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COUPONS

5

CASTRO VALLEY FORUM

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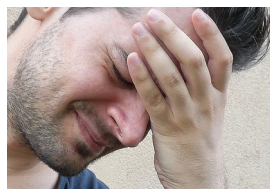
YEAR 33

WEDNESDAY, JANUARY 27, 2021

NO. 4

INSIDE YOUR FORUM

HEALTH



Got Headaches?

The first remedy for most people is a painkiller, but that's not always best

Page 4

COUPONS



Get Your Coupon

Participate in CVSA's Used Motor Oil Filter Exchange Program

Page 5

LIVING



Claw-some!

In a pinch? You won't be once you see these delicious crab recipes

Page 6

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PHONE: (510) 614-1560

FUR THE SAKE OF COMPANIONSHIP



PHOTO BY LINDA SANDSMARK



PHOTO BY MARIANNE DIMICK

AT LEFT: Mother dog Aysha relaxes while CCI volunteer Marianne Dimick holds two of her eight puppies. **AT RIGHT:** Marianne Dimick helps raise these puppies for Canine Companions for Independence. **FULL STORY ON PAGE 3**

Stay at Home Lifted

By Michael Singer
CASTRO VALLEY FORUM

Governor Gavin Newsom on Monday abruptly removed a state-wide order that required people to stay at home during the last two months. Newsom removed the restriction saying that, while "not out of the woods yet," the number of ICU hospital beds available for COVID patients had improved.

The news comes as the state and Alameda County wrestle with the continued spread of the coronavirus, the slower than expected roll-out of vaccine, and the economic hardship for small businesses.

The stay-at-home order was designed to prevent overcrowding in hospitals following an anticipated surge of infections during the holidays. While the daily number of new cases reported is still more than double the summer peak, the percentage of patients expected to receive ICU treatments isn't as overwhelming as health officials had feared.

The Bay Area's intensive care unit capacity projections have risen to 25 percent, well above the 15 percent minimum.

Dropping the statewide stay-at-home order means Alameda County will return to the Purple Tier of California's economic re-opening plan.

The county's daily rate of new cases is about 38 per 100,000 residents, with a testing positivity rate of 8.6 percent. If the positivity rate drops below 7 percent, more restrictions will be lifted, county health officials said.

see **LIFTED** on page 11

Better Weather Technology Reduced Size of 2020 Wildfire Blackouts by 55%

An expanding network of enhanced weather technology helped reduce the size of PG&E's power shut-offs by an average of 55 percent during last year's fire season, the company reported last week.

At year's end, PG&E had a thousand weather stations and 340 high-definition cameras in operation in areas of high wildfire risk in the state.

Nearly 60 of the stations and more than a dozen fire-watch cameras were in the East Bay, providing weather data to both the company's meteorologists and to outside agencies.

The weather stations, along with devices that break-up the power grid into smaller sections and the use of temporary generators enabled PG&E to provide electricity to an estimated 800,000 customers who would have lost power during comparable weather conditions in 2019.

see **BLACKOUTS** on back page



PHOTO COURTESY OF PG&E

PG&E's Wildfire Safety Operations Center is the hub from which wildfire threats are detected, evaluated and monitored across its service area. Observations are available to state and local agencies as well as the public at www.pge.com/weather and through MesoWest.

Castro Valley
Confirmed Cases = 2,064

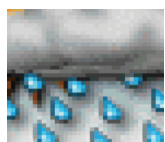
Alameda County
Confirmed Cases = 70,655
Deaths = 896

California
Confirmed Cases = 3,136,158
Deaths = 37,118
as of January 25, 2021

Castro Valley Weather Jan 27-31, 2021



Wednesday
Showers
High 52° Low 46°



Thursday
Rain
High 59° Low 45°



Friday
Showers
High 55° Low 46°



Saturday
Mostly Cloudy
High 60° Low 48°



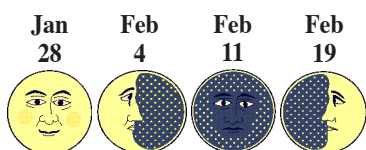
Sunday
Partly Cloudy
High 54° Low 42°

Almanac



Past Week's Rain: 00.30
Season To Date: 03.49
Normal To Date: 09.87
Season Average: 21.22

Moon Phases



Sun sets at 5:28 p.m. today, rises at 7:18 a.m. Thursday.

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CV Scouts Seek New Members

By Rafi Overton
SPECIAL TO THE FORUM

Scouts BSA Troop 726 is currently recruiting new members. We welcome all boys aged 11-17 and are currently meeting on Zoom each Wednesday at 7:00 pm.

Scouts is a 111-year old tradition centered around youth leadership, service, fun, and the outdoors. We are governed by a set of fundamental moral values, including the Scout Law and the famous motto, "Be Prepared."

Troop 726 was founded 48 years ago and has become known across the Valley for being entirely scout-run. This means that the boys decide where to go, determine the costs, write the itinerary, and lead other scouts at the event.

Our troop also has an unwavering commitment to our youth protection policies and allows boys to try new and challenging activities in a safe manner.

Troop 726 welcomes boys of all backgrounds and personalities, and whether a boy is outgoing or

shy, he will be respected and mentored by our expert adult leaders to be a great person and leader.

When I joined the troop, I was a small ten-year-old who would barely say a single word on camping trips. Seven years later, I have served as the Senior Patrol Leader and directed a group of 18 boys on a week-long camping trip in the Sierra-Nevadas.

Troop 726 hopes to share this growth mindset with the public.

Scouts choose a myriad of fun and service events in the community, a few hours' drive away, and even out of state.



Rafi Overton

Whitewater rafting, a hike up California's third highest mountain, snow camping, off-roads backpacking, and cycling are just a few of the events I have taken part in.

We also serve others through Veterans Day flag ceremonies, picking up trash along Cull Canyon, building houses for endangered solitary bees, and making cards for hospitalized children.

This and last year, you may have seen us if you bought a tree at the Heyer-Center Christmas Tree Lot. During the pandemic, we provide entertaining virtual activities, as well as some socially distanced events such as bike trips.

For more information about our troop, contact cvtroop726@gmail.com or see <https://troop726leader-ship.wixsite.com/castrovalley>

CLARIFICATION:

The Page 1 story, "Heist at Walgreens, Weapons Arrest Keep Sheriff's Deputies Busy Friday" in the Jan. 20 Forum, included quotes from Mimi Totten and Vanessa Nool which should have been attributed to the online Castro Valley News.

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Program Dates:

• February 8, 2021 - March 19, 2021

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During the program dates, contact Alameda County Industries (ACI) at least 24 hours before setting out used filter(s) curbside.

- Phone: (510) 483-1400 (Monday - Friday 7:00 a.m. - 6:00 p.m.)
- Email: info@alamedacountyindustries.com.

Filters must be set out curbside by 6:00 a.m. on your collection day. A coupon* will be mailed to you from ACI for a new filter. Visit cvsan.org/UsedOil for more information.

*Coupon is for a limited time only and expires on March 27, 2021. Full details on the coupon. CVSan reserves the right to alter or cancel the program at any time for any reason.

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Canine Companions: Puppies, Cute for Now, Will Become Skilled Companions

By Linda Sandsmark
CASTRO VALLEY FORUM

Pandemic puppies are popular, but some puppies become more than just playmates.

Castro Valley native Marianne Dimick volunteers breeding, delivering and raising dogs for Canine Companions for Independence (CCI), a non-profit group whose motto is, "Give a dog a job."

Canine Companions places highly trained assistance dogs with disabled children and adults, including veterans. Recipients of these canines pay nothing— the program is supported by donations and volunteers.

"I found out about CCI was when I was working with a soccer program for differently-abled children. One of the kids came in a wheelchair — with his dog," says Dimick. "Then a friend of mine got a puppy, and I went to his graduation. I got my first breeder (mother dog) about 15 years ago, and had three litters of puppies over a two-and-a-half year period."

Dimick has had three different breeders and delivered 11 litters in her home. She also delivered another 20 or so litters for other folks in the program.



PHOTO BY MARIANNE DIMICK

Marianne Dimick helps raise these puppies for Canine Companions for Independence.

"The dogs will be skilled companions. They can be hearing dogs, facility dogs in places like a courtroom or hospital, or they can assist people with PTSD."

"They can learn to pull open doors, take socks off, bring shoes, and even transfer laundry from the washer to dryer," says Dimick. "Most importantly, they're a social bridge for the person they're paired with."

It costs \$50,000 to raise and train a CCI dog through graduation. The waiting list for the dogs is currently three years. And though the successful graduation rate is about 50 percent, even the dogs that don't graduate may be trained for diabetic alert, airport (bomb or agricultural) sniffing, or other jobs.

Dimick works at the beginning of the process, making sure the pregnant female breeder dog stays healthy. She delivers the puppies, cares for them, and gets them to their medical exams and vaccinations.

"I love puppies. They're so entertaining. Better than television," she says. "As a breeder-care taker I work to desensitize the puppies to noise, and get them used to being handled. We also start crate training."

Pups stay at her home until they are weaned and can be transported up to the CCI regional center in Santa Rosa. (There are six such campuses nationwide, which are operating on a limited basis during the pandemic.)

The pups spend about 18 months with a volunteer puppy trainer, learning basic commands and socialization in a variety of settings. After that they enter professional training for five to nine more months to learn advanced commands.

They are matched with a recipient at about two years of age and might be placed anywhere in the country.

The program uses Labrador retrievers, golden retrievers, and crosses of the two. The current litter of eight at Dimick's house includes both yellow and black puppies. Their mother Aysha is a cross, and their father Alvin is a black lab.

Dimick previously had a black lab breeder named Kaleigh and a golden retriever named Akeelah. All were chosen for their calm demeanor.

see CANINE on back page



PHOTO BY JIM NEGRI

Rotarian of the Month

Leader, coach, mentor, cheerleader, conscience, scribe, friend — all of these words describe just a few of the many roles Bruce Johnson plays in the Rotary Club of Castro Valley. His energy, joy, and excitement animate the Club.

His fingerprints are everywhere in the Club and the community. As a Rotarian committed to "Service Above Self," Johnson is deeply involved in activities of the Club, handling the public relationship for the Club, serving as the announcer for the Rotary-sponsored Rowell Ranch Rodeo Parade, working with youth — especially as chair for Camp Rotary Youth Leadership Awards — lending a hand, actually many hands, and playing a special role for the Club's Children's Christmas Party as well as securing gifts for the Adopt-a-Family Program and serving as President of the Rotary Club Endowment Board.

In the community, Johnson, Superintendent Emeritus of Redwood Christian Schools, serves as the Chair of the Baywood Court Board of Directors, is a director in the Castro Valley Sports Foundation and was recently named as Business Consultant to the Board of Directors of the Castro Valley/Eden Areal Chamber of Commerce.

In naming Bruce Johnson as the Castro Valley Rotarian of the Month for January 2021, Rotary President Gary Howard noted, "No matter what, Bruce is always ready to help. His commitment to our community is truly amazing. It is a great pleasure to recognize Bruce as Rotarian of the Month."

School Board Meets Today

The Castro Valley Board of Education will hold an open virtual board meeting today, Jan. 27, at 7 p.m. While the meeting will be held remotely, public participation is encouraged.

To observe the meeting by video conference, click on LINK on the agenda at the noticed meeting time. Instructions on how to join a meeting by video conference is available at: support.zoom.us/jc/en-us/articles/201362663. -Joining-a-Meeting.

To listen by phone, call at the noticed meeting time 1-669-900-6833, then enter the meeting ID on the agenda, then press #. Instructions on how to join a meeting by phone are available at: support.zoom.us/jc/en-us/articles/201362663.

The complete board packet and other information is available at www.cv.k12.ca.us. For questions, contact Aimee Cayere, Executive Assistant to the Superintendent at acayere@cv.k12.ca.us

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Negative Scans: False Positives Plague Lung Cancer Screening

Q: I'm a 74-year-old female who smoked a pack a day for 40-plus years, having quit smoking about 18 years ago. As a precaution, I asked my primary doctor to order a screening CT scan, knowing that I'm a candidate for lung cancer. The results showed a 3-mm nodule in one lung, and I was advised not to worry and that my doctor would order another CT scan in six months. I can't help but wonder if this is cancer and if an oncologist, after six months, will ask me why I waited so long to see him.

By Keith Roach, M.D.
SPECIAL TO THE FORUM

A: Medical professionals have been attempting to screen for lung cancer for decades. Chest X-rays proved insensitive: By the time cancer could be seen on X-ray, it was usually too late to do anything about it.

CT scans are much more sensitive (maybe too sensitive as you'll see below), and studies have shown that some lives will be saved with a screening program. However, the number of people who would benefit is relatively small; 256 moderate-to-heavy smokers would need yearly screening for three years in order to prevent one lung cancer death.



Almost 25% of scans will be abnormal, and 96% of abnormal results will be false positives, causing a great deal of anxiety.

There are two other significant concerns about lung cancer screening. The first is the issue you have now: an abnormal result and what to do about it. It's extremely common.

Almost 25% of scans will be abnormal, and 96% of the abnormal results will be false positives. But it will require multiple scans and sometimes an invasive procedure to prove it. This means a great deal of anxiety among people who get the type of result you did.

The small size of your nodule means your risk that this nodule is cancer is much lower than 1%. A follow-up scan is the usual recommendation, and if the nodule is the same size or smaller, the chance of it being cancer is very close to zero.

You should have had a careful explanation of the likelihood of false positive results before getting the scan. You should also have been warned of the possible need for a biopsy and the possible financial costs associated with follow-up testing.

The second concern is that current smokers who consider screening should receive intensive advice and help in quitting smoking. A negative CT scan is not a "clean bill of health" for a smoker and quitting remains the single most important thing most smokers can do for their overall health.

Readers may email questions to ToYourGoodHealth@med.cornell.edu.

—© 2020 North America Synd., Inc.

Headaches? Rethink Popping Painkillers

By Dr. Suhyun An
SPECIAL TO THE FORUM

Headaches remain a common source of pain in the U.S., but the frequency and severity differ widely among sufferers, and how to avoid headaches altogether is still a head-scratcher.

The first remedy for most people is to take a painkiller. But this may not always be the best or safest option. Whether it's aspirin, acetaminophen, naproxen, ibuprofen, or another medicine, these can work well — if you don't use them too often. Using too much pain medicine can make your headache worse and cause other problems as well. And you may also have headaches more often as a result.

There are other ways to deal with or reduce the frequency of headaches:

Problems with Painkiller Overuse

Side effects. Non-prescription analgesics, commonly taken for headaches, can have serious side effects if taken too often. For example, if you regularly take acetaminophen for several days, you could damage your liver. These drugs can also cause kidney problems. Aspirin and ibuprofen sometimes cause gastric bleeding.

Rebound headache. An additional problem you may encounter if you take pain relievers regularly is a medication overuse headache, also known as a rebound headache. This is caused by reg-



ular, long-term use of medication to treat headaches, such as migraines. It becomes less effective and your headache comes back as soon as the medicine wears off. If you choose to take a pain reliever, always follow the dosage recommendations on the label.

Non-Drug Solutions

Make lifestyle changes. Headaches occur for many reasons: lack of sleep, poor diet, stress, excessive computer or phone screen time, etc. Tweaks in your daily routine can reduce the number of headaches or migraines you have. They include drinking plenty of water, monitoring your caffeine and alcohol intake, having a consistent sleep schedule, getting exercise, and having a healthy diet.

Tracking your headaches can help you devise lifestyle changes. Write down when you get one and what you were doing beforehand.

See a doctor. If your headaches get in the way of daily life, it's time to talk to a doctor.

The following occurrences should cause someone to seek medical advice: severe headaches that come on quickly; a headache accompanied by fever, stiff neck, rash, confusion, seizure, double vision, weakness, numbness or difficulty speaking; a headache increasing in severity despite rest and pain medication; taking pain relievers more than twice a week; certain actions like bending over or coughing that bring on a headache.

Your primary care physician is a good place to start, but headaches can be complex, and neurologists and headache specialists have special training to help them figure out the type of headache you have and its causes.

Use natural therapies. Many natural therapies can be useful. Your headache specialist may suggest stress management such as relaxation exercises and meditation, physical therapy, cognitive behavior therapy, biofeedback, massage or acupuncture.

Whether or not you suffer from frequent, severe headaches, migraines, or just the occasional tension headache, you should try to limit the use of over-the-counter and prescription drugs. Meanwhile, you should always be vigilant about your lifestyle habits.

Dr. Suhyun An (www.dr-suhyun.com) is the clinic director at Campbell Medical Group in Houston and an expert on regenerative medicine.

Diabetes: Put Your Best Foot Forward

By Dr. Barry I. Rosenblum
SPECIAL TO THE FORUM

Diabetes can cause nerve damage and poor circulation that puts people at risk for a wide range of problems. For people with diabetes, small foot problems like minor cuts, corns, calluses and ingrown toenails can turn into serious complications if not addressed quickly.

To help you prevent diabetes complications, the American College of Foot and Ankle Surgeons is offering these dos and don'ts of diabetes foot care.

DO:

- Inspect your feet daily - including the bottoms - for cuts, blisters, redness, swelling or nail problems. You may need a mirror or the assistance of a loved one in

order to examine your feet from every angle.

- Regularly moisturize your feet to avoid itching or cracking.

- See a foot and ankle surgeon for regular foot exams to prevent complications. Ongoing preventive care can reduce the risk of toe or foot amputation by 45-85 percent.

- Keep the blood flowing to your feet. Wiggle your toes and move your ankles for five minutes, two or three times a day.

- Shake out your shoes and feel for objects inside your shoes before wearing them. You may not feel a small foreign object when your shoe is on your foot, particularly if you suffer from diabetic peripheral neuropathy also known as nerve damage.

see **DIABETES** on page 5

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Published in the February 10th issue of the Castro Valley Forum and the February 11th issue of the San Leandro Times!

DEADLINE: MONDAY, FEBRUARY 10, 2020 • 11AM

♥♥♥♥♥
Ronnie, Andrew & Ashleigh
Happy Valentine's Day!
To the world's most terrific kids.
All our love, Mama and Denny

JOAN
Happy Valentine's Day To My Love
We'll Be Together Always — RJ

TO MY VALENTINE
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♥♥ JOAN SMITH ♥♥
Thank You For Being My True Love
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Elizabeth Taylor, President of Amador Valley Quilters

40th Year of Quilting Group

Back on February 14, 1981, a small group of quilters held their first official meeting at the former Pleasanton quilt shop "Going to Pieces."

Quilting for charity was one of the "Queen Pin" ideas from the onset of the group that was to become Amador Valley Quilters. Over the years these quilters have donated some 600 quilts annually to local charity organizations.

In addition, Amador Valley Quilters has provided more than 175 military veterans with patriotic quilts of valor.

While all of the group's past presidents have led the guild forward through many milestones, the current president, Elizabeth Taylor of Castro Valley, has been

uniquely challenged with finding a way to accommodate the members through the restrictions imposed by the health crisis, and she rose to the occasion.

Amador Valley Quilters has been holding Zoom sessions since last April to allow members to attend their regular "second Saturday of the month" meetings. A few guild members have been attending since its beginning days.

The organization plans to celebrate their anniversary not just this February; but in every month of 2021. Community members are encouraged to post comments about their experiences with the Amador Valley Quilters on its Facebook or web page.

Visit: amadorvalleyquilters.org.

Diabetes: Foot Care Information

continued from previous page

- Maintain healthy blood sugar levels. High blood sugar levels can lead to diabetic peripheral neuropathy and Charcot foot, a condition in which the bones of the foot are weakened enough to fracture.

DON'T:

- Don't use heating pads, hot water bottles or electric blankets. You can easily burn your feet without noticing.

- Don't put your feet in hot water before testing it with your hand first.

- Don't try to remove corns or calluses at home. Visit your foot surgeon for appropriate treatment.

- Don't wear tight, elastic or thick, bulky socks.

- Don't let your feet get wet in snow or rain. Wear warm socks and waterproof shoes in the winter.

- Don't walk barefoot, even at home! You can easily get a scratch or cut.

Taking proper care of feet is extremely important for those suffering from diabetes. Following these dos and don'ts and scheduling regular preventive care visits with a foot and ankle surgeon can help keep feet healthy and avoid serious complications.

For more foot care information or to find a foot and ankle surgeon in your area, visit FootHealthFacts.org.

Dr. Barry I. Rosenblum, DPM, is a foot and ankle surgeon and Fellow member of the American College of Foot and Ankle Surgeons. For more foot care information or to find a foot and ankle surgeon in your area, visit FootHealthFacts.org.

—StatePoint



CV SAN PHOTO

You earn a coupon for a new motor oil filter when you participate in CVSan's Used Motor Oil Filter Exchange Program.

CVSan Used Motor Oil Exchange Program

Do you change your own oil and live in a single-family home?

From Feb. 8 to March 19, you can participate in CVSan's Used Motor Oil Filter Exchange Program to receive a coupon for a new oil filter.

To participate, place your old filter in the zippered bag that comes in Alameda County Industries' (ACI) free motor oil recycling kit. For a free recycling kit,

contact ACI at 510-483-1400.

At least 24 hours before setting out your used motor oil and filter curbside, contact ACI's Customer Service Department by phone Monday-Friday, 7 a.m. to 6 p.m., at 510-483-1400 or by email at info@alamedacountyindustries.com to state that you will be participating in the program.

Leave the sealed bag next to your used motor oil at the curb and

ACI will collect it on your regular collection day.

Participants are eligible to receive one coupon* per household per week during the filter exchange program period (up to six coupons per program cycle). The coupon is for a limited time only and expires on March 27.

Visit cvsan.org/UsedOil for more information on how to recycle used motor oil and filters.

Lecture on the Power of Nuclear Fusion

Physicist John Perkins of the Lawrence Livermore National Lab will discuss nuclear fusion as the next in the Castro Valley Science lecture series on Feb. 16.

Fusion is the reaction in which two atoms of hydrogen combine together, or fuse, to form an atom of helium. In doing so, some of the

mass of the hydrogen is converted into energy — a process that powers the sun, the stars... and hydrogen bombs. If such a destructive force can be controlled, it offers a virtually limitless supply of energy.

Perkins, whose research focuses on the use of lasers to contain the fusion reaction, earned his PhD in

nuclear physics from the University of Birmingham, England.

His talk is being presented by the Castro Valley Educational Foundation and the Rotary Club of Castro Valley. It is scheduled for 6 p.m. on Tuesday, Feb. 16. Register at bit.ly/35FFfCn for the Zoom link.

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Finally, Time to Get Crackin'

Steamed and cracked, served with a green salad and plenty of sourdough bread, Dungeness crab is a party waiting to happen.

Supplies this season are lower than normal and prices are higher. But we've been waiting a long time and now's the time to finally enjoy this tasty crustacean.

To cook, plunge the crab, head first, into boiling salted water to cover. Boil 15 to 20 minutes, or until shell turns red. Drain, plunge into cold water, drain again and cool.

To clean, break off claws and legs close to body, crack the claws with a nutcracker and remove the meat. Break off the pointed apron or tail. Take the crab in both hands and pull the upper and lower shells apart, beginning at the tail.

Wash away loose matter under running water and remove membranous covering round side. Remove meat between sections, picking out any cartilage. Six crabs yield about 1 cup of meat.

CRAB CAKES

- 1 pound crab meat, picked free of shells
- 1/3 cup crushed Ritz Crackers
- 3 green onions (green and white parts), finely chopped
- 1/2 cup finely chopped bell pepper
- 1/4 cup mayonnaise
- 1 egg
- 1 teaspoon Worcestershire sauce
- 1 teaspoon dry mustard
- 1/2 lemon, juiced
- 1/4 teaspoon garlic powder
- 1 teaspoon salt
- Dash cayenne pepper
- Flour, for dusting
- 1/2 cup peanut oil
- Favorite dipping sauce for serving

Be sure crab meat is picked free of shells.

In a large bowl, mix together all ingredients, except for the flour and peanut oil. Shape into patties and dust with flour.

Heat oil in a large skillet over

medium heat. When oil is hot, carefully place crab cakes, in batches, in pan and fry until browned, about 4 to 5 minutes. Carefully flip crab cakes and fry on other side until golden brown, about 4 minutes. Serve warm with preferred sauce. Makes 4 to 6 servings.

CRAB DIABLO

- 1-1/4 pound fresh Dungeness crabmeat
- 2 cups heavy cream
- 1 large shallot, minced
- 4 tablespoons Dijon mustard
- 1 ounce brandy or cognac
- 1 tablespoon parsley, chopped
- 1 pinch cayenne pepper
- 2 tablespoons pimento, chopped
- 1/2 tablespoon butter
- 1 tablespoon fresh bread crumbs

In a heavy saucepot, gently sauté minced shallot over moderate heat in butter for about 1 minute. Add heavy cream and reduce over



The Dungeness crab gets its name from the town of Dungeness, Washington, where the first commercial harvesting of the crab was done.

moderate heat until only about 1-1/3 cups remain.

In a mixing bowl, whisk together mustard with small amounts of the cream mixture. Add brandy, parsley, pimento and cayenne pepper.

Preheat oven to 375°F. Combine sauce with fresh crab meat and divide into four baking dishes. Sprinkle with bread crumbs and bake in the oven about 12 minutes or until hot and bubbling. Garnish with lemon and parsley.

Serve with crusty French bread and a cool, crisp sparkling wine. Yields 4 servings.

CRAB CIOPPINO

- 4 garlic cloves, crushed
- 1/4 cup olive oil
- 1 large onion, chopped
- 1/2 teaspoon hot red pepper flakes
- 1 green bell pepper, chopped
- 1 tablespoon red-wine vinegar
- 1/2 cup dry white wine
- 1 teaspoon dried oregano, crumbled
- 1 teaspoon salt
- 1/2 teaspoon cracked black pepper
- 1 bay leaf
- 1 (32-ounce) can whole tomatoes including juice, puréed coarse
- 1 tablespoon tomato paste
- 2 pounds live crabs
- 12 small hard-shelled clams, scrubbed well
- 1/2 pound medium shrimp, shelled, leaving tails and first joint intact
- 1/2 pound sea scallops
- 1 pound white fish fillet, cut into 1-inch pieces
- 1/4 cup minced fresh parsley leaves

In a heavy 5-quart kettle, cook garlic in oil over moderate heat, stirring, until pale golden. Add onion and cook, stirring, until softened. Add pepper flakes and bell pepper and cook, stirring, until softened. Add vinegar and boil until evaporated. Add wine, oregano, salt and pepper to taste, and bay leaf and simmer 5 minutes. Stir in tomato purée and tomato paste and bring to a boil.

Add crabs and clams and simmer, covered, 15 to 20 minutes, checking often and transferring clams as they open with tongs to a bowl (discard unopened ones).

Transfer crabs with tongs to a cutting board and remove top shells, adding any crab liquid to soup. Halve or quarter crabs (depending on size) and reserve, with any additional liquid, in a bowl.

Add shrimp, scallops, and fish to soup and simmer, covered, 5 minutes, or until seafood is just cooked through. Stir in gently crabs, their liquid, and clams and sprinkle with parsley. Serves 6.

SAN FRANCISCO ORIGINAL CRAB LOUIS

- 1 cup mayonnaise
- 1/4 cup chili sauce
- 1/4 cup minced scallions
- 2 tablespoons minced green olives
- 2 teaspoons fresh lemon juice
- 1 teaspoon Worcestershire
- 1 teaspoon bottled horseradish
- Salt and fresh black pepper
- Shredded iceberg lettuce or other salad greens for serving
- 1-1/2 pounds cooked crabmeat
- Garnish:
- Capers
- Tomato wedges
- Hard-cooked eggs
- Lemon wedges

To make the dressing, whisk together mayonnaise, chili sauce, scallions, olives, lemon juice, Worcestershire sauce, horseradish and salt and pepper to taste in a small bowl.

Line four plates with shredded lettuce. Divide crabmeat among plates and sprinkle crabmeat with capers.

Arrange tomatoes, hard-cooked eggs and lemon wedges around the crabmeat. Serve with dressing. Serves 4.

NEW ORLEANS CRAB ETOUFFE

- 1 stick butter
- 2 cups chopped onions
- 1 cup chopped celery
- 1/2 cup chopped green bell

Drive-Thru Crab Feed

The Boys & Girls Clubs of San Leandro will host a "Grab Your Crab!" Drive-Thru Crab Feed on Saturday, February 20, sponsored by FH Dailey, Fremont Bank, Ghirardelli Chocolate and Kiwanis International.

Each order comes with 4 pounds of crab, pasta, salad and bread. Food may be picked up from 4 to 6 p.m. at 2200 San Leandro Blvd., San Leandro. Tickets (\$55 per person) will be on sale at www.bgcsf.org until 4 p.m. on Monday, February 15.

- peppers
- 1 pound picked over lump crabmeat
- 2 teaspoons minced garlic
- 2 bay leaves
- 1 tablespoon flour
- 1 cup water
- 1 teaspoon salt
- Pinch of cayenne
- 2 tablespoons finely chopped parsley
- 3 tablespoons chopped green onions

In a large sauté pan over medium-high heat, melt the butter. Add the onions, celery, and bell peppers and sauté until the vegetables are wilted, about 10 to 12 minutes.

Add the crab meat, garlic, and bay leaves and reduce the heat to medium.

Heat until the crab is the temperature of the vegetables, stirring occasionally, but don't break up the crab.

Dissolve the flour in the water and add to the crab mixture. Season with salt and cayenne. Stir until the mixture thickens, about 4 minutes. Stir in the parsley and green onions and continue cooking for 2 minutes.

Serve over steamed rice. Makes 4 servings

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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Emerging Kitchen Trends for 2021

Just when you were getting comfortable with quartz counters becoming more popular than yesterday's granite ... marble has staged a reentry as the go-to for upscale kitchens.

It is just one in a series of taste preferences keeping kitchen designers steadily employed. Six of the top 2021 kitchen trends are as follows:

Marble Counters

Marble has been gracing homes since the Romans. It has historically been favored in bathrooms rather than kitchens because it stains easily.

According to a recent Homes & Gardens post, heavily veined marble is back and being used to make a statement. We have seen the emergence of islands with stone counters on the top and ends – now we are seeing backs covered as well.

The good news is that some of the latest quartz products look very similar to marble, but are more impervious to stains and come at a substantially lower price point.

Wood Cabinets

Tired of white cabinets? Wood is coming back, but not the oak, maple or cherry of yesteryear. New emerging woods include lighter products such as ash.

Bold Paint Schemes

Black has returned, along with bright colors that make a room "pop." While some designers are opting to keep color on the walls so they can be easily changed, the more adventuresome are adding in colored furniture and varying

shades for the cabinets.

Flowing Surfaces

Think flat panel doors and no pulls on the cabinets to produce smooth, uninterrupted lines. Long a staple in upscale European kitchens, expect to see more sleek kitchens in the future.

Pantries and Larders

With the goal of keeping as much off the counters as possible, pantries have become "must-have" items in contemporary kitchens. Larger kitchens can house a full pantry room, whereas smaller kitchens may confine it to a large cabinet on one end of the kitchen.

Do not have either? A stand-alone "larder" cabinet may be the solution. A quick Google

search for "Larder cabinet" will reveal lots of options.

Appliances in Drawers

We have seen the emergence of drawer dishwashers, refrigerators, freezers, warming drawers and microwaves – expect a new line of appliances to appear that will seamlessly hide out of sight until needed.

It is always new and evolving – and you can count on one thing: as soon as we get accustomed to the new trends, they will be replaced with the newer still.

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.

Coming Soon: Large Danville Home on Huge Lot

This spacious home in the foothills of Danville offers amenities and comfort perfect for a large family. Seldom available 1/3+ acre level lot backs to permanent open space, and features a sparkling pool, mature trees and garden, and side-access. The home is approx. 2900 square feet, with 4 bedrooms plus a huge upstairs bonus room, 2.5 baths, high vaulted ceilings, 3 car garage, 2 fireplaces, large remodeled kitchen opens to the family room w/wet bar. In addition to your private pool, the Danville Crest community offers a community pool, park, tennis, and is surrounded by scenic hills and greenbelts, walking distance to Greenbrook Elementary School.

Owners are building a new home and will consider a contingent offer or longer escrow. Contact Brian for the address and additional details. \$1,795,000



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Is Nectarine Tree Worth Saving?

By Buzz Bertolero
Special to the Forum

There is a sorely neglected nectarine tree at our new home that we would like to salvage. The limbs are very long and bare except for clusters of small branches at the end.

It's my understanding that nectarines can be severely pruned. I've already removed many of the water sprouts, but I'm unsure on how much to cut these long branches back?

With neglected fruit trees, it's always a judgment call if it's salvageable or not. The overall health of the tree is critical to your final decision.

I'd replace all trees with any of such characteristics as dead, wounded, twisted, or gnarly main branches; sections of the trunk that are peeling, or numerous sap globules present along the trunk and main branches that indicate trees under stress and in decline.

A second consideration is the location. A mature nectarine should not be watered often. A good soaking twice a month is sufficient unless there is a prolonged heat spell.

From your description, your tree sounds like it's in good condition, so it's worth the effort. You'll sacrifice fruit production with neglected fruit trees as you get the tree back in shape. A severe pruning removes a significant, if not all, of the fruiting spurs, so don't be surprised by a small or no crop this year.

Your focus this year is to

reestablish the scaffolding and other supporting branches. Thus, I'd prune the long, existing branches back as far as necessary to keep the tree balanced.

Peaches and nectarines produce fruit only on the second year wood. Each year you'd remove 50 percent of the new growth and eliminate all the deadwood, along with the rubbing and crossing branches. Water sprouts are removed to open up the center of the tree for additional light.

All fruit trees should be fed after pruning to encourage new growth and again in May/June with a fruit tree fertilizer. You should follow the recommendation on the packaging for the application rate.

It may take several growing seasons to return a neglected tree back to being productive again. This is why starting over

with a new tree has merit.

Should I be concerned about a rhododendron bush that is approximately six feet by three feet growing near or on a sewer line? Could the roots possibly damage the old terracotta sewer pipes?

Yes, you should be concerned with plant roots and a terracotta sewer line. But how concerned is the big question. Replacing a waste line is expensive. Having had a sewer problem, I speak from first-

hand experience.

The cost can be well over \$10,000. Today, many sewer repair companies use cameras to detect damage. I'd look for one that offers a free evaluation and use that to determine the next step. This is a great time to transplant Rhododendrons if that is needed.

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com.



Mortgage Rates Move Slightly

Longterm fixed mortgage rates stayed near record lows last week, according to Freddie Mac's weekly nationwide survey.

Thirty-year fixed-rate mortgages averaged 2.77 percent for the week ending Jan. 21, down from the previous week when it they averaged 2.79 percent. A year ago at this time, the 30-year rate averaged 3.60 percent.

Fifteen-year fixed-rate mortgages averaged 2.21 percent, down from 2.23 percent.

Five-year hybrid adjustable-rate mortgages (ARMs)

averaged 2.80 percent, down from 3.12 percent.

"Mortgage rates have hovered near historic lows for almost a year, fueling purchase and refinance activity amid a global health crisis," said Sam Khater, Freddie Mac's Chief Economist. "We're now seeing rates fluctuate a bit as political and economic factors drive Treasury yields higher. However, we forecast rates to remain relatively low this year as the Federal Reserve keeps interest rates anchored near zero for a longer period of time, if needed until the economy rebounds."

RECENT HOME SALES

Castro Valley

18471 Apricot Way	94546: \$500,000	3,584 SF	- 1940
19495 Yuma Street	94546: \$765,000	3 BD - 1,203 SF	- 1958
19544 Santa Maria Ave	94546: \$919,000	3 BD - 1,519 SF	- 1945
4874 Crow Canyon Rd	94552: \$935,000	3 BD - 1,578 SF	- 1950
4373 James Avenue	94546: \$950,000	3 BD - 1,832 SF	- 1948
18926 Patton Drive	94546: \$950,000	3 BD - 1,088 SF	- 1949
3487 Arcadian Drive	94546: \$995,000	3 BD - 1,823 SF	- 1956
20010 Shadow Creek Cir	94552: \$1,020,000	4 BD - 2,130 SF	- 1998
19955 Fern Way	94546: \$1,225,000	4 BD - 1,924 SF	- 1947
6318 Boone Drive	94552: \$1,400,000	3 BD - 3,058 SF	- 1987
5745 Greenridge Road	94552: \$1,400,000	4 BD - 1,834 SF	- 1960
4626 Ewing Road	94546: \$1,546,500	5 BD - 4,773 SF	- 1963
5664 Greenridge Road	94552: \$1,620,000	4 BD - 1,842 SF	- 1960
TOTAL SALES:	13		
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LETTERS TO THE EDITOR

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So Thankful for Local Heroes

Editor:

On Tuesday night, January 12, Linda, my precious Bride of 51 years, became very ill, (gently) fell and I was unable to get her off the floor and back into bed.

Knowing that they had helped others who had fallen, I called the Alameda County Fire Department Dispatcher at 11:23 p.m. and requested assistance, stating she was safe, comfortable (as possible) and responsive so I did not consider it an emergency requiring sirens.

By 11:30 (seven minutes!), Fire Fighters Karen Unruh and Rick Walker arrived with Engineer (driver) Bryant Nielsen at our house, arriving with red lights flashing (but no sirens).

I met them at the door and they went upstairs where I watched two gifted caregivers go to work as Firefighters Karen Unruh and Rick Walker, thoroughly assessed Linda for any injuries and asked her a series of questions to ensure she was responsive and safe.

Confirming she was uninjured, they lovingly, kindly, gently and modestly assisted Linda in getting into bed and were gone by 11:37 p.m., leaving as quietly as possible so not to disturb our neighbors, stating "if you need any further help, call us!"

We were so thankful for these true civil servants from the Lake Chabot Fire Station of the Alameda

County Fire Department.

In our busy lives, it is so easy to overlook those local heroes like these who are committed to serve all of us in the large challenges and lesser challenges in life.

Linda and I are so thankful.

—Bruce D. Johnson, Castro Valley

A Constructive Outlet for Your Energy

Editor:

Have you met Robert? My friend and I met him on the Boulevard last Friday, as we were picking up trash along our route. He was an enthusiastic Castro Valley resident who was choosing to make a positive difference in our community.

He was armed with an orange vest, trash grabber, and 3 large orange bags which he was filling with street/sidewalk garbage.

Motivated by a desire to keep our streets clean, he shared his enthusiasm for his task. As a retiree, he said he had done all the pandemic home projects and now had time to kill. Getting outside, making his 10,000-step daily goal, and cleaning his community, were all benefits from his newfound hobby.

We were energized by his positive attitude and we were happy to meet yet another beautification participant!

If you are wearing down during these trying times and want a constructive outlet for your time and energy, consider joining the county Adopt-a-Spot program. The coordinator, Rob Sales (510-670-5534) will work with you to pick an area you are interested in. They provide materials and bag pickup. It's an endeavor which brings many benefits, as well as a great deal of personal satisfaction. Guaranteed!

—Vicki Stadelman, Castro Valley

The Chick-fil-A Traffic Problem

Editor:

I just heard that there are plans in the works to put in a Chick-fil-A in Castro Valley and I am writing to tell you that *this is a very bad idea!* First of all, we already have enough fast-food restaurants in our little town. In fact, we have them all (including 4 Starbucks!).

My daughter lives in Redwood City and when we visit we take the Hwy 101 South and exit at Whipple - right into the line for Chick-fil-A. We usually have about a 15-20 min. wait to make a right turn and go around the line waiting to order at Chick-fil-A.

We have started to use the exit before or after Whipple to avoid this mess.

Traffic on Castro Valley Blvd. can be very bad at times and the location they chose would create a bottleneck around the freeway exit on Strobbridge.

So my second reason to object to putting a Chick-fil-A in Castro Valley would be the horrible traffic it would create. This used to be a nice, quiet town and it has become a fast-food capital and busy alternate to the 580 freeway. Keep Chick-fil-A out of Castro Valley.

—Julie Navarro, Castro Valley

How to Think? What to Think?

Editor:

Tolerance - "A fair, objective attitude towards those whose opinions or beliefs differ from one's own" (Dictionary.com). Bigotry - "Complete intolerance of any belief or opinion that differs from one's own." Guess which one was on display at the MAC hearing regarding Chick fil-A?

The owners have a politically unpopular perspective on human sexuality. And this all by itself makes them evil and unwelcome? Let's be 100% clear - this has *nothing* to do with "hate," the LGBTQ go-to accusation for those who think differently than they.

Exhibit "A" - I am convinced obesity is a biological negative based on three simple scientific criteria. I do *not* despise my overweight friends nor treat them differently because of this. Ditto for homosexuality. It's just biology.

A CVUSD middle schooler who also sees the negative biological implications of this recently spoke with me. This student is terrified of attempting a rational discussion of the topic at school because he/she fears the outpouring of hatred and

ostracism from his/her LGBTQ-indoctrinated peers. Tolerance - LGBTQ style.

And who can blame this kid? I strongly suspect Chick fil-A renders the best service possible to every patron regardless of their biology. Zero discrimination. Zero bigotry. Yet the attitudes on display clearly say "since you believe differently than us on this issue, we want nothing to do with you."

This child's fears are hereby confirmed. Welcome to our leader's way of communicating "Tolerance" and "All Means All." The actual meaning is clearly "All Who Think Like Us." The rest of you, shut up and go away (Like Chick-fil-A). We'll have a generation that knows what to think, but not how to think. Some are literally afraid to do so.

—Stacy Spink, Castro Valley

The Tax Code and Billionaires

Editor:

Mal May ("A Change in the Tax Code Needed," Letters, Jan. 20) writes that "the tax code" is stealing wealth and opportunities from "Trump supporters" by "churning out billionaires" since Reagan.

I'm surprised to learn that billionaires are somehow using the tax code to steal from Trump supporters who then turn their anger on non Trump supporters (I'm also surprised they only existed since Reagan, but I guess the Rockefellers and Waltons need some inflation adjusting).

I've never been mugged by a billionaire.

I may choose to buy an Apple product or a Tesla, contributing to the wealth of Steve Jobs' family and Elon Musk, but they're not stealing from me, nor using the "tax code" to do so.

I've also never been hired by a poor person, so I'm not sure how opportunities are being stolen from me by rich people; rather they're the ones doing the hiring.

However, I see 51% of every dollar I earn taken from me, literally by force if I don't hand it over, by agents of the Federal, State and local governments.

But I'm supposed to be angry at Elon Musk for selling me a product I don't have to buy?

Meanwhile, Newsom's government sent \$10B in tax revenues, extracted from law-abiding people, to criminals defrauding the EDD.

I'd rather just hand my money directly to a mugger. Then I don't have to pay the middle man too.

—David Nierengarten, Castro Valley

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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. Email Letters to: fredz@ebpublishing.com, or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): A gracious Lamb can learn more about a problem-filled situation than one who is openly suspicious of what could be happening. A friend might offer some well-directed advice.

TAURUS (April 20 - May 20): Getting adjusted to an unexpected change might be difficult for the Bovine, who prefers things to go according to plan. But help could come from a most welcome source.

GEMINI (May 21 - June 20): This could be a good time to get a head start on those career-related plans. The sooner you check out the pluses and minuses, the sooner you can act on your information.

CANCER (June 21 - July 22): A personal situation you thought would no longer present a problem could suddenly produce some surprises. Try to sort things out with the help of trusted colleagues.

LEO (July 23 - August 22): An upcoming move holds both anticipation and anxiety for Leos and Leonas who have some big decisions to make. Advice is plentiful, but it's up to you to decide which way you want to go.

VIRGO (August 23 - Sept. 22): Someone from a previous project could provide valuable guidance on how to handle a current problem, especially where it might involve a legal matter.

LIBRA (Sept. 23 - October 22): A business situation presents some unexpected complications. But rather than try to handle them all at once, it would be best to deal with them one at a time.

SCORPIO (October 23 - November 21): You just might get what you want, despite the odds against it. In any event, be sure to thank all those people involved who believed in you and went to bat for you.

SAGITTARIUS (Nov. 22 - Dec. 21): Before you even hint at an accusation, remember that you'll have to prove what you say. So be sure you have what you need to back up your comments.

CAPRICORN (Dec. 22 - Jan. 19): A romantic situation takes an unexpected turn that favors some Sea Goats, but causes others to reassess how they've been handling the relationship.

AQUARIUS (Jan. 20 - Feb. 18): A surprise turn of events could unsettle the Water Bearer. But it also might help open up an entirely different way of working out an important matter.

PISCES (Feb. 19 - March 20): A smoothly running operation could bump up against an obstacle. This is where your ability to assess situations and make adjustments can restore things to normal.

CASTRO VALLEY FORUM OBITUARIES

may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209. Include a phone number. For help, call Patrick Vadnais at 510-614-1558

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BART PHOTO

An undetermined number of retired BART cars – some of them in service for half a century – will be hauled away by the general public in 2022. But get your application in now!

Want a Used BART Car? Apply Now!

BART is retiring all legacy fleet cars, some of which have been carrying passengers for almost 50 years, as it replaces them with its 775 new “Fleet of the Future” cars.

While the majority will be recycled and used for parts, museums and nonprofits, the general public is invited to submit ideas for giving a few of the old cars a new life.

In the first phase of the project, BART is now accepting proposal applications to determine who might be qualified to obtain one.

A link to the application system is now live at www.bart.gov/legacycars. The deadline for pre-qualification applications is 5 p.m. on Friday, March 12.

There are, of course, a number of criteria for anyone considering obtaining a car. A big one is that it must not cost BART any money once the car has been prepared for delivery. Successful applicants must pay the costs of getting the car from BART’s property to their own site, estimated at upwards

of \$10,000 for crane and flatbed truck rentals.

A committee will review applications and make selections based on proposals meeting all the required criteria, including the community benefits of the project and a plan for the car’s final disposition after the project use is done.

The notifications of successful pre-qualifications are scheduled to be sent this June. The first cars being turned over to the public is expected sometime in 2022.

Lifted: State Restrictions

continued from front page

Lifting the restrictions means such outdoor activities as campgrounds, cardrooms, racetracks, movie theaters, gyms, museums, places of worship, restaurants and wineries may resume operation immediately with modifications.

Indoor activities permitted include hair and nail salons, barber shops, hotels (but not their indoor fitness facilities), massage parlors and skin care services.

Grocery Stores may increase capacity to 50 percent and other retailers may increase capacity to 25 percent.

Schools are not impacted as they are already following California’s revised guidance on returning to class. Middle and high schools are not eligible for in-person instruction until the county reaches at least the red tier.

Vaccinations

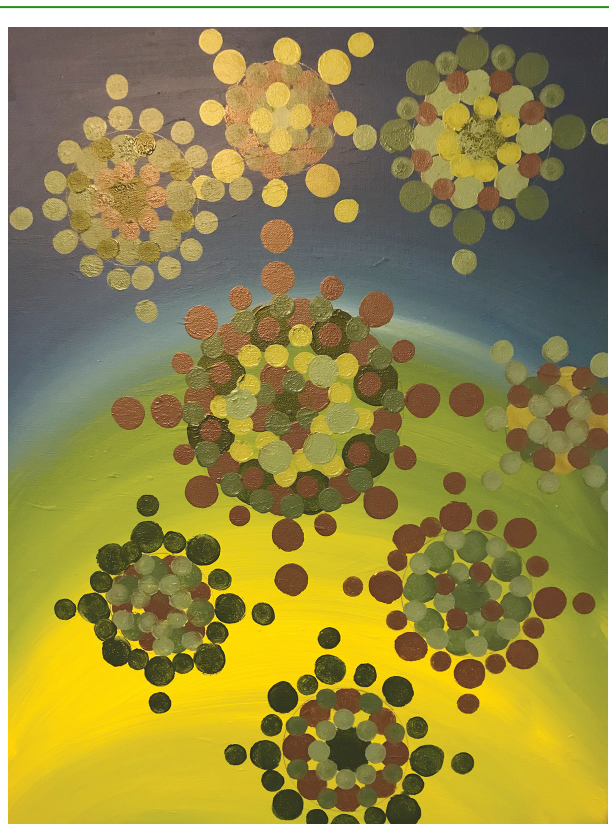
The COVID-19 vaccine rollout has been slow in Alameda County. As of last Saturday, the Public Health Department had administered some 21,033 doses with an additional 4,000 being dispensed this week, most going to health care workers, first responders, and those in long-term facilities. That’s a far cry from the 102,750 doses of vaccine Alameda County received late last year.

“We are only in the early stages of our vaccination campaign and the virus has shown us it is capable of returning again and again,” said Dr. Nicholas Moss, Alameda County Health Officer. “That means that, even as we cautiously reopen, we must continue to do the things we know work to keep each other safe.”

Kaiser Permanente and Sutter Health say they are receiving a high volume of calls and emails asking about scheduling their vaccinations following the Governor’s insistence that those aged 65-years or older would be able to begin receiving the two-dose vaccine.

California health officials have launched a new website that allows people to be notified when it would be their turn to receive the vaccine.

myturn.ca.gov asks a set of initial questions about age and job occupation. Those who are not immediately approved can sign up for an email or text message to let them know when it’s time to roll up their sleeves.



HAYWARD ARTS COUNCIL PHOTO

“Cosmos,” an acrylic by CV artist Wenonah Washington on view at: haywardartscouncil.org until March 10.

HAYWARD ARTS COUNCIL

Virtual ‘Members Show’ is On Now

By Winda I. Shimizu
SPECIAL TO THE FORUM

“Members Show” is the fourth exhibition and first one in 2021 curated by member Ruey Syrop.

Thirty-two members of the Hayward Arts Council members are featuring a variety of media including acrylics, watercolors, oils, textiles, mixed assemblage, poetry, photography, mixed media, digital print, paper cut art, and ink.

Congratulations to our exhibiting artists: Dorothy Atkins, Jeanne Bertolina, Sharon Boyd, Valerie Caveglia, Debra Collins, Cyra Cowan, Patricia Dennis, Claudia Gray, ShaRon Haugen, Bob Icenogle, Ritu Iyer, Vanita Lee-Tatum, Luanne K. Leisure, Debra Lawson, Ann Maloney-Mason, Joan Miller, Tola Minkoff, Maria Ochoa, Elvira Rascov, Joanne Ricketts, Marcia Sivek, Bonnie Jo Smith, Lilli H. Sparrow, Stanley Stadelman, Ruey Syrop, Gerald Thompson, Winifred Thompson, Wenonah Washington, Patricia Watkins Dick.

To view this fantastic exhibition, visit haywardartscouncil.org
Winda I. Shimizu is Hayward Arts Council Executive Director.

LEGAL NOTICES

FILED
MELISSA WILK

JANUARY 4, 2021
County Clerk
ALAMEDA COUNTY
By _____, Deputy
FILE NO. 575574

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Little Imaginations located at 20964 Chester St., Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Danielle D'almeida, 20964 Chester St., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A.

/s/ Danielle D'almeida

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

Expires JANUARY 4, 2026

JAN 20, 27, FEB 3, 10, 2021
320-CVF

FILED
MELISSA WILK

JANUARY 4, 2021
County Clerk
ALAMEDA COUNTY
By _____, Deputy
FILE NO. 575579

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Terracil located at 18483 Hastings Way, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Aarthi Natarajan, 18483 Hastings Way, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A.

/s/ Aarthi Natarajan

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

Expires JANUARY 4, 2026

JAN 20, 27, FEB 3, 10, 2021
321-CVF

ADOPT-A-PET



Velvet is a sweet and friendly 1 year old girl. She was rescued from a difficult life along with her kittens. For more information, please: email Loveallpawzrescue@gmail.com.



Elsie, 2 years old, is a beautiful black and white tuxedo. She's friendly and enjoys treats. Spayed, vaccinated and microchipped. Info: email Loveallpawzrescue@gmail.com.



Biscuit is a cute, cuddly male guinea pig who enjoys snacking on fresh parsley and green bell peppers. To adopt Biscuit, please call Hayward Animal Shelter at: (510) 293 – 7200.



Bailey is a male guinea pig who likes spending a lot of time lounging in his guinea pig castle and snacking on green bell peppers. To adopt call Hayward Animal Shelter (510) 293 – 7200.

Rotary: Polio Plus Campaign

Orrin Mahoney will update the Rotary Club of Castro Valley on Rotary International’s Polio Plus campaign for this year at the next

meeting from noon to 1:30 p.m. on Tuesday, Feb. 2. The meeting will take place by Zoom. More info available at castrovalleyrotary.org.

Spectrum Valentine's

Make it a special Virtual Valentine’s Day Celebration! Spectrum Community Services, Concannon Vineyard and Truffle Shuffle invite you to a fun night making fresh gnocchi and enjoying Concannon Reserve wines from the comfort of your own kitchen.

Join the party on Thursday, Feb. 11, for a live cook-a-long class featuring a former French Laundry chef, teaching you step-by-step how to prepare homemade Lemon Ricotta Gnocchi Truffle Carpaccio with Italian Truffles and Sage Brown Butter Sauce.

Eat, drink and be merry with proceeds benefiting Spectrum Community Service’s Senior Meal Programs. Tickets are going fast. Visit: www.SpectrumCS.org to get yours today.

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Need additional users or have questions?

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info@billgeniuscastrovalley.com

Bill Genius



ATHLETE OF THE WEEK

Travis Miller

Our Athlete of the Week is Travis Miller, a freshman on the California State University, Chico Men's Golf team. A 2020 graduate of Castro Valley High School, Travis led the Trojans to the 2019 West Alameda Country Conference championship and three straight North Coast Section postseason appearances. He was named 2019 WACC Player of the Year.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

Youth Baseball and Flag Football Programs
www.CVSPORTSLEAGUE.org

Canine: On Their Journey to Help Others

continued from page 3

Each litter of CCI puppies is given names that start with a specific letter.

Dimick's current group has been nicknamed "Special K" because it's the first letter of their names: Kayak, Kelda, Kipling,

Kazoo, Keeper, Kellen, Keyes and Knox.

The Special K group is just about ready to head to Santa Rosa. They will be joined by other new litters that were born in this region around the same time. Though she will miss the puppies, it's a day

Marianne Dimick looks forward to with pride. The good start she provides helps the dogs on their journey to help others.

More information on Canine Companions for Independence is available at cci.org. Donations are always welcome.

HOW TO CREATE A ZERO WASTE HOME



Zero Waste at Home Virtual Discussion

Wednesday, February 3, 2021

12:30 - 1:30 p.m.

Join Castro Valley Sanitary District (CVSan) for an online Zero Waste at Home virtual discussion during Zero Waste Week! Take part in an engaging discussion of practical ways to implement a zero waste lifestyle at home with our local panel members.

Visit cvsan.org/ZeroWasteWeek to fill out the registration form and to receive a web link to access the discussion. For questions about how to register, email contact@cvsan.org or call (510) 537-0757.

For more information on CVSan's Zero Waste Week activities for 2021, visit cvsan.org/ZeroWasteWeek.

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SHERIFF'S REPORTS

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Trespasser Arrested Twice

Sunday, January 24: at 9:42 a.m., Sheriff's deputies arrested a 34-year-old man with no permanent residence on suspicion of trespassing at a business at the intersection of Redwood Road and Norbridge Avenue. The store manager noticed the man was camping out in a private area of the property and called deputies. The same man was arrested a day earlier for the same offense. Deputies took the man to Santa Rita Jail.

Stolen Vehicle

Saturday, January 23: at 4:23 p.m., a 54-year-old woman from Castro Valley was arrested on suspicion of possession of a stolen vehicle. Deputies stopped the woman in the Castro Village parking lot on the Boulevard after identifying the vehicle as stolen. The woman was handcuffed and taken into custody.

Family Fight

Saturday, January 23: at 23:28 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to an apartment on Center Street near Grove Way. There, deputies arrested a 51-year-old man and a 48-year-old woman for spousal assault on each other. The wife was additionally charged with assault with a deadly weapon.

Illegal Narcotics

Saturday, January 23: at a 1:40 a.m., deputies arrested a 48-year-old CV man on suspicion of possession of illegal narcotics. The

man was traveling on Gary Drive near Grove Way when deputies stopped him for questioning and discovered his stash. Deputies took the man into custody.

Death Threats

Thursday, January 21: at 11:00 p.m., a 37-year-old man from Castro Valley was arrested on suspicion of making death threats to someone at a home on Stanton Avenue near Fox Ridge Drive. Deputies were called to the scene after the resident called to complain that the suspect had threatened their life. The man was handcuffed and taken into custody.

Spousal Assault

Thursday, January 21: at 6:15 p.m., deputies arrested a 30-year-old man from Castro Valley on suspicion of assault on a family member and spousal assault. An anonymous tip about an argument sent deputies to a home on Park Way near Congress Avenue. The man was handcuffed and taken into custody. The victim was treated at the scene.

Public Intoxication

Thursday, January 21: at 7:22 p.m., a 52-year-old woman with no permanent residence was arrested on suspicion of public intoxication. Deputies spotted the woman hanging outside a church on Grove Way near Redwood Road. The woman failed her field sobriety test and was taken into custody.

Illegal Narcotics

Monday, January 18: at 7:40 a.m., deputies pulled over and arrested a 34-year-old man from Castro Valley on suspicion of driving with an invalid driver's license. The man was traveling on Center Street near Grove Way when deputies stopped him for the moving violation. It was then deputies discovered the man was in possession of illegal narcotics, methamphetamine drugs, and related drug paraphernalia. Deputies took the man into custody.

Blackouts: Reduced by Technology

continued from front page

The stations provide temperature, wind speed and humidity data that is monitored, tracked and evaluated by PG&E's meteorologists and analysts in its Wildfire Safety Operations Center.

These resources are also available to CalFire and other agencies, as needed, and can be viewed publicly by anyone through the Alert Wildfire Network at www.alertwildfire.org.

"We are working every day to improve the safety of our electric system and reduce wildfire risks," said PG&E Electric Operations spokesperson Debbie Powell. "In addition to preventing wildfires, our focus is on improving weather awareness and reducing the impact of public safety power outages on customers and communities."

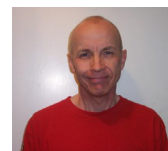
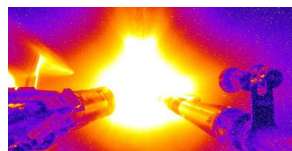
The utility plans to install 1,300 weather stations by the end of 2021, to create a density of roughly one weather station for every 20 miles of electric lines in high fire-threat areas.

By the end of 2022, PG&E plans to have nearly 600 cameras installed. When complete, PG&E expects to have the ability to see in real-time roughly 90% of the high fire-risk areas it serves.

For more information about PG&E's wildfire mitigations and efforts to reduce the impacts of Public Safety Power Shutoff events, please visit: pge.com/wildfiresafety.

Rotary Club of Castro Valley & Castro Valley Educational Foundation

Nuclear Fusion & More John Perkins



Fusion powers the sun and hydrogen bombs. It offers a virtually limitless supply of energy. How can we control such a destructive force?

Scientists at Lawrence Livermore National Lab (LLNL) are trying to do just that and other fascinating projects.

February 16, 2021 at 6:00 p.m.

Register [here](https://bit.ly/35FFfCn) or <https://bit.ly/35FFfCn> for the Zoom link.

John Perkins, PhD, is a physicist and expert on nuclear fusion at the Lawrence Livermore National Lab. His research focuses on the use of lasers to contain the fusion reaction at the National Ignition Facility. He earned his PhD in nuclear physics from the University of Birmingham, England.



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