

FALL BACK: DAYLIGHT
SAVING TIME ENDS AT 2
A.M. THIS SUNDAY, NOV. 1

READY, SET, SNIP: THE
SAVINGS RETURN WITH
SMART SHOPPER COUPONS

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 32

WEDNESDAY, OCTOBER 28, 2020

NO. 44

INSIDE YOUR FORUM

NEWS



Mask Rules

County guidelines call for everyone over two years of age to wear a mask

Page 4

LIVING



Mask Optional

Halloween is on Saturday. Celebrate from the comfort of your home

Page 5

HEALTH



Keys to Health

Treat your body right by making changes in these four key areas

Page 11

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PHONE: (510) 614-1560

New Bay Area Shoreline Park Opens At Bay Bridge Eastern Touchdown

The East Bay has a new destination to enjoy, a shoreline park located at the eastern touchdown of the Bay Bridge that provides spectacular views of San Francisco Bay and the new eastern span of the Bay Bridge.

The new park includes a massive 600-foot long by 40-foot wide public observation pier built atop the six remaining piles from the old Bay Bridge.

In addition, a 24,000-square foot structure that was the maintenance building for the 1930s-era Key System electric trains, has been renovated to host large concerts, community events, and public concessions. It includes bathrooms and walking paths, and connects to the Bay Bridge Bicycle-Pedestrian Trail that crosses to Treasure Island.

The new park is expected to be a popular tourist destination with sweeping views of the Bay and easy access to the Bay Bridge Trail, lending to its prominence as "Gateway to the East Bay" with its

see **PARK** on page 7



EAST BAY REGIONAL PARK DISTRICT PHOTO

Aerial view of the newly-opened park at the Eastern Touchdown of the Bay Bridge, showing the 600-foot long observation pier built atop the piles from the old Bay Bridge.

East Bay Wildfire Risk Remains High

Despite the wintry temperatures settling over Northern California, the risk of wildfires in the East Bay remains high, according to the National Weather Service.

A Red Flag Warning, indicating extreme fire danger, was posted Sunday morning through 11 a.m. yesterday for some of this fire season's strongest wind gusts along East Bay hilltops and ridgelines.

Record-dry vegetation, low moisture and low humidity continue to create tinderbox-like conditions.

Cal Fire said it would relocate equipment and firefighters to high-risk areas, and PG&E remains poised to switch off power to prevent their equipment from igniting a blaze.

This year's fire season has already been one of the most devastating on record with five of the 20 most destructive wildfires in California history. More than 8,600 fires have scorched well over 6,400 square miles, destroyed



ALAMEDA COUNTY FIRE DEPARTMENT PHOTO

More than 8,600 wildfires, some the most destructive in California history, have burned over 6,400 square miles so far this year, taking 31 lives.

some 9,200 buildings, and have caused 31 deaths.

The East Bay Regional Park District had five major fires in its parks touched off by lightning strikes on August 15, part of the

SCU Lighting Complex Fire, which burned for 44 days and blackened 396,624 acres.

The district cautioned park visitors to be vigilant and alert in parks, and to follow common-sense, ev-

eryday fire-safe rules including a ban on smoking and vaping, and being aware of Red Flag Warnings, fire danger levels, and park fire safety rules:

- If you see a fire in a park, call 911 immediately. Report the fire's location, size, and direction of burn, if possible. If in a park, leave immediately for your safety.
- Practice situational awareness. Be alert for any potential fire hazards and report them.
- During a fire emergency, cooperate with all instructions and evacuation orders from firefighters, police, and park staff.

To reduce fire fuels and risks in parks, as well as prepare and stay ready for wildfires, the Park District maintains a professional fire department with 16 full-time firefighters and more than 34 on-call firefighters who have other district jobs but are fully trained and available when needed.

Eight fire stations throughout

see **WILDFIRE** on page 4

Chamber Seeks New Director

By Michael Singer
CASTRO VALLEY FORUM

The Castro Valley/Eden Area Chamber of Commerce is looking for a new Executive Director to help grow its business relationships over the next few years.

In a statement released last Tuesday, the Chamber announced that its current Executive Director, Ashley Strasburg, was leaving the post after four years to pursue other opportunities.

Chamber President David Gehrke praised Ms. Strasburg's efforts to address the needs of businesses during the COVID-19 pandemic and wished her well.

"Ashley was our public face along with the local Rotary Club to deliver meals from our local restaurants to health care professionals at Eden Medical Center. The Fall Festival was also one of her main responsibilities," Gehrke said.

In a separate press release, see **CHAMBER** on back page

COVID-19

Indoor Activities Returning

As of last Friday, Alameda County began permitting new indoor activities as case rates, testing and hospitalizations remain stable.

The County Public Health Department announced that the following activities could start Oct. 23rd:

- Indoor family entertainment centers, such as bowling alleys that are naturally socially distanced, may operate up to 25% capacity;
- Indoor dining up to 25% capacity or less than 100 people, whichever is less;
- Indoor worship services up to 25% capacity or less than 100 people, whichever is less;
- Indoor movie theaters up to 25% capacity or less than 100 people

see **RETURN** on page 11

Castro Valley Weather Oct. 28-Nov. 1, 2020



Wednesday
Sunny
High 77° Low 49°



Thursday
Mostly Sunny
High 76° Low 48°



Friday
Partly Sunny
High 74° Low 47°



Saturday
Mostly Spooky
High 77° Low 51°



Sunday
Partly Sunny
High 81° Low 50°

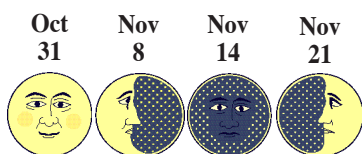
Almanac



Sun sets at 6:15 p.m. today, rises at 7:32 a.m. Thursday.

Past Week's Rain: 00.00
Season To Date: 00.00
Normal To Date: 00.00
Season Average: 21.22

Moon Phases



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A scene depicting the characters of the 1952 Horror film 'The Black Castle.'

What's Up This Week at Smalltown Society

● **Friday, October 30th:** The FINAL Castro Valley Street Eats This Friday night will be our very last (for now) food truck and live music event! Come dressed up in a Halloween costume, there may or may not be a costume competition happening! CV Street Eats is a safe and socially distant event with a portion of the profits supporting The Chabot while their doors are closed. You can also donate directly to The Chabot at these events;

every donation of \$50 will receive a complimentary movie pack filled with concessions to elevate your next movie night!

no! You can watch and comment along at 8PM with your community at thechabot.com or from our Facebook page!

● **Saturday, October 31st:** Live Riff-Along: Celebrate Halloween indoors this year with the 1952 Horror film "The Black Castle," in which a British gentleman investigates the disappearance of his two friends at the Austrian estate of the sinister Count von Bru-

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

State Taking Steps to Ensure Safe Election

With Election Day less than a week away and in the wake of last week's disclosure of foreign interference, California's Emergency Services Director Mark Ghilarducci announced efforts underway in the state to ensure a safe election.

"As California's Homeland Security Agency we will not tolerate foreign interference in our elections or domestic criminal activity including, voter intimidation, that threatens the sanctity of your vote or undermines public confidence in the outcome of the election," Ghilarducci said.

"We are in close contact with the FBI, who is the primary in-



Mark Ghilarducci

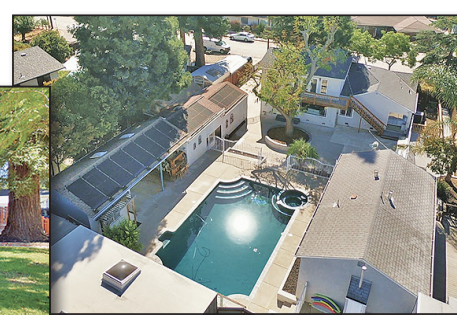
vestigative agency responsible for malicious cyber activity against election infrastructure, malign foreign influence operations, and

election-related crimes, like voter fraud and voter suppression."

Ghilarducci said his office was coordinating closely with the private sector, including social media companies, to make sure that their platforms are not used by foreign actors to spread misinformation, disinformation and propaganda.

"It is important to have a voter plan no matter how you cast your ballot, he said. "If you see something suspicious, please report it to local authorities. Given the COVID environment, if you are voting in person, be patient, wear a mask, practice social distancing and vote early if you can."

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SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Attempted Carjacking, Assault
Monday, October 19: at 6:30 p.m., Sheriff's deputies arrested a 30-year-old CV man on suspicion of attempted carjacking, robbery, felony assault with a deadly weapon, deadly assault on two senior citizens, and resisting arrest. The man attempted to take the keys and purse of a 70-year-old woman at a gas station on the Boulevard near Stanton Avenue. A 63-year-old man stepped in to help the woman. The suspect assaulted both people with a metal pipe and fled on foot. A deputy apprehended the man and had to tase him after he brandished the metal pipe. The 70-year old victim suffered a broken cheekbone, broken jaw, and a cut to the back of her head that required multiple staples. The 63-year old man suffered a broken finger, a broken shoulder, and a cut to his head.

Stolen Property and Credit Cards
Saturday, October 24: at 9:44 a.m., a 31-year-old CV man was arrested on suspicion of possession of stolen property, stolen credit cards, illegal narcotics, and related drug paraphernalia. Deputies stopped the man outside a business on Center Street near Grove Way when they discovered his stash. The man was taken into custody.

Wanted Man with Weapon
Saturday, October 24: at 2:04 p.m., deputies arrested a 30-year-old CV man as part of a warrant for his capture. The man was at a home on Redwood Road near Lessley Avenue when deputies served the warrant. Deputies report the man was previously charged with contempt of court and possession of methamphetamine drugs. The

man was also found to have nunchucks in his possession. Deputies took the man to Santa Rita Jail.

Fighting in the Street
Saturday, October 24: at 10:42 p.m., a 21-year-old man was arrested on suspicion of assault and battery, possession of illegal narcotics, and causing damages in excess of \$400. Deputies responded to a report of an altercation outside an apartment on Center Street near Grove Way. The man was handcuffed and taken into custody. The victim was not identified.

Spousal Assault
Saturday, October 24: at 11:04 p.m., a 911 call about an argument between a man and a woman sent deputies to a business on Wilbeam Avenue and the Boulevard. There, they arrested a 35-year-old man for spousal assault. The man was taken into custody. The woman was treated at the scene.

Warrant Served
Thursday, October 22: at 12:20 a.m., deputies served a warrant on a 38-year-old man from Castro Valley previously charged on suspicion of assault on a family member. The man was walking around the intersection of Lorena

see **REPORTS** on page 7



The Moose Lodge in Castro Valley has been the venue for many local organizations and celebrations since it opened in 1947.

PHOTOS BY LINDA SANDSMARK

Moose Lodge is Reopening

By Linda Sandmark
CASTRO VALLEY FORUM

After being nearly shuttered since the pandemic began, the Castro Valley Moose Lodge is starting to reopen.

Alameda County recently allowed indoor dining at 25 percent capacity, meaning approximately 80 people at a time can dine inside the Lodge.

During normal times, the Moose Lodge hall can hold 225 people, its Social Quarters (bar) holds 75, and a game room for kids can hold 40.

"We're here to support the community and its members. We have everything ready, and it looks like we're slowly getting back to normal, which all businesses have to do," says Lodge Administrator Bob Pirone. "As a precaution,

we're sanitizing regularly and people working here get frequent COVID tests. Right now those kinds of things are important."

The timing couldn't be better as the weather cools down. Though some functions have been held outdoors in the Lodge's large parking lot, moving indoors as the rainy season approaches will make things easier.

see **LODGE** on page 4

Join Advisory Committee

The Hayward Area Recreation and Park District (HARD) is accepting applications from interested residents of Castro Valley, Hayward, San Lorenzo and other unincorporated areas for five two-year terms on its Citizen's Advisory Committee.

The committee makes recommendations to HARD's Board of Directors on programs, operations, park design and other community

projects. The committee meets four times a year beginning in 2021.

To obtain an application, call 510-881-6700 or visit: HaywardRec.org/cac to download an application. Deadline to submit the application is Friday, Dec. 11, 2020.

For more info on the Citizens' Advisory Committee, contact Nicole Roa at RoaN@HaywardRec.org or call 510-881-6723.



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Administrator Bob Pirone in the social quarters at the Moose Lodge.

Lodge: Has Been in Operation Since 1947

continued from page 3

"We have been very fortunate with the weather," says Pirone. "We have canopies in the back parking lot and every Friday we have outdoors dinners there from 5 to 7 p.m."

There are no actual employees at the Lodge. Everyone is a volunteer. It's a member-driven facility, which had been very busy prior to COVID-19. Many gatherings had been scheduled – and rescheduled – there this year.

Recently the U.S. Census Bureau held its training at the Lodge, as did a medical group as it prepared for COVID testing. Some other organizations that have used the Moose Lodge in the (pre-COVID) past include the Veterans of Foreign Wars, American Legion, 4-H, Eden Garden Club and Castro Valley/Eden Chamber of Commerce.

A comedy night, wine tasting and visits with Santa are now in the works. The Lodge hosts free

car shows, which hopefully will start up again in 2021.

"We have a lot of things planned," says Pirone. "Generally speaking it's been a very busy place, we have a fantastic sound system, and we're very flexible."

One new activity at the Moose Lodge is a partnership with a young local chef, Mikey Ochoa, who uses the Lodge's large kitchen for food prep several days a week.

Ochoa's business, "Hermanos Verdes," makes Mexican-inspired cuisine for pickup or delivery. Ochoa started the business in his home kitchen this summer, and already outgrew that space. In October he and his crew started using the spacious Moose Lodge kitchen, adding a pickup table in the Lodge parking lot. Ochoa says his next goal is to have a food truck.

"I like these kids," says Pirone. "We want to help them get into a restaurant if we can. They have the most important thing for a busi-

ness – they really enjoy what they do."

Castro Valley Moose Lodge 1491 has been in operation since 1947. It is a family-oriented organization that welcomes prospective new members. Currently the membership roster stands at about 425 men and 300 women.

The Loyal Order of Moose is an international organization that was founded back east in 1888. The moose mascot was chosen because it is "strong and majestic, guarding within a defending circle the younger members of the herd... he loves freedom."

Officially the "Hayward-Castro Valley Moose Lodge 1491," the lodge is located at 20835 Rutledge Road, behind Burger King in Castro Valley. Call 510-537-0830 for information on the hall, its activities, or to pre-order a Friday evening dinner. More on Hermanos Verdes may be found at linktr.ee/hermanosverdes, or by calling 510-604-0054.

Rules on Wearing A Mask

As Alameda County COVID-19 shelter-in-place restrictions are relaxed to allow more activities, compliance with face-covering and other infection-control measures are as important as ever. In fact, it is the law.

Masks and other cloth face coverings provide a barrier to prevent respiratory droplets from traveling into the air or onto other people when we cough, sneeze, talk or raise our voices.

An Alameda County public health order in place since June 5 requires wearing a mask or other face covering when people are outside of their home. Widespread use of face coverings is a critical part of reducing the spread of COVID-19.

In compliance with California's public health orders, the Alameda County order and guidelines call for everyone over two years of age to wear a face covering when:

- ✓ At an outdoor or indoor dining establishment except when eating or drinking at a dining table;
- ✓ Outside their home and within 30 feet of anyone else other than members of their Social Bubble;
- ✓ In the workplace except when in a private space or area not regularly used by others; and
- ✓ Preparing food or other items for sale or distribution to people outside their household.

Face coverings may be removed when eating alone or with members of one's social bubble or alone or with members of one's household in an outdoor area such as a park or patio, while maintaining six feet of distance from others.

For more info, go online here to the Face Covering page of the Alameda County COVID-19 website.

NEWS BRIEFS

Free Online Class: English as a Second Language

Castro Valley Adult & Career Education offers free English as a Second Language classes to immigrants who want to improve their English to get a job, help their children, or apply for citizenship. Morning and evening classes start Nov. 9, with required attendance and homework. To register, students must make an appointment to take an in-person test the first week of November. Tests will be done in very small groups and with masks. Visit www.cvadult.org and click on "Learn English" to make an appointment.

Local Author Wins State Writers Association Award

Matt Johanson of Castro Valley was recently recognized in the Outdoor Writers Association of California Excellence in Craft Awards for his Calaveras Enterprise newspaper column "Positive Thinking Turns Fools Gold into Golden Experiences" – taking third place in the highly competitive and prestigious Best Outdoor Column category. Johanson is the journalism instructor at CVHS.

School Board Meets Today

The Castro Valley Board of Education will hold a meeting today, Oct. 28, with the open session beginning at 5:30 p.m. Because of the public health emergency, board members will attend virtually. The complete board packet is available at www.cv.k12.ca.us/. To observe the meeting by video conference, click on "Link" on the agenda at the noticed meeting time. To listen to the meeting by phone, call 1-669-900-6833 at the noticed meeting time, then enter the meeting ID on the agenda, then press #.

Rotary to Hear About Career Education

Linda Granger, Superintendent of Eden Area ROP and Trustee of the Chabot-Las Positas Community College District, will describe career education at the next meeting of the Rotary Club of Castro Valley via Zoom from 6 to 7:30 p.m. on Tuesday, Nov. 3. More information is available at castrovalleyrotary.org.

Wildfire: Cattle, Goats, and Sheep Help to Reduce Risk

continued from front page

the park district are staffed as circumstances demand, and an eight-member fuel reduction crew works year-round to enhance fire safety by clearing brush, trimming trees, and carrying out controlled burning.

Cattle, goats, and sheep help to reduce fire fuels by grazing over approximately 65 percent of the parkland throughout the year.

Two helicopters serve as ob-

servation platforms to determine fire location, spread direction, and best access for ground crews. The helicopters are also equipped with Bambi buckets to drop water on fires when needed.

As part of a larger network, the District maintains Remote Automated Weather Stations in four parks that provide data on temperature, wind speed and direction, and moisture to help determine the fire danger level.

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HALLOWEEN: SOME LIKE IT HAUNT

The CDC has announced safety guidelines for Halloween this year, which include avoiding trick-or-treating and large gatherings. But that doesn't mean Halloween won't be fun...or scary.

TV stations and cable networks are rolling out the worst of the best horror films for families to enjoy at home this year. Here are some frighteningly easy-to-make treats to go along with the scary movie marathon.

WITCH'S CAKE

- 1 (1-pound) can solid-pack pumpkin
 - 1 (1/2-pound) jar applesauce
 - 1 cup nonfat egg substitute (or 4 eggs)
 - 1 cup nonfat milk
 - 2 teaspoons vanilla extract
 - 2-1/2 cups dark brown sugar, packed
 - 4 cups cake flour
 - 4 teaspoons baking powder
 - 1 teaspoon baking soda
 - 1 tablespoon cinnamon
 - 2 teaspoons ginger
 - 1 teaspoon cloves
- Frosting and Topping (recipe follows)

Mix pumpkin, applesauce, egg substitute, milk, vanilla and brown sugar in bowl until blended. Set aside.

Stir together flour, baking powder, baking soda, cinnamon, ginger and cloves until mixed. Form well in center of dry ingredients and pour in pumpkin mixture. Stir just until ingredients are blended. Divide between 2 buttered 9-inch square pans lined with parchment paper, spreading evenly in pans.

Bake at 375°F until center tests done with toothpick, about 30 to 40 minutes. Cool slightly in pan on wire rack.

Frosting & Topping

- 2 (14-ounce) cans nonfat sweetened condensed milk
- 2/3 cup cocoa
- 1 tablespoon vanilla extract
- 1/2 teaspoon orange extract
- 1 teaspoon butter
- 4 (1-ounce) bars bittersweet chocolate
- 6 chocolate kisses
- 1 large tube orange decorating icing
- 1 large tube white decorating icing

Simmer condensed milk and cocoa in saucepan, stirring constantly over low heat until mixture thickens. Stir in vanilla and orange extracts and butter.

Spoon small amount of frosting on top of 1 cake square. Place second square on top. Frost top and sides of cake.

Melt bittersweet chocolate in top of double-boiler. Spread in 8-inch square on wax paper or parchment paper. Cool until almost set. Cut out rounds with 4-inch biscuit cutter for base of witch hats. Melt some of remaining chocolate scraps and spread over bottom of kiss to attach center of chocolate round for witch hat. Finish hats by making ribbon around hat with orange decorating icing.

For spider web, make 4 or 5 concentric circles with white decorating icing atop frosting on cake. Pull tip of toothpick through circles to make web. Pipe orange frosting around edge of cake.



PUMPKIN CORN

- 8 cups popcorn
- 2 tablespoons butter
- 1/4 teaspoon ground cloves
- 1 teaspoon cinnamon
- 1 tablespoon cooked pumpkin
- 1 teaspoon brown sugar
- 1 tablespoon powdered sugar

Place popcorn in large bowl. Melt butter in small pan over low heat. Remove from heat. Stir in ground cloves, cinnamon, pumpkin and brown sugar. Spoon onto popcorn and toss with hands to coat thoroughly. Sprinkle with 1 tablespoon of powdered sugar.

CARAMEL APPLES

- 1 (14-ounce) package caramel candies
- 4 teaspoons hot water
- 5 or 6 medium apples

Remove wrappers, place caramels and hot water in top of double

boiler. Heat over boiling water, stirring often, until caramels are melted and sauce is smooth.

Insert popsicle stick into stem end of each apple. Dip into hot caramel sauce, turning to coat surface. Place on wax paper and chill until caramel is firm.

Variation: While dipped apples are still warm, roll in flaked coconut, ground nuts or crushed cereal.

BUTTERSCOTCH BALLS

- 3/4 cup softened butter
- 2 cups dark brown sugar
- 3 eggs, well beaten
- 1 teaspoon vanilla
- 4 cups all-purpose flour
- 1 cup finely chopped pecans
- 1 teaspoon baking soda
- 1/2 teaspoon salt

Preheat oven to 350°F. Grease a cookie sheet. Set aside.

Cream butter and sugar together until smooth. Beat in the eggs,

vanilla and 1/2 cup of the flour until smooth. Mix together the remaining flour, nuts, soda and salt, and stir into the dough. Roll the dough into balls the size of a marble and place on prepared cookie sheet. Bake for about 8 minutes. Makes about 120.

HOBGOBLINS' BREW

- 4 cups boiling water
- 8 tea bags
- 6 orange slices
- 12 whole cloves
- 3 cups apple juice
- 1/2 cup brown sugar, packed
- 1/2 teaspoon nutmeg
- 1/4 teaspoon ground ginger
- 4 (3-inch) cinnamon sticks

Pour boiling water over tea bags. Cover and let stand 5 minutes. Remove tea bags. Cut each orange slice in half and insert clove into each half-slice.

Heat apple juice, brown sugar, nutmeg, ginger and cinnamon sticks in large saucepan. Boil 1 minute. Combine with hot tea. Serve garnished with clove studded orange slices.

SPICY HALLOWEEN COOKIES

- 3 cups flour
 - 1 teaspoon baking soda
 - 1 teaspoon cinnamon
 - 1/4 teaspoon ground cloves
 - 1/2 teaspoon ground allspice
 - 3/4 cup vegetable shortening
 - 1-1/4 cups sugar
 - 1 egg
 - 1 cup canned pumpkin
 - 1/4 cup milk
 - 1 cup chopped nuts
- Cinnamon Frosting

Sift together flour, soda and spices. Cream together shortening and sugar until fluffy. Beat in egg and pumpkin. Mix in flour

mixture alternately with milk. Add nuts.

Place rounded teaspoons of dough on lightly greased baking sheet. Bake at 375°F for 12 to 15 minutes. Cool, then ice with Cinnamon Frosting. Makes about 6-1/2 dozen.

Cinnamon Frosting

- 1/4 cup butter
- 1-3/4 cups powdered sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 2 to 3 tablespoons milk

Cream butter until light, then beat in other ingredients.

GRANOLA BARS

- 2 cups rolled oats
- 3/4 cup packed brown sugar
- 1/2 cup wheat germ
- 3/4 teaspoon cinnamon
- 1 cup all-purpose flour
- 3/4 cup raisins (optional)
- 3/4 teaspoon salt
- 1/2 cup honey
- 1 egg, beaten
- 1/2 cup vegetable oil
- 2 teaspoons vanilla extract

Preheat the oven to 350°F. Generously grease a 9x13-inch baking pan.

In a large bowl, mix together the oats, brown sugar, wheat germ, cinnamon, flour, raisins and salt. Make a well in the center, and pour in the honey, egg, oil and vanilla. Mix well using your hands. Pat the mixture evenly into the prepared pan.

Bake for 30 to 35 minutes in the preheated oven, until the bars begin to turn golden at the edges. Cool for 5 minutes, then cut into bars while still warm.

Do not allow the bars to cool completely before cutting, or they will be too hard to cut. Makes 24 bars.

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REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



COVID-19 Is Reshaping the Way We Will Live Going Forward

As the pandemic deepens and indicators suggest it may be at least a year before things return to normal, we are beginning to hear the same theme repeated over and over by both current homeowners and those looking to purchase a home of their own:

"This house is too small!"

With most of life being confined to the home front, it is becoming obvious to many that having ample space has become the most important priority.

When you think that a family of four, in addition to normal space requirements, also needs working space for both adults and school space for the kids, things are getting very cramped. With many gyms still closed, having a space in the home to exercise has become critical for many.

Additionally, now that the colder weather is just around the corner, activities that were held outside will now be moving inside for the winter. What may have seemed like an adequately sized house prior to COVID-19 is now feeling tight and congested for many families.

All this extra time spent at

home is also helping homeowners focus their thoughts on how to improve their digs. Contractors are being run off their feet to keep up with the onslaught of homeowners looking to upgrade their homes and improve the quality of their lives.

Popular projects include improving the quality and speed of Internet connections, removing walls to open up spaces, adding home office space, renovating kitchens and bathrooms, increasing the size of the master bedroom, building a home gym, adding features such as The Mirror (a smart mirror that can stream workout classes) and more.

Multi-unit developments such as apartments, condos and townhouses are also being impacted as Home Owner Associations are looking to provide covid-friendly features to commonly shared spaces. These include touchless entry systems, high quality air filters and common areas where social distancing is more practical.

Exterior spaces are also undergoing reconfigurations as it is becoming increasingly necessary for those being cooped up inside for long periods of time

to have a quality outside space to go to where they can also adequately distance themselves from others who may be out at the same time.

It is a brave new world and, even when COVID-19 is a speed bump in the rear-view mirror of life, the lessons learned during this time will effectively reshape the homes we live in going forward.

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.

HOME of the WEEK

Affordable opportunity in the Hayward Hills! This 4-bedroom, 2 bath single level home in the desirable Fairview neighborhood is brimming with appeal and warm livability. Upgrades include remodeled bathrooms with heated floors for those chilly winter days, sky tubes to bring in plenty of natural light, newer garage door, tankless water heater, newer laminate flooring, mirrored closet doors, dual pane windows, and composite shingle roof. Spacious, open kitchen with gas stove, granite counters and laminate floors. Attached, two car garage has plenty of storage. Relax in the private backyard with newer retaining wall, drainage, French drain and panel and electricity for hot tub. Easy access to parks, walking trails, shopping, BART and freeways.



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Don't Bury Bearded Iris Tubers

By Buzz Bertolero
Special to the Forum

I'm going to divide several old clumps of bearded iris. I've been told this will increase the blooms as the flowers have declined over the years. Is there anything special I need to do?

After dividing your bearded iris, there isn't anything special one needs to do to the tubers before planting. You would prepare the soil by adding organic matter like soil conditioner or homemade compost and a starter fertilizer.

Since you are planting multiple plants I'd amend the entire planting area instead of individual holes.

Bearded iris are very shallow-rooted perennials. The key to planting them is not to bury the tubers.

The proper planting technique has the tubers visible, with half or more of them exposed above the soil line. It is beneficial to divide the clumps periodically, but the clump's age or density doesn't affect blooming.

You'll find a reduction in flowers in those areas that become shadier over time with a maturing landscape. But, the primary reason mature clumps stop blooming is from a nutrient deficiency.

The primary elements necessary for plant growth are nitrogen, phosphorus, and potassium (N-P-K). Nitrogen (N) keeps plants green while phosphorus (P) and potassium (K) are for flowers, fruit production, and

plant hardiness.

Bearded iris stop flowering when phosphorus and potassium are exhausted. The clumps' fringes continue to bloom because the new roots are expanding into areas where the nutrients haven't been depleted. During the winter months, the flower buds form, so fertilizing in the fall and winter is critical for the spring blooms.

Monthly applications of 0-10-10 (N-P-K) through March is suggested to remedy this issue. 0-10-10 is available in both liquid and granular form.

There is no need to be concerned about the winter rains leaching the nutrients out of the root zone unless soil erosion is an issue. Phosphorus and potassium remain fixed in place and have little movement through the soil, unlike nitrogen, which is very mobile. Right now, I'd not be inclined to divide the clumps. Instead, I'd wait to see how they bloom next spring after the winter feeding program. If the problem continues, then I'd move them next year.

I'm revamping my rose garden and need to know when is the earliest time I can do so? Can I successfully move established roses to another location?

You can start transplanting roses around the middle of November or when the daytime temperatures are below 70°F. I'd suggest first reducing the height and sides to make

the size of the bushes more manageable. It's a judgment call on your part whether to continue the winter pruning or wait.

If the new site isn't ready because Mother Nature interrupted your plans, you can temporarily transplant them into large paper or plastic pots. Your favorite garden center is a good resource for temporary pots. You can place multiple plants in the same pot until February. Water them periodically and store the plants out of

the elements until you are ready to plant.

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

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Mortgage Rates Continue to Trend Down

Long-term mortgage rates continued to shatter records last week, according to Freddie Mac's weekly nationwide survey.

The 30-year fixed-rate mortgage averaged 2.80 percent for the week ending Oct. 22, down from the previous week when it averaged 2.81 percent, and the lowest rate in the survey's history, which dates back to 1971. A year ago at this time, the 30-year rate averaged 3.75 percent.

Fifteen-year fixed-rate mortgage averaged 2.33 percent, down from 2.35 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 2.87 percent, down from 2.90 percent.

"Mortgage rates today are on average more than a full percentage point lower than rates over the last five years," said

Sam Khater, Freddie Mac's Chief Economist. "This means that most low- and moderate-income borrowers who purchased during the last few years stand to benefit by exploring refinancing to lower their monthly payment."

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WEEKEND GARDENER

Lawns

Now that the weather is changing, start new lawns with sod or seed, or reseed thin spots in established ones. The cooler, showery conditions mean less watering during the first two weeks it takes for the seeds to germinate.

Winter Color

For winter color, nothings beats pansies and violas. This pair makes a great showing massed together in flower beds or planted as accents in containers of all sizes. Choose from many different varieties, some with clear faces, others with butterfly designs.

Reports: CV

continued from page 3

Avenue and Santa Maria Avenue when deputies stopped him for questioning and made a positive identification on his warrant. The man was taken to Santa Rita Jail.

Elder Assaulted

Wednesday, October 21: at 12:34 p.m., a 60-year-old woman from Castro Valley was arrested on suspicion of assaulting a family member. Deputies responded to a call about a loud and aggressive-sounding argument at a home on Yeandle Avenue near Meadowlark Drive. There they handcuffed the woman and took her into custody. The elder victim was treated at the scene.

Driving Under the Influence

Wednesday, October 21: at 12:55 a.m., deputies pulled over and arrested a 33-year-old man from Castro Valley on suspicion of driving under the influence of alcohol. The man was traveling on Redwood Road near James Avenue when deputies pulled him over. The man failed his field sobriety test and was taken into custody.



PHOTO BY LINDA SANDSMARK

New Ballot Boxes

Two new official ballot boxes have been installed in Castro Valley to make voting more convenient; this one at 19855 Cull Canyon Road and the other at 18988 Lake Chabot Road at the Community Center.

Park: Site Has a Long History in East Bay

continued from front page

visibility to eastbound Bay Bridge motorists.

"Opening this park has been a landmark partnership between Caltrans who has provided much of the land, the Bay Area Toll Authority who is provided much of the funding, and the Park District who manages and operates world-class regional parks," said East Bay Regional Park District General Manager Robert Doyle.

The Park District celebrated the new park's opening with a virtual dedication last Wednesday, opening the observation pier to the public immediately after. The pier will be open from 5 a.m. to 10 p.m. daily. Bike parking is available adjacent to the pier.

The new shoreline park site has a long history in the East Bay. From 1903 to 1960, it served as the base of operations for the electric railway that transported passengers around the East Bay and across to San Francisco via the Bay Bridge's lower deck. A substation located at the site provided electrical power to all of the Key System trains.



CALIFORNIA TOLL BRIDGE AUTHORITY

A Key System electric train that once took thousands of commuters across the Bay Bridge daily.

The site was also part of the Oakland Army Base, which served as a transportation port and distribution terminal for the Pacific from 1941 until it closed in 1999.

The new park was the long-term vision of former Park District Board Member John Sutter, who

saw the potential for a future waterfront park in the 1960s.

With the park now open, the Park District is working with the National Park Service to acquire the last remaining 20-acre Oakland Army Depot parcel through a public benefit conveyance.

CVSan FILTER EXCHANGE PROGRAM



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Program Dates:

- October 12, 2020 - November 20, 2020

How It Works:

During the program dates, contact Alameda County Industries (ACI) at least 24 hours before setting out used filter(s) curbside. A coupon* will be mailed to you from ACI for a new filter.

- Contact ACI's Customer Service Department:

By phone: Monday - Friday, 7:00 a.m. - 6:00 p.m. at (510) 483-1400.

By email: info@alamedacountyindustries.com.

Filters must be set out by 6:00 a.m. on your collection day. Visit cvsan.org/UsedOil for more information.

*Coupon is for a limited time only and expires on November 28, 2020. 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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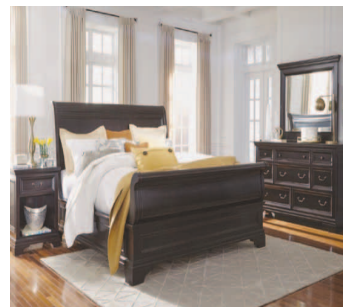
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LETTERS
TO THE EDITOR

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**Disappointed by Plan
On Distance Learning**

Editor:

Another disappointed email coming from the Superintendent informing us that the Castro Valley School District will continue the Distance Learning and will meet on Jan. 13 to discuss and decide the re-opening of school.

First, the Board Members are incompetent because they failed to vote off Elementary students to the AM/PM models for Elementa-

ry kids. *Nobody* wants AM/PM model except the incompetent Staff that makes this decision. *Nobody* will want their kids in PM session because of the germs from the morning session, tired teachers, and the bad PM timing. Who makes this decision? Just staff that are incompetent.

Second, why do they have to wait until Jan. 13 to start discussing this issue? They should be grilling the Superintendent. Why is the school so behind in getting ready for re-opening?

First, the Superintendent makes her own decision and announces School re-opening on Sept. 14 and angers the whole school teachers' unions. We are already in mid-October and the schools are barely ready.

Only the district office is full of sanitizer and plexiglass to protect themselves except the higher managements have their own office.

The current Virtual Learnings are no match to in-school learning. Many of the teachers are still technology impaired. I can't blame them 100 percent because it's also the lame platform they were provided.

—Paul Simmon, Castro Valley

The Libertarian Candidate

Editor:

Given how all the major networks have engaged in a total media blackout of Jo Jorgensen, the female Libertarian presidential candidate, and the Commission on Presidential Debates rigged the debate qualifications by picking polls in which Jorgensen was excluded entirely, I want to inform the public there is a third option, who isn't plagued by sex scandals, or questions of mental stability, who is the only candidate who wants to bring the troops home, end the drug war, end police qualified immunity, have real criminal justice reform, get rid of ICE and close down the cages at the border, and streamline immigration to an Ellis Island model of including background checks, but removing the quota system—hence removing backlog which leads to human trafficking problems.

If you haven't voted yet, and you can't stand the idea of voting for Biden, who created the police state with his '94 three-strikes crime bill that wound up jailing a generation of minorities for minor drug offenses, who created civil asset forfeiture laws where police can steal from you without conviction, who supports qualified immunity, and was VP while Obama built those ICE cages for immigrants, or Trump, who has enforced and expanded the police state and kept those ICE cages filled, then check out Jo Jorgensen and her platform at jo20.com.

—Elizabeth Stump
Castro Valley

Packing the Courts

Editor:

During the Vice-Presidential Debate, the issue of the packing of the Supreme Court came up. In fact, the Republicans under Senate leader Mitch McConnell have appointed almost 25% of current federal judges.

Rather than help the people by passing Covid-19 legislation or legislation to improve health care and protect the environment, the Republicans in Congress are significantly packing the courts with conservative activist judges.

Of course the reason the Administration wants to pack these courts is after trying to turn our election process into a joke, they believe they can cause such chaos and spread such disinformation that the courts will have to decide



PHOTO BY JIM KNOWLES

Windstorm Rips Trees

Downed tree limbs block northbound East 14th Street just before the Oakland city line after Monday's early-hour windstorm. Gusts exceeding 60 mph were recorded in the East Bay Hills. Cautionary power shut-offs by PG&E affected several thousand Alameda County homes and business. As of noon on Tuesday, 42 new wildfires had broken out in California, most of them quickly contained by Cal Fire.

the election to help them.

How else can they win since they have no good policy ideas? The Trump Administration has been attempting to cast doubt on mail-in balloting even though states use this process and notably they have offered absolutely no proof of widespread fraud using this voting method. And when did we start believing anything this administration says anyway?

We need to make sure we stop this court packing scheme in the future by making sure we all vote, vote, vote on or before November 3.

—David Siegel, Castro Valley

Endorses Kusiak

Editor:

I am delighted to endorse Michael Kusiak for CVUSD School Board. He worked tirelessly on the campaign for the Measure G bond for CVUSD, and in canvassing with him I saw his passion for our schools and his ability to engage with everyone we met, (regardless of their opinion of the bond measure).

When he connected with the Bay Area-wide United Against Hate campaign to bring "Castro Valley Stands United Against Hate" here, he ensured that Castro Valley was part of the broader Bay Area movements, and not left out as the unincorporated

communities often are.

I have no doubt that as a member of the school board, Mike will consider the needs of the full CVUSD community -- students, parents, teachers, and staff.

These are challenging times for CVUSD and the whole Castro Valley community, and we will only get through it by working together to take care of all of us. I don't know anyone who personifies that attitude more than Mike. I am glad that he convinced my family to move to Castro Valley nearly a decade ago, and I look forward to him serving the community as a member of our school board.

—Rebecca Stanek-Rykoff,
Castro Valley

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A BALLOT BOX!**

Some people have mistakenly deposited their ballots into these flag drop boxes in Castro Valley.

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Donna Mae McCarty

Donna Mae McCarty, a native Californian and a longtime Castro Valley resident, died October 14, 2020. She was 93 years old and the only child of Bessie Reimers McCarty and Edward McCarty. A graduate of the Hayward High School Class of 1944 and one of the school's first drum majorettes, she completed her education at San Jose State. Donna taught physical education for over 30 years in Hayward and East Bay schools. She was an active member of the Hill & Valley Club as well as the Hayward Historical Society. She loved to travel. Upon retirement she managed the Hayward Travel Club, conducting tours all over the world. She was delighted to meet her personal goal of visiting all 7 continents. Memorial services will be Thursday, October 29th, at 2 p.m. at Sorensen's Chapel in Hayward. Due to Covid restrictions, limited attendance will be in effect. Inurnment will be with her parents at Chapel of the Chimes in Oakland. The family requests donations to the Hayward Historical Society or your local Hospice.

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. We do not withhold names. 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): Deciding to work out that pesky problem (even though you might have been bored, bored with it) should be paying off right about now. Expect to hear some very welcome news very soon.



TAURUS (April 20 - May 20): Unexpected news might cause you to rethink a previous conclusion. Don't be bullheaded and try to bluff it out. Make the needed change, and then take a bow for your objectivity.



GEMINI (May 21 - June 20): Money matters should be considered as you continue to work out your holiday plans. This is a good time to scout out discounts before demand for them outstrips their availability.



CANCER (June 21 - July 22): A calm period early in the week helps you complete most, if not all, of your unfinished tasks. A new project appears by midweek, and this one could carry some big career potential.



LEO (July 23 - August 22): Positive results from recent ventures continue to pump up those self-esteem levels, making you Fabulous Felines feel you can tackle any challenge anyone wants to throw at you.



VIRGO (August 23 - Sept. 22): Family and friends might feel neglected because of your almost total focus on a project. Try to rework your schedule so you can have time for both your loved ones and your work.



LIBRA (Sept. 23 - October 22): Don't be surprised if you suddenly hear from someone from your past who wants to contact you about the possibility of renewing a long-dormant (if not dead) relationship.



SCORPIO (October 23 - November 21): This is a good time to check over what went right and what went wrong with recent efforts. This can provide valuable lessons for projects that will be coming up soon.



SAGITTARIUS (Nov. 22 - Dec. 21): Dealing with people who feel they're always right about everything might be a problem for some. But the savvy Archer should be able to deflate their oversized egos.



CAPRICORN (Dec. 22 - Jan. 19): This week favors a balance between the demands of your work and your need for fun timeouts. Taking breaks helps restore and keep your energy levels high.



AQUARIUS (Jan. 20 - Feb. 18): There could be an occasional setback in what you're working on. But look at them as lessons on how to do better as you move along. More supporters turn up to cheer you on.



PISCES (Feb. 19 - March 20): Although a more positive aspect influences this week's course, you still need to be sure that those who will work with you have no reason to work against you. Good luck.

Is Your Body Sending Distress Signals?

By Nicky Snazell
SPECIAL TO THE FORUM

If we neglect our bodies, misuse them, or otherwise fail to treat them with proper respect, they have an effective means of expressing their dissatisfaction.

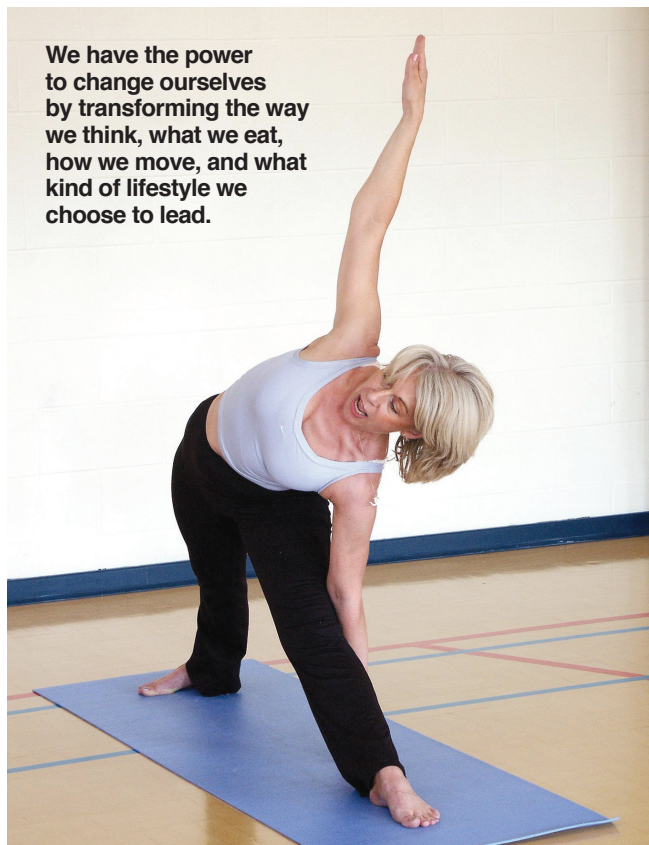
We feel pain – in our joints, in our muscles, in our backs; pretty much any place where there exists a nerve that can fire off an urgent distress signal to the brain.

And as we age, those distress signals seem to become more frequent, with the simplest of movements, such as bending over to pick up a fallen object, creating anguish and instant regret.

Unfortunately, pain and aging are facts of life. The good news is that, ultimately, our quality of life doesn't have to be ruled by age and pain themselves, no matter what we might think. Instead, our quality of life is determined by how we handle age and pain.

In many ways, we're our bodies' own worst enemies. Those who want to treat their bodies the right way can accomplish that by making changes in four key areas:

- **Mindset:** Your mindset affects all aspects of your health. Without a positive, long-term commitment to health, you will not eat and drink well, you will not get regular and adequate exercise, and you will not be able to control your stress.
- **Nutrition and hydration:** It's no secret that most of us don't have the best diets. We eat too much of the food that enhances



We have the power to change ourselves by transforming the way we think, what we eat, how we move, and what kind of lifestyle we choose to lead.

pain and too little that reduces pain. Our ancient ancestors had the right idea. They ate fresh meat, berries, roots, and fruit and vegetables high in antioxidants, and they had no processed foods.

Perhaps more surprising is that many people also aren't properly hydrated. Water is necessary for mental agility, the immune system, healing, cleansing, and detoxing, so it isn't something to ignore."

• **Fitness:** Televisions: computers and smartphones helped turn us into a sedentary society self-imprisoned on our sofas. The lack of physical activity causes emotional and physiological imbalances.

Improving your fitness changes your chemistry, acts as a powerful antidepressant, promotes mental clarity, and reduces the likelihood of cancer. Being disciplined about getting exercise is your key to lon-

gevity, so exercise regularly and effectively.

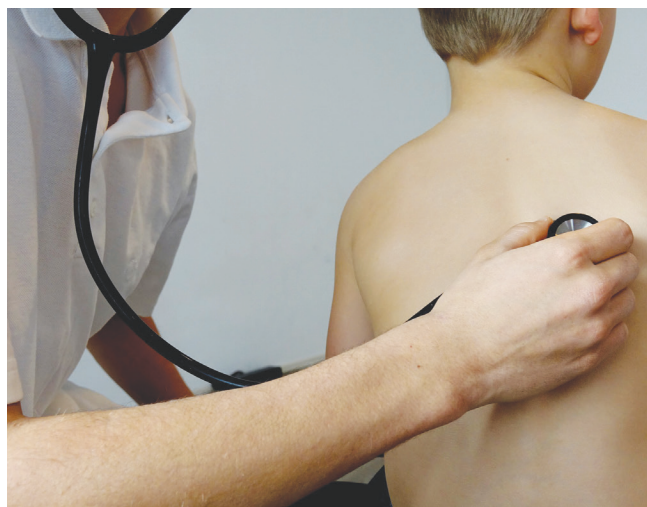
Running, for example, helps you lose dangerous belly fat that causes inflammation and aids stress. If running proves too difficult, there are plenty of other aerobic exercises, such as walking, swimming, rowing and cross country skiing, among others.

• **Lifestyle:** If you want to start changing your lifestyle right now to improve your mental and physical health, there are several small, simple things you can do to get headed in the right direction. They include meditating daily; setting purposeful goals; doing something nice for a stranger; watching less TV; studying something every day; spending time with inspiring and funny people and singing in the shower.

As we age, we need to put even more care into our diet, our exercise, and our workload. It sounds simple, but many of us fail to even acknowledge that we have to change the way we use our bodies as we get older.

We need to remember that so much of this is a choice. We have the power to change ourselves by transforming the way we think, what we eat, how we move, and what kind of lifestyle we choose to lead.

Nicky Snazell (www.painrelief-clinic.co.uk), is a physiotherapist, expert in pain management, and author of "The 4 Keys to Health" and other books.



There's no better time than now to schedule a well-child visit and make sure your child's immunizations are up to date.

Don't Let COVID Prevent Child's Annual Doctor Visit

By Dr. Donna O'Shea
SPECIAL TO THE FORUM

The COVID-19 pandemic has disrupted the way of life in California, our country and across the world. In recent months, stay-at-home orders, mask wearing and social distancing measures have created a "new normal," and all of us have put activities on hold to reduce the spread of the virus.

But one activity that you should not put on hold is a child's annual doctor visit.

As we start preparing for winter, there is no better time than now to schedule a well-child visit and make sure your child's immunization records are up to date.

According to the Centers for Disease Control and Prevention (CDC), "stay-at-home and shelter-in-place orders have resulted in declines in outpatient pediatric visits and fewer vaccine doses being administered, leaving children at risk for vaccine-preventable diseases."

see COVID on back page

Return: Indoor Activities

continued from front page

ple per screen, whichever is less;

• Expansion of indoor retail and malls up to 50% of capacity and permitting limited food courts;

• Expansion of indoor gyms and fitness centers up to 25% of capacity, but indoor pools are not permitted to open;

• Expansion of outdoor non-contact fitness classes up to 20 people including the instructor;

• Expansion of wedding and funeral services up to 25% of venue capacity or 100 people, whichever is less

Businesses must implement — and residents must comply with — the County's Covid-19 safety measures.

Castro Valley
Confirmed Cases = 611

Alameda County
Confirmed Cases = 23,391
Deaths = 461

California
Confirmed Cases = 901,010
Deaths = 17,357
as of October 26, 2020

Does a Vasectomy Increase Risk of Prostate Cancer?

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

Several studies have looked at this possibility, and the results are conflicting. A 2014 study of about 50,000 U.S. men showed an increase of about 15% in the risk of fatal prostate cancer, but a 2016 study of 360,000 U.S. men

showed no increase in risk.

In June 2019, a study of over 2 million Danish men showed a 15% increase in overall prostate cancer risk. To put the risk in perspective, about 500 men would need to have a vasectomy for one additional man to get prostate cancer, in the Danish study. And, it is not clear that the vasectomy

caused the prostate cancer.

It is possible that there is something about men who choose vasectomy that puts them at higher risk to begin with; however, the authors were unable to find a known risk factor to support that possibility.

Even if vasectomy does lead to an increased risk of prostate

cancer, it still has similar or lower overall risk than other forms of birth control, and is a good choice for a man who is absolutely sure he does not want to father any more children, as a vasectomy should be considered permanent. Attempting reversal is possible, but there is no guarantee of success.

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FILED
SEPTEMBER 30, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 573334

**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
The Fringes located at 2935 Massachusetts
Streets, Castro Valley, CA 94546, in Alameda
County, is hereby registered by the following
owner(s): Gretta Noe, 2935 Massachusetts
Street, Castro Valley, CA 94546. This business
is conducted by an individual. This business
commenced N/A.

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

Expires SEPTEMBER 30, 2025
OCT 21, 28, NOV 4, 11, 2020
291-CVF

FILED
SEPTEMBER 25, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 573268

**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Riff Rafts located at 17539 Via Rincon, San
Lorenzo, CA 94580, in Alameda County, is
hereby registered by the following owner(s):
(1) Jesse Cervantes and (2) Lisa Cervantes,
17539 Via Rincon, San Lorenzo, CA 94580.
This business is conducted by a married couple.
This business commenced N/A.

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

Expires SEPTEMBER 25, 2025
OCT 14, 21, 28, NOV 4, 2020
292-CVF

FILED
OCTOBER 05, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 573489

**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Evolve Real Estate located at 19633 Center
Street, Castro Valley, CA 94546, in Alameda
County, is hereby registered by the following
owner(s): Leslie Peterson Team Inc, 20824
Glenwood Drive, Castro Valley, CA 94552.
This business is conducted by an corporation.
This business commenced 8/15/2020.

/s/ Leslie Peterson Team Inc
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.

Expires OCTOBER 5, 2025
OCT 21, 28, NOV 4, 11, 2020
293-CVF

FILED
SEPTEMBER 22, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 573178

**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Sanaa's Steam Cleaning Services located at
4297 Polaris Ave., Union City, CA 94587, in
Alameda County, is hereby registered by the
following owner(s): Abdul Alim Joyaa, 4297
Polaris Ave., Union City, CA 94587. This
business is conducted by an individual. This
business commenced N/A.

/s/ Abdul Alim Joyaa
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.

Expires SEPTEMBER 22, 2025
OCT 21, 28, NOV 4, 11, 2020
296-CVF

FILED
OCTOBER 15, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 573795

**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Davis & Lohse Fine Cabinetry located at
35263 Fircrest St. Suite G, Newark, CA
94560, in Alameda County, is hereby registered
by the following owner(s): Plastics
Unlimited, Inc., 35263 Fircrest St. Suite G,
Newark, CA 94560. This business is conducted
by a corporation. This business commenced N/A.

/s/ Plastics Unlimited, Inc.
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.

Expires OCTOBER 15, 2025
OCT 28, NOV 4, 11, 18, 2020
297-CVF

Starting a New Business?

The SL Times reaches
99% of homes in
San Leandro

File your Fictitious
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Statement with us
Today

Stop by or call Patrick V.
at (510) 614-1558

2060 Washington Ave, San
Leandro, CA 94577



Postal Peril

Last year, an average of 48 postal workers were injured each day due to a slip, trip or fall, mostly because of a hazard condition along a letter carrier's route to a mailbox. The USPS asks you to walk the path your carrier takes along your property to identify hazards. Replace doormats that roll up on the edges. Repair cracks in steps and porches, loose bricks in walkways and damaged sidewalks. Leaves, rain and ice can all pose serious fall hazards. A property owner could be liable if a mail carrier is injured because of a hazard on the property.

COVID: Questions to Ask

continued from page 11

Well-child visits are essential for tracking growth and developmental milestones, examining social behaviors, and getting scheduled immunizations to prevent illnesses like measles, polio and whooping cough.

Just last year, the U.S. had more than 1,250 cases of measles – the greatest number of cases reported in the U.S. since 1992, which is all the more striking when we consider that 20 years ago, measles was declared eliminated from the U.S. because of our success in immunity through vaccination.

And don't forget about getting a flu shot, recommended annually by the CDC for all children 6 months of age and older. This is especially important this year since it's still unknown if being sick with COVID-19 and the flu at the same time will result in a more severe illness.

Here are some important questions and topics families can discuss with their child's doctor:

- Ask what vaccines are appropriate for your child's age and how to make up any that have been missed.

- Learn more about vaccines, including what infectious diseases they prevent, the effectiveness of vaccines, and how they are developed and tested.

- Discuss the common side effects of childhood vaccines, which are typically very mild, such as pain or swelling at the injection site, and can include low-grade fever or rash.

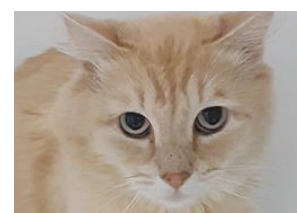
- Find out what extra steps your clinic is taking to see children safely during COVID-19, such as dedicated or specific hours just for children, the use of masks, and maintaining secure and properly cleaned waiting areas.

- Be sure to bring home a copy of the immunization record so you can keep track of your child's tests and shots, and also request a copy for school.

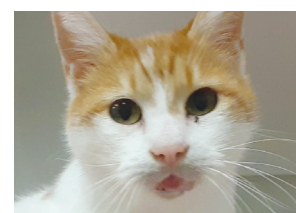
Remember, regular appointments with your pediatrician or family physician can be essential to help maintain your child's health. To learn more about recommended preventive care, visit CDC and UHC.com.

Dr. Donna O'Shea is chief medical officer of population health management, UnitedHealthcare.

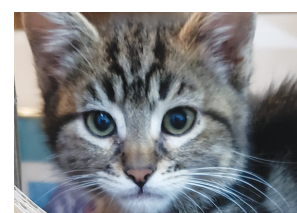
ADOPT-A-PET



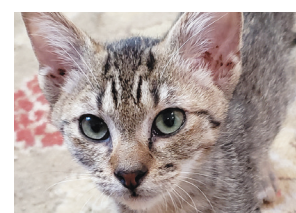
DEXTER is an 8-year-old who shows affection by rubbing against your leg, but he doesn't like pets. To show you love him, just toss him a few treats! Call Hayward Animal Shelter (510) 293-7200.



CLEOPATRA is a 10-year-old female who needs a little love and patience to shine. With the right family she would blossom! To adopt Cleo, please call Hayward Animal Shelter (510) 293-7200.



BAKER, a 4-month-old dark tabby male, is sweet and playful. He'd love a home with another cat. Baker is neutered, vaccinated, microchipped and FIV/FELV negative. Email Loveallpawzrescue@gmail.com.



GINO, a 4 month old gray tabby male, is playful, energetic and very affectionate. Gino is neutered, vaccinated, microchipped and FIV/FELV negative. For more info: email Loveallpawzrescue@gmail.com.

SUSTAINABLE HOME

Food Scraps to Compost



Food and food-soiled paper such as paper towels & napkins, paper plates & cups, and parchment paper goes in your green organics cart. From there, it's collected by Alameda County Industries (ACI) and taken to a compost facility in Napa where it becomes nutritious compost for the Earth! For more information, visit cvsan.org/fsr.



Compost food scraps at home too! Add some amazing nutrients to your garden. Find out how at cvsan.org/compost.

Check out CVSan's 2020 Calendar for more tips on cultivating a sustainable home at cvsan.org/car.

Visit cvsan.org for an updated schedule of all CVSan events.

Visit cvsan.org/zerowaste for more zero waste tips.

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Chamber: Votes to Replace Strasburg

continued from front page

Strasburg thanked the Chamber for the opportunity to serve as its Executive Director and noted her many accomplishments.

"During my tenure, I worked closely with many organizations on behalf of the Chamber to develop a strong business community," Strasburg said. "Under my tutelage, we witnessed the birth of the Taste of Castro Valley; San Lorenzo Arts & Crafts Fair; and, many new projects to benefit the community."

"COVID-19 presented me with my greatest challenge while with the Chamber. I met this challenge by pivoting to a social media platform to highlight the business community. I advocated for the business community via Facebook by creating a site for spotlighting restaurants, local businesses, and I gave many merchants an opportunity to sell online," Strasburg said.

The negative financial impact of the coronavirus also meant this year's live Fall Festival was canceled and the Chamber said it needed to make some financial cuts, including Strasburg's salary. The Chamber's 19-person Board of Directors voted unanimously to replace her.

"Our money came in from the Fall Festival and since that did not happen as a live event, that put a damper on the Chamber's plans," Gehrke said. "The reduced income from COVID was not enough to merit her salary and we had to move fast or risk further cutbacks."

In addition to the Castro Valley Fall Festival, the Chamber supports the San Lorenzo Halloween Parade, the Cherryland Easter Egg



Strasburg

Hunt, and Ashland's Cinco de Mayo Festival.

Gehrke added he was proud of the way the rest of the Board has pitched in to fill in the Executive Director responsibilities including help with emails and phone calls to keep the Chamber afloat.

A new Executive Director is expected by the beginning of the year.

Gehrke noted the Board prefers a candidate who works in the Castro Valley/Eden Area but will consider outside parties.

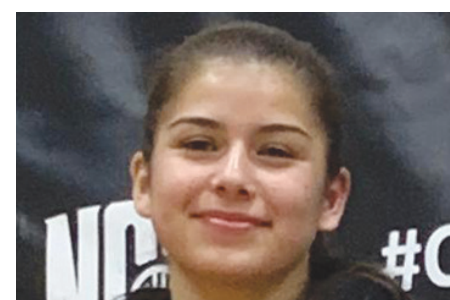
The local Chamber has been around for more than 83 years and has more than 400 members who do business in Castro Valley, San Lorenzo, Ashland, and Cherryland.

Those interested in the Executive Director position should contact David Gehrke by phone at 510-828-7114 or by email to david@kmc-cleaners.com.

ATHLETE OF THE WEEK

Samantha Garcia

Our Athlete of the week is Samantha Garcia, a Junior at Castro Valley High School and a captain of the Girls Wrestling Team. Samantha is a WACC champion at 143 lbs. and ranked Number 1 in the league. Her record is 15-9 with 12 pins. Samantha took 4th Place at the North Coast Section and was one match away from placing at the State level.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

Youth Baseball and Flag Football Programs
www.CVSPORTSLEAGUE.org