

THIS SUNDAY, JUNE 20
IS FATHER'S DAY & THE
FIRST DAY OF SUMMER

FATHER & Sun



CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 33

WEDNESDAY, JUNE 16, 2021

NO. 24

INSIDE YOUR FORUM

NEWS



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PHONE: (510) 614-1560



FILE PHOTO

In years past, the Castro Valley Fall Festival has attracted as many as 60,000 visitors to the downtown Boulevard.

Chamber Announces Fall Festival's Return

The Castro Valley/Eden Area Chamber of Commerce has announced that the Fall Festival 2021 will return on Sept. 11-12.

The word on the town's grand event of the year came over the weekend from Fall Festival Co-Chair Todd Anglin.

"The Chamber Board is looking forward to seeing local talent on the stage of all ages, including local bands, singers and more," said Anglin. "A program is being planned to remember and honor those who sacrificed their lives during the 9-11 attack on our Great Country and recognizing all first responders still serving all of us."

Every year since 1972, the Castro Valley/

Eden Area Chamber has hosted the two-day street fair which attracts thousands of local residents – as well as visitors from miles around – to the Boulevard, where local businesses, civic organizations and performers share their talents, merchandise and cuisine. All Covid-19 guidelines will be followed.

At the same time, Anglin announced the resumption of the popular Chamber mixers for merchants and their guests, which have been suspended because of the pandemic.

Info for prospective performers, booth reservations and opportunities to sponsor the Fall Festival 2021 available on the Chamber website: www.edenareachamber.com.

Don't Toss Your Mask Quite Yet

By Michael Singer

CASTRO VALLEY FORUM

As of yesterday, most California's COVID-19 restrictions were removed, but that doesn't mean you can toss your face-mask just yet.

The state's rule changes mean no more physical distancing, no more capacity limits on businesses, and no more color-coded tiers.

This week's order erases restrictions that have been in place since January 2021 including limiting indoor capacity for dining or entertainment. Alameda County Public Health Department's sign off this Monday signaled a move

toward pre-pandemic conditions, with a huge caveat – face coverings will still be required in public places even if you are fully vaccinated

"COVID-19 is still a very real threat to unvaccinated individuals," said Dr. Nicholas Moss, Alameda County Health Officer. "We urge all residents to continue using COVID-19 safety precautions to protect vulnerable residents including young children who are not yet eligible for vaccine."

The good news is that Alameda County is exiting the color-coded Blueprint for a Safer Economy in the least restricted Tier 4.

see COVID on back page

MAC Approves New Brew Pub

By Amy Sylvestri

CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) approved a new brew pub, nixed a church plan, and gave a Buddhist temple a lukewarm response to a proposal to create a dormitory on their property, at Monday night's land use meeting.

Local bar/restaurant chain Beer Baron Bar and Kitchen was given unanimous approval to remodel the former Spanky's Cocktails location at 20812 Baker Road.

The Castro Valley location will be the chain's fifth. It also has restaurants in Oakland, Pleasanton, Livermore, and Santa Rosa. The plan was approved with the conditions that there is no outdoor music after 10 p.m. and there is no pole sign.

The MAC shot down an

application from Valley Gospel Halls to convert a pre-school and daycare building to a church at 20166 Wisteria Street. The MAC cited concerns over traffic and parking

see MAC on back page

Heat Peaks Tomorrow

An East Bay heat wave that followed a drizzly, humid Monday morning will send temperatures to near-record levels on Thursday. Readings of over 100 degrees are expected in the inland areas tomorrow, with Castro Valley predicted to hit 93. Local temperatures will then head downward, dropping to 87 on Friday and 73 by Monday.

PG&E does not anticipate initiating any Public Safety Power Shutoff events.

Swalwell Hike this Saturday

Rep. Eric Swalwell will host a "Hike With Your Rep" event for residents of Castro Valley and others in the 15th Congressional District from 8:30 to 10 a.m. this Saturday, June 19.

The hike will be along the Iron Horse Regional Trail in Pleasanton and Dublin.

"Our last pre-pandemic

town hall meeting, back in January 2020, seems like a million years ago – we've all been through a lot since then. But as we re-emerge from Covid restrictions, I'm eager to see my constituents in person again," Swalwell said. "I'll give a quick talk at the start, chat with as many of you as I can while we walk, and we'll

stop about halfway through for a group question-and-answer session."

Participants should bring their own water, and gather in the Dublin/Pleasanton BART parking lot at 5801 Owens Drive in Pleasanton, on the south side of I-580. Masks will be required throughout the event.







Castro Valley Weather June 16-20, 2021



Wednesday
Sunny, Warm
High 86° Low 60°



Thursday
Sunny, Hot
High 93° Low 60°



Friday
Mostly Sunny
High 87° Low 59°



Saturday
Mostly Sunny
High 85° Low 57°



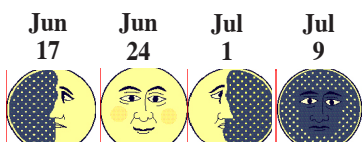
Sunday
Mostly Sunny
High 85° Low 59°

Almanac



Past Week's Rain: 00.00
Season To Date: 10.21
Normal To Date: 21.05
Season Average: 21.22

Moon Phases



Sun sets at 8:34 p.m. today, rises at 5:46 a.m. Thursday.

**GOT A NEWS TIP? CALL 510-614-1560
OR EMAIL: fredz@ebpublishing.com**



PHOTO BY CATHY BRESLOW OF BRESLOWIMAGING.COM

Redwood Christian High School Class of 2021

CVSan Lateral Replacement Grants

The Castro Valley Sanitary District will be continuing its Lateral Replacement Grant Program effective August 16. Any state-licensed contractors interested in being listed as qualified and eligible to

provide quotations to residents should submit a written request by Friday, July 9 to Castro Valley Sanitary District, 21040 Marshall St., Castro Valley 94546. The qualified designation is based on:

1. Being properly licensed (either C42 - Sanitation System or Class A - General Engineering Contractor) to work on sewer lines and work in the public roadway;
 2. Having no outstanding matters or disputed work with CVSan;
 3. Not having presented misleading or confusing print media to the community or property owners about the Lateral Replacement Program.
- Contractors that do not meet the above criteria will be removed from the contractors list for 12 months.
- For additional information, contact the Castro Valley Sanitary District at 510-606-1300.

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ARIES (March 21 - April 19): Family and friends rally around as you confront an unexpected challenge. Some plans will have to be changed until all the fuss and fluster settle down.



TAURUS (April 20 - May 20): Your creative gifts find new outlets for expression this week. Someone (a Libra, perhaps) has ideas that you might find surprisingly appealing. Pay attention.



GEMINI (May 21 - June 20): You'll soon be able to restart those delayed travel plans. A financial matter you thought was closed could suddenly reopen. Be prepared to take swift, decisive action.



CANCER (June 21 - July 22): A romantic relationship takes an unexpected turn. You might be confused about how to react. It's best not to be rushed into a decision that you're not ready to make.



LEO (July 23 - August 22): Don't let your pride stand in the way of resolving an emotionally painful situation. This is a good time to deal with it and let the healing finally begin.



VIRGO (August 23 - Sept. 22): Wearing rose-colored glasses won't solve a thorny personal situation. You need to take a hard look at what's happening and then act according to the facts.



LIBRA (Sept. 23 - October 22): Wearing rose-colored glasses won't solve a thorny personal situation. You need to take a hard look at what's happening and then act according to the facts.



SCORPIO (October 23 - November 21): Weigh all your options carefully before making any decisions you've been putting off. Then go ahead and plan a weekend of family fun.



SAGITTARIUS (Nov. 22 - Dec. 21): While personal and financial situations continue to improve, some setbacks might occur. But they're only temporary, so hang in there.



CAPRICORN (Dec. 22 - Jan. 19): Family matters dominate the week. Health problems raise concern, but soon prove to be less serious than you had feared. Things start easing up by the weekend.



AQUARIUS (Jan. 20 - Feb. 18): Most situations are calmer now, both at home and on the job. But there's still a chance that a co-worker will set off another round of unpleasantness.



PISCES (Feb. 19 - March 20): There's no need to fish for compliments from an admirer who can't say enough nice things about you. The upcoming holiday bodes well for family gatherings.

75 Receive Diplomas: RCHS Commencement Ceremonies

Redwood Christian High School graduated seventy-five seniors at Redwood Chapel Community Church on May 27, following Covid-19 protocols.

Superintendent Dr. Al Hearne and Principal Ben Warner read each graduate's individual accomplishments as well as their hopes and dreams, while Board Chairman Harry Bruno and Member Phil Carlton presented the diplomas.

The Commencement Speakers were the three Valedictorians: Jonathan Burckin, Sara Lee, and Rohan John sharing

the message of their Class Verse Ephesians 2:10, which was read by Jezriel Salonga. The Star-Spangled Banner was performed by senior Emily Miller.

Student Council President Gail Mojica greeted everyone with the Invocation and Welcome, and Student Council Vice-President Rayah Miller closed the evening in prayer.

Seventeen Graduates have been continuous students since kindergarten: Davis James Banks, Jonathan Ramsay Burckin, Conner Weng Kit Chia, Bethany Cecil Christian, Joshua Lennon Dupree, Caleb William Enos, Rhys David Fosdahl, Olivia Karinda Fryling, Michael Vincent Goldman, Rohan Elijah John, Jeremy Maxwell Lee, Sarah

Abigail Lee, Makayla Pomai-ka'i Massone, Noah Anthony Sanchez, Allison Frances Sablan Truscott, Britney Lois Sablan Truscott and Sarah Jacquelyn Williams.

Four Graduates were the children of Redwood Christian High School Alumni.

"These graduates have completed a most challenging senior year, but through it all, they have met every challenge with the commitment necessary and are now ready academically and spiritually for their next challenge," said Superintendent Hearne. "The entire Redwood Christian Schools community is very proud of each one of them for whom they are now, and excited for their future wherever their Lord and Savior Jesus Christ leads them."

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BART Boosts Service

BART increased its service last week, doubling the number of 15-minute frequencies on weekdays on its busiest (yellow, green and red) lines. Although 30-minute frequencies will remain until Aug. 30 on the blue line which serves Castro Valley, trips will be added this week to the blue line on Saturdays.

With this week's additions, transbay trains will run 4 to 15 minutes apart during peak hours, and some reverse commute, non-peak trips will be added to better serve all types of riders. Visit www.bart.gov/schedules.

BART will continue to run all long trains during all hours and by next Tuesday, all entrances/exits that were closed at larger stations during the height of the pandemic will be reopened.

On Aug. 30, BART will significantly increase its hours. Weekday service will be 5 a.m. to midnight with 15-minute trains on all lines from 5 a.m. to 8 p.m.

Saturday service will be 6 a.m. to midnight with added trips during peak hours.

Saturday ridership has recovered at a faster rate than weekday ridership with Saturday, June 5, posting the highest Saturday ridership (42,356) since the pandemic, or about 27% of pre-pandemic Saturday ridership. Weekday ridership has now reached 70,000, which is 17% of pre-pandemic ridership for a June Saturday.



PHOTO BY LINDA SANDSMARK

Four new electric vehicle-charging stations are going into the parking lot beside CV's Lucky Market.

CV Getting More Charging Stations

By Linda Sandmark
CASTRO VALLEY FORUM

Four new electric vehicle charging stations are under construction in Castro Valley's Lucky Market parking lot. The new stations, two 350-KW and two 100-KW, should be finished by the end of June.

EVgo, a company that advertises fast chargers powered by renewable energy, is installing the stations in partnership with The Save Mart Companies, which owns the Lucky supermarkets chain. The chargers are located in the parking lot between Pet Food Express and Lucky.

"It is an opportunity for us to offer the Castro Valley community a valuable sustainability contribution and a convenient location to charge

their electric vehicles while serving their grocery shopping needs," says Victoria Castro, a Save Mart spokesperson.

Lucky stores installed its first charging station in Fremont in 2015. Since then it has added 31 fast chargers and two L2 chargers in conjunction with EVgo.

The Castro Valley Lucky store is also slated to be remodeled and upgraded soon. It will be renamed Lucky California, according to Castro.

EV charging stations are already operating in three other Castro Valley locations: the Sutter Health Eden Medical Center parking lot on Lake Chabot Road; behind Bank of America, 3067 Castro Valley Blvd.; and behind the Remax Accord offices at 3327 Castro Valley Blvd.

Sheriff's Reports

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Assault on a Minor and Under Influence of Drugs

Saturday, June 12: at 7:11 p.m., Sheriff's deputies arrested a 30-year-old man from Castro Valley on suspicion of bodily assault on a minor, being under the influence of drugs, and possession of illegal narcotics. The man was spotted at a gas station on Castro Valley Boulevard near Wisteria Street assaulting a minor. Deputies took the man into custody. The victim was treated at the scene.

Traffic Stop Ends in Two Arrests

Friday, June 11: at 10:21 p.m., two people with no permanent residence were arrested on suspicion of possession of illegal drug paraphernalia. Deputies stopped a vehicle at a gas station on Grove Way near Center Street for a traffic violation. The driver, a 42-year-old man was additionally charged with driving with a suspended license. He and the passenger, a 33-year-old woman, were taken into custody.

Imposter Syndrome

Saturday, June 11: at 1:50 a.m., a 33-year-old man with no permanent address was arrested on suspicion of possession of illegal drug paraphernalia and providing authorities with false identification. Deputies stopped the man for questioning outside a business on Castro Valley Boulevard near Center Street. The man provided a fake ID and was found with a pipe for smoking drugs in his pocket. Deputies took the man into custody.

Driving Under Influence of Drugs and Alcohol

Saturday, June 12: at 9:05 p.m., a 27-year-old man from Castro Valley was pulled over and arrested on suspicion of driving under the influence of drugs and alcohol. Deputies spotted the man traveling on Lake Chabot Road near Eden Medical Center when they noticed him driving erratically. The man failed his field sobriety test and was taken into custody.

Stumbling Man Fails Field Sobriety Test

Friday, June 11: at 9:27 p.m., deputies arrested a 53-year-old man on suspicion of public intoxication. The man was spotted in front of a gas station on Castro Valley Boulevard near Wisteria Street having trouble standing up straight. Deputies report the man failed his field sobriety test and was taken into a sobering center.

Domestic Assault

Friday, June 11: at 9:45 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Renton Way near Park Way. There, they arrested a 34-year-old man from Castro Valley on suspicion of assault on a family member. The man was handcuffed and taken into custody. The victim was treated at the scene.

CV Artist to Host Free Art Workshop

By Winda I. Shimizu
SPECIAL TO THE FORUM

Hayward Arts Council invites the public to a free art workshop titled "Let Your Creativity Flow" by Castro Valley artist Ann Maloney-Mason from 2 to 3:30 p.m. on Saturday, June 26.

Maloney-Mason is an award-winning visual artist, graphic designer, and educator who fills her "creative well" finding inspiration in the little things. Her works include colors and patterns encountered in daily events. She uses found objects in her 3D artworks. At the workshop she will illustrate the process and development of a painting and how to find inspiration and motivation to paint during challenging times.

RSVP is required at www.haywardartscouncil.org by Thursday, June 25. After registering, each participant will receive a confirmation email the day before the workshop containing the link to join. Consider making a donation to Hayward Arts Council.

Winda I. Shimizu is Executive Director of the Hayward Arts Council.



Castro Valley artist Ann Maloney-Mason



Fri. 6/25 Re-Wind, That 80's Band 8PM
Sat. 6/26 The Delta Wires 6PM
Sun. 6/27 Cabin Fever 4PM

Fri. 7/2 Friends of Ken Band 8PM
Sat. 7/3 Touch of Class Band 6PM

Fri. 7/9 Dee Coco & Co. 8PM
Sat. 7/10 Gin House 6PM
Sun. 7/11 TGGBS-Blues Jam 3PM

Fri. 7/16 X-Static (Classic Rock) 8PM
Sat. 7/17 Otis Redding Legacy 6PM
Sun. 7/18 Mark Banning 4PM

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The Week Ahead

● Today to June 27: Lake Chabot Trail Challenge

The Castro Valley Sports Foundation's 37th annual Lake Chabot Trail Challenge Half Marathon, 10K and 5K Fundraiser is on now, but this year it's virtual. Runners will have 3 weeks to complete the course they registered for. It began June 4 and will continue through Sunday, June 27. To register and get more information, visit runsignup.com/Race/CA/CastroValley/LakeChabotTrailChallenge.

● Thursday, June 17: Virtual Bingo for Adults 50+

Enjoy bingo the virtual way in the comfort of your home on the first and third Thursdays of the month. Bingo cards can be picked up from the Senior Center or mailed directly to home-bound seniors by request. Games last approximately one hour. Participants must have a computer or tablet and a valid email address to log into the class. You must register for the class at haywardrec.org, class #18785. The Zoom link will be sent to your email prior to class.

● Saturday, June 19: Plant & Garden Supplies Sale

The Eden Garden Club is holding a plant sale from 9 a.m. until noon this Saturday at 19910 Forest Ave. in Castro Valley, offering annuals and perennials, vegetables, herbs, natives,

succulents, shrubs and more. Also an assortment of pots, trays, plant stands, garden supplies, garden art and landscaping materials will be available. Proceeds benefit Eden Garden Club's grants that go to support school gardens at Castro Valley and Hayward schools. Please call 510-427-5261 to make donations or for more details.

● Saturday, June 19: Juneteenth Celebration

Proctor PTA announces Castro Valley's first Juneteenth celebration! Please join us for a fun-filled and informative event featuring music, educational resources, and some fun giveaways. The drive-through celebration will be held from noon to 2 p.m. this Saturday, June 19, in the Proctor Elementary School Parking lot, 17520 Redwood Rd, Castro Valley.

● Saturday, June 19: Hike with Rep. Swalwell

Congressman Eric Swalwell will host a hike and Q&A session from 8:30 to 10 a.m. this Saturday on Iron Horse Regional Trail in Pleasanton and Dublin for residents in the 15th Congressional District. Meet up at the BART parking lot, 5801 Owens Drive in Pleasanton on the south side of I-580. Wear your mask and bring your own water.

● Sunday, June 20: American Legion Blood Drive

Due to a shortage of blood donors, the American Legion Post 117 is holding a blood drive at the Veterans Memorial Building, 1105 Bancroft Ave. in San Leandro from 10 a.m. to 2 p.m. this Sunday. Preregister at www.vitalant.org. Walk-ins also welcome.

● Sunday, June 20: Father's Day at Aviation Museum

The Oakland Aviation Museum, 8252 Earhardt Road at the Oakland Airport (take Langley St. exit off Doolittle Drive) will host a Father's Day Open Cockpit Day from noon to 4 p.m. on June 20. View many famous aircraft, including the A-3 Skywarrior, A-4 Skyhawk, MiG-15, Cessna 0-2 and the P-51 Mustang. Flight simulators, music by Friends of Ken Band, barbecue, model railway exhibit and ham radio demonstration. Social distancing and masks required. Admission prices are: adults \$15, seniors \$12, teens/military \$10, kids 5-12 \$8.

● Sunday, June 20: Free Band Concerts Begin

The high-spirited Hayward Municipal Band will resume its free Summer Concerts after a year off due to the pandemic. Performances will be held June 20, June 27 and July 4, 2021. All concerts will take place at 2:30 p.m. in Memorial Park, 24176 Mission Blvd. in Hayward. This will be the band's 64th season presenting quality music in a family-friendly setting. The group plays a wide variety of genres – classical, popular, jazz, Latin, marches and musicals. Enjoy an outdoor picnic while listening to the band's return to Memorial Park.

● Tuesday, June 22: Bicycle Safety Workshop

Save the date! You are invited to an important virtual Community Pedestrian and Bicycle Safety Training Workshop to be held from 4 to 6 p.m. on Tuesday, June 22 in conjunction with Castro Valley Matters' "Walk & Roll Safely Castro Valley!" campaign. For more information on how to participate, please inquire at: cvmatters2020@gmail.com or visit castrovalleymatters.org/walk-roll-safely-castro-valley/.

● Tuesday, June 22: Rotary's Two Presidents

Two presidents of the Rotary Club of Castro Valley – outgoing president Gary Howard will review the last year's activities, and incoming president Dwight Perry will preview the upcoming year during the noon-to-1:30 p.m. meeting next Tuesday by Zoom. More information is available at castrovalleyrotary.org.

● Tuesday, June 22: Link21 – a New Transbay Crossing

The Link21 Program, sponsored by BART and Capitol Corridor, will transform this area's passenger rail network into a faster, more integrated system, providing safe, efficient, and affordable travel for everyone. At the core of Link21 is a new transbay crossing between Oakland and San Francisco. On Tuesday, June 22, the Link21 Program is co-hosting a public workshop online at 6 p.m. where Alameda County residents can learn about Link 21 and how they can make their voices heard during the early planning phase of this rail project. For more info, including a schedule of upcoming events, visit Link21Program.org/Events

...and Beyond

● Saturday, June 26: Free Art Workshop

Hayward Arts Council invites the public to a free art workshop titled "Let Your Creativity Flow" by Castro Valley award-winning visual artist, graphic designer, and educator Ann Maloney-Mason from 2 to 3:30 p.m. on Saturday, June 26. She will illustrate the process and development of a painting and how to find inspiration and motivation to paint during challenging times. RSVP is required at: www.haywardartscouncil.org/ before June 25. After registering, each participant will receive a confirmation email the day before the workshop containing the link to join.

● Saturday, June 26: An Evening with Cathy Chow

Enjoy "La Bella Vita" from 6:30 - 9:30 p.m. on Saturday, June 26 as Cathy Chow presents her wonderful creations – paintings, sculptures in clay and bronze, bas relief and more. Hear the musical stylings of the Michael Udelson Trio. Event page and tickets at edenmusicandarts.com/calendar/premier-event-cathy-chow. Presented by Eden Music & Arts and Siena Music.

● Thursday, July 1: Library's Reopening Concert

Enjoy an Outdoor Summer Concert as the James Henry Trio presents Music from Around the World to celebrate the Castro Valley Library's reopening, at 6 p.m. on Thursday, July 1. Bring lawn chairs, bring a picnic! James Henry has toured internationally as a master percussionist. His music is deeply rooted and soulful and will take you on a global journey. Register at: tinyurl.com/rxsfbm2v. Parking will be limited at the library and social distancing practices will be maintained. Alcoholic beverages are prohibited. For more information, call 510-667-7900, or see Events at aclibrary.org/location/castro-valley-events/.

REGULAR GOVERNMENT MEETINGS

- **Castro Valley Municipal Advisory Council (MAC)** generally meets on land-use issues at 6 p.m. on the 2nd and 4th Mondays of the month, and holds general purpose meetings at 6 p.m. on most 3rd Mondays. Meetings are currently virtual at 6 p.m. For agenda, visit acgov.org/bc/cvmac
- **Castro Valley School Board** usually meets on the second and fourth Thursdays of the month. Meetings are currently virtual.
- **Castro Valley Sanitary District (CVSan)** meets at 6:30 p.m. on the first Tuesday of the month. Meetings are currently virtual.
- **Alameda County Board of Supervisors** meets every Tuesday at 10:45 a.m. Meetings are currently virtual.

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Corporate Address: P.O. Box 2897, Alameda, CA 94501
Tel: 510-614-1560 • Fax: 510-814-9691

Fred Zehnder, Editor & Publisher
fredz@ebpublishing.com

Howard Morrison, Assoc. Publisher
howardm@ebpublishing.com

Kayla Steinorth, Advertising Design Mgr.
kayla@ebpublishing.com

Moxie Morrison, Layout Design
moxmore@yahoo.com

Claudette E. Morrison, Business Mgr.
cm@ebpublishing.com

Patrick Vadnais, Classified Ads / Obituaries
patrickv@ebpublishing.com

Mary Florence, Advertising Sales
861-3270 Mpominville4582@aol.com

Linda Nakhai, Advertising Sales
lnakhai@comcast.net

Contributors:

Linda Sandsmark
Michael Singer
Amy Sylvestri
Jim Knowles
Gene Osofsky
Carl Medford
Terry Liebowitz
Debbie Tee
Linette Escobar
Thomas Lorentzen
Buzz Bertolero
Bruce Roberts

Saturday, June 19:

Regional Parks Offer Free Entry All Day on Juneteenth

In commemoration of Juneteenth, the East Bay Regional Park District is partnering with Outdoor Afro and local business leaders to waive regional park entry fees this Saturday, June 19.

Juneteenth is an annual recognition of the 250,000 enslaved Black Americans in Texas who learned of their freedom 2½ years after President Abraham Lincoln issued the Emancipation Proclamation outlawing slavery in Texas and the other Confederate states, on Jan. 1, 1863.

For Juneteenth, Outdoor Afro is encouraging 50,000 people nationwide to reflect what freedom means in America by spending 2½ hours in nature – in a nearby park, forest or beach – to recognize the 2½ years of freedom denied to so many.

Outdoor Afro is a national non-profit organization that encourages Black connections and leadership in nature.

The Regional Parks Foundation, the district's non-profit partner, is also partnering with Outdoor Afro by providing free family memberships to eliminate barriers to those in need so that they may enjoy the full benefits of nature and their regional parks all year long.

You can learn more about Juneteenth and Outdoor Afro at its website, OutdoorAfro.com/Juneteenth2021.

Submissions to The Forum

Items for the Community Calendar as well as news submissions and photos must be received by 6 p.m. Friday for inclusion in the following Wednesday's newspaper. Send information to: fredz@ebpublishing.com. Do not send flyers or posters as we cannot use them.

CROSSWORD ANSWERS

I	S	I	S	A	W	L	O	D	D	S
M	O	S	T	S	P	A	R	E	E	K
A	P	E	R	T	A	M	P	A	B	A
C	H	E	E	S	E	B	O	T	T	L
				E	C	R	U	D	E	F
L	A	M	P	O	O	N	S	D	R	U
I	R	A	T	I	B	I	A	E	S	P
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Seniors

Golf Gadgets for Older Golfers

By Jim Miller

SPECIAL TO THE FORUM

There is a wide variety of adaptive golf equipment that can help older golfers who struggle with injuries, arthritis or loss of mobility.

Here are several golfing products that may help with different needs.

• Gripping Solutions

Gripping a golf club is a very common problem for seniors with hand arthritis or those who have hand or elbow injuries. To help alleviate this problem there are specially designed golf gloves and grips that can make a big difference.

Two of my favorite gloves are the Bionic Golf Gloves (BionicGloves.com) that have extra padding in the palm and finger joints to improve grip. And the Power Glove (PowerGlove.com) that has a small strap attached to the glove that loops around the club grip to secure it in your hand.

These run between \$20 and \$30.

Another option is to get oversized grips installed on your clubs. These can make gripping the club easier and more comfortable and are also very good at absorbing shock.

Oversized grips are usually either one-sixteenth-inch or one-eighth-inch larger in diameter than a standard grip, and cost around \$10 per grip. You can find these grips and have them installed at your local golf store or pro shop.

Or, for a grip-and-glove combination fix, check out Quantum Grip (QuantumGrip.com), which incorporates Velcro material recessed in the golf club grip and a companion golf glove that has mating Velcro material in the palm. Cost: \$25 per grip, and \$40 a glove.

• Upright Tools

For golfers with back, hip or knee problems, there are a number of different tools that can eliminate the repetitive bending and stooping that comes with playing golf.



There are several golfing products that may help older golfers with different needs.

For example, for teeing up the ball without bending over, consider the Tee-Up Foldaway by Zero Bend Golf. This is a 34-inch long-handled tool that has a trigger-style handgrip and a jaw that holds the ball and tee for easy placement. It costs \$70 at ZeroBendGolf.com.

For other stoop-proof tee-up solutions, see the Tee Pal Pro (\$70, TeePalLLC.com) and Joe's Original Backtee (\$25, UprightGolf.com).

ZeroBendGolf.com and UprightGolf.com also offer ball pickup tools and magnetic ball marker products that cost under \$15.

Or, if you just want a great all-around golf picker-upper, consider the Graball GrabAll Jaw – sold through Amazon.com for \$10 for a package of two. It attaches to the handle end of your putter and chipper and is designed to pick up golf balls, flagsticks, putters and green side chippers.

• Reflective Golf Balls

If diminished vision makes locating the ball challenging, Chromax golf balls (Chromax-Golf.com) can help. These are reflective colored golf balls that make them appear larger and brighter. Cost: \$10 for a three-pack.

• Easy Carts

There are also golf carts that can help older golfers tote their clubs around the course. If you like to walk, CaddyTek (CaddyTek.com) and Clicgear (Clicgearusa.com) has a variety of carts that are highly rated for function and foldability. Costs typically range between \$150 and \$300.

Or, for severe mobility loss, the SoloRider specialized electric golf cart (SoloRider.com) provides the ability to play from a seated or standing-but-supported position. Retailing for \$10,500, plus a \$600 shipping fee, this cart is lightweight and precisely balanced so it can be driven on tee boxes and greens without causing any damage. Federal ADA laws require that all public golf courses allow them.

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

The Five Parts of a Good Estate Plan

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

Many people believe that if they have a will, their estate planning is complete. But actually there is much more to a good estate plan.

A good plan should be designed to avoid probate, minimize estate taxes, protect assets if you need to move into a nursing home, and appoint someone whom you trust to act for you if you become disabled. Here is a list of the basics:

(1) Will: The most basic document is a will. A will directs who will receive your property upon your death and who will be your executor to see that your wishes are honored. If you have minor children, it may also nominate guardians for them.

But a will usually requires a probate proceeding, and only controls property that is part of your probate estate. Indeed, many people own assets which are not part of their probate estate, such as joint tenancy assets, life insurance policies, retirement plans, IRA's, 401K's, and annuities.

The disposition of these non-probate assets is controlled by the form of title or by the associated beneficiary designation, and not by your will. For example, property held in joint tenancy goes to the surviving joint tenant, regardless of what the will says.

(2) Durable Power Of Attorney ("DPOA"): In a DPOA you designate a person to act in your place for financial matters when you are unable to act for yourself.

The DPOA is usually considered a better alternative than a court supervised conserva-

torship, which can be cumbersome, public, and expensive. A DPOA can, if properly drawn, also authorize long-term care planning on your behalf. But the DPOA ceases to exist upon your death, and therefore cannot function as a will-substitute.

(3) Advance Healthcare Directive: By this directive, you nominate someone to make health care decisions for you in the event you are unable to do so yourself. It usually also expresses your wishes about end-of-life matters, burial and autopsy, and will authorize your agent to access your medical records and select physicians for you.

(4) Trust. If you have a home or other significant assets, you should also consider creating a trust. Unlike a will, a trust is designed to avoid probate and, upon your death, pass your trust assets to your beneficiaries in a manner which is usually speedier and less costly than a probate proceeding.

Also, if you become incapacitated, a trust typically appoints a successor trustee to step in to handle your financial affairs during your lifetime.

Unlike the DPOA, a trust does not suddenly cease to exist upon your death, but remains in effect long enough to distribute your assets as you've directed. In larger estates, trusts may also include provisions to minimize estate tax.

(5) Beneficiary Designations. At the same time that you create an estate plan, you should also review all beneficiary designations on assets such as insurance policies, re-

tirement plans, annuities, and bank and brokerage accounts.

This is because these beneficiary designations override your will or trust, and you should make sure that they reflect your wishes and are current. Example: a Pay-On-Death ("POD") designation on a bank account will, upon your demise, distribute the funds therein to the POD beneficiaries, without probate or trust administration.

A good estate plan should also be customized to your particular circumstances. For example, if you are concerned about future long-term care expenses, you may wish to integrate long-term care planning into your estate plan, so that you or your spouse may access available government benefits (e.g., Medi-Cal) to help pay for that care without depleting a lifetime of savings or impoverishing the survivor.

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

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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Overheated Housing Market May Blow Away Summer Doldrums

Although it's exact location can vary year-to-year, the Intertropical Convergence Zone is where the northeast and the southeast trade winds merge. It encircles the earth near the thermal equator and is a region known for its' monotonous calm weather.

With the advent of ships able to propel themselves, it is a welcomed territory because it means smooth sailing ahead.

In the days of wind-driven vessels, however, it was dreaded and feared. Ships becalmed in the still seas had no means of moving and often languished for days, weeks or even longer before they could escape.

The area is called The Doldrums. As a result, the word "doldrums" has, over the years, taken on new meaning and now refers to something stagnant, inactive or depressed.

In terms of real estate markets, it refers to a time when nothing much is happening and houses linger on the market for unreasonably long periods of time.

In the current overheated market, it is strange to think of real estate sales as being "in the doldrums." With houses flying off the market in mere days, we are reminded instead of wild, tempestuous seas.

Yet every year about this time, the real estate market historically has entered the doldrums, typically around mid-June. There are a number of reasons: children are out of school, Father's Day is on the horizon, graduations are in full swing and the supermarkets are gearing up for the 4th of July.

It is the official start to summer and everyone seems to take a collective pause to catch their breath. The length the market remains in its' slower state varies from year to year. In hot markets, it sometimes only lasts a couple of weeks before taking off again.

Historically, that is. This year, all bets are off.

With the inventory of available homes for sale running at about 50% of what was available last year at this time and interest rates still at bargain-basement levels, the 2021 market has so far not given off any signals that it plans to enter the doldrums.

Whereas we would normally see homes moving past their offer deadlines with very few or even no contracts in hand, listings staying on the market weeks instead of mere days and price reductions, so far it is business as usual.

Will we hit the doldrums in

2021? At this point, we will simply have to wait and see.

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.

Mortgage Rates Slightly Lower

Long-term mortgage interest rates were down a little last week, remaining below the 3 percent mark, according to Freddie Mac's weekly national survey.

The 30-year fixed-rate mortgage averaged 2.96 percent for the week ending June 10, down from the previous week when it averaged 2.99 percent. A year ago at this time, the 30-year rate averaged 3.21 percent.

Fifteen-year fixed-rate mortgage averaged 2.23 percent, down from 2.27 percent. A year ago at this time, the 15-year rate averaged 2.62 percent.

"The economy is recovering remarkably fast and as pandemic restrictions continue to lift, economic growth will remain strong over the coming months," said Sam Khater, Freddie Mac's Chief Economist.



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Controlling Wildlife in Your Yard

By Samantha Mazzotta
SPECIAL TO THE FORUM

Wildlife often can be an annoying (and sometimes dangerous) presence in your yard, and it can be quite difficult to keep them out.

Deer, for example, can hop fences, and rabbits, moles and other mammals can tunnel underneath or squeeze between damaged or misaligned boards.

Squirrels routinely raid bird feeders, and other wild animals just meander through, searching for their favorite snack buffet – the trash barrel. Here are some tips:

- Set up bird feeders at least 5 feet away from trees and walls



so it's harder for squirrels to reach them.

- To prevent raccoons, keep household trash in tightly covered containers, ideally inside the garage or a shed.

- Turn your compost frequently and cover with dirt to minimize odors, so that rodents don't start tunneling in.

- Raised garden beds can

discourage rabbits and make it harder for moles to tunnel directly to vegetable roots. Intersperse naturally repellent vegetables like onion, garlic and chives throughout the garden, or edge it with flowers like lavender or marigold.

- Place firewood stacks or building materials several feet away from your house or shed, and make sure they're stacked so that air and light can get through them. This will discourage rodents and insects from taking up residence.

- Remove unnecessary debris, junk or excess lawn ornaments from around your yard.

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Total: 18 – Average Price: \$1,032,750
High: \$1,550,000 – Low: \$720,000

19936 Center Street
\$720,000 3 BD - 1,034 SF - 1932
19913 Forest Avenue #3
\$725,000 2 BD - 1,303 SF - 1979
6931 Lariat Lane
\$790,000 2 BD - 1,571 SF - 1985
21133 Baker Road
\$820,000 3 BD - 1,213 SF - 1953
21445 Outlook Court
\$828,500 2 BD - 1,392 SF - 1958
4705 Audrey Drive
\$900,000 3 BD - 1,246 SF - 1954
22125 Lantana Court
\$905,000 3 BD - 1,424 SF - 1956
18982 Santa Maria Avenue
\$960,000 3 BD - 1,086 SF - 1948
18477 Magee Way
\$998,000 3 BD - 1,024 SF - 1952
3248 Sydney Way
\$1,000,000 3 BD - 1,746 SF - 1955
3910 Wilson Avenue
\$1,050,000 3 BD - 1,536 SF - 1965
19351 Santa Maria Avenue
\$1,080,000 3 BD - 1,368 SF - 1960

3654 Spyglass Court
\$1,175,000 3 BD - 2,162 SF - 1987
21781 Tanglewood Drive
\$1,200,000 3 BD - 1,845 SF - 1948
3257 Kerr Street
\$1,210,000 4 BD - 1,754 SF - 1956
19295 Barclay Road
\$1,300,000 4 BD - 2,086 SF - 1965
4641 Lockridge Way
\$1,378,000 4 BD - 2,092 SF - 1960
18492 Capricorn Court
\$1,550,000 5 BD - 2,428 SF - 1964

SAN LORENZO

Total: 4 – Average Price: \$721,250
High: \$830,000 – Low: \$465,000

605 Burnley Lane
\$535,000 3 BD - 1,468 SF - 1990
442 Crespi Place
\$740,000 4 BD - 1,814 SF - 2004
17348 Via Frances
\$780,000 3 BD - 1,379 SF - 1953
15725 Paseo Largavista
\$830,000 4 BD - 1,920 SF - 1944

SAN LEANDRO

Total: 10 – Average Price: \$831,650
High: \$1,030,000 – Low: \$465,000

1132 Carpentier Street #411
\$465,000 2 BD - 1,182 SF - 1983
1010 Trojan Avenue
\$760,000 3 BD - 1,156 SF - 1951
760 Saint Marys Avenue
\$785,000 2 BD - 1,150 SF - 1926
2248 Pipit Court
\$810,000 4 BD - 1,651 SF - 1999
2426 Wimbledon Lane
\$812,500 3 BD - 1,723 SF - 1978
16896 Robey Drive
\$834,000 3 BD - 1,656 SF - 1989
14027 Corvallis Street
\$855,000 3 BD - 1,081 SF - 1951
450 Lewis Avenue
\$965,000 2 BD - 1,311 SF - 1920
13463 Aurora Drive
\$1,000,000 4 BD - 1,820 SF - 1947
14677 Merced Street
\$1,030,000 3,013 SF - 1953

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Quick, Easy Tips To Save Water

With California facing record-setting drought conditions this summer, East Bay Municipal Utility offers these tips to help conserve the East Bay's water supplies:

- Check for leaks. A faucet with a slow steady drip wastes 350 gallons per month.
- A running toilet can waste 2 gallons of water per minute.
- Run full loads of laundry and dishes.
- Adjust your watering schedule. Irrigate early or late in the day (before 10 a.m. or after 7 p.m).
- Take your car to a commercial car wash that recycles their wash water. If you do wash your car at home, use a bucket and sponge, not a hose.
- Turn on the tap only when you need to rinse. Don't let the water run unnecessarily when you brush your teeth, lather up, shave or wash dishes.
- Take a shorter shower.



Thinning

Removing excess vegetable plants lets those that remain grow better. Thin young lettuce and carrot seedlings before competition for water and light makes them spindly. The ground will look bare at first, but the plants will grow rapidly and fill in once they have the extra space.

Thinning grape clusters produces fewer bunches but larger individual grapes. Leave at least 3 or 4 inches between apricots and plums, and 5 inches between peaches, nectarines, pears and apples.

You can also thin the shoots of plants, so that the remaining shoots produce larger vegetables and more spectacular flowers. For example, cut away all but one emerging flower spike of delphiniums for a dramatic blossom, or nip off the side flower buds of dahlias, leaving only the ones at the top of the shoots. Snap off side shoots on staked tomatoes for mammoth fruit.

Planting Flowers

You can still sow seeds of heat-loving annuals, such as cosmos, marigold, portulaca, sunflowers and zinnias. When transplanting annuals from nursery packs, provide shade for at least a week, now that the sun is intense, and keep them evenly moist.



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PHOTO COURTESY OF THE ALAMEDA COUNTY ARTS COMMISSION

New banners, created by Alameda County artists, have been installed on light poles along the Boulevard, from Strobbridge Ave. to past Crow Canyon Road.

New Boulevard Pole Art

Castro Valley Boulevard is now lined with new art banners created by local artists.

The banners, which can be viewed from Strobbridge Avenue through the downtown and past Crow Canyon Road, feature artworks created by Kanna Aoki, Bhavna Misra, and the artist team of Joaquin Newman and Jerarde Gutierrez.

The art banners will be on display through November with a return in early 2022 for another season of installation.

The artwork is also featured on utility boxes throughout Castro Valley. The final designs were approved by the Municipal Advisory Council, Arts Commission Members and the Alameda County Board of Supervisors.

The banners were funded by

the County Economic and Civic Development Department and the utility box art was funded by the County Public Works Agency.

The Alameda County Arts Commission has released a new Public Art Guide for Castro Valley. The guide includes information about the new banners and the Utility Box Program as well as other public community art projects.

To access the Guide, visit the Alameda County Arts Commission's website at www.acgov.org/arts and click on "What's New."

For more information about the Art Banners and the Utility Box Art Program, or to access the Castro Valley Public Art Guide, please visit www.acgov.org/arts

Hot, Dry Summer For Parks

By Ned MacKay
SPECIAL TO THE FORUM

It looks like we are in for another extremely hot, dry summer. So here are a few safety tips when visiting the East Bay Regional Parks:

Be sure to carry plenty of water for both yourself, and your dog if you have one along. Once you are away from the trailheads and picnic areas, there are no sources of potable water.

Apply sunscreen and wear wide-brimmed headgear. Nothing ruins a pleasant outing faster than sunburn.

Take along a park map. They can be downloaded from the park district website, or obtained at trailhead information panels. And keep track of where you are. That way, if there's a problem, you can tell the rangers via cell phone where to find you.

Smoking is prohibited in the regional parks. This includes vaping.

Be extremely careful with fire. Barbecuing is allowed in the established barbecue stands. Be sure that the coals are completely extinguished, then dispose of them only in the existing stand or pit, or the concrete receptacles designed for that purpose. Don't dump coals in garbage cans or refuse bins. During extreme weather conditions, all open flames may be prohibited.

The emergency number in the regional parks is 911 or 510-881-1121. For non-emergency business, call 510-881-1833.

see HOT on back page



CVSAN PHOTO

A MORE SUSTAINABLE PLACE TO LIVE: Chateau Andre Property Manager Jessica (left) and Maintenance Manager Jose with their new award.

Chateau Andre Apartments a Green Neighbor Community

The Castro Valley Sanitary District (CVSan) has certified Chateau Andre Apartments as a Green Neighbor Community.

The Green Neighbor Program recognizes local multi-family communities who practice the 4R's – Reduce, Reuse, Recycle, and Rot (organics) to help make Castro Valley a healthier, and more sustainable place to live and work.

"We participate in the annual Bulky & Reuse Pick-Up opportunity and as the Property Manager I also make sure to inform our neighbors about local e-waste opportunities like Recycles Day at Canyon Middle School, and the new textile pick-ups in June and October, says Property Manager Jessica. It's great for communities within Castro Valley to support one another!"

CVSan is proud to recognize Chateau Andre and its community members with the Green Neighbor Community certification for practicing the 4Rs. Multi-family communities that are on the path to zero waste can benefit from CVSan's new Green Neighbor Community Recognition Program.

For more information, visit cvsan.org/GreenNeighbor.

CVSan Supervisor Joins Solid Waste Association

Castro Valley Sanitary District Zero Waste Supervisor Naomi Lue has been elected to the Board of Directors of the Northern California Chapter of the Solid Waste Association of North America.

The Association is a major policy and technical representative of solid waste management practitioners, executives,

companies, and government organizations.

Lue will be seated in July and will co-chair the Communications Committee.

The Northern California "Gold Rush" Chapter includes some 40 counties, from Del Norte and Siskiyou in the north down to Monterey and San Benito counties.



Naomi Lue

SUMMARY OF ORDINANCE NO. 187

AN ORDINANCE OF THE CASTRO VALLEY SANITARY DISTRICT BOARD OF DIRECTORS TO DECREASE RATES CHARGED FOR SOLID WASTE COLLECTION.

The Ordinance No. 187 amending Castro Valley Sanitary District Code Article V, Regulation of Solid Waste Disposal, Refuse, and Recycling, Sections 5302, 5303, 5306, and 5307 was duly and regularly adopted by the Castro Valley Sanitary District Board of Directors at the Regular meeting of said Board held on June 1, 2021.

The Ordinance decreases the rates charged for solid waste collection (e.g. -\$0.17 per month for standard 20-gallon garbage cart/up to a 96-gallon organics cart/up to a 96-gallon recycling cart). These changes will be effective July 1, 2021.

The Castro Valley Sanitary District Board of Directors voted on June 1, 2021, at the Castro Valley Sanitary District Regular Board meeting to adopt the Ordinance as follows: Akagi – Yes; (Dooman) Woerz – Yes; Johnson – Yes; McGowan – Yes; Sadoff – Yes.

The above summary constitutes the major highlights of Ordinance No. 187. A reading of the entire Ordinance may be necessary to obtain a full understanding of the Ordinance. The new rates set by this Ordinance are posted at www.cvsan.org and the full text of the Ordinance is available upon request via email at contact@cvsan.org or by calling 510-537-0757.

LEGAL NOTICES

FILED MAY 05, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By _____, Deputy
FILE NO. 578762

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

The name of the business(es):
PIER TOYS located at 20668 Forest Ave #2, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): (1) Francis Lawlor and (2) Erika Elizondo, 20668 Forest Ave #2, Castro Valley, CA 94545. This business is conducted by a married couple. This business commenced N/A.
/s/ Francis Lawlor, Erika Elizondo
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MAY 05, 2026

MAY 26, JUNE 02, 09, 16, 2021
355-CVF

FILED MAY 11, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By _____, Deputy
FILE NO. 578917

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

The name of the business(es):
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/s/ Donna Lensky
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MAY 11, 2026

JUNE 02, 09, 16, 23, 2021
359-CVF

FILED MAY 19, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By _____, Deputy
FILE NO. 579270

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

The name of the business(es):
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/s/ Salome Ikechiuku
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MAY 13, 2026

JUNE 16, 23, 30, JULY 07, 2021
0368-SLT

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CV School Secretary Receives Top California, Alameda County Honors

By Terry Liebowitz
SPECIAL TO THE FORUM

Castro Valley Elementary School Secretary Natalie Hung recently received two awards – for California State Employee of the Year for Clerical and Administrative Services, and for Alameda County Classified Employee of the Year.

In simple terms, Natalie was chosen as the top school secretary for our state in 2020-21!

Castro Valley Elementary Principal Affie Sklut describes Natalie's work ethic and performance as "unparalleled." When many employees were working remotely, Natalie was in the school's office every day, distributing portable Wi-Fi devices to families and answering the myriad of questions as staff and parents converted to virtual classrooms.

She helped teachers troubleshoot student connectivity issues and stayed late to accommodate working parents.

"Families always come first with Natalie," Sklut said. She makes sure they feel comfortable coming to her as a problem solver.

Last summer Natalie worked on the assembly line at Creekside preparing meals for students. If parents couldn't pick them up, she delivered them to their houses.

Natalie never forgets to send a thank you note when the students give her a gift. Parents report how thrilled the children are to get "their own mail."

In addition, Natalie donates



Natalie Hung

countless hours to Z-Cares, a local organization dedicated to teens who struggle with anxiety and depression. She currently serves as their vice president and chaired a successful virtual fundraiser during the Pandemic. For several years, Natalie was the Youth to Youth Director for their annual conference. This group focuses on teaching CV students the importance of saying no to drugs and alcohol.

Natalie is an advocate for the arts and a longtime Board Member for the Castro Valley Arts Foundation where she regularly produces shows and works in the Box Office.

"Natalie is an exceptional secretary and an extraordinary resource for the entire district," said School Superintendent Parvin Ahmadi.

Natalie began working for the school district in 2006 as a classified substitute focusing on the job of school secretary. She became the permanent Jensen Ranch Elementary School Secretary

in 2013, then moved to the district office as Dept. Secretary for Special Education, and finally has been at Castro Valley Elementary for over five years.

In typical Natalie style, Natalie credits her fabulous principal, staff and families at the school with, "It isn't hard to go above and beyond when you are on such a great team!" Clearly, it is Natalie's turn to receive the praise for being an exceptional team player.

Thank you Natalie.

CASTRO VALLEY FORUM OBITUARIES

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

LETTERS TO THE EDITOR



A Spot for a New Post Office

Editor:

Last week, I stopped at Rite Aide to pick up some garden soil and noticed a third of the store closed off to customers.

When I inquired about the change, staff told me that Rite Aide was considering leasing the space out to possibly another business.

Hey, I thought what about moving the Post Office from it's cramped and under-served location to a more customer friendly location? Lots more room for parking, more room for postal trucks to deliver parcels, (loading docks) and a secure location for the drivers to park their delivery trucks at night.

What a win-win solution for the postal service and for all those who use the post office. Each could have their own entrances and maintain their hours of operation.

With our community continuing to grow every year, it's time that our Post Office keep up with the growth to accommodate the needs of its citizens. Why not?

—Sandra Rauch
Castro Valley

Can't Ignore Aggressive Police

Editor:

Mr. Blasquez ("Changing Aggressive Attitudes," *Letters*, June 9) suggests that it's the aggressive attitude of the public that causes police violence. I beg to differ.

One night in Sacramento while my wife was driving we were pulled over by police with guns drawn for a burnt tail light (which didn't work for her turn signal).

We were respectful, and old enough to have gray hair, yet every word we heard was angrily screamed at us.

What's being ignored by Blasquez and others is the corrosive effect power has on human beings. Recall Zimbardo's "Stanford Experiment" where random people were given power as jailers over randomly selected prisoners; the effect was so over the top that the experiment had to be halted.

This is seen everywhere when people come to power. Once moral people can very quickly turn immoral. And yes, this does mean you must keep an eye on your elected (and appointed) officials.

It's a natural occurrence seen throughout nature, particularly in lions who will kill the cubs of others as soon as they take over a pride.

What we don't need is a press or citizenship that looks the other way. We need to understand this peculiar human frailty, do our damndest to select for less abusiveness while hiring/electing certain professionals and enact laws capable of dealing with those who give in to the temptations of power.

Not prosecuting "peace" officers for killing unarmed citizens is an insult to our humanity. There's no reason police and politicians shouldn't face the same judgment as anyone else.

—Karl Hodges
Castro Valley

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. Not all letters are published and we do not print unsigned or anonymous letters.

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

Don't Let Your Celebration Cause a Power Failure

It is the season for celebrations in California and an important reminder for the public about the safety risks associated with helium-filled metallic balloons.

If your party involves balloons, make sure they are secured with a weight. Otherwise, they can float away and come into contact with overhead power lines, causing a public safety risk.

In the first four months of 2021, metallic balloons striking electric lines have caused nearly 175 power outages in PG&E's service area alone, disrupting service to more than 107,000 customers.

This is a 75 percent increase from the same time period last year. These power outages can interrupt electric service to critical facilities such as hospitals, schools and traffic lights.

At this time last year we were all sheltering at home and balloon-caused outages had declined significantly. As California safely returns to normal, officials are especially concerned about metallic balloon safety.

If your celebration activities include metallic balloons, please ensure they are secured with a weight. If balloons fly away and make contact with overhead lines, they can cause widespread power outages.

In order to significantly reduce the num-

ber of balloon-caused outages and to help ensure that everyone can safely enjoy Father's Day and other celebrations, follow these important safety tips for metallic balloons:

- Use caution and avoid celebrating with metallic balloons near overhead electric lines.
- Make sure helium-filled metallic balloons are securely tied to a weight that is heavy enough to prevent them from floating away. Never remove the weight.
- When possible, keep metallic balloons indoors. Never permit metallic balloons to be released outside, for everyone's safety.
- Do not bundle metallic balloons together.
- Never attempt to retrieve any type of balloon, kite, drone or toy that becomes caught in a power line. Leave it alone, and immediately call 1-800-743-5000 to report the problem.

Never go near a power line that has fallen to the ground or is dangling in the air. Always assume downed electric lines are energized and extremely dangerous. Stay far away, keep others away and immediately call 911 to alert the police and fire departments. Other tips can be found at pge.com/beprepared

- Visit the Safety Action Center for balloon safety graphics and more safety tips: www.safetyactioncenter.pge.com/articles/44-celebrate-safely

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ATHLETES OF THE WEEK



Our Athlete of the Week is the Next Level Flag Football 3rd Grade Ducks. This team plays out of Pleasanton at Ken Mercer Sports Park and is comprised of mostly 3rd Grade athletes from Castro Valley and Hayward. On Saturday, June 5, the number 4 seeded Ducks played the number 1 seed Bears who were undefeated 7-0. They were tied 20-20 going into overtime. The Ducks went on to win by a score of 27-26. On Sun-

day, June 6, the Ducks played the number 2 seeded Gators and went on to win 14-8.

PICTURED: Back Row Left: Coaches Chaz, Coach John and Coach Conner Second row (l-r): Arlo Brabant, Kaleo Malbrough, Brave Lagaret, Noah McBride, Joel Francis, Jack Meldrum, Cooper Dimic Front row (l-r): Julius Callier, Evan Supnet, Jesse Powers, Colin Perkins, Bradley Macintire

COMMITTED PROFESSIONALS



Meet Your Business Services Department - The Business Services Department (BSD) provides the administrative backbone that supports all of Castro Valley Sanitary District's (CVSan's) operations. BSD oversees CVSan policies and procedures, codes and ordinances, contracts and agreements, accounting and budgeting, Board and Committee meetings, IT and database management, copyediting, human resources, purchasing, outreach and event planning, and several other internal and external operational areas. If you have ever visited CVSan or called us, chances are you have spoken with someone from BSD.

The Department is made up of eight employees with over 110 years of combined professional experience. Application Support Specialist Efen Quiroz oversees implementing CVSan's IT Strategic Plan and has the big job of keeping CVSan connected. During the COVID-19 shelter-in-place order, mobile computing for field use and remote work was implemented. Efen also played a key role in launching CVSan's new website, cvsan.org. Efen knows that new technologies will continue to increase work efficiencies, and empower CVSan to do a better job while better serving the community. When asked what he enjoys most about his job, Efen said, "The variety and complexity of issues that come up in IT and the ability to work as a team with other staff members to find impactful solutions."

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MAC: Site

continued from front page
and remarked that there are other church sites in town that could be used.

"Why there? Another church site might have better parking" said MAC Chair Ken Carbone. "I appreciate what they are trying to do, but this particular site is not a good choice."

MAC member Bill Mulgrew said he wasn't not worried about parking and was the sole vote in favor of the application, which went down 6-1.

And the MAC heard an information-only item from the Fa Un Chan Temple to convert an existing residence at 7825 Crow Canyon Road into staff dorms for up to 40 people, the addition of three Buddha statues and meditation trails, as well as five new buildings on the large Buddhist temple complex.

The MAC didn't vote, but also didn't seem to favor the proposed project, which is on private property.

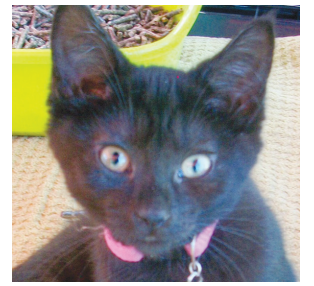
"How does the community benefit from this site?" asked MAC member Al Padro.

Padro and other MAC members expressed concerns over traffic, no tax income from the property, and the addition of five buildings in what is supposed to be an agricultural area.

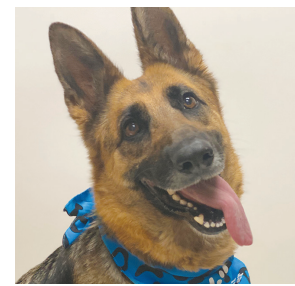
ADOPT-A-PET



Sassy is a playful and energetic 3 month old gray and white tabby. She needs a home with another young cat to play with. Spayed, vaccinated, chipped and FIV/FeLV negative. For more info: Email Loveallpawzrescue@gmail.com.



Pistachio is a sleek black 3 month old beauty. She's sweet, friendly and playful. She needs a home with another young cat. Spayed, vaccinated, chipped and FIV/FeLV negative. For more info: Email Loveallpawzrescue@gmail.com.



Nena is a sweet, smart, 7 year old girl who knows "sit", "shake", and "down". She enjoys playing fetch and going on walks, and would love a home with older children and adults. To adopt call the Hayward Animal Shelter (510) 293 - 7200.



Cappuccino is a female rabbit who is playful and curious. She enjoys moving her toys about her room and snacking on fresh herbs like dill, basil, and cilantro. To adopt Cappuccino, call Hayward Animal Shelter (510) 293 - 7200.

COVID: Officials Say Keep It Simple

continued from front page

Nearly 80 percent of Alameda County residents 12 and older have received at least one dose of vaccine and some 65 percent of residents have completed their vaccinations.

Health officials say keep it simple. If you don't know the vaccination status of those around you, wear a mask.

This includes continuing the practice of masking requirements for employees. Cal/OSHA, the state's Division of Occupational Safety and Health, said companies must continue to follow their

current standards for face coverings as well as rules for protective equipment. Businesses may even still decide to keep masks mandatory for everyone - employee and customer alike.

As of this week, you are still required to wear a face covering:

- On public transit and in transit hubs, such as airports and train stations, and ferry landings;
- In schools and childcare settings;
- Health care and correctional facilities

• Homeless and emergency shelters and cooling centers
Masks continue to be required for unvaccinated people in businesses and other indoor public settings.

At 6 p.m. next Monday, June 21, Cal/OSHA will update employers on the latest standards, including such topics as navigating operations for those who are vaccinated and those who are not, the new reporting and recording requirements, and responding to a positive Covid case.

Visit conta.cc/3iDA79e to register.

Hot: What to Bring to Regional Parks

continued from page 10

The swim beaches at Del Valle Regional Park south of Livermore have reopened for swimming for the first time since 2019. Due to COVID-19 restrictions, the park is operating at 50% capacity.

Two caviats: please bring your own drinking water; the park's water system is undergoing construction. And since it's mosquito season, mosquito repellent is advisable.

Ardenwood Historic Farm is now open, but entry is permitted only with advance registration. Hours are 11 a.m. to 4 p.m. Wednesdays through Fridays, and 10 a.m. to 4 p.m. on weekends.

You can obtain more information and register up to two weeks in advance by phoning 888-327-2757, option 2 (Mondays through Fridays, 10 a.m. to 3 p.m.), or you can register online at www.ebparks.org.

org. Groups should be single household only, please.

While you are at the website, by all means take the district's 2021 Community Survey. Your responses help the park district to improve and expand its services. The survey is at the top left of the website home page. To fill it out, go to www.ebparks.org/Survey2021.

Columnist Ned MacKay is a retired East Bay Regional Park District employee.