



Coronavirus Updates

Pandemic sweeping nation, world

Eric J. Kos

I received the following notices related to the coronavirus pandemic this week.

'From a friend'

Karen Green asked to share this piece with the community.

"I will be wearing a mask in public as an act of kindness and a demonstration of my humanity. It protects those with weakened immune systems, eases the burdens on our healthcare warriors and will move us quicker to the day that we can begin to emerge from our burrows.

"I will wear a mask in public, not for me, but for you. I want you to know that I am educated enough to know I could be asymptomatic and still pass the virus onto you.

"I don't feel like the 'government is controlling me'; I feel like I'm a responsible adult, contributing to society and I want to teach my family and friends the same.

"I want them to grow as I did, knowing the world doesn't revolve around me. That it's not all about me and my comfort. If we can all live with others' consideration in mind, this world would be a much better place.

"Wearing a mask doesn't make me weak, scared, stupid or even 'controlled'; it shows consideration. It's not about how you look, or how uncomfortable it is or about what others think of you ... just imagine someone close to you: a father, a mother, a grandparent, an aunt or a child, choking on a respirator.

"Then ask yourself, could I have sucked it up just a little, for them?"

Great Plates Delivered

Gov. Gavin Newsom announced the launch of a first-in-the-nation "Great Plates Delivered: Home Meals for Seniors" partnership with counties, cities and Tribes.

The project looks to help adults 60 years or older at high risk from COVID-19 to stay home and stay healthy by delivering three nutritious meals a day. This will also provide essential economic stimulus to local businesses and workers struggling to stay afloat during the COVID crisis.

Food provider meals must meet nutritional requirements. Breakfasts must be low in sodium with no sugary drinks and lunch and dinner must include a piece of fresh fruit or vegetable on each dish and low in sodium with no sugary drinks.

Sign up and learn more at <https://covid19.ca.gov>.

Virus reboots RCW Bingo

Just 90 virtual seats are available for the return of community favorite Rhythmix Bingo featuring 10 rounds of "Halloween-in May" themed theatrics, ghoulish music, dreadfully delightful dance breaks and more. The cost is \$25 for 10 games with the chance to win fabulous gift certificates to help local businesses re-launch, and a portion of proceeds also going to support the Alameda Food Bank.

Devious delights include do-it-yourself creepy cocktails, private pre-game zoom rooms for groups of eight or more, and all revelers should gear up for the killer costume contest.

The event takes place Saturday, May 30, from 7:30 to 9:30 p.m. Learn more at www.rhythmix.org.



Stay Visible in Troubled Times

The Alameda-based Auerbach Global-Impact Foundation (AGIF) has been hosting virtual seminars to help nonprofits during this difficult time.

"How Nonprofits can stay Visible in Troubled Times" will be the topic of an hour-long, Zoom webinar today, Thursday, May 21, at 10 a.m. Register for \$24.95 and learn about future webinars at www.theAGIF.org.

AGIF is a one-stop toolkit of support services for nonprofits that offers solutions for even more success.

In addition to more than 120 courses, many of which are free, AGIF provides members with customized, year-long social media campaigns; a directory where donors can find causes to support; many resources; videos to showcase accomplishments; translating and interpreting for non-English communities; management reports; and other solutions.

Special Graduation Edition Coming Up

The *Alameda Sun* has converted to delivery via the U.S. Postal Service. On an upcoming week in June, staff has planned a special graduation edition that will be mailed to the entire community listing all the members of the Class of 2020.

The *Sun* wants to include photos of local graduates! Please send photos of special celebrations: with a graduation sign, cap and gown; virtual or distanced celebrations; etc. to editor@alamedasun.com.

Photos top to bottom: Clapping for healthcare workers; Starbucks reopens; Crab Cove closed; FEMA trailers at Alameda Point, all photos Maurice Ramirez

Mayor's Latest News

Marilyn Ezzy Ashcraft

May is Mental Health Awareness Month and it's time to end the stigma associated with experiencing and seeking treatment for mental illness. This is especially important now, after nine weeks of sheltering in place. COVID-19 has increased stress and anxiety about our health, jobs and businesses, finances and education, restricted our mobility and created uncertainty about the future.

The CDC (Centers for Disease Control and Prevention) offers these tips for coping with stress during COVID-19:

- Pause. Breathe. Notice how you feel.
- Take breaks from COVID-19 content.
- Make time to sleep and exercise.
- Eat healthy, well-balanced meals.

- Reach out and stay connected.
- Seek help if overwhelmed or unsafe.

If you or someone you know needs emotional or mental health support, the Alameda Family Services (AFS) clinic offers help for individuals and families via confidential videoconferencing or by phone at (510) 629-6210.

For 24/7 crisis support, call 1-800-309-2131. If circumstances prevent you from making a phone call, you can text 20121 for support from 4 to 11 p.m. daily. More information is available at the AFS website at www.alamedafs.org.

Domestic violence on the rise

Unfortunately, there has also been an increase in domestic violence during this public health crisis. The Alameda Police Department reports a 41.5 percent increase in domestic violence calls

in April 2020, compared to April 2019. If you experience domestic violence, please call, or text, 911.

You are not alone. Survivors of domestic abuse can access housing assistance and other resources from Building Futures for Women and Children. Call their 24-hour crisis line: 866-292-9688. Find tips for helping a friend who is experiencing domestic abuse during COVID-19 at www.bfwc.org

Shop locally and carefully

This week Alameda County moved into Early Stage 2 of Gov. Gavin Newsom's four-step plan to reopen California. Early Stage 2 includes curbside or storefront retail — customers may walk up to the store to pick up pre-ordered goods — from retailers selling books, jewelry, toys, clothing, shoes, home furnishings, sporting goods and antiques, as well as

MAYOR: Page 7

Visually Impaired Fight COVID Hands-on

Sun Staff Reports

At 6:30 a.m. each day, a team of blind and visually impaired employees assemble in a production line at LightHouse Industries (LHI): mixing chemicals, filling bottles, packing pallets and loading trucks. They are supplying the federal government with Skilcraft All Purpose and Glass Cleaner and PURE Bioscience Hard Surface Disinfectant. The disinfectant is on the Environmental Protection Agency's list for use against SARS-CoV-2, the virus that causes COVID-19.

Orders for the cleaning products and approved disinfectants have been flooding into the San Leandro facility, forcing LHI to consider adding second shifts of blind employees to meet demand.

David Heath, 59, (pictured) has worked at the San Leandro LightHouse Industries Center since 2016. He feels proud to be an essential worker on the frontline, at a time when some might assume blind and visually impaired people would want to isolate themselves and limit contact.

"It feels great because I am filling a need for others," he said. "There are lots of jobs I'm not able to do because [employers] think I am a liability. Here I feel



Courtesy photo

David Heath, who has visual impairment, has filled an important role during the pandemic.

appreciated and wanted."

LightHouse Industries is a social enterprise that directly employs the blind to produce materials for commercial and government orders. These workers are the founding group of what will ultimately be 36 blind employees making new innovative sanitizing compounds.

More than 80 percent of employees at LightHouse Industries

are blind or visually impaired. LightHouse for the Blind and Visually Impaired provides blind skills training, as well as socializing opportunities and employment training for the 40,000 people across the San Francisco Bay Area who are blind or have low vision.

Headquartered in San Francisco, in July 2020, LHI plans to expand to a brand-new, state-of-the-art manufacturing facility in Alameda.

Lastest Case Numbers

Ekene Ikeme

Alameda County has seen a small spike in confirmed coronavirus cases over the past two weeks, according to the Alameda County Public Health Department (ACPHD).

On Monday, May 18, ACPHD released a daily update of the county's confirmed COVID-19 cases on its website. In the two weeks since the *Alameda Sun* last reported ACPHD's results, COVID-19 cases have increased by 713, from 1,809 on May 4, to 2,522 on May 18. In the two weeks prior, from April 20 to May 4, Alameda County reported 618 new coronavirus cases.

The 713 new cases in the last two weeks represent an increase of about 51 new cases a day. New cases between April 20 and May 4 averaged about 44 a day.

The county saw a spike in confirmed COVID-19 cases on May 13. ACPHD reported 66 cases on May 13, 56 on May 14, 63 on May 15 and 57 on May 16. There was a dip on May 17 with just 35 new cases,

but the decrease was short-lived as cases rose to 64 on May 18. Between May 9 and 13, daily confirmed cases were less than 45.

Though the rate of new cases has gone up, the death rate has gone down slightly. ACPHD reported 86 total deaths due to COVID-19 on May 18. This is up 20 from the 66 deaths reported on May 4. Between April 20 to May 4, deaths increased by 24 from 42 to 66.

The rate of new cases in the city of Alameda has also gone down.

ACPHD reported the city had just two new coronavirus cases, from 40 to 42, between May 4 to May 18. The increase pales in comparison to the 11 new cases, from 29 to 40, from April 20 to May 4.

Men still make up most COVID-19 patients in the county. Men account for 1,297 of COVID-19 patients, while women account for 1,205. Twenty patients are unknown gender.

The county's COVID-19 results are updated daily at www.acphd.org/2019-ncov.aspx.

School Year Truncated

Sun Staff Reports

On Monday, May 18, the Alameda Unified Board of Education announced that online instruction would be shortened by six days. The new official last day of instruction will be May 29 instead of June 8.

The decision was made after 79.8 percent of Alameda teachers voted in favor of ending the school year earlier than planned.

"Given the circumstances, I

think it was a fair decision," said Joshua Linville, who teaches English at Encinal High School. "Virtual attendance and work completion was down. Sadly, very few students were actually fully participating in distance learning."

By ending instruction early, the school district can use the additional six days to plan and prepare for school in the fall, which still may involve classes primarily being online.

INSIDE

HOMETOWN NEWS

Fire Wire Page 2
Police Blotter Page 9

All the doings of Island safety & law personnel

WEST END NEWS

West end schools Page 3

Lots of updates from schools near or beyond Webster Street.

OPINION

Letters & more Page 4

Alamedans share their concerns, appreciation.

HOMETOWN NEWS

Star student Page 8

Local student earns local scholarship.

CONTENTS

HOMETOWN NEWS... 2
THE CITY PAGE 3
WEST END NEWS 3
OPINION 4
POLICE BLOTTER 5
CLASSIFIED 6
FUN IN THE SUN 8

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Alameda Sun Almanac

Date	Rise	Set
Today	5:55	20:17
May 22	5:54	20:18
May 23	5:53	20:18
May 24	5:53	20:19
May 25	5:52	20:20
May 26	5:52	20:21
May 27	5:51	20:21



Helpin' Out

Photo & story by Maurice Ramirez

All Good Living's Chris Tam, Councilmember Malia Vella and Alameda Unified School District President Mia Bonta were among the volunteers at Alameda Point Collaborative who distributed donated masks and curbside meals to students' families. The crisis has students distance learning and without this service they would be required to go without the meals usually provided to them as part of their school lunch programs.

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