent suspected exposures to the coronavirus. Results are expected anywhere between 6 to 24 hours. Hayward officials said they purchased the tests from Avelino Labs in Menlo Park.

Alameda County Public Health Department says it supports Hayward's screening site and "will be working with them to explore opportunities to build upon their model to expand access to testing in other parts of the county."

Rep. Eric Swalwell said his office will be collecting N-95 masks from those in his district who have them in bulk - building contractors, etc. - for redistribution to local health care facilities. The congressman made the statement during a virtual town hall where he also underscored the importance of making coronavirus tests available to all Americans as soon as possible.

see COVID-19 on page 10



PHOTO BY LINDA SANDSMARK

Empty Screen

Castro Valley's Chabot Cinema remains dark and facing an unknown future these days, along with about 90% of the other 5,548 movie houses in the U.S. But the chairman of Sony Pictures, Thomas Rothman, predicts that the appetite for moviegoing would be stronger than ever, once the pandemic has passed. "People will want to get out and share communal experiences," he told the New York Times. "We will remember how much we love to be all together."

Fame: Poole Recalls Those Who Have Supported Him

continued from page 2

five hours later, released after tests and treatment by the good people at Eden Medical Center.

None of these memories, good and bad, could be experienced without those who supported, pushed and advocated for me, beginning with Mr. Driscoll back in 1981.

Among them: Gene Houck, who ran the TV studio at Chabot; San Jose State professors Mack Lundstrom and Dave Grey; Bob Valli, the Tribune sports editor who hired an inexperienced young man

and allowed him to develop; Dave Burgin, the former ANG Newspapers Managing Editor who offered critiques both withering and constructive; and CSN/NBC executives Nancy Gay and Ted Griggs, who provided the opportunity I'd dreamed of back in 1981.

Write about sports, and also talk about it on TV.

I still call Castro Valley home and am delighted to soon be inducted into the Castro Valley Sports Hall of Fame. Hope you'll come celebrate the ceremony with me in September.

PG&E: New Scam Trend

continued from front page

commercial customers and which will remain in effect until further notice.

Earlier in the year, PG&E started seeing a new scam trend with the request becoming more detailed. Scammers include specific names of customers, and in some cases, guessing general dollar amounts owed. They are also disguising their true phone numbers with a caller ID that says "PG&E" or "Pacific Gas & Electric."

Anyone who has received such

a call can report it immediately by calling PG&E at 1-800-743-5000 or visit www.pge.com/scams.

Customers should always ask to see identification before allowing anyone claiming to be a PG&E representative inside their home. PG&E employees always carry their identification and are willing to show it to you.

Anyone who has provided credit card or checking account information should report it immediately to the credit card company or bank and law enforcement.

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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.

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

MENU

Monday, March 30

Moroccan Chicken with Greek Yogurt, Broccoli, Brown Rice, Fruit Mix

Tuesday, March 31: Holiday

Wednesday, April 1

Beef Burger on Wheat Bun with Lettuce, Tomato, Pickle and Onion, Lentil & Bean Soup, Banana

ONLINE DISTANCE LEARNING

RCS Classes Now Conducted Online

Redwood Christian Schools' students have transitioned to a system of Online Distance Learning, with computer screens replacing their traditional classrooms.

In light of the ongoing spread of the coronavirus and Alameda County's shelter-in-place order, all students picked up their belongings from the RCS campuses on Monday, March 16 and two days later began at-home distance learning, a first in the schools' history.

RCS students are not only keeping busy at home, they are participating in a fully enriched academic program, including fine arts, utilizing Zoom video conferencing and various online educational apps in addition to the school's curriculum, school officials said.

Even athletic teams met virtually to connect and share workout plans. The launch of RCS online distance learning has proved successful both in operations and in

keeping the school connected.

"Overall, I think today was a success," said Daniel Barquero, a senior at RCS. "From a technical standpoint, I found no errors in Zoom, and the program was easy for me to figure out. Furthermore, I found it very easy to interact with my teachers as if we were still in a classroom setting."

"I think today set a strong foundation, and moving forward I feel that this system will be a great asset for students to use," Barquero continued.

Superintendent Al Hearne, II said he appreciated how everyone had stepped up to the new challenge and the quick transition and launch of RCS online distance learning.

"It shows the entire RCS community is collectively committed to students and what is best for them no matter the circumstances," Hearne said.



PHOTO COURTESY OF REDWOOD CHRISTIAN SCHOOLS

QUICK TRANSITION AND LAUNCH: Redwood Christian Schools' student made the transition from classroom to at-home Online Distance Learning last week in compliance with Alameda County's shelter-in-place orders.

Women's Hall of Fame Names 2020 Inductees

Thirteen local women representing the region's rich diversity as well as a remarkable range of achievement have been selected to be inducted into the Alameda County Women's Hall of Fame.

The 2020 inductees are:

- Business and Professions: Reign Free
- Community Service: Candi Thornton-McCreary
- Culture & Arts: Judith Smith
- Education: Susan A. Cota, Ed.D.
- Emerging Leader: Nazineen Kandahari
- Environment: Fatemeh Shirazi, Ph.D.
- Health: Cynthia Carey-Grant
- Justice: Sonya L. Smallets
- Non-Traditional Careers: Jean Bjork
- Philanthropy: Nicole Kyauk
- Science, Technology, Engineering: Rashim Mogha
- Sports & Athletics: Teri McKeever
- Youth: Valeria Cruz

Due to the impact of the coronavirus pandemic, the 27th Annual Women's Hall of Fame Luncheon and Awards Ceremony has been postponed until this fall.

The program is co-sponsored by the Alameda County Board of Supervisors and the County's Commission on the Status of Women and raises funds to support important local partners serving women and families in Alameda County.

For more information on the Alameda County Women's Hall of Fame and the 2020 inductees, please visit whof.acgov.org.

WASTE HANDLING TIPS



Wipes always go in the gray garbage cart/bin, never the toilet. Wipes clog pipes!



Collect tissues and other compostable paper items in a paper or compostable bag before placing in the green organics cart/bin.

As everyone focuses on keeping our homes, schools, and workplaces clean, here are some general reminders:

- Dispose of single-use/anti-bacterial wipes in the gray garbage cart/bin. This includes "flushable" wipes which actually clog pipes. Certified "compostable" wipes are allowable in the green organics cart because they meet specific composting standards.
- Collect paper towels, tissues, food-soiled paper, and shredded paper in a paper or compostable bag. Place the bag in the green organics cart/bin.
- Dispose of all toilet paper in the toilet, not in any cart/bin.

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



Ongoing Effects of the Coronavirus on Real Estate

It's been described as a train wreck in slow motion: you can see it coming but are powerless to do anything about it and have no idea just how bad it will be. Without question the coronavirus has dramatically affected all our lives and there is little doubt it will affect our futures as well. Amidst all the uncertainty, one thing is sure:

The world as we knew it has been permanently changed and we are now living in a new era.

With regard to real estate, the question on everyone's mind is, "How will the stock market crash affect home prices?" As of this moment, it is impossible to answer with certainty. First, we are too close to the crisis' beginning to measure long-term effects. Second, with real estate activities grinding to a temporary halt with the County's Shelter-in-Place edict, overall activities are down dramatically. It goes without saying, however, with stock prices diving, real estate is looking like a great investment.

As of this writing we are seeing existing escrows close, but

have no idea how long court-houses will continue recordings. Without immediate answers, title companies are scrambling to devise alternative solutions. Local realtors are forbidden to hold open houses or show properties, yet we are seeing offers being written; many of which are for homes visited prior to the lockin. There are still new homes coming on the market daily, and, seeking to keep the market going, some agents are writing offers contingent on their buyers being able to view the properties in person after the restrictions are lifted.

It is critical to realize one very important fact: even after the Shelter-in-Place proclamation is lifted, the virus will still be out there and will continue to affect the housing market. Some sellers have pulled back for fear of allowing unknown individuals into their homes. Some buyers are also exhibiting fear over the perceived risks of visiting homes.

It is interesting to note that, in a world that has substantially moved online for purchases, the real estate community is still

doing much of its business the old-fashioned way. Many are working feverously to develop alternative solutions, including utilizing 3D tours, video more to create more interactive and less intrusive virtual open houses.

We are in a new world and, like those groping in the dark, carefully feeling our way one incident and one day at a time.

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.



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Oleander Toxic But Low Risk; Time to Prune the Evergreen Hedges

By Buzz Bertolero
Special to the Forum

Q Should I be concerned about the oleander trees planted along a fence next to a sidewalk? Several of my gardening books make it very clear that all parts of the Oleander plant are poisonous. Last year, the flower petals were all over the sidewalk. Also, is there a method of preventing the sucker growth at the base?

A Oleander plants are poisonous and can pose a threat, although I wouldn't be concerned about the ones planted in the landscape. They have been planted extensively throughout the Bay Area for over five decades, in gardens, public areas, and for a while used as a highway divider.

The casual contact or handling of the plant parts will not produce any adverse health issues. The Oleander toxin has to be ingested orally for problems to occur. Toddlers who like to put things in their mouths are at the greatest risk.



Many years ago, a second concern was from breathing the smoke from burning Oleander debris. This was before our garden trimmings, and recycling items were picked up.

Other examples of plants with similar health concerns characteristics like Oleanders are tomatoes, potatoes, and rhubarb. The leaves of these

plants are poisonous when ingested. Also, the toxins are not transmitted when the roots rub or touch another edible or non-edible plant, and the flowers are safe unless ingested.

Oleanders are a large growing shrub that produces new growth from the base as well as from lateral branches. Today, the single trunk form is very popular as an evergreen, small, flowering tree. It's developed from the bush form so it naturally tries to reestablish its natural shape by sending up suckers. You can't prevent this growth, but you slow it down with Sucker Stopper from Monterey Lawn and Garden. Sucker Stopper is a growth regulator that is applied to the base of the Oleanders,

where the growth has been pruned off. Applied right after pruning, it should prevent the regrowth for many months.

Q Our new home has a large hedge that has not been pruned in 20 years. It needs to be shaped and height needs to be lower. Any suggestions about how best to prune this hedge? My neighbor suggested cutting it back with a chain saw.

A This is an excellent time to prune evergreens as the spring flush of growth is beginning. This also reduces the unattractive period as you wait for the new growth to appear.

There are three approaches you could employ. (1) over several growing seasons, you systemically reduce the height and reshape the trees. This would eliminate that the plants looked unappealing at any time. (2) The extreme option would be the 'chain saw' method and cut it back to the desired size. They'll recover in time, but they'll be annoying to look at. Option (3) is a hybrid of one and two; take down that portion and be patient with the rest. Ultimately, this is a judgment call on your part.

Buzz Bertolero is an Advance 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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Top Ways to Lighten Up Your Home Workspace

Many people have found themselves working from home. Whether setting up shop at the kitchen table or creating a complete home office, here are simple hacks to make your new work environment comfortable and productive.

"No matter which room becomes your workspace, proper lighting plays a key role in avoiding fatigue, eye strain and other discomforts," said Jennifer Kis, director of marketing communications, Progress Lighting.

Begin by defining your workspace. Setting up on the kitchen or dining table can work -- temporarily. The upside is that it's quick and easy. But these rooms are typically high-traffic areas, leading to distractions. Plus, you might have to pack up work at mealtimes. Instead, re-purpose a small table and chair and place it in an out-of-the-way spot, such as a stairwell or bedroom corner.

Next, think about lighting. Layering light is a basic

technique that should be used in every room, but especially home offices.

"Balance the lighting for different times of day. Natural light for day, layered light for afternoon and task lighting at night," recommends Piper Stromatt, lead designer and partner for Curate Custom Homes. "There are three layers of light to consider: ambient or general light, task lighting and decorative or accent lighting."

Select a location with a good source of ambient light. Natural light is ideal: it diffuses throughout the space, bouncing off walls and ceilings to cut down on glare that can reflect on the computer monitor and the shiny desk surface.

"When selecting ambient light sources, the goal is to illuminate the entire space without creating undue glare and contrast, which can lead to headaches and eye strain," says Kis. "If possible, avoid using overhead ceiling fixtures as

the primary source of lighting. If that's the only option, use a dimmer switch to vary light levels as needed."

Positioning your workspace correctly also helps. For rooms with natural light, place your desk perpendicular to the window, ideally facing north or south so that sunlight doesn't cast shadows at certain times of the day. If an overhead fixture is the only light source, situate your workstation so that the light shines from behind it.

"Make sure your home office suits your performance under particular lighting conditions," says Stromatt, who recommends the following tips:

- Don't set your monitor in front of the window; the bright background light shining behind the screen causes eye strain.
- Place your chair at least arm's length from the screen so that it can be seen without reading glasses or squinting.
- Add LED tape lighting behind your monitor or under a

desk for diffused light.

- Use solar shades to soften lighting and lessen heat.

After setting up a glare-free workstation, add task lighting. Use dedicated light sources such as desk lamps for tasks like paperwork and filing. Place direct task lights on the opposite side of the hand you write with to avoid casting shadows onto your work.

Finally, add accent lighting for visual appeal. Frame your workspace with desk lamps or install a permanent fixture on a dimmer switch, such as a pendant hung directly over the desk. Wall sconces can throw light on decorative objects in the room.

For more home tips and lighting inspiration, visit Progress Lighting at www.progresslighting.com/shop.

Lighting can make or break a home office. Be sure to set yourself up for maximum productivity and comfort.

- StatePoint



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- *A live video tour of the entire property and surrounding area
- *A 2D & 3D, self directed tour of the home
- *A comprehensive list of the home's features and upgrades. In addition, this link will also provide access to photography, a detailed description of the property, property disclosures and reports. As always, every J&L Real Estate Group listing can be sent directly to via email or text message. We are working hard to innovate and adapt during these challenging times.

Hope you are all doing well, and staying safe!

LETTERS to the EDITOR

CVSan Service During the Shelter-in-Place Period

Editor:

In order to keep our customers informed, I would like to communicate the following service advisories.

Your garbage, recycling, and organics curbside pickups will continue. Please set your carts out on your scheduled day for pickup as normal.

While our office staff is largely working from home, and our office on Marshall Street is closed to walk-in visitors, our sewer maintenance workers remain on the job – this is essential, critical work to maintain our main sewer lines to keep them running smoothly. So, you may see our crews in your neighborhood, protecting our infrastructure and preventing adverse impact to our environment.

I also have a request. Please follow the essential rule of what to flush and not flush. Please do not flush paper towels, wipes, coffee filters, etc. – these items clog pipes, which can lead to releases of wastewater to the environment, and can cause issues at our wastewater treatment plant. Please put those items in your garbage cart.

As the impact of COVID-19 to our community continues to develop, CVSan will provide further service updates as needed.

Customers can reach CVSan with questions at 510-537-0757 or contact@cvsan.org. You may also reach us at www.facebook.com/cvsan or www.twitter.com/cvsan.

I hope you, your family, and your friends stay healthy,

—Dave Sadoff

President, CVSan Board of Director

Acts of Kindness

Editor:

During these distressing times, I think it's important to acknowledge acts of kindness and courtesy that lift us all up.

I was delighted to see my neighborhood, led by Kate Hardwig, step up by e-mail to offer help to one another. I've always depended on the friendship and support of my closest neighbors, but it was very reassuring to hear from so many on the block!

I was also impressed with the staff and customers at the Castro Valley Lucky's this week just before the "Shelter in Place" order went into effect. Despite long lines, ransacked shelves, and a lot of anxiety, everyone I encountered remained calm and courteous.

But the checkers were the ones who really knocked my socks off! After hours of non-stop checking and bagging, they were still smiling and polite.

Thank you all for confirming my faith in humanity!

—Pat Blackwell-Marchant

Castro Valley

FROM THE BOULEVARD

The Coronavirus: Health & History in Castro Valley

By Thomas E. Lorentzen

SPECIAL TO THE FORUM

A historian is a prophet in reverse.

—Schlegel

The coronavirus is on most everyone's mind. As this is true in Castro Valley, it is also true throughout our country and the world. There are many unknowns, concerns and fears.

How bad is it and how bad can it get? What can we do to protect ourselves? We seek answers to these questions. Some can be given. Some can't, as there is still much to be determined.

It also has many ramifications, including on the ways we live and work. It also puts our future in doubt.

Although I am not a medical professional, I spent many years in the world of public policy as it pertains to public health. This included service locally as a former board member to the Eden Health District and as Regional Director for the U.S. Department of Health & Human Services in the far western states, including California and the Pacific Rim.

In the development and implementation of public policy it is important to have a grasp of diverse subjects, including the history of public health. This includes the role that medical care provides, along with individuals, families and communities. Knowledge is pivotal to increase chances of efficacy.

My lifelong interest in history has always provided a valued perspective on public policy issues. Before becoming Regional Director for the U.S. Dept. of Health & Human Services, I was fully aware of the deadliest public health issue of the 20th Century – the flu pandemic of 1918.

A friend of my family in New York often told me stories about it from his personal experiences. Both his parents died from the flu. He was placed in an orphanage in Brooklyn as a little boy.

Horse-pulled carts passed with frequency in front of the orphanage. They were taking the dead to be buried. It was not only tragic. It was horrific. It was a holocaust.

With that knowledge, I was pleased that a well-written book was published about 15 years ago that brought this tragedy back before our minds. As the senior federal health official in the western states I was pleased that the Secretary of HHS placed it as a top priority on his agenda.

Hundreds of educational and training events were hosted around the country with state and local health officials, as well as with the private sector. They were also held in distant locations in the Pacific, including Hawaii, Guam, Saipan, etc.

The message was consistent – be prepared! It has come before and will come again. For those who lacked this historical knowledge, it was a wake-up call. History is important to the present and future.

Now, with the coronavirus upon the world stage it contains many reasons for uncertainty and even fear. Yet, as FDR once said with infamy, "We have nothing to fear, but fear itself."

Knowing that hundreds of educational and training sessions were held throughout the country a dozen or so years ago is important to know, for being prepared and trained for what to do with a flu pandemic is pivotal to containing and mitigating its minatory capabilities. Even though there are lots of unknowns that need identification and actions that need to be taken, I remain grateful that our public health officials at the federal, state and local levels took steps a dozen years ago to be prepared for this moment.

Governor Newsom referenced this in his remarks on Thursday night as he issued a statewide "stay-in-place" order. It doesn't guarantee that we will overcome the threat, yet it does greatly increase our chances to deal with this difficult and dangerous issue at this moment in time.

If overcome, which I am confident that it will be, having a knowledge of the past helped us prepare for the present and future as well.

Tom Lorentzen lives in Castro Valley. He formerly served on the board of the Institute of Museum & Library Services and the Advisory Board to Southern Oregon University, and has served three Presidential Administrations.



Tom Lorentzen

COVID-19: CV Businesses Evaluate What is 'Essential'

continued from page 4

Businesses Evaluate Meaning of "Essential"

As part of the state's shelter-in-place order, businesses have been adjusting how they interact with customers.

Castro Valley and Eden Area Chamber of Commerce Executive Director Ashley Strasburg recently praised businesses that are complying with the "Essential Services" directive which allows companies that provide health care, food, shelter, and social services to continue to remain open.

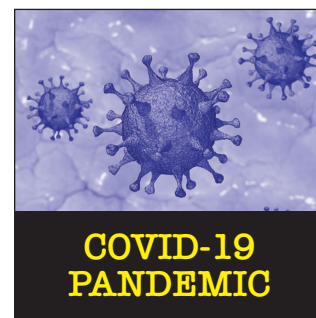
Restaurants have had the hardest time adjusting as in-house dining is not an option. Strasburg encouraged people to check with local eateries to see if online ordering or delivery is available.

Some Castro Valley businesses are taking more controlled measures. Pete's ACE Hardware reports that their staff will shop for items you need, but all transactions will be done at the front door. Jiffy Lube is requiring customers to remain in their vehicles to prevent the person-to-person spread of the virus.

While some business designations are clear, the notion of "social services" has not applied to all types of business. Alameda County Sheriff's Sgt. Ray Kelly told the Forum that deputies spent time this past week checking on business owners and reminding them of the county order.

"We had to explain to one nail salon that their shop did not officially qualify as an 'essential business,' and they were good natured about it and closed their doors for the time being."

In the meantime, county officials are asking all residents and



businesses to reject racist rhetoric that may stem from the pandemic.

"There is no racial, ethnic or cultural basis for COVID-19. If you witness racism, xenophobia or discrimination, please speak up and reinforce facts," a Health Department spokesperson said in a statement.

Schools Provide Online Support

In addition to holding classes by computer, the Castro Valley School District says it is making counselors and support staff in every department available through tele-health, online and on the phone to address student needs.

"Please let us know if your child needs any support. We have created and shared a list of tools accessible on our website that we hope you have the opportunity to check out," Superintendent Parvin Ahmadi issued in a statement.

School District officials say custodians have now deep-cleaned all sites and office staff are working online to respond to questions and register new students.

The Child Nutrition staff continues to provide so-called "grab-and-go" meals for hundreds of students. The meals are being offered on Mondays, Wednesdays, and Fridays at Creekside Middle, Stanton and Castro Valley Elementary.

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ARIES (March 21 - April 19): An unexpected problem should be handled as quickly as possible so that it doesn't cause too much of a delay. Someone who knows what you're facing could provide needed advice.



TAURUS (April 20 - May 20): An unsettling situation seems to be taking forever to be resolved. Fortunately, your Bovine aptitude for patience is strong this week, so you'll be more than able to wait it out.



GEMINI (May 21 - June 20): Taking a stand against an uncalled-for situation involving a friend or co-worker isn't easy, but somehow you'll rise to the challenge and do it. Rely on advice from someone you trust.



CANCER (June 21 - July 22): There are still some questions on all sides that need to be dealt with in order to allow hurt feelings to heal. Get your workplace tasks done early so that you can devote more time to loved ones.



LEO (July 23 - August 22): Consider a new spring makeover that will show all you Leos and Leonas in your best light. A new hairdo and some fashionable new clothes can help put a fresh glow on your image.



VIRGO (August 23 - Sept. 22): Some stormy, emotional weather can blow up in the workplace when an irate co-worker has strong words for you. But if you believe right is on your side, you'll be able to ride it out.



LIBRA (Sept. 23 - October 22): Creating more balance in your life is especially important now so that you're not distracted when you get into projects that will make demands on both your physical and mental energies.



SCORPIO (October 23 - November 21): As much as you enjoy being right when others are not, show your generous side by offering to use what you know to everyone's benefit. This way, you gain admirers and avoid resentment.



SAGITTARIUS (Nov. 22 - Dec. 21): This is a good week for the Archer to aim at healing relationships. Whether it's at home, at work or among your friends, get everyone to set things straight and make a fresh start.



CAPRICORN (Dec. 22 - Jan. 19): Although you like things done your way, this is a good time to listen to ideas from others. You might even find yourself agreeing with one or more of their suggestions.



AQUARIUS (Jan. 20 - Feb. 18): Aspects favor positive action to reclaim your ideas from someone who might want the glory without doing any of the work. Expect to find many people rallying to support you.



PISCES (Feb. 19 - March 20): You might feel uneasy about taking that step forward at work or in your private life. But who knows better than you that while treading water keeps you afloat, it doesn't get you anywhere.

Letters to the Editor must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. We do not publish unsigned or anonymous letters. Email Letters to: fredz@ebpublishing.com or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

Four Spring Home Improvement Tips That Could Help You Save Thousands

By Christopher O'Rourke
SPECIAL TO THE FORUM

Longer daylight hours, and budding trees and flowers are early signs that warmer weather and spring are here. That means more time outside to enjoy nature, but it's also a sign it might be time for a little spring cleaning.

It isn't just about getting rid of belongings you no longer want or need — it's also a time to get your home in tip-top shape so you can enjoy it throughout the rest of the year.

Here are four tips to welcome the new season and save some money down the road.

Clean your Gutters

Gutters collect debris over time, especially when wind and rain cause twigs, pine needles and leaves to settle on your roof and in your rain gutters.

Accumulated debris can create blockages that direct water into the home or, in drought season, can act as kindling in the event of a fire. Buildup also allows mildew and mold to develop, which can slowly decay a home's exterior and roof.

Preventable damage like mold or mildew that develops and rots a home's exterior isn't covered by homeowners insurance. It's important to routinely clean out gutters — even if you have gutter guards installed, they don't completely protect against debris building up eventually.



An hour or two spent cleaning or checking gutters is time well spent compared to the alternative.

An hour or two spent cleaning or checking gutters is time well spent compared to the alternative.

Trim Branches and Remove Dangerous Trees

High winds can occur year round, so it's best to get a jump on tree maintenance in early spring. Regularly trimming tree branches reduces their chance of breaking during a storm, which could cause power outages or property damage.

Properly trimmed branches present a lower risk of falling onto your home, power lines or possibly injuring someone on your property. In areas that are prone to wildfires, trimmed trees create a buffer zone to help lower the chances of flames easily jumping onto your roof.

Consider having trees on your property inspected by an arborist to determine their health and have diseased trees removed before they topple over unexpectedly.

Watch Out For Service Lines

Homeowners who want to plant gardens, trees or install additional landscape features to enhance their outdoor living space should be aware of potential underground utility lines.

Most service lines — a network of exterior, underground utility lines or pipes that supply a home with electricity, gas, water and sewer functions — are only buried a few inches beneath the ground. Accidentally hitting one when digging can result in loss of service, expensive repairs or serious injury.

If a break to a service line happens on a homeowner's property, special machinery may be needed to excavate pipes from beneath the ground, which may require digging under your home, garden or driveway.

To be safe, homeowners should call 811 before any digging so the utility companies can send a locator to mark the approximate locations of underground service lines.

Service Your Air Conditioning Unit

Regular maintenance of heating, ventilation and air conditioning (HVAC) systems is essential to ensure the equipment is in proper working order, which can save money on energy bills, as well as protect against expensive repair and replacement costs.

You should also change your air filter to make sure it's operating at its highest efficiency, so when that heat wave hits you'll be nice and cool inside your home.

Have a professional inspect your HVAC unit to make sure its exterior condenser coil and compressor are clean and free from blockages — the average cost for an inspection is about \$300.

Your home will bring you security and joy for many years to come. Taking the time to maintain it is well worth the investment.

Christopher O'Rourke is vice president of property claims for Mercury Insurance.

—BrandPoint

Painting a Room? Tips on Choosing Paint Colors

Always buy a sample can to make sure you're happy with the color before purchasing the amount you need. Check the sample color in various lighting conditions on the surface you want to paint.

Choosing Colors

Light colors reflect light, and make a room appear bigger. Blues and Greens are cool colors, and are ideal for a relaxing, calming atmosphere.

Reds and oranges are stimulating, and ideal for dining rooms or anywhere food is eaten.

Whites (of which there are hundreds!) are popular at the moment because minimalism is in fashion. They accentuate everything else in the room, which may include art or pieces of furniture.

Don't use pure white unless you are painting a medical clinic or a laboratory. Choose an off-white and the subtle tones will help you achieve what you want without being extreme.

Darker colors or feature walls can be dramatic, and can make a room feel cozy and warm. Use them sparingly.

Consider the furniture or artwork you already have in the room. Choose complimentary or contrasting shades to highlight

their colours. It's easier to pick a color that matches your furniture than to buy new furniture to match your walls!

Trims such as doors, windows and architraves should not be features, so try to pick a color for

them that you can carry through the building and tie all the rooms together with a common theme. If you don't, you risk making your interior look too busy, and it will cost you a lot more in extra labor and materials.

If you have a large room or high ceilings, don't be afraid to be bold and use color creatively. If the interior is small be careful about how many colors you use. Three is enough for any room, and yes, ceiling white is a color!

GOT 10 MINUTES?

Clues to Detect, Fix Leaks in Your Home

According to the U.S. Environmental Protection Agency, the average American household has leaks that waste more than 10,000 gallons of water every year, or the amount of water needed to wash 270 loads of laundry.

But if you have 10 minutes, these clues can help you detect and fix leaks throughout your home:

- Check your utility bill. During the winter, if a family of four is using more than 12,000 gallons of water per month, it could be the clue to a leak.

- Read your water meter. Check your water meter — often near the curb in front of your home — during a period when no water is being used. If the reading is not exactly the same after several hours, you could have a leak.

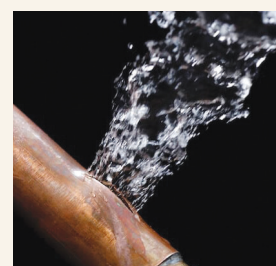
- Put a few drops of food coloring into the tank at the back of your toilet and let it sit for 10 minutes. If color shows up in the bowl, you have a leak. Make sure to flush after to avoid staining. Replace your old toilet flapper if it is torn or worn.

- Tighten showerhead connections with a wrench or use a little pipe tape to stop those stray sprays and drips that are draining your water bill. To save even more, twist WaterSense labeled faucet aerators on your bathroom sink faucets, which can save the average family 700 gallons of water per year and enough energy to run a hair dryer 10 minutes per day.

- In the kitchen, check beneath the sink for puddles under pipes. Don't forget the laundry or utility room!

- Outside, check that your hose connections are tight and your sprinkler system is in good working order. An irrigation system that has a leak 1/32 of an inch in diameter (about the thickness of a dime) can waste about 6,300 gallons of water per month!

—North American Precip Synd., Inc.



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PG&E Donates a Million Surgical Masks

PG&E has announced it is donating 480,000 N95 masks and 470,000 surgical masks to the Governor's Office of Emergency Services for distribution to California hospitals and to first responders who are facing a critical shortage of personal protective equipment.

The utility and its foundation also will contribute \$1 million to nonprofits focused on supporting individuals and families facing food insecurity, and small businesses facing uncertainty and the economic impacts of the public health emergency.

The donations come from shareholder funds, not customers.

"This crisis is unprecedented, but we know that our path forward requires us working together and helping medical professionals and first responders on the front lines of the pandemic," said Andy Vesey, PG&E CEO and President. "It's the right thing to do."

Vesey said the donations mirror the mutual aid that utility companies provide to each other during emergency response for storms, earthquakes or fires.

The company maintains a supply of several types of masks to protect utility crews working in construction zones or responding to wildfires.

Each year before wildfire sea-

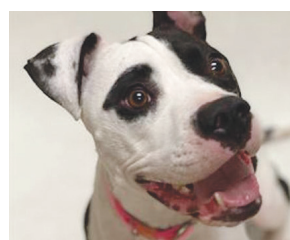
son the company replenishes its stock of masks.

PG&E is donating as many masks as possible, while maintaining sufficient supplies to ensure the safety of its field workers performing essential and emergency services during the pandemic, and to prepare for the upcoming fire season.

The company's employees also are collecting masks and other equipment from their personal emergency kits to donate to hospitals and emergency services responders in their local areas.

For more information on PG&E and the coronavirus crisis, go to www.pge.com/covid19.

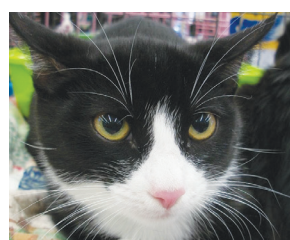
ADOPT-A-PET



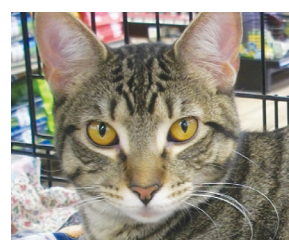
TILLY the 2-year-old pit mix, is quite the cuddler. She's well behaved on walks, doesn't mind baths and loves to look out the window. OK with teens. For more info, call Hayward Animal Shelter: 510-293-7200.



CORY is a 10- years-young boy who loves head scratches and exploring his new environment. His previous guardian fell on hard times and sadly, had to rehome him. Call Hayward Animal Shelter: 510-293-7200.



CURLY is a sweet, active 7-month-old tuxedo who is friendly and active. She'd love to go to a home with another young cat. Spayed, vaccinated, microchipped. Email: Loveall-pawzrescue@gmail.com.



LINDA is a friendly, playful 11-month-old brown tabby who does well with cat-friendly dogs. Spayed, vaccinated, microchipped, FIV/FelV negative. Please email: Loveallpawzrescue@gmail.com.

Only Flush Toilet Paper

One of the impacts of COVID-19 is a decrease in the availability of toilet paper to the community. Castro Valley Sanitary District reminds customers that flushing anything other than toilet paper can cause unwanted sewer backups in your home, as well as backups in the sewer main.

Decrease the chances of having untreated sewage enter your home by not flushing the following in your toilet for any reason: flushable wipes, wipes, tissues, paper towels, napkins, newspaper, coffee filters, magazines, socks, towels, fabrics, cotton balls, cardboard, t-shirts, and corn husks.

If you are using something other than toilet paper to aid in the disposal of human feces, the following protocol should be followed:

Immediately after use, place the soiled toilet paper alternative in a bag. Tie off or roll closed the full bag and place it in the gray garbage cart or bin. Do not place the bag in blue recycling or green organics carts or bins.

Avoid sewage back-ups in your home and help CVSan maintain the main sewer line.

PRODUCE STORAGE TIPS

FRUIT AND VEGGIES NEED CARE

You may have stocked up on extra fruit and veggies. Did you know that how you store them impacts how long they are best for? The following helpful storage guide is from StopFoodWaste.org.

WHERE	WHAT	HOW
REFRIGERATOR		<ul style="list-style-type: none"> Set your fridge to 40 degrees or below. Store veggies separately from fruit. Use plastic bags and containers to prevent drying out. Wash berries and grapes when ready to eat.
COUNTER AND REFRIGERATOR		<ul style="list-style-type: none"> Ripen on the counter. When ripe, store in refrigerator. Separate ripe from unripe fruit.
COUNTER		<ul style="list-style-type: none"> Store herbs like basil upright, with cut stems in a cup of water, like flowers. Separate bananas from the bunch and store.
PANTRY		<ul style="list-style-type: none"> Store in a cold, dark place like a cupboard or pantry. Store potatoes separately from onions to prevent sprouting. Store an apple with potatoes to prevent sprouting.

For more food waste prevention tips, visit cvsan.org/reduce.

REDUCE REUSE RECYCLE ROT

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This ad was funded by Measure D



LEGAL NOTICES

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

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FILED
FEBRUARY 24, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 568830

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Cal-Fed Construction Company at 16846 Daryl Ave., San Lorenzo, CA 94580 in Alameda County is hereby registered by the following owner(s): (1) Xueyong Mei Chen, 718 Roverson Ct., San Ramon, CA 94582 and (2) Yu Ming Chen, 16846 Daryl Ave., San Lorenzo, CA 94580. This business is conducted by a general partnership. This business commenced 10/01/2003.

/s/ Xueyong Mei Chen, Yu Ming Chen
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires FEBRUARY 24, 2025
MAR 04, 11, 18, 25, 2020
0239-CVF

FILED
FEBRUARY 27, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 569041

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): DL International at 21550 Pheasant Woods Dr., Castro Valley, CA 94552 in Alameda County is hereby registered by the following owner(s): (1) Qian Li and (2) Lang Deng, 21550 Pheasant Woods Dr., Castro Valley, CA 94552. This business is conducted by a married couple. This business commenced N/A.

/s/ Qian Li, Lang Deng
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires FEBRUARY 27, 2025
MAR 04, 11, 18, 25, 2020
0242-CVF