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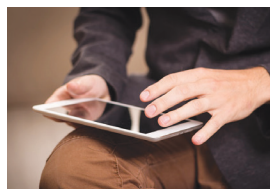
YEAR 32

WEDNESDAY, SEPTEMBER 23, 2020

NO. 39

INSIDE YOUR FORUM

OUR TOWN



Online Tutors

CVHS seniors offering free online tutoring to younger students

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LIVING



One Dish Meals

Simple, no mess recipes that you and your family are sure to fall for

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HEALTH



Breast Cancer

Celebrate National Breast Cancer Awareness Month next month

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PHONE: (510) 614-1560



PG&E PHOTO

PG&E CREWS AT WORK in the East Bay in an ongoing effort to reduce power outages and wildfire risks by better control of vegetation and by separating the distribution grid into smaller sections to reduce the size of Public Safety Power Shutoff (PSPS) events. To that end, more than 23 transmission line switches and 216 new sectionalizing devices have been put into operation this year. PG&E will air a 30-minute program at noon this Saturday, Sept. 26, on KRON Channel 4 detailing its Community Wildfire Safety Program and how customers can prepare for PSPS events.

McDonald Named County Fire Chief

William L. "Willie" McDonald, a veteran firefighter who has served as fire chief in six cities over the past 27 years, has been appointed chief of the Alameda County Fire Department after a national search. His appointment became effective on Aug. 17.

Chief McDonald was a former fire chief of Foster City, San Mateo, Fremont and San Jose, and most recently served as fire chief

of Las Vegas, where he oversaw a \$145 million budget and 760 full time employees.

He is a graduate of California State University Fresno and the National Fire Academy's Executive Fire Officers' Program. He completed Harvard University's Fellowship for State and Local Government Officials and holds an MBA from Cal State East Bay.

In announcing the appointment,

Alameda County Supervisor President Richard Valle called McDonald "a seasoned executive" whose wealth of experience and track record will continue the fire department's strong leadership and partnership with Castro Valley and other East Bay communities.

McDonald replaces Chief David Rocha, who retired after a long, successful career with the Alameda County Fire Department.



**New County Fire Chief
William McDonald**

HARD Unveils Ambitious Plan for Open Space, Trails

By Amy Sylvestri
CASTRO VALLEY FORUM

The Hayward Area Recreation and Park District (HARD) has ambitious plans for a trail and open space master plan which would span the San Lorenzo Creekway from the hills to the Bay once completed.

The Castro Valley Municipal Advisory Council (MAC) heard about the proposed three phase trail master plan at its Monday night meeting, once again held as

an online virtual Zoom call.

The concept has been in the works since the beginning of the year but is still in its relatively early stages and consists of three major elements: the HARD trails master plan; the Foothill trails master plan; and the San Lorenzo Creekway vision and plan, according to Peter Winch of urban planning and design firm WRT.

The Castro Valley, Fairview and Eden Area MACs, and the Hayward City Council will all have an opportunity to have their say before

a public review and final submittal to the HARD Board next year.

"This is an opportunity to link interesting and diverse recreation facilities," said Winch who explained that, on the most basic level, the plan is to connect existing trails, key destinations and streets in order to create a network for recreation and preserve open spaces.

In Castro Valley, the hope is to ultimately connect Cull Canyon to the bay with trails along San Lorenzo Creek. The foothill trail would run along the crest line,

from Grove Way though the Japanese Gardens, all the way to South Hayward.

The trails themselves would be diverse, from unpaved dirt trails wide enough for a single person, to shared paved roads with benches, to city streets and automobile traffic sharing spaces with hikers and cyclists on major streets such as Grove Way.

You can visit the project website for more information and project updates: www.haywardrec.org/1924/san-lorenzo-creekway

NEW GUIDELINES

Nursing Facility Changes

By Michael Singer
CASTRO VALLEY FORUM

Visiting your relatives and loved ones in a skilled nursing facility may soon be easier following new guidelines issued last Friday by the Centers for Medicare & Medicaid Services (CMS).

Nursing homes have been severely impacted by COVID-19, with outbreaks causing high rates of, infection, morbidity, and mortality. In some counties, restrictions included a 6-month visitation ban.

"We recognize that physical separation from family and other loved ones has taken a physical and emotional toll on residents," CMS director David R. Wright wrote in the memo. "Residents may feel socially isolated, leading to increased risk for depression, anxiety, and other expressions of distress."

The guidelines allow facilities to permit visitation whenever a facility has had no new outbreaks for 14 days and the community positivity rate is less than 10 percent.

Facilities that are required to permit visitations are encouraged to have them outdoors, weather permitting, but are also required to accommodate indoor visitation, including in residents' rooms, when outdoor visits aren't possible.

Alameda County allows for visitations outside during business hours, permitting indoor visitations only for certain compassionate care situations, such as end of life. Even then, families are outfitted head to toe in personal protective equipment.

see CHANGES on page 11

Castro Valley
Confirmed Cases = 522

Alameda County
Confirmed Cases = 20,641
Deaths = 374

California
Confirmed Cases = 781,694
Deaths = 15,018

as of September 21, 2020

Castro Valley Weather Sep 23-27, 2020



Wednesday
Partly Sunny
High 77° Low 53°



Thursday
Mostly Sunny
High 76° Low 56°



Friday
Mostly Sunny
High 77° Low 57°



Saturday
Mostly Sunny
High 85° Low 63°



Sunday
Sunny & Hot
High 90° Low 65°

Almanac



Past Week's Rain: 00.00
Season To Date: 08.54
Normal To Date: 21.22
Season Average: 21.22

Moon Phases



Sep
23



Oct
1



Oct
9



Oct
16

Sun sets at 7:05 p.m. today, rises at 6:59 a.m. Thursday.

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CV Adult and Career Education: Back to School Isn't Just for Kids

By Linette Escobar
SPECIAL TO THE FORUM

Do you get jealous of kids who are buying their shiny new shoes for back to school?

You can be a student too! There are many reasons to take a class at Castro Valley Adult & Career Education (CVACE) this fall.

For your health! CVACE offers affordable access to nutrition and fitness experts. "The Heart of the Matter" is a 3-session class which will cover food, supplements and lifestyle habits that support heart health.

You can pair this course with a one-day "Hands-On Cooking for Cardiovascular Health" class. New this fall is a class taught by the owner and head trainer of Castro Valley Fitness, Mitchell Rothbard: "5 Things You Should Know About Weight Loss, But Don't." It's a one day class for just \$25.

In addition to these great informational classes, CVACE offers an array of fitness classes from Zumba to Pilates to Yoga. New this year is "Chair Yoga" which offers a seated or standing assist

to postures so that even folks with mobility issues can join in.

For your creative side! Have you always wanted to write a novel but never found the time? Participate in NaNoWriMo- National Novel Writing Month - with the help of our newest creative writing class to keep you structured and making progress.

Maybe you are more of a visual artist? Castro Valley High Art teacher, Jenn Leighton Parker, is offering "Mixed Media Art: Beyond the Brush." This class will explore texture, collage, acrylic mediums, and transfers.

For your sweet tooth! Take "Cake Decorating 101" and make your celebrations extra special. CVACE is also offering a series of one day baking classes with the former owner of Swiss Delices. Learn to make homemade treats that will be remembered for years. The exciting variety of classes include Black Forest Cake, croissant dough, easy canning, holiday cookies, fruit tartlettes and more!

Friends especially enjoy taking these classes together, so grab your bestie or come meet a new one.

For your career! CVACE has several computer classes starting at the basic level. New this year is Excel 2013 part I and part II. They also offer ICD-10 Test Prep Boot Camp. If interested in their Medical Academy Programs, mandatory orientations are Aug. 23 from 6-9 p.m., Aug. 26 from 9-12 noon and Aug. 29 from 6-9 p.m. Call 510-886-1000 to reserve a spot.

CVACE also offers high school diploma and GED classes - fall is the perfect time to make your educational goals a reality.

There are many other classes including Estate and Trust Planning, iPad101, CPR, Woodworking, Enneagram, Meditation and more.

Whatever your interest, there is an affordable class that gives you a reason to sharpen those new pencils. Visit www.cvadult.org or call 510-886-1000 to learn more or to sign up for classes before they fill.

Oil Filter Exchange Program

If you change your own oil and live in a single-family home in Castro Valley, here's how you can participate in CVSan's award-winning Used Motor Oil Filter Exchange Program to receive a coupon for a new oil filter.

(1) Drain the used motor oil filter from an automobile, motorcycle, or boat into a pan for 24 hours (an important step, since filters can hold up to a quart of oil).

(2) Place the filter in the zippered bag that comes in Alameda County Industries' (ACI) free motor oil recycling kit. For a free kit, contact ACI at 510-483-1400.

(3) At least 24 hours before setting out your used motor oil and filter curbside, contact ACI Customer Service by phone weekdays from 7 a.m. to 6 p.m. at 510-483-1400 or by email at info@alamedacountyindustries.com to state that you will be participating.

Residents with Monday service can leave a voicemail during the weekend stating they will be setting out a used filter on Monday and provide their name, address, and phone number.

(4) Leave the sealed bag next to your used motor oil at the curb and ACI will collect it on your regular collection day.

Residents will receive a maximum of one coupon per household per week during the filter exchange program period (up to six coupons per program cycle). The coupon is for a limited time only and expires on Nov. 28. CVSan reserves the right to alter or cancel the program at any time for any reason.

For more information on how to recycle used motor oil and filters, visit www.cvsan.org/usedoil.

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CASTRO VALLEY FORUM
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Pandemic Academics: CVHS Seniors Provide Free Tutoring

By Linda Sandsmark
CASTRO VALLEY FORUM

Five enthusiastic students from Castro Valley High have spent their spring and summer providing free online tutoring to younger students, helping make sure even kids from lower-income families get academic help.

"We were inspired to create this virtual tutoring service after we noticed that the free tutoring services being offered in Castro Valley — CV Library, schools and after-school programs — were closed due to the shelter in place orders," says volunteer Jolie Tran.

"Our extra-curricular activities were canceled too," adds fellow tutor Ashley Fang. "So we thought it would be a good opportunity to give back."

The five volunteers include Rachel Lin, Emily Xu, Gaby Lewis, Tran and Fang. They call their program CV Tutors and have helped 116 students over the past six months, from Kindergartners through ninth graders.

Now that school has started up again, the group hopes to recruit more high school upperclassmen to help with the expected increase in requests for help.

"Lots of parents have jobs, and really don't have as much time to help their children as they would like. We also find that kids really respond to tutors like us, who are closer to their age than adults," says Gaby Lewis.

During the summer, the group even provided online games and "circle time" to read books to younger children, patterned after similar programs at the library.

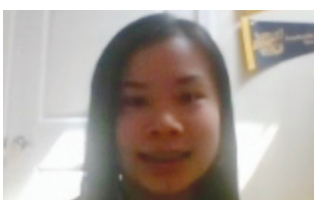
The CV Tutors provide one-on-one help in Math, English, History and Science. They operate virtually using Zoom and keep in contact with the student and parents through text or e-mail.



CV Tutors' Jolie Tran at her laptop



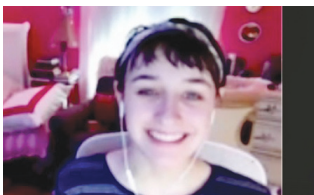
Ashley Fang



Emily Xu



Rachel Lin



Gaby Lewis

The five Castro Valley High School students who have been providing free virtual tutoring. They're hoping more volunteer tutors will join them this semester.

More tutors are needed now that school has started. Though not affiliated with the school district, a link for prospective tutors to ap-

ply to the program is on the Castro Valley High School website. Volunteers must have at least a 3.0 see *ACADEMICS* on back page

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Deputies Shut Down 17 Marijuana Grow Houses

Wednesday, September 16: at 8:00 a.m., More than 15 people were arrested in connection with an operation to illegally cultivate marijuana at 17 different locations in Alameda County, Turlock, and San Jose. Detectives began investigating the operation back in January, according to the Sheriff's spokesperson Sgt. Ray Kelly. Deputies issued search warrants and arrested 15 suspects. They found a total of 4,790 marijuana plants and 61 pounds of dried product. Three firearms were located as well as \$277,000 in cash. Bank accounts were identified and frozen related to the proceeds. In CV, five people were arrested at four different homes on Carlton Avenue, Proctor Road, and Circle Avenue. Deputies report that two children were taken into protective custody after the mother refused to come to the station to pick them up.

Warrant Served

Saturday, September 19: at 6:34 a.m., Sheriff's deputies arrested a 32-year-old CV woman as part of a warrant issued for her capture. The woman was previously charged with driving under the influence of drugs and alcohol as well as driving with a suspended license. Deputies served the warrant at a motel on the Boulevard near Independent School Road. The woman was taken to Santa Rita Jail pending bail.

Busted for Drugs

Saturday, September 20: at 4:12 p.m., a 35-year-old CV man was arrested on suspicion of possession of illegal narcotics. Deputies stopped the man for questioning outside of an apartment on Center Street near Grove Way when they discovered his stash. The man was taken into custody.

Domestic Assault

Thursday, September 17: at 6:37 p.m., deputies arrested a 20-year-old man on suspicion of assault on a family member. The man was spotted at the intersection of San Miguel Avenue and Somerset Avenue in an altercation with another person. Deputies handcuffed the man and took him into custody. The victim was treated at the scene.

Wanted Woman

Thursday, September 17: at 6:38 a.m., a 29-year-old CV woman was arrested as part of a warrant issued for her capture for a previous charge of two counts of possession of methamphetamines. Deputies served the warrant following a traffic stop on Eden Canyon Road near the I-580 Freeway. Deputies took the woman to Santa Rita Jail pending bail.

BART's Transbay Corridor Earns Billion Dollar Grant

BART's long-term effort to increase service across the Bay got a critical funding boost last week when the Federal Transit Administration announced it would issue a \$1.2 billion grant to the system — the largest grant it has ever received.

The money will be used to add 252 railcars that will eventually increase the number of trains from 23 to 30 per hour through

the Transbay Tube during peak hours.

Other parts of the program include train control modernization, a new railcar storage yard and five new substations to power to the additional trains.

The federal grant cannot be used to support BART operations, which urgently needs emergency funding to cover revenue shortfalls due to the coronavirus pandemic.

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Monica Lee and Bill Quirk

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I am honored to be endorsed by Assemblymember Bill Quirk for re-election to the CV Board of Education. Bill is a great friend of public education.

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Friday, September 25, 6:00 pm

For more information, go to

www.facebook.com/monicaleecastrovalley/

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Second Annual Joketoberfest

Plethos Productions – adapting its 2020 season to produce fun virtual events throughout the pandemic – presents its “Second Annual Joketoberfest 2020” on Saturday, Oct. 3, online and with a new spin.

Plethos and Bare Bottle Brewing have partnered to present an exclusive variety pack of local craft beers delivered to your door (for those 21 and over) in time to hop on Zoom for a live beer-tasting and stand-up comedy show!

Laurie Kilmartin, a writer for Conan and seen on Last Comic Standing and Comedy Central, headlines the show that includes host Tammy TeaLove as seen performing with Mo’nique at the San Jose Improv.

Also performing will be Ryan Goodcase, the youngest winner of World Series of Comedy, Clara Bijl as seen on SF Sketchfest and Drew Harmon as seen as a regular at the SF Punchline.

Grab a ticket, get your craft beer, hit the couch and enjoy the show! Early bird tickets are \$50 through this Friday, Sept. 25.



PHOTO COURTESY OF PLETHOS PRODUCTIONS

Laurie Kilmartin headlines Plethos Productions’ “2nd Annual Joketoberfest” online at 7 p.m. Saturday, Oct. 3.

Regular tickets are \$60, or \$10 for comedy show tickets only. Bare Bottle Brewing beers, along with a tasting menu and exclusive access to the interactive standup comedy show. Stick around after the show for schmoozing in the VIP Zoom Lounge.

DECLUTTER YOUR HOME

Many of us have been decluttering while at home. After you’ve listed items for resale online, found new uses for old items, and recycled textiles during Textile Collection Week, remember CVSan single family home customers are eligible for one Bulky and Reuse Pick-Up per calendar year. Items such as those below are sorted and salvaged for reuse or recycling at the Alameda County Industries (ACI) Transfer Facility. Schedule your Bulky and Reuse Pick-Up by calling ACI at (510) 483-1400.

Acceptable Bulky and Reuse Pick-Up Items:



Up to 4 car or light truck tires (rims must be separated from the tires)



Household furniture, pillows & mattresses



Yard trimmings & wood (up to 6” in diameter tied in bundles not longer than 4’)



Clothing, textiles, shoes, belts, purses & craft/sewing items



Scrap metal



Housewares, TVs, electronics & appliances (remove or seal doors)



Trash that is bagged, boxed, or bundled (goes to landfill)



Books, CDs, VHS, DVDs, magazines & framed pictures

Note: No items over 75 pounds (except for furniture and appliances).

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Community Calendar

● Today, Sept. 23: Castro Valley School Board Meeting

The Castro Valley Board of Education will hold a board meeting today, Sept. 23, with the open session beginning at 5 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 #.

● Friday, Sept. 25: Healthcare District Candidates Forum

Learn more about the candidates running for the Eden Township Healthcare District Board this Friday at 6:30 p.m. via a free League of Women Voters Eden Area webinar. To register and learn more, visit my.lwv.org/california/eden-area where you will be able to submit questions for the candidates in advance.

● Saturday, Sept. 26: Tinseltones Summer Swing Concert

The Kenneth Aitken Senior Center and The Tinseltones will be bringing live music to seniors 50-plus this Saturday from 2 to 3:30 p.m. via Zoom. From bebop to big band to boogie, the Tinseltones’ Summer Swing program has it all! You must register for this program at haywardrec.org, class #15312. The Zoom link will be sent one week prior. Participants must have a computer, laptop or tablet and an email address to log into the concert. For more information please call Jen at 510-881-6742.

● Tuesday, Sept. 29: Eden Eats

The Castro Valley/Eden Area Chamber and the Alameda County Deputy Sheriff’s Activities League launch Eden Eats: At Home Edition that will give you the chance to meet and learn recipes from famous local chefs through free live cooking sessions. Follow along and make delicious meals with the chefs by requesting an ingredient box. Join this online show by visiting tinyurl.com/ExploreEdenEats at 5 p.m. next Tuesday.

● Tuesday, Sept. 29: HARD Board Candidates Forum

Learn more about the candidates running for the Hayward Area Recreation & Park District and Fairview Fire District boards next Tuesday at 6:30 p.m. via a free League of Women Voters Eden Area webinar. To register and learn more, visit my.lwv.org/california/eden-area where you will be able to submit questions for the candidates in advance.

● Friday, Oct. 2: I-880 Toll Express Lanes to Open

Beginning Oct. 2, the carpool lanes on I-880 through Hayward will become express lanes, giving solo drivers the option to pay a toll to use them for a faster trip from Oakland to Milpitas. The tolls will increase as traffic increases to keep vehicles moving, though drivers will only pay the toll rate in force when entering the lane. The project covers the freeway between Oakland to Milpitas. Enforcement will be from 5 a.m. to 8 p.m. weekdays. The lanes will be free for drivers on weeknights and weekends. For more information visit mtc.ca.gov.

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Proctor PTA Shoe Drive Fundraiser

Proctor Elementary School Parent Teacher Association is conducting a shoe drive through Thursday, Oct. to raise funds for the school. Funds2Orgs will purchase all of the donated footwear, with the PTA earning funds based on the total weight of the shoes.

The donated shoes will be redistributed through a network of partners in developing nations. Funds2Orgs helps impoverished people start, maintain and grow businesses in such countries as Haiti, Honduras, Central America and Africa. Proceeds from the shoe sales are used to feed, clothe and house their families.

“We are excited about the opportunity to host a fundraising event that is both beneficial to our school and the greater community,” said Ebony Omelagah, fundraising director. “With social distancing in place, we are limited on our fundraising efforts, so working with Funds2Orgs was a perfect partnership.

“We know that while many people may not be able to give financially during these times, most people have extra shoes in their closets they can donate to us and help those less fortunate become self-sufficient. It really is a win-win for everyone,” added Ebony.

Anyone can help by donating gently worn, used or new shoes to the Proctor School office at 17520 Redwood Road.

Cub Scout Pack 765 Recruiting

Boys and girls from Kindergarten through fifth grade are invited to join Local Cub Scout Pack 765 for 2020-2021 to find adventure and excitement during the COVID-19 times.

The pack has scavenger hunts, socially-distant adventures, and regularly scheduled den and pack meetings where they learn everything from tying knots, to issues of racial equity, to making “Little Pantries” for our community.

If you have questions, send an email to cubpack765@gmail.com or call Cub Master Daniel Pak at 510-207-0709.

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One-Dish Meals for Fall Evenings

There was a time when the casserole was the heart and mainstay of home cooking.

Easy to prepare, the one-dish meal—baked in the oven and served in the pot in which it was cooked—took only a few ingredients, but yielded a rich, deep and well-rounded collaboration of tastes.

Perhaps because it was simple to make and often used such common basics as Campbell's Soup and Bisquick, more sophisticated ingredients with exotic names began assuming undue importance in the kitchen and casseroles began to disappear.

But today, with the realization that vegetables, potatoes and pasta are essential components of our diets, the casserole is being welcomed back to the supper table in style. And a big bonus is that the leftovers actually benefit from reheating the next day.

NEW ENGLAND BOILED DINNER

- 3 pounds corned beef brisket with spice packet
- 10 small red potatoes
- 5 carrots, peeled and cut into 3-inch pieces
- 1 large head cabbage, cut into small wedges

Rinse corned beef, then place it in large pot or Dutch oven and cover with water. Add the spice packet that came with the corned beef.

Cover pot and bring to a boil, then reduce to a simmer. Simmer approximately 50 minutes per pound or until tender.

Add whole potatoes and carrots, and cook until the vegetables are almost tender. Then, add cabbage and cook for 15 more minutes. Remove meat and let rest 15 minutes.

Place vegetables in a bowl and cover. Add as much broth (cooking liquid reserved in the Dutch oven or large pot) as you want.

Slice meat across the grain. Yields 5 servings.

Cook's Tip: If seasoning packet is not included with corned beef brisket, substitute 1-1/4 teaspoons pickling spice, or just add 15 peppercorns, 8 whole cloves and a bay leaf.

OLD-FASHIONED MEAT LOAF

- 1-1/2 pounds ground chuck
- 1/2 pound ground pork sausage (seasoned or not)
- 2 eggs, lightly beaten
- 1 cup fine bread crumbs
- 1 to 2 large cloves of garlic, pressed
- 1 cup diced sweet onion
- 1/4 cup diced green bell pepper
- 1 teaspoon dried oregano, crushed
- Freshly ground pepper to taste
- 1 tablespoon Worcestershire sauce
- 1 package dry onion soup mix
- 1/2 cup milk
- 1 (6-ounce) can tomato paste, divided use

Preheat oven to 350°F.

Combine ground beef, pork sausage, eggs, bread crumbs, garlic, sweet onion, bell pepper, oregano, pepper, Worcestershire sauce, onion soup mix, milk, and half of the tomato paste. Gently mix only until combined. Do not overwork the meat or it will become tough.

Form into a loaf. Cover with the remaining half can of tomato paste.

Bake for 1 hour and 15 minutes. Let meatloaf rest 15 minutes before cutting to serve. Yields 8 servings. Great with mashed potatoes and brown gravy.

BEEF & PASTA CASSEROLE

- 1 pound penne pasta
- 8 ounces lean ground beef
- 1 small onion, chopped
- 2 cups water
- 1/3 cup red wine (or water)
- 2 (6-ounce) cans Italian tomato paste
- 1 tablespoon instant beef-flavor bouillon
- 2 cups shredded Monterey Jack cheese

Preheat oven to 350° F.

Cook beef and onion in large saucepan, stirring occasionally, until beef is no longer pink. Add water, tomato paste, wine and bouillon; cook, stirring occasionally, for 10 to 15 minutes or until flavors are blended.

Layer half the pasta, half the cheese and half the sauce, then repeat the layers. Cover and bake for 20 to 25 minutes or until heated through and cheese is melted. Season with salt. Serves 6.

BAKED COD CASSEROLE

- 2 tablespoons extra-virgin olive oil, divided
- 2 medium onions, very thinly sliced
- 1 cup dry white wine

- 1-1/4 pounds cod cut into 4 pieces
- 2 teaspoons chopped fresh thyme
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 slices finely chopped whole-wheat bread
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1 cup finely shredded Gruyere, or Swiss cheese

Preheat oven to 400°F.

Heat 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Add onions and cook, stirring often, until just starting to soften, 5 to 7 minutes. Add wine, increase heat to high and cook, stirring often, until the wine is slightly reduced, 2 to 4 minutes.

Place cod on the onions and sprinkle with thyme, salt and pepper. Cover the pan tightly with foil; transfer to the oven and bake for 12 minutes.

Toss bread with the remaining 1 tablespoon oil, paprika and garlic powder in a medium bowl. Spread the bread mixture over the fish and top with cheese. Bake, uncovered, until fish is opaque in the center, about 10 minutes more. Serves 4.

CORN & SPINACH CASSEROLE

- 1 tablespoon butter
- 1/4 cup chopped onion
- 3 cups fresh or frozen corn kernels
- 2 eggs, beaten
- 1/2 cup milk
- 1 tablespoon white wine vinegar
- 1 teaspoon salt
- 1/4 teaspoon fresh pepper
- 1/2 pound fresh spinach, coarsely chopped
- 2 tablespoons grated Parmesan cheese
- 1/4 pound bacon slices
- 1/4 cup dried bread crumbs

Butter a 1-1/2 quart casserole. Sprinkle chopped onion in dish. Add corn, sprinkle with 1/2 teaspoon salt and dash of pepper.

Mix eggs with milk and pour over the corn. In another bowl, add vinegar, salt and pepper to chopped spinach and toss until well-seasoned.

Place spinach mixture on top of corn. Sprinkle with cheese. Cover with bacon slices. Top with bread crumbs and bake in preheated 375°F oven for 45 minutes.

HUNTER'S CHICKEN

- 1 (18-3/4 ounce) can solid-pack tomatoes
- 1 cup chopped onion
- 4 cloves garlic, minced
- 2 bay leaves
- 2 teaspoons ground cumin
- 1-1/2 teaspoons crumbled dried oregano
- 2 tablespoon red wine vinegar
- Salt
- Pepper
- 1 (2-1/2 to 2 pound) chicken cut into 8 pieces

Combine tomatoes with liquid in a large oven-proof casserole, breaking tomatoes into bits.

Add onion, garlic, bay leaves, cumin, oregano and vinegar. Stir to blend. Season to taste with salt and pepper.

Simmer sauce on top of stove for 30 minutes, stirring occasionally. Add chicken pieces, pushing down onto sauce.

Cover casserole and bake at 350°F about an hour.

Serve hot or cold. Makes 4 servings. Also great reheated the next day.

CASTRO VALLEY FORUM

PRESENTS

The Senior Guide

Our Senior Section includes articles and topics of interest to seniors. This guide is a great advertising vehicle because Castro Valley and San Leandro have sizeable senior populations, and that's why it continues to be one of the most popular sections for both readers and advertisers.

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REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



3 Key Trends Affecting the Real Estate Market

As the pandemic progresses, we are seeing trends emerge. Here are 3 key issues affecting the real estate market:

(1) Young adults are returning home in record numbers.

Since many lost jobs employed young adults, this demographic has been impacted more than other age groups. With unemployment at record high levels, those who have lost jobs have been unable to make rent payments. The logical move for many has been back home.

A Sept. 4, 2020 Pew Research Center article by Richard Fry, Jeffrey S. Passell and D'Vera Cohn states, "The coronavirus outbreak has pushed millions of Americans, especially young adults, to move in with family members. The share of 18- to 29-year-olds living with their parents has become a majority since U.S. coronavirus cases began spreading early this year, surpassing the previous peak during the Great Depression era."*

(2) The rental market is taking a serious hit.

Keying off the first point, the rental market is softening as many landlords have been unable to collect rents. Factor in the COVID-related moratorium on evictions and many landlords are seeing significant

shortfalls in income. As a result, large numbers of landlords are considering liquidating their assets to recoup losses.

Our team has already been approached by investment owners who want out of the rental business. We are also seeing increased vacancy rates as increasing numbers of young adults pack up and head back home.

(3) The housing market continues to sizzle.

In light of the continuing pandemic, many have asked a fundamental question: "How is it possible the real estate market is overheated while other sectors of the economy are declining and all indicators state we are in a recession?"

It is a valid question and has some fundamental answers. In reality, the COVID-19 crisis is affecting people on two different levels. While many on the bottom of the economic scale have lost their service-related jobs (food-services, hospitality, transportation, tourism and so on), those on the other end of the scale (essential service providers, tech workers, professionals, etc.) have been employed consistently through the crisis with no reduction in pay. It is this group that is out looking for homes and, since we currently have a significant shortage of inventory, prices are being pushed up in a classic

display of supply-and-demand economics.

While some restrictions are easing, one thing is clear – things are going to continue like this for the foreseeable future.

*<https://www.pewresearch.org/fact-tank/2020/09/04/a-majority-of-young-adults-in-the-u-s-live-with-their-parents-for-the-first-time-since-the-great-depression/>

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

Brimming with warmth and charm, this single level home features 3 bedrooms, 3 baths, office or possible 4th bedroom plus a bonus room! The 1794 sq. ft. home sits on almost ½ acre of land with a detached 40' X 27' permitted structure with electricity, a full bath and 9'ceiling. Oversized living room with gorgeous hardwood floors, custom ceiling and wood burning, brick fireplace. All 3 bedrooms are spacious with plenty of natural light. Updated kitchen with 5 burner gas stove, stainless refrigerator and Corian counters. Dual pane windows, air conditioning, recessed lighting and newer roof are some additional features of this home. The backyard is ideal for entertaining with a large, covered patio, lawn area, Trex deck, fountain, 14 fruit trees and 2 storage sheds. Extra deep, drive through garage and parking for several cars in both the front and back. Great, central location in close proximity to shopping, dining, freeway access, BART and award winning Castro Valley schools.



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Need Correct Tree Grouping for One Hole

By Buzz Bertolero
Special to the Forum

Earlier this summer, I planted a Fuji apple and a nectarine tree together in the same hole as my front and back yards are too small. What's going to happen when they both start to fruit?

I'm not sure that anything negative is going to happen when they start to fruit. That said, there are other more pressing concerns that need to be addressed before they get to that point.

Small yards are a dilemma for gardeners looking to grow various types of fruits—the typical, semi-dwarf fruit tree grows 15 to 18 feet high with a 10-foot spread.

The idea of planting multiple trees in a single hole is a great solution: however, the trees have to be compatible with the same watering requirements and have a similar growth pattern. Unfortunately, that is not the case with your choices, as they're very dissimilar.

Nectarines have an umbrella-shaped canopy, while an apple growth pattern is stiff and upright. Nectarines are pruned annually, removing 50 to 60 percent of the growth while with apples, you remove about ten or fifteen percent.

As these trees mature, this combination will look very odd and awkward in the landscape. The key issue is the watering requirements. Apples tolerate frequent summer watering while nectarines do not; hence, planting under their canopies is not recommended, and that's a problem with small yards.

Personally, I think there is little chance that you'll be successful with this grouping. You're going have to remove one of the trees and replace it with a variety that better fits the location. Apples, pears and Asian pears, are best planted together. This is your best choice as you can maximize the planting space under the canopy.

Peaches, nectarines, apricots, plums, plumcots, and pluots are the other groupings. Planting two, three or even

four fruit trees in the same hole will work. They're spaced no closer than two feet apart. The collection is viewed as a single canopy with multiple trunks, and each variety is pruned accordingly.

It's important to layer the different branches of each type, so they aren't growing into one another, along with minimizing the rubbing and crossing branches and eliminating the congestion in the center of the trees.

These trees must be pruned annually as one variety may be more aggressive than another. You prevent this by limiting each variety to a certain percentage of the space, 50, or 25 percent etc., depending on the number in the grouping. It's also important that you have access around the entire

diameter of the canopy to prune efficiently.

It's not as difficult as it might seem when planned correctly. Also, whatever combination you choose, select varieties with different ripening times. This allows you to space the crops out, so they don't ripen in the same week and a half. And finally, the selection at your favorite garden center is minimal now, so I suggest you wait until January for the new selection or trees to arrive.

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 Hold Steady

There was little change in mortgage rates last week, according to Freddie Mac's nationwide survey.

Thirty-year fixed-rate mortgages averaged 2.87 percent for the week ending September 17, edging up slightly from the previous week when it averaged 2.86 percent. A year ago at this time, the 30-year rate averaged 3.73 percent.

Fifteen-year fixed-rate mortgages averaged 2.35 percent, down from 2.37 percent.

Five-year hybrid adjustable-rate mortgages (ARMs)

averaged 2.96 percent, down from 3.11 percent.

"Despite the recession, the very low mortgage environment has spurred many first-time homebuyers to jump into the real estate market," said Sam Khater, Freddie Mac's Chief Economist. "In August, first-time homebuyer activity rose 19 percent from July to the highest monthly level ever for Freddie Mac. The first-time homebuyer driven rebound in the housing market has come at a critical time for the economy."

Get Growing This Fall Gardening Season

The changing season offers a new opportunity to grow fall-friendly plants. Gardening is a great way to decorate your space with beautiful blooms, grow fresh vegetables that produce delicious cool season harvests, and is a safe, healthy activity to engage in while practicing social distancing and enjoying the outdoors. Whether you have a small patio, high-rise rooftop, quaint sunny corner of your yard or even a balcony, the experts at Ball Horticultural Company share their fall gardening insights for growing a successful and stunning garden this season.

Prepare for planting

If you have plants that have matured from the summer gardening season, it's time to clean up to prepare for new growth. Remove surface plants and use a tiller or hand tools to remove root matter under the soil. Add compost or gardening soil to pots, window boxes and other garden spaces, so they are ready with rich nutrients to support fall plant growth. If you've grown hardy perennials, just a brief tidy-up is

needed. Clip away any brown foliage or spent flowers and provide a light covering of mulch at the base of the plant to ready them for frosty temperatures.

Embrace fall hues

Rich reds, vivid oranges and happy yellows are traditional autumnal hues that add energy to your gardens as temperatures turn. A classic coneflower and pollinator favorite, like the Sombrero Echinacea from Darwin Perennials, will brighten your space even as temperatures fall. Available in a variety of colors, Sombrero Baja Burgundy and Fiesta Orange are ideal for bringing vibrant fall color to sunny spaces and for attracting bees, songbirds and butterflies to your yard. Tip: Leave the older blooms of Echinacea on their stems to feed wildlife into the winter. Then cut them back after their feast to put new energy into the plant for spring.

Flowers that thrive

Another colorful and easy care option are Cool Wave Pansies, a fast-growing, long-lasting trailing pansy available in a

variety of bold colors perfect for revamping your outdoor space for fall. A cool-season gardener's dream, you can feel confident that these blooms will thrive even as fall temperatures ebb and flow. Check out Cool Wave Raspberry Swirl with cheerful magenta and white petals and a delightful yellow center. Tip: Place your Cool Wave Pansies where you've also planted bulbs. Their hardiness will make them the first pansy to reappear next spring for two seasons of enjoyment.

Enjoy homegrown vegetables

In addition to adding style to your space with fall flowers, incorporate seasonal vegetables to enjoy fresh, healthy produce straight from your backyard or patio. Burpee Sweet Thang Cabbage adds beauty to any garden with its attractive dark green leaves. A touch sweeter than collards or kale, this non-heading cabbage delivers a delicious bite to round out autumn dishes.

A wonderful option for full-sun gardens is Bright Lights Swiss Chard, a stunning

All-America Selections-winning mix that produces delicious, mildly flavored stems in a rainbow of colors - including yellow, gold, orange, pink, violet, green, white, red and even striped! Tip: Harvest the tender bronze to dark green leaves young to enjoy in salads or eat like spinach or beet greens.

There are many plants that thrive in the fall weather, adding style and life to your outdoor space to enjoy for many months. For more tips and gardening ideas, visit burpeehomegardens.com and wavegardening.com.

—Brandpoint

CROSSWORD PUZZLE ANSWERS

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RECENT HOME SALES

Castro Valley

| | | |
|-----------------------|--------------------|---------------------------|
| 20236 San Miguel Ave | 94546: \$550,000 | 2 BD - 986 SF - 1978 |
| 19248 Lakeridge Road | 94546: \$780,000 | 2 BD - 1,336 SF - 1987 |
| 4387 Gem Avenue | 94546: \$780,000 | 4 BD - 1,269 SF - 1949 |
| 21863 Orange Avenue | 94546: \$794,000 | 4 BD - 1,628 SF - 1943 |
| 2741 Delaney Court | 94546: | \$824,500 |
| 2791 Delaney Court | 94546: | \$825,500 |
| 2946 Massachusetts St | 94546: \$880,000 | 3 BD - 1,630 SF - 1937 |
| 2453 Mikemary Court | 94546: \$950,000 | 3 BD - 1,664 SF - 1955 |
| 19416 Barclay Road | 94546: \$1,040,000 | 4 BD - 2,112 SF - 1965 |
| 18322 Carlwyn Drive | 94546: \$1,100,000 | 3 BD - 1,734 SF - 1956 |
| 2438 Fox Ridge Drive | 94546: \$1,160,000 | 4 BD - 2,252 SF - 1995 |
| 2690 Acorn Street | 94546: \$1,200,000 | 3 BD - 1,449 SF - 1950 |
| 16997 Grovenor Drive | 94546: \$1,236,000 | 3 BD - 1,894 SF - 1960 |
| 7398 Villareal Drive | 94552: \$1,350,000 | 5 BD - 2,875 SF - 1999 |
| 5842 Highwood Road | 94552: \$1,475,000 | 4 BD - 1,901 SF - 1960 |
| TOTAL SALES: | 15 | |
| LOWEST AMOUNT: | \$550,000 | MEDIAN AMOUNT: \$950,000 |
| HIGHEST AMOUNT: | \$1,475,000 | AVERAGE AMOUNT: \$996,333 |

San Leandro

| | | |
|-------------------------|----------------------|---------------------------|
| 16006 East 14th Street | #20394578: \$330,000 | 1 BD - 659 SF - 1987 |
| 1570 165th Avenue | #10694578: \$407,000 | 1 BD - 895 SF - 1987 |
| 14145 Doolittle Drive | 94577: \$440,000 | 2 BD - 980 SF - 1973 |
| 14 Cornwall Way | 94577: \$653,000 | 3 BD - 1,723 SF - 1977 |
| 14950 Lark Street | 94578: \$675,000 | 3 BD - 1,176 SF - 1945 |
| 2442 Fiji Way | 94577: \$745,000 | 3 BD - 1,129 SF - 1961 |
| 14653 Acapulco Road | 94577: \$750,000 | 4 BD - 1,464 SF - 1963 |
| 14869 Midland Road | 94578: \$829,000 | 3 BD - 1,644 SF - 1992 |
| 858 Bonnie Vista Avenue | 94577: \$845,000 | 2 BD - 1,939 SF - 1940 |
| 2774 Lakeview Drive | 94577: \$950,000 | 4 BD - 2,088 SF - 1965 |
| 1635 Clearview Drive | 94577: \$1,065,000 | 4 BD - 2,781 SF - 1967 |
| 589 Muscari Street | 94578: \$1,075,000 | 5 BD - 3,074 SF - 2003 |
| 2415 Belvedere Ave | 94577: \$890,000 | 1,768 SF - 1963 |
| TOTAL SALES: | 12 | |
| LOWEST AMOUNT: | \$330,000 | MEDIAN AMOUNT: \$747,500 |
| HIGHEST AMOUNT: | \$1,075,000 | AVERAGE AMOUNT: \$730,333 |

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Letters to the Editor will return next week

Letters must include first and last names, city of residence and phone number, and be no longer than 300 words. Email to fredz@ebpublishing.com or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

Obituaries

Castro Valley Forum Obituaries

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

- Martin, Oliver Thomas
- Moniz, Lorna "Sheila"
- Sowers, Helen McDermon
- Potts, Nancy
- Wheeler, Ida

■ Nancy Potts, a resident of Baywood Court in Castro Valley, passed away September 8, 2020. Born February 23, 1932. She was preceded in death by Charles Potts, her husband of 62 years. Nancy is survived by children Kathleen Soller, Donna Davies, William Potts, seven grandchildren and ten great-grandchildren.

Oliver Thomas Martin

1929 ~ 2020

Oliver Thomas Martin passed away on January 20, 2020 at age 90 in Castro Valley. He was known as "Tom" to his family and friends and as "Ollie" to his work colleagues. He is survived by his wife Doris and sons Philip and Kenneth.



Tom and family lived in Livermore during his 31 year career with LLNL where he retired in 1987 as a Senior Technologist.

Tom was an Army veteran and served for over 20 years in the Army Reserve, retiring in 1989 as a Staff Sergeant with the 481st Heavy Boat Company.

Tom was a nature enthusiast and a long-time member of the Sierra Club. He was an avid backpacker, mainly in the Sierras, but he even backpacked in the Swiss Alps one year. Tom also loved hiking, running and bicycling. After his retirement, he and Doris moved to Castro Valley where he started hiking at nearby Lake Chabot. He was a Trail Safety Patrol Volunteer with the East Bay Regional Park District for more than 20 years.

Tom lived life to the fullest, supported environmental organizations and always encouraged everyone he met to enjoy the great outdoors. His spirit lives on.

Ida Wheeler

May 8, 1915 - September 2, 2020

On September 2nd, Oakland's Montclair Village neighborhood lost a long time former resident, who died peacefully in San Leandro at the age of 105. Many neighbors knew Ida as the avid gardener who took meticulous care of her yard or the energetic nonagenarian who was often seen during her daily hikes along Skyline Drive. Although she generally shied away from large social gatherings, over the years, many of the area's residents got acquainted with Ida and found her genuinely eager to engage in conversations, listen to people, and spend time to know them. In these conversations her audience were often impressed with her vast knowledge, world experience and vivid memory. However, it was only after many years of knowing her and lasting friendships that one would gradually learn about her profound life story and appreciated her remarkable character.



Born Idel Ellen Waldeck on May 8, 1915, in Germany, she grew up in Europe during the difficult years of World War 1 and its aftermath. She was raised Lutheran in a cultured and tolerant family with a half-Jewish freethinking father who did not demand his wife's conversion and a Jewish-born mother who had converted to Christianity only after her children were baptized. However, such free spirits were not tolerated in the antisemitic environment of Nazi Germany and she was expelled from the university. She fled Germany in her early twenties, first to England, then Spain, and eventually to the Philippines.

In Manila she met Robert Wheeler, an American widower with two boys, ages five and seven. She had deep feelings for them, particularly for the boys whom she wanted to provide a nurturing family life. Thus, Robert and Ida were married on November 1, 1940. Early on, they lived in relative peace in Manila, where Ida devoted herself to be the mother and wife that her new family needed. But the situation changed when the Japanese army occupied Philippines in January 1942, and much hardship befell them when they were moved to the notorious Santo Tomas Internment camp. The camp was eventually liberated by American forces in February 1945 and Ida and her family were "repatriated" to the United States. After a period of traveling and living in various midwestern cities, they finally settled in San Leandro, California. And after ten years of statelessness, in January 1949 Ida took her citizenship exam and pledge of allegiance at the Oakland Superior Court and became a citizen of the United States.

In California, Ida began teaching languages in Oakland, Hayward, and then at Castro Valley High School. To the students she was known as a strict, demanding, and dedicated teacher. In German, Latin and Spanish classes she emphasized the fundamentals, motivated her students, and instilled in them the love of learning. Several of Ida's students remained life-long friends with her and credited her as the main factor in their own success. Teaching provided the intellectual environment that she desired and the independence to pursue her interests in higher education, such as studying classical German literature at San Francisco State University or receiving a Fulbright scholarship to study abroad.

After retiring from teaching in the 1980's, Ida maintained an active lifestyle. She joined a hiking club and kept a small circle of close friends with whom she attended cultural events and travelled. Every year Ida used to take one or two trips of explorations. She would prepare for months before each trip, reading books about the culture, history and politics of the destination country and planning the itinerary.

After the Oakland hills firestorm on October 20, 1991, neighbors found her surveying the ashy remains of her cherished house. As a neighbor approached her to express sorrow and sympathy for that loss, she calmly looked at him and said that there was no reason for sorrow. "With everything that I have seen in my life", she said, "this thing is a piece of cake!", adding "I will rebuild and come back". And she indeed did come back, being one of the first persons to rebuild her house in Oakland hills after that devastation. Ida drew strength from the events that had shaped her life. Knowing Ida was a lesson and reminder of what was important in life. Certainly, a burnt home was an inconsequential matter for a person whose beloved mother had perished in Nazi gas chambers. Reflecting on Ida's attitude to life, one of her friends remarked that she was a constant inspiration in the graceful way she lived a life with no small amount of pain and trouble.

Ida is survived by her son Bobby, her niece Connie, her nephew Clifford, many grandchildren and all of her wonderful friends. She accomplished greatness in her life and left an indelible impression with her friends and relatives who will remember and revere her for a long time.

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Helen McDermon Sowers

Helen McDermon Sowers, having enjoyed 96 years of life, has passed away on Sept. 16, 2020. She lived in Castro Valley for the last 56 years. An outdoor Memorial service will be held in Helen's backyard on October 17th at 2 p.m.



Helen was born in Long Beach, CA on September 16, 1924. She grew up on the beach of San Pedro with her mother where she fell in love with the ocean, the shore and swimming. She was an only child, but her cousin Marcella was like a sister to her. By the time she was in High School, both her parents had died, so she was raised by Frank and Neta Shufelt. She then attended The University of California, Berkeley where she graduated with honors in Public Health. While there, she met and married Malcolm Sowers.

After he graduated from medical school as a Psychiatrist she focused on raising four children. Once most of the children were old enough she returned to college. She received her masters in Medical Microbiology from Cal State Hayward (CSUEB), and then taught there until she retired.

In addition to swimming she was active her whole life; running, backpacking, mushrooming, birdwatching and traveling the world. She instilled a love of the outdoors in all her children. She was selfless in volunteering, taking leadership roles in the PTA, the California Association of Medical Lab Technologists, and the Audubon Society. She loved the opportunities life offered her.

Helen also loved challenging her mind. Bridge and scrabble were passions of hers as well as memorizing poetry and perfecting her writing which led to publishing her memoirs; Beach Girl.

She was blessed with 70+ years of marriage before her husband Malcolm predeceased her. She is survived by her four children, Robert Sowers, Douglas Sowers, Betty Tamm, and Brian Sowers as well as eight grandchildren and five great-grandchildren. She has one surviving cousin, Marcella and her four children.

Condolences can be sent to the family at P.O. Box 21084, Castro Valley, CA 94546. No gifts or flowers please, donations may be made in her name to the Ohlone Audubon, the Sierra Club or Doctors Without Borders.

ATHLETE OF THE WEEK

Sarah Yeh

Our Athlete of the Week is Sarah Yeh, a Sophomore Golfer at Redwood Christian. Sarah competed in two tournaments this summer on college length courses against elite competition. She averaged 80 in both tournaments. Her best finish was 8th in a JTNC tournament at Spring Creek (Ripon). Last school year, Sarah won the Bay Area Conference Championship tournament as a Freshman.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

Youth Baseball and Flag Football Programs
www.CVSPORTSLEAGUE.org

Changes: Easing of Facility Restrictions

continued from front page

The issuance supports what many skilled nursing facilities would like — improved family time for their residents.

“We know family members connecting with their loved ones entrusted in our care is important and beneficial to everyone’s mental health,” said Anita Hubbard, East Bay Post-Acute Administrator. “We are actively encouraging

family members to contact us to arrange virtual visits, and we look forward to facilitating those as best we can.”

Facilities are encouraged to use such protective measures as visitor screening, social distancing and even coronavirus testing during visits.

“Thankfully, we have been COVID free for more than a month and we take great precau-

tions to ensure the safety of our residents and family,” says Richard Traylor, director at Redwood Convalescent Hospital in Castro Valley. “We continue to test our residents multiple times in a day and make sure visitors follow the rules.”

The easing of restrictions will also hinge on how well Alameda County performs in keeping infections at bay in the next six months.

This week, Governor Gavin Newsom said that while he was encouraged that the current seven-day average for positive cases has dropped to 2.8 percent and that there has been a 23 percent decrease in hospitalizations during the last two weeks, he called for additional testing facilities and urged residents to get their annual flu shots to avert two viral pandemics.

“The sooner we are able to move forward with clarity on these tests, the more swiftly we can re-open parts of our economy and also our schools,” Newsom said.

HEALTH & FITNESS

Breast Cancer Support

It is not always easy to tell how your charitable dollars are going to be used, especially during National Breast Cancer Awareness Month.

Honored every October, this is a time of year when many companies use pink logos on product packaging to symbolize support for breast cancer-related charities. Unfortunately, these symbols are not always backed by a promise that proceeds will directly support research or those living with breast cancer.

In the case of Susan G. Komen and its Live Pink program, the organization works closely with all its partners to ensure program details are transparent to consumers. And this year, 18 companies are donating a percentage of the proceeds from the sale of select products to Komen. As many consumers are doing much of their shopping online these days, Komen has created a site that makes it easy and safe to shop for a cause. Visit livepink.org to shop and learn more.

“It just takes a moment to get involved and make a difference in the fight against breast cancer,” says Sarah Rosales, vice president of Corporate Partnerships, Susan G. Komen. “We’re honored to have so many partners giving consumers an opportunity to support breast cancer patients and fund lifesaving research.”

Want to ensure you are making the biggest impact possible? Before making any purchase you assume benefits the fight against breast cancer, Susan G. Komen recommends asking the following questions:

1. Who is the program supporting? Is it clear what charity is benefiting from the program? Susan see **SUPPORT on back page**



Duke James (left), performing at “The Space” in 2018

What’s Up at Smalltown

● **Tonight! Wednesday, Sept. 23:** Smalltown Takeover: “Duke James” — a local songwriter who grew up in San Leandro and has been involved in the work of Smalltown Society for several years now. “Duke James” will be performing his music live from the Smalltown Society Instagram page @smalltownsociety at 9 p.m.

● **Thursday, September 24:** Smalltown Takeover: Sara Perry, a local teacher and songwriter who makes beautiful, piano-driven tunes. You can watch her perform live from the Smalltown Society Instagram page at 9 p.m. @smalltownsociety

● **Friday, September 25:** Smalltown Takeover: Wilson Wong, who is currently living in Taiwan, but has been a teacher in Oakland for the past several years, is also an excellent musician and has performed around the Bay Area with his group: “Wilson Wong and the Dude.” Join Wilson for his IG Takeover at 9 p.m. on the Smalltown Society Instagram Page: @smalltownsociety

● **Monday, September 28:** Smalltown Takeover: Michael Kim-Eubanks, a local musician and songwriter who’s music is informed by his faith, his love for his family, and his experience as a black man in America. Watch his performance live at 9 p.m. from the Smalltown Society Instagram page: @smalltownsociety

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

Obituaries

Lorna “Sheila” Moniz

December 12, 1928 - September 5, 2020

Resident of Castro Valley

Born in England, the twelfth child of Walter and Ethel Dudley. She was known by friends and family as Sheila.

Sheila immigrated to the U.S. in 1950 as a war bride. She married Donald Fay and became a Navy wife eventually settling in San Leandro, CA in 1962. Donald and Sheila were divorced and Sheila, single mother of three, started working at JC Penney and going to night school to further her employment opportunities. She became an excellent typist and was employed at the San Leandro Library first as a typist clerk then as a Librarian.

She continued her education at Chabot College and graduated with her degree. Sheila retired from the City of San Leandro Personnel office as an Administrative Secretary. Sheila loved learning, her computer, reading, cooking, music, dancing, foreign languages and traveling.

Sheila endured many health problems from back surgery, heart surgery, bad knees and arthritis. She was her own health advocate and did constant research to keep her mind and body as fit as she could. Her body was frail but her mind was sharp and she remained independent until the end.

Preceded in death by her second husband Leslie “Bud” Moniz. Survived by daughters, Lorna and Mary Anne, son, Thomas. Granddaughters Kelly and Corrie, grandson Donald. Great-grandchildren, Serena, Vince, Zach, Jesse, Mason and Adam.

A heartfelt thank you to her friends, Janie and Eugene, John and Mary, Annette and Richard. Monet, Max, Michelle and Luka.

Arrangements made by Jess C. Spencer Mortuary, Inc. & Crematory, (510) 581-9133.



FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es):
Lornel Logistics LLC located at 1135 Jefferson Street, San Leandro, CA 94577, in Alameda County, is hereby registered by the following owner(s): Lornel Logistics LLC, 1135 Jefferson Street, San Leandro, CA 94577. This business is conducted by a limited liability company. This business commenced N/A. /s/ Lornel Logistics LLC
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires AUGUST 10, 2025

SEPT 09, 16, 23, 30, 2020
284-CVF

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es):
ANGLIN, TODD DOUGLAS located at 2877 Grove Way, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Todd Douglas Anglin, 3316 Monika Lane, Hayward, CA 94541. This business is conducted by an individual. This business commenced N/A. /s/ Todd Douglas Anglin
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires SEPTEMBER 01, 2025

SEPT 23, 30, OCT 07, 14, 2020
285-CVF

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): Although practical situations continue to dominate this week, there’s time for the Lamb to indulge in the fun things in life -- like maybe taking a special someone out for a great evening.



TAURUS (April 20 - May 20): This week favors relationships. Take time to renew old ones, and make time to go where new friends can be found. On a more practical note, expect news about a business deal.



GEMINI (May 21 - June 20): You should be seeing some progress on that new workplace situation. Meanwhile, family matters might demand more attention, and you’ll want to set aside time to deal with them.



CANCER (June 21 - July 22): A relationship suddenly might present some challenges you never expected. After talking things out, you might want to consider taking some time to assess what you’ve learned.



LEO (July 23 - August 22): A disappointing response to a request might dampen the Lion’s spirits. But you might want to ask the reasons behind it. What you learn can be of great importance in a future undertaking.



VIRGO (August 23 - Sept. 22): A once-volatile situation should be settled by now, giving you a chance to refocus on a project you’ve been planning for. Look for an interested party to rally to your support.



LIBRA (Sept. 23 - October 22): A business matter that unexpectedly turns into a personal situation could create complications. Best to resolve the matter now before too much harm can be done.



SCORPIO (October 23 - November 21): Emotions can run high when they involve personal matters that no one really wants to talk about. But this could be a good time to create the means to a workable outcome.



SAGITTARIUS (Nov. 22 - Dec. 21): A positive response to a workplace request could lead the way to other long-sought changes. Congratulations. A personal situation also takes a welcome turn.



CAPRICORN (Dec. 22 - Jan. 19): Patience pays off, as that once-overwhelming work situation continues to become easier to handle on a one-by-one basis. Look for positive news from a colleague.



AQUARIUS (Jan. 20 - Feb. 18): It might be a good idea to take more time to reassess your next move in working out a complex situation. You could benefit from a new perspective on the matter.



PISCES (Feb. 19 - March 20): You might want to consider making time to discuss a change of plans with everyone concerned. Be prepared to explain your actions. Also be prepared to listen to alternatives.

ADOPT-A-PET

CLEOPATRA is a beautiful 10 years young female cat whose owner passed away. Cleopatra is a little timid, but she enjoys treats and will sit in your lap and purr if you go slow and let her get to know you. She would prefer to be the only cat in the home. To adopt Cleo call the Hayward Animal Shelter (510) 293-7200.



STELLA is a 4-year-old female pit mix. She walks great on leash, enjoys playing, eating treats, and being near her favorite people. Stella is very smart, she already knows come, sit, and stay! She would prefer to be in a home with older children and no cats. Call the Hayward Animal Shelter (510) 293-7200.



Academics: Castro Valley Virtual Tutors

continued from page 3
GPA and be knowledgeable about at least two subjects.

Tran says being administrators for the CV Virtual Tutors program has been a rewarding experience for the tutors, broadening their horizons and learning ways to accommodate a variety of learning styles.

CV Virtual Tutors has also organized a drive to collect books for all reading levels and on Oct. 3 and 4, they will hold a book sale from 8 a.m. to 6 p.m. at CV Marketplace with proceeds going to SOS Meals on Wheels. The group also donated to the Oakland Zoo and California wildfire victims. Support from the public is welcome.

For more information, e-mail virtualtutoring19@gmail.com or visit Castro Valley Virtual Tutors on Facebook, where BA-Book-Exchange details as well as a request form for tutoring may be found. Donations may be dropped off at U-Cha tearoom, 20580 Redwood Rd.



NATIONAL ARCHIVES PHOTO BY DOROTHEA LANGE, MAY 8, 1942

The Mochida family was one of the 161 families taken by bus to the Tanforan Detention Center. The Mochida children ages three to seventeen were U.S. born citizens. Military-issued identification tags labeled both family members and luggage.

Artwork for Japanese American Commemorative Marker Sought

By Winda I. Shimizu
SPECIAL TO THE FORUM

The City of Hayward has released a Call for Art to select a companion artwork to the Japanese American Commemorative Marker approved by the City last year.

The Hayward Heritage Plaza Public Art Initiative Committee is looking to select an artwork and interpretive art piece that can

beautify the Hayward Heritage Plaza, communicate meaningful content, preserve an often-forgotten history, and demonstrate respect for Japanese American community past and present.

The design and construction of the selected artwork must include the 600 names of the Japanese Americans who, during World War II, were transported from Watkins Street in downtown Hayward to the Tanforan Detention

Center for several months and later to an incarceration camp.

To submit your artwork for consideration, please visit the city of Hayward's website at: www.hayward-ca.gov/business/doing-business-with-hayward/artist-all-call. The deadline for submission is Saturday, October 31, 2020.

Winda I. Shimizu is Hayward Arts Council Executive Director and member of the Heritage Plaza Public Art Initiative Committee.

Support: Breast Cancer

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G. Komen, for example, requires all of its partners to clearly state that their program benefits the organization. In many cases, they will include Komen's iconic logo on their packaging.

2. How will the charity use the donation? It should be clear where the proceeds go. Look for programs that support organizations which take a 360-degree approach to fighting the disease by funding breakthrough research, supporting compassionate public policy and providing patient support.

3. How is the program structured? Transparency is key. Is the company clearly stating how the money is raised and how much will be going to charity? For example, if it's a donation per purchase structure, ask how much of the purchase price benefits the charity. Is there a minimum or maximum contribution? Is it a flat donation regardless of sale?

By shopping savvy this Breast Cancer Awareness Month, you can ensure your purchases are making the biggest impact possible.

—StatePoint



Have You Seen Me?

"Coal" has been missing from his home on Alana Road since last Wednesday.

IF FOUND, CALL:
(510) 461-0344 OR
(650) 346-8029

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IS YOUR HOME
PREPARED FOR
WET WEATHER?

Don't forget your sewer lateral as part of your process. Preparing your home is important to mitigate and prevent property damage.

One step that can help is a Backflow Prevention System (BPS), consisting of a two-way cleanout and a backflow prevention (BPD) device.

While you may have a cleanout installed outside the foundation of your house, the addition of a BPD prevents sewage from flowing back into a building should there be a blockage in the sewer lateral or in the public sewer main line.

If you have already installed a BPD, check to see if it is functioning properly. Remove any debris or obstructions. Annual maintenance can ensure your entire BPS is operating properly when needed most.

In Castro Valley, a BPS is required on all new structures and is installed when laterals are repaired. A CVSan Repair Permit is required for installation. If you have questions, contact our Engineering Department at 510-537-0757, ext. 131.

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This ad was paid for by WW Outreach

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