

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 33

WEDNESDAY, APRIL 7, 2021

NO. 14

INSIDE YOUR FORUM

NEWS



Reopening
The Castro Valley Library will re-open its doors to the public this month
Page 2

LIVING



Spring Lamb
Spring's arrival signals the perfect time for a delicious lamb dinner
Page 4

NEWS



RSVP for Event
Appointments needed for CVSan's Recycling Day and compost giveaway
Page 16

INDEX

Agents in Action	10
Classified Ads	12
Crosswords	13
Homes	8
Horoscope	15
Merchants	5
Obituaries	15
Opinions	15
Our Town	3
Weather	2

PHONE: (510) 614-1560



PHOTOS PROVIDED BY ALAMEDA COUNTY

Dig Deep Farms Food Hub team getting ready for food distribution.

FRESH FOOD *for* FAMILIES

Launched last April, the Fresh Food for Families initiative has delivered 150,000 healthy meals as part of Alameda County's Emergency Food program while providing a lifeline for local food businesses at the same time.

When the Covid crisis struck, the Alameda County Sheriff's Office, Deputy Sheriffs' Activities League and All-In Alameda County responded by securing funds to pay struggling food companies to produce nutritious meals for residents and by developing a food assembly and delivery operation that is now capable of delivering more than 10,000 meals each week.

The busy operation is housed at the Dig Deep Farms Food Hub launched early last year as a food aggregation and small business incubation center. It distributes meals to seniors, food-insecure families, and other vulnerable residents during the pandemic.

Meals are delivered by formerly incarcerated people in partnership with the Alameda County Probation Department.

Alameda County Sheriff Gregory Ahern said the program was "doing the work we signed up to do, which is to deter crime and create a better environment for everyone."

see FOOD on page 14

COVID-19

Restrictions Relaxed and More Eligible

California will allow indoor concerts, conferences, theater performances and other private gatherings starting next Thursday, April 15, with varying restrictions on capacity.

The California Department of Public Health announced the changes on Friday as the rate of people testing positive for COVID-19 nears a record low.

Alameda County met the requirements to move to the Orange Tier, last Wednesday, allowing certain activities and businesses to resume operations under the State's Blueprint for a Safer Economy.

Permitted to open, but with capacity restrictions and modifications, were such businesses as outdoor bars with no meal requirements, bowling alleys, gyms, movie theaters, museums, restaurants, places of worship, sports events and amusement parks.

"Our metrics have improved, but this pandemic is not yet in our rear-view mirror," said Dr. Nicholas Moss, Alameda County Health Officer. "Variants of the virus that causes COVID-19 are circulating in our county, case rates are rising in other parts of the country and, while nearly a quarter of Alameda County residents aged 16 and older have been fully vaccinated, we aren't at the levels required for broad community protection or immunity."

According to data from the CDC, California has reported more coronavirus cases (more than 3.57 million) and virus-related deaths (58,269) than any other state. While California's Covid trends are stable, other states are seeing surges.

Alameda County must remain in the Orange Tier for at least three weeks before moving into the next, less restrictive color tier even though metrics might warrant.

see COVID on page 14

CV Man to Run for State Senate

Jaime Zepeda of Castro Valley announced last week that he is running for State Senate in District 10 in the 2022 election.

He made his announcement on the day that his son Gabriel turned five, saying "As I celebrate him, I am also concerned about his future. I wonder if things will go back to normal when normal was never good enough."

Born in Watsonville but raised in Mexico, the 37-year-old Zepeda grew up surrounded by poverty and corruption, but says he was in-

spired by his family's commitment to service.

At 17, he returned to the U.S. alone. Thousands of miles from nearly everyone he knew, he went to school during the day, cooked and mopped floors at night, and worked the phones at a call center when he could.

Then, despite what he says were mediocre grades, St. Mary's College in Moraga took him in and helped him break the poverty chain that he says many cannot afford to.

A newcomer to politics, Zepeda has never held any elected office, but much of his life has been devoted to community service as a counselor, mentor and volunteer.

"I am running because stories like mine are missing in the halls of power," he said in a press statement.

"The 10th Senate District is a microcosm of our state's broken promises. The number of people experiencing homelessness is on pace to double every few years."

see RUN on back page



Jaime Zepeda with his son Gabriel

Castro Valley Weather Apr 7 - 11, 2021



Wednesday
Partly Sunny
High 59° Low 49°



Thursday
Partly Sunny
High 62° Low 46°



Friday
Partly Sunny
High 60° Low 45°



Saturday
Sunny
High 66° Low 41°



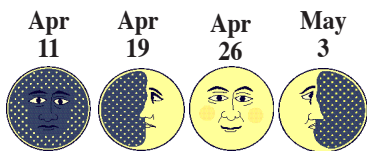
Sunday
Partly Sunny
High 71° Low 47°

Almanac



Past Week's Rain: 00.00
Season To Date: 10.09
Normal To Date: 18.19
Season Average: 21.22

Moon Phases



Sun sets at 7:38 p.m. today, rises at 6:46 a.m. Thursday.

Got Your Castro Valley Forum, Got Your Coffee, Life is Good!

PUBLISHED EVERY WEDNESDAY

DELIVERED TO OVER 20,000 HOMES - TOTAL CIRCULATION 22,500

To advertise call

Mary Florence: 510-861-3270 or Linda Nakhai: 510-915-1513
2060 Washington Ave. • San Leandro, California 94577



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

Support CV Student Wellness!



Riding to Support Our Schools

"Virtual" Bike Ride Fundraiser

Funds will be used to support the Wellness Center

The Wellness Center is in charge of CVUSD TK-12 social emotional support programs

April 16 - 30, 2021

Go to cvef.org to register and get bike routes

Registration: \$10 Students, \$25 Adults, \$50 Families

(Additional sponsors and donations appreciated)

Take photos of your bike ride and share: #CVBike4Ed

Each participant will receive a certificate and a medal



CV Library To Reopen

The Castro Valley Library will re-open its doors to the public this month, albeit with limited capacity and hours.

Opening day will be Monday, April 19. That week's hours will be from 10 a.m. to noon and 3 p.m. to 5 p.m. Monday through Thursday and Saturday, April 24. The library will be closed on Friday and Sunday.

To enter the library, members must follow Alameda County visiting guidelines. Masks are required for those two years and older and members must follow social distancing requirements. Eating inside will not be permitted at this time. Hand sanitizer will be provided upon entry and at stations throughout the building. Occupancy will be limited.

The Castro Valley Library is also announcing a new, temporary Storywalk with plans to install a permanent one later this year.

It starts at the Children's play area and moves around the front of the building. Each "page" is numbered.

In addition, a Spring Reading Game is being offered through this Saturday, April 10. Pick up your game boards during No Contact Pick Up from 11 a.m. to 5 p.m.

Both the Storywalk and the Spring Reading Game are sponsored by the Friends of the Castro Valley Library.



ALGAE ALERT

A Caution Advisory has been posted at Lake Chabot for the presence of cyanobacteria (blue-green algae) and the recent detection of toxins. This photo, by Reed O'Connell of San Leandro, was taken last week while he was trail running near Lake Chabot Dam. The public should avoid any contact with the water and keep dogs away from the lake. Swimming is never permitted at Lake Chabot.

NEW FISH SPECIAL

Atlantic Salmon w/Lemon,
Basmati Rice, tossed salad,
bread, fried potatoes **\$13.99**

Always Fresh at Villa Roma

3676 Castro Valley Blvd., Castro Valley
(next to Rudy's Donuts) • 510-888-6111

Classy Canine's
WIGGLE RUMPS

**NON ANESTHETIC
TEETH CLEANING
FOR YOUR DOG**

**Pawsitively
Clean Dental**

ONLY \$300
FOR DOGS & CATS
4/17/21 and 4/18/21

BEFORE

AFTER

510-583-7297
CALL NOW! LIMITED SPACE AVAILABLE.

A Pets bad breath isn't just unpleasant - It can be unhealthy!

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Resisting Arrest

Monday, April 5: at 2:20 a.m., Sheriff's deputies arrested a 47-year-old CV man on suspicion of possession of illegal drug paraphernalia and resisting arrest. The man was stopped for questioning outside of a home on Redwood Road near Audrey Drive. During questioning, the man became confrontational and tried to escape. Deputies handcuffed the man and took him into custody.

Fighting at the Hospital

Friday, April 2: at 9:28 p.m., a 50-year-old CV man was arrested on suspicion of assaulting a peace officer at Eden Medical Center on Lake Chabot Road. Deputies responded to a call by hospital security to help calm a confrontational visitor. The man became overly aggravated and began swinging at deputies. The man was subdued and taken into custody.

Stubborn Tenant Would Not Leave

Friday, April 2: at 7:32 a.m., deputies arrested a 29-year-old man on suspicion of refusing to leave a property despite repeated requests by the property owner. The man had been refusing to leave an apartment complex on Baker Road near Castro Valley Boulevard for some time, prompting the site manager to ask deputies for help. Deputies took the man into custody.

No Joke in Illegal Narcotics Arrest

Thursday, April 1: at 1:55 a.m., a 31-year-old woman from Castro Valley was arrested on suspicion of possession of illegal narcotics. Deputies stopped the woman for questioning outside a business on North 6th Street near Grove Way when they discovered her stash. The woman was taken into custody.

Drunk and Driving Stolen Vehicle

Wednesday, March 31: at 9:25 p.m., deputies pulled over and arrested a 31-year-old man from Castro Valley on suspicion of driving under the influence of alcohol, driving with an invalid license, driving a stolen vehicle, and possession of a controlled substance. The man was driving on Castro

Valley Boulevard near Redwood Road when deputies identified the vehicle as stolen. The man failed to provide a valid license and he failed his field sobriety test. Deputies took the man into custody.

Two Arrested for Possession of Narcotics

Wednesday, March 31: at 9:51 a.m., two people with no permanent residence were arrested on suspicion of possession of illegal narcotics and related drug paraphernalia. Deputies approached the pair following a complaint about suspicious behavior in a church parking lot on Redwood Road near Charlene Way. A 40-year-old woman and 34-year-old man were found with the drugs and items used to inject and smoke the drugs in their pockets. The pair were taken into custody.

Stalker Arrested

Wednesday, March 31: at 4:26 a.m., deputies arrested a 50-year-old man from Castro Valley on suspicion of violating the terms of a stay-away order and previous conviction of harassment charges. The man was picked up for arrest at a home on Somerset Avenue near Stanton Avenue following a complaint filed by an associate of the man. Deputies made a positive identification and took the man into custody.



PHOTO BY AMBER WAYNE

THE EASTER MESSAGE: Pastor Eric Junginger brings the Easter Message to scores of socially-distanced worshipers who had gathered in Cull Canyon to celebrate the Resurrection of Christ during Sunday's Easter Sunrise Service. Hosted by Redwood Chapel Community Church, the annual event unites people of faith from many churches. Songs of joy and God's peace were sung, a testimony by George Arias was shared and an inspiring message of hope was presented.

CORRECTIONS:

On Page 1 of the March 31 edition of the Forum:

The photo credit should have read: "Photo courtesy of the Acorn A's Car Club."

The Page 1 story "COVID Vaccinations for All by April 15" incorrectly stated that vaccinations were still being given at the Castro Valley Library. They are not.

2021 Arts Leadership Award Nominations

The Alameda County Arts Commission is accepting nominations for the 2021 Arts Leadership Awards, an annual program that recognizes five individuals for their outstanding achievements and contributions to the arts community and the residents of the county.

Nominees must be Alameda County residents who are involved in such arts discipline as music, dance, literature, theater, video and new media. They must be affiliated with an arts organization as an artist, staff person, board member, teacher, volunteer, donor, supporter, advocate, and so forth. For complete details, review the online nomination instructions.

The nominations will be reviewed by the Arts Commission in June and the award recipients will be recognized by the County Board of Supervisors in early October.

Nominations are due on Friday, May 14, and must be submitted online at www.acgov.org/arts/awards. For more information, call 510-208-9646, email: artscommission@acgov.org or visit www.acgov.org/arts/awards.

Nominations are due on Friday, May 14, and must be submitted online at www.acgov.org/arts/awards. For more information, call 510-208-9646, email: artscommission@acgov.org or visit www.acgov.org/arts/awards.

The Entire line of
**EuroPharma
Products**

25% OFF

On Sale in *Terry Naturally*
April EuroPharma.



Since 1969

— NATURAL FOODS —
San Leandro
182 Pelton Center
(510) 483-3630

Castro Valley
3446 Village Dr.
(510) 581-0220

Spring Into Fitness

**1 MONTH
MEMBERSHIP**
and

**One personal
Training Session
\$298 value for \$99**

20579 Santa Maria Ave.
Castro Valley
510-766-1348



BODY MECHANIX

Successful Financial Education Workshops

Tom Nohr CFP®

*Comprehensive Financial Planning
for Your Lifestyle in Retirement since 1986*

20632 Redwood Road Ste. E, Castro Valley

www.tomnohr.com

510-888-7171



Securities offered through Registered Representatives of Cambridge Investment Research, Inc., a broker-dealer member FINRA/SIPC. Advisory services through Cambridge Investment Research Advisors, Inc., a Registered Investment Adviser. Cambridge and Successful Financial Education Workshops are not affiliated.

CASTRO VALLEY FORUM

CASTROVALLEYFORUM.COM

ESTABLISHED: 1989 • CIRCULATION 22,500
© 2020 EASTBAY PUBLISHING CORPORATION - ALL RIGHTS RESERVED

Published every Wednesday by EastBay Publishing Corp.
2060 Washington Ave., San Leandro, CA 94577
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 mpomerville4582@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

Find More Local News in the Forum



**THE ONLY
LOCALLY OWNED
NEWS PAPER
DELIVERED TO HOMES
& BUSINESSES IN
CASTRO VALLEY!**

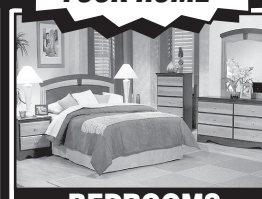
To advertise call
Mary Florence: 510-861-3270
Linda Nakhai: 510-915-1513

www.castrovalleyforum.com

**FURNITURE
FOR EVERY ROOM IN
YOUR HOME**

**INSTANT
REMODELING!**
*Give your home a
new look today.*

**SAVINGS IN ALL
DEPARTMENTS!**



BEDROOMS



DINING ROOMS



LIVING ROOMS

**Dupree's
FURNITURE**

"Make your house a Dupree's home"

48 Years Experience 1900 E. 14th St. • San Leandro
357-3000

www.Duprees-Furniture.com

OPEN TUESDAY - SATURDAY 10AM-5PM • CLOSED SUNDAY & MONDAY

The Season for Lamb

No meat says spring better than young, tender lamb. With its cooking versatility and number of available cuts (no fewer than 28 cuts are marketed), lamb is perfect for any meal occasion from formal entertaining to casual backyard barbecues.

Lamb is best served rare to medium. Overcooking can diminish its flavor and texture. Use an instant-read thermometer for best results.

It lends itself to roasting, broiling, grilling, braising, stewing and stir-frying. Its naturally mild flavor is enhanced with a myriad of marinades, herbs and spices.

When purchasing lamb, let color be the guide. Look for meat with a soft pink to red color with white marbling.

LAMB STEW WITH DILL

2 pounds boneless lamb from shoulder or breast, cut into roughly 1-1/2 inch chunks

8 shallots, peeled
12 very small new potatoes, washed
Salt and pepper
2 carrots, diced
1 cup frozen green peas
8 scallions, trimmed and cut into 2-inch sections
1/2 cup snipped dill leaves (or more, to taste)
Lemon wedges

Put lamb in a broad skillet over high heat; let sear, undisturbed, about 2 minutes, or until underside is nicely browned. Stir and add shallots and potatoes. Cook a couple of minutes longer, and add salt and pepper and a cup of water. Stir, scraping bottom if necessary to loosen any meat bits that are sticking.

Turn heat to low, cover and simmer about 45 minutes, stirring once or twice.

Uncover and add carrots; stir once, re-cover and let simmer about 15 minutes more, or until lamb and potatoes are tender.

Uncover, add peas and scallions. Raise heat to boil away excess liquid. Taste and adjust seasoning.

Serve garnished with dill and accompanied by lemon wedges. Makes 4 servings.

CALIFORNIA LAMB CHILI

2 tablespoons olive oil
1 yellow onion, diced
4 cloves garlic, minced
1 pound ground lamb
1/2 teaspoon turmeric
1/2 teaspoon cumin
1 teaspoon salt
1 teaspoon pepper
2 cans diced tomatoes
1 can garbanzo beans, drained and rinsed
3/4 cup beef broth

Heat oil in a skillet. Add onions and saute until translucent. Add garlic and saute for about 30 more seconds.

Add lamb and seasonings. Saute and crumble in skillet until lamb is no longer pink.



California Lamb Chili

Transfer to a large stock pot and add the rest of the ingredients and simmer for an hour.

Serve with chopped cilantro and sour cream if desired.

LEG OF LAMB WITH GARLIC & ROSEMARY

1 leg of lamb, approximately 4-1/2 to 6 pounds
Half a lemon
2-3 cloves of garlic, sliced
Large handful of roughly chopped fresh rosemary
4 tablespoons olive oil
Salt and fresh ground black pepper

With a sharp knife, make a number of incisions into the skin of the lamb and push 1-2 slivers of garlic into each incision. Squeeze the juice of the lemon over the lamb and then sprinkle with the chopped rosemary. Add the olive oil and rub in well, pushing some of the rosemary into the incisions with the garlic.

Season with the salt and pepper before placing in a large ziplock bag or loosely covered in a non metal container and leaving to marinate for at least an hour, or overnight if possible.

Roast the leg in a sturdy roasting pan in a preheated oven at 325°F. Allow 10-12 minutes per pound plus an extra 20 minutes for pink meat; 13-14 minutes per pound plus 20 minutes for medium; 20 minutes per pound plus 20 minutes for well done. Makes 4 to six servings.

LAMB CHOP & MUSHROOM SKILLET

8 lamb chops, about 2-1/2 pounds
Salt and pepper
1 tablespoon olive oil
Flour
8 ounces mushrooms, sliced
6 green onions, sliced
4 medium cloves garlic, minced
1 tablespoon butter
1 cup beef broth
1/2 cup red wine (such as pinot noir)

In a large skillet, heat olive oil over medium-high heat. Lightly coat chops with flour; place in hot skillet. Sear until well browned, turning once. Remove to a plate and set aside. Reduce heat to medium.

To the skillet add the mush-

rooms, green onions, garlic, and butter. Cook the vegetables, stirring, for 4 minutes. Add beef broth and red wine and simmer until reduced by about 1/3.

Add lamb chops, cover skillet, and cook for about 15 to 20 minutes, or until lamb chops are done as desired. Serves 4.

ROLLED SHOULDER OF LAMB

2 tablespoons olive oil
1 lamb shoulder, about 3 pounds, boned and rolled
10 large garlic cloves, peeled and crushed
3 cups tomatoes, peeled, seeded and chopped
1/2 cup tightly packed fresh basil leaves, shredded
1 teaspoon salt
Freshly-ground pepper

Ask your butcher to roll and bone the lamb for you.

In a 6-quart Dutch oven, heat oil over medium-high heat. Brown the lamb, turning it occasionally for 10 to 15 minutes. Scatter garlic, tomatoes and basil around the lamb. Sprinkle with salt and pepper to taste. Add 1/4 cup water. Cover and braise 1-1/2 hours over medium heat on top of stove. Discard surface fat and reheat as necessary. Serves 6.

GARLIC LAMB SHANKS

4 lamb shanks
3 tablespoons olive oil
1 cup finely chopped onions
1 cup finely chopped carrots
1 cup chopped mushrooms
1 cup dry white wine
1/2 cup finely chopped green pepper
1 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon pepper
20 unpeeled garlic cloves

Cut the skin from the shanks. Brown meat in hot oil. Drain fat from skillet. Add the onions, carrots, mushrooms, wine, green pepper, cumin, salt and pepper. Top with unpeeled garlic. Bring to a boil. Reduce heat. Cover and simmer 1-1/2 hours.

Transfer shanks to a serving plate. Skim fat from juices. Spoon vegetables and juices over the meat. Serves 4. This recipe is also good with couscous.

ROAST RACK OF LAMB

1/2 cup fresh bread crumbs
2 tablespoons minced garlic
2 tablespoons chopped fresh rosemary
1 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons olive oil
1 (7-bone) rack of lamb, trimmed and frenched
1 teaspoon salt
1 teaspoon black pepper
2 tablespoons olive oil
1 tablespoon Dijon mustard

Preheat oven to 450°F. Move oven rack to the center position.

In a large bowl, combine bread crumbs, garlic, rosemary, 1 teaspoon salt and 1/4 teaspoon pepper. Toss in 2 tablespoons olive oil to moisten mixture. Set aside.

Season the rack all over with salt and pepper. Heat 2 tablespoons olive oil in a large heavy oven proof skillet over high heat. Sear rack of lamb for 1 to 2 minutes on all sides. Set aside for a few minutes. Brush rack of lamb with the mustard. Roll in the bread crumb mixture until evenly coated. Cover the ends of the bones with foil to prevent charring.

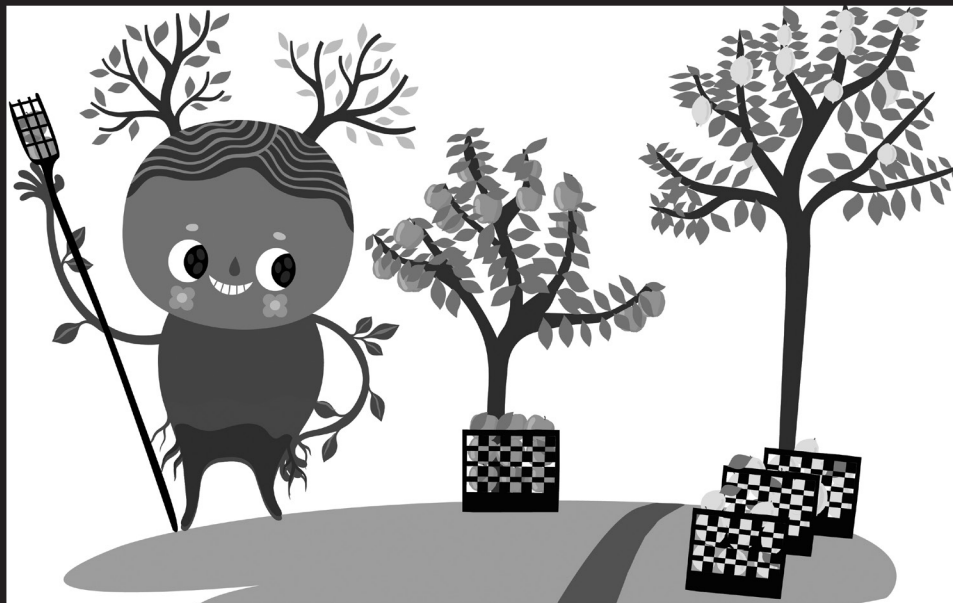
Arrange the rack bone side down in the skillet. Roast the lamb in preheated oven for 12 to 18 minutes, depending on the degree of doneness you want. With a meat thermometer, take a reading in the center of the meat after 10 to 12 minutes and remove the meat, or let it cook longer, to your taste. Let it rest for 5 to 7 minutes, loosely covered, before carving between the ribs. Yields 4 servings.

MINT SAUCE FOR ROAST LAMB

1 cup very finely chopped fresh mint leaves, washed, dried
2 tablespoons sugar
4-6 tablespoons balsamic vinegar
1-3 tablespoons white wine vinegar

Combine sugar with 1/4 cup of balsamic vinegar and 1 tablespoon of white wine vinegar in a small nonreactive saucepan with 1/4 cup water. Heat over medium-low heat until the sugar dissolves, 2 to 3 minutes. Pour over mint and toss well. Taste and add more sugar or vinegar as needed.

INDEPENDENT FRUIT GLEANING EVENT



COLLECT FOOD FOR THOSE IN NEED

From April 19th - April 24th, Castro Valley Sanitary District (CVSan) will connect volunteers with neighborhood trees to glean fruit from within their social bubble and with social distancing rules in mind. Gleaned tree fruit will be donated to local food pantries and food assistance agencies. Join a growing effort to help those in need by organizing your social bubble friends and family to give their time for gleaning around Castro Valley. Find out more about this Earth Day gleaning event at cvsan.org/EarthDay.

REDUCE REUSE RECYCLE ROT

CASTRO VALLEY SANITARY DISTRICT

Effective Environmental Services since 1939

510-537-0757 | www.cvsan.org

This ad was funded by Measure D



COMMUNITY CALENDAR

● Sat., April 10: Hearing Loss Support Meeting

Steven L. Derby, disability rights attorney, will discuss "Accessibility, the Covid Factor" – how Covid regulations have disabled access, how businesses use Covid to avoid access obligations, and what can be done, at the next meeting via Zoom beginning at 9:30 a.m. Register at www.hearinglosseeb.org

● Sat., April 10: Free Art Demonstration by Julie Cohn

A.R.T., Inc.'s members and friends are invited to a free demonstration by artist Julie Cohn from 2 to 3:30 p.m. this Saturday, April 10. An art instructor for more than 30 years, Cohn enjoys helping others to find and develop their own creativity. Her paintings have been featured in numerous exhibits in the U.S. and are included in many private collections. For more info and to participate, email for registration by tomorrow, April 8, to: artincv@gmail.com.

● Tues., April 13: Rotary Topic: Future Plans

The Rotary Club of Castro Valley will focus on its plans for the next few years at its next meeting via Zoom from Noon to 1:30 p.m. More information is available at: castrovalleyrotary.org

● Fri., April 16: Chanticleers Theatre: "Almost, Maine"

Chanticleers Theatre opens its 2021 season with John Caariani's hilarious comedy "Almost, Maine" as a streaming event. Knees are bruised. Hearts are broken. Love is lost, found, and confounded. And life for the people of Almost, Maine will never be the same. For tickets (\$20), go to: chanticleers.org/almost-maine/ or call 510-733-5483 (you will have to provide an email address). Tickets and instructions will be sent to your email.

● Wed., April 21: Women's Club: "Fall Prevention"

Stacey Blackard of Spectrum Community Services will be guest speaker during the Zoom meeting of the Castro Valley Women's Club from 1 to 3 p.m. on April 21. Blackard brings over a decade of experience to this training session. Join in and get great tips and advice that will help keep you safe, independent and fall free. Call 510-461-0764 or email castrovalleywomensclub@gmail.com

Medical Academy Prepares You for Jobs in Medical Field

By Linette Escobar
SPECIAL TO THE FORUM

If there is one thing that became clear during the pandemic, it is how important it is to have good, caring people in the medical field.

It makes sense then that if you are considering a career in the medical field, you look for a school that has excellent teachers and isn't just in business to make a profit.

Here in Castro Valley there is a great public adult school – Castro Valley Adult & Career Education (CVACE) – with teachers from the community.

The school offers a well-established medical academy program where students can train to become a Clinical Medical Assistant or Administrative Medical Assistant in 5 to 6 months. While the next cohort of the Clinical Medical Assistant program is currently full, there are a few spaces available in the Administrative Medical Assistant program, which starts at the end of April.



CVACE PHOTO

Instructors in the Castro Valley Medical Academy, Elisa Dasalla (left) and Shelli Sherman.

Students have gone on to great careers and rave about the personalized attention they received from caring instructors, Elisa Dasalla and Shelli Sherman. Elisa Dasalla is better known to students as "Mizz D". Although she holds a masters degree, every job she has ever gotten has come from her medical assisting certificate.

Realizing the power of career

education, Mizz D actually came to the adult school with her idea for the medical assisting program, and the rest is history. She is the utmost professional but still shows up at school rocking purple or pink hair depending on her mood.

What you may not know about her is English was not her first language. Take a medical class and ask her what was!

If you have kids in Castro Valley schools, you probably have seen Shelli Sherman at many events, from making speeches to selling popcorn. She is the past president of the Castro Valley Educational Foundation and is passionate about making our schools the best they can be for all kids.

What you may not know about her is that she does improv theater and takes voice lessons in her spare time. She brings this creative energy to her teaching.

The next round of Medical Academy courses start soon. We are currently registering students interested in the Administrative Medical Assistant program only.

If you would like more information on how to register for this program, email lfosdahl@cv.k12.ca.us. By this time next year, you can be working in a medical office.

For more details please visit www.cvadult.org or contact Castro Valley Adult & Career Education at (510) 886-1000.

Linette Escobar is Marketing Chair of Castro Valley Adult & Career Education.

Kahn Appointed Principal of Redwood High School

At a special meeting last week, the Castro Valley School Board selected Kenneth Kahn, Jr. to become principal of Redwood High School.

He will replace Erica Ehmann

who is resigning from the position at the end of June.

Kahn has been an assistant principal at a Cupertino high school for the past five years. Before that he had a wide range of experiences

as an English teacher, head football coach, assistant athletic director and school climate coordinator.

Kahn earned a Bachelor of Arts Degree at U.C. Santa Cruz, and a Masters of Education and Admin-

istrative Services at U.C. Berkeley.

Redwood High School is the home of the Castro Valley Virtual Academy, the Roy Johnson Adult Transition Program, and Redwood Independent Study.

SUPPORT YOUR LOCAL MERCHANTS

Call me and we will get started on selling your home in Castro Valley TODAY!



Serean Kimmel Realtor®
510.512.2145
BRE# 01770629
www.sereankimmel.com



ESCROW SERVICES

We are committed to offering our Clients the most comprehensive variety of Escrow Services available.

- For Sale by Owner
- Residential
- Refinance
- Private Financing
- Bulk Sale/Business Sale
- Liquor License Transfer
- Mobile/Manufactured Homes
- Document Preparation
- Notary & Recording Services

Call:
510-247-0741

19131 Redwood Rd.,
Ste. E & F, Castro Valley
www.redwoodescrow.net
Redwood Escrow Services, Inc.

Fine Mexican Dining!
Don Jose's Mexican Restaurant

TAKEOUT AVAILABLE

3430 Village Dr., Castro Valley
510-538-3290

DAVE'S TAVERN TAXI SERVICE

Mon - Sat 7am - 7pm
Off Sunday
Airports & Amtrak Transportation
Open 24 Hours
With Prior Notice



TO OAKLAND AIRPORT ONLY \$30
TO OR FROM BART \$600 - \$12
TO SF or SJ AIRPORT \$60

510-303-3478

R&J QUICK CLEAN CENTER

2522 CASTRO VALLEY BLVD • 510-581-9797

LARGE & CLEAN Laundromat with:

- 16Lb., 25Lb., 50Lb. & 65Lb. commercial washers (Great for Bedspreads, Sleeping Bags, & Blankets!)
- Attendants Present
- Monitored Surveillance
- Free Wifi Internet
- Self-Service Pressing Station

ANYTHING
Dry Cleanable
Clothes, Drapes
& More!

Washed & Dry Services
• Sleeping Bags
• Bedspreads
• Blankets

\$500
per lbs.

Same Day Service
When Available

NOW OPEN 7 DAYS! 8am-8pm

Rose Motorcars

AUTO DETAIL SPECIALS!

Starting At:

- \$49 WAX & POLISH
- \$99 EXPRESS DETAIL
- \$49 ENGINE CLEANED
- \$99 PAINT TOUCH-UP
- \$49 CARPET SHAMPOO
- \$149 MINI DETAIL
- \$199 EXTERIOR PLUS DETAIL

510-400-6042
M-F: 10am-7pm/Sat: 10am-7pm • Sun: 11am-5pm
19900 Mission Blvd. • Hayward, CA 94541
www.RoseMotorcars.com

Upper Grove Way Auto Repair

Bring this ad in for

\$30 off LABOR

For services of \$100 or more

- Brakes • Diagnostic • Check Engine Light
- Wheel Alignment



Since 1959
2932 Grove Way, Castro Valley
Hours: Mon. - Fri. - 8 a.m. to 5 p.m.



TO ADVERTISE CALL:

Mary Florence
510-861-3270 Or

Linda Nakhai
510-915-1513

How to Search for Senior Discounts

By Jim Miller
SPECIAL TO THE FORUM

One of the best, yet underutilized perks of growing older in the United States is the many discounts that are available to older adults.

There are literally thousands of discounts on a wide variety of products and services including restaurants, groceries, travel and lodging, entertainment, retail and apparel, health and beauty, automotive services and much more. These discounts – typically ranging between 5 and 25 percent off – can add up to save you hundreds of dollars each year.

So, if you don't mind admitting your age, here are some tips and tools to help you find the discounts you may be eligible for.

Ask! The first thing to know is that most businesses don't advertise them, but many give senior discounts just for the asking, so don't be shy.

You also need to know that while some discounts are available as soon as you turn 50, most don't kick in until you turn 55, 60, 62 or 65.

Search Online: Because senior discounts frequently change and can vary depending on where you live and the time of the year, the internet is the easiest way to locate them.

A good place to start is at TheSeniorList.com (click on the "Senior Discounts" tab), which provides a large list of discounts in categories, i.e., restaurant dining, grocery stores, retail stores,

prescription medications, travel discounts and more.

You can also search for discounts by provider. Go to a search engine like Google and Yahoo and type in the business or organization you're curious about, followed by "senior discount" or "senior discount tickets."

If you use a smartphone, there are also apps you can use like the "Senior Discounts & Coupons" app (available on the App Store and Google Play), which categorizes discounts by age and type.

Join a Club: Another good avenue to senior discounts is through membership organizations like AARP, which offers its members age 50 and older a wide variety of discounts through affiliate businesses

(see AARPdiscounts.com).

If, however, you don't like or agree with AARP, there are other organizations you can join that also provide discounts like the American Seniors Association (AmericanSeniors.org), the American Automobile Association (AAA.com), or for retired federal workers, the National Active and Retired Federal Employees Association (NARFE.org).

Types of Discounts: Here's an abbreviated rundown of some of the different types of discounts you can expect to find.

Restaurants: Senior discounts are common at restaurants and fast-food establishments – like Applebee's, Arby's, Burger King, Chili's, Denny's and IHOP – ranging from free/discounted drinks, to discounts off your total order.

Retailers: Many thrift stores like Goodwill and Salvation Army, and certain retailers like TJ Maxx, Banana Republic, Kohl's, Michaels, Ross and Walgreens stores offer a break to seniors on certain days of the week.

Grocery stores: Many locally owned grocery stores offer senior discount programs, as do some chains.

Travel: American, United and Southwest Airlines provide limited senior fares in the U.S. to passengers 65 and older, while British Airlines offers AARP members discounts of up to \$200. Amtrak provides a 15 percent discount to travelers over 62. Most car rental companies give discounts to 50-plus customers or those who belong to organizations like AARP. Royal Caribbean, Norwegian, Celebrity and Carnival cruise lines offer discount rates to cruisers.

see DISCOUNTS on page 7



There are things you can do to prevent falls, and if you do fall, there are guidelines that can help you get upright, without injuring yourself more in the process.

Steps Towards Fall Prevention

Every second of every day, an older adult (age 65-plus) suffers a fall in the U.S. making falls the leading cause of injury and injury-death in this age group.

One out of four older adults will fall each year in the United States, making falls a public health concern, particularly among the aging population.

Falls are not a normal part of aging, but they do happen. There are things you can do to prevent falls, and if you do fall, there are guidelines that can help you get upright, without injuring yourself even more in the process.

Spectrum Community Services' Fall Prevention Program's primary goal is to reduce and/or prevent the number of falls among at-risk low-income seniors. They use a multi-pronged approach proven to be the most effective strategy to address the range of issues that lead to falls:

Behavioral: Educates and raises awareness about: falls and fall prevention, sedentary lifestyle, medication management, and better eating habits.

Physical: Offers fall prevention skills-building training sessions that help to develop strength, improve mobility and balance and increase hand-eye coordination.

see STEPS on page 14

CVSan RECYCLES DAY BY APPOINTMENT ONLY

CANYON MIDDLE SCHOOL
19600 Cull Canyon Road
Saturday, April 24, 2021
8:00 a.m. to 2:00 p.m.

APPOINTMENTS REQUIRED
Drop off items to be recycled and/or pick up free compost. Details below.

ACCEPTABLE ITEMS



Textiles



E-Waste



Sensitive Documents for Shredding

COMPOST GIVE-AWAY



FREE compost to CVSan residents and businesses only. Three 1-cubic foot bags per household or business.

COVID-19 SAFETY

Event participants are required to follow all safety requirements below:

- **APPOINTMENTS REQUIRED.** Book an appointment at the website below.
- Face coverings required.
- Stay inside vehicle at all times.
- Keep vehicle windows rolled up.
- Place drop-off items in trunk of vehicle.
- Open trunk from inside vehicle if possible.

For full instructions and to register for an appointment, please visit cvsan.org/RecyclesDay.

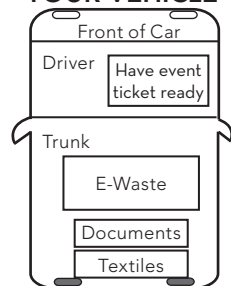
CASTRO VALLEY SANITARY DISTRICT

Effective Environmental Services since 1939

510-537-0757 | www.cvsan.org

This ad was funded by ACI Collection Events

CORRECTLY PACK YOUR VEHICLE



CVSan



Landmark Villa

Senior Residential & Assisted Living



- 24 Hour Care • Socializing
- Activities • Chef Prepared Meals
- Housekeeping • Laundry
- Quality of Life • Independence
- Legacy

Private and Shared Apartments Available!

Call today for a Free Lunch & Tour
510-276-2872

License#015601501



Yes, we are Pet Friendly!

21000 Mission Blvd., Hayward CA 94541

WINKLER LAW

Living Trusts & Trust Administration
Probate • Wills
Real Estate • Litigation

— Give Us a Call —
Most Initial Consultations Are Free

(510) 357-3403

1883 East 14th Street
San Leandro

How American Rescue Act Will Help Seniors

Q: I know that Congress and President Biden recently approved a new law that adds significant money into improving vaccinations and other COVID-19 outreach, but I wonder what other provisions are in the new law that might help seniors.

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

A. Good question. The American Rescue Plan Act-The AMERICAN RESCUE PLAN ACT (ARPA@), H.R. 1319, was narrowly passed on party lines in Congress and then signed into law by President Biden on March 11, 2021. It directs a massive \$1.9-trillion dollars into the economy to fund these stimulus payments and to provide other much needed help.

It is a massive document that runs into hundreds of pages, and provides benefits covering families, employers, health care, education, and housing.

Here are some selected provisions that may be of interest to seniors:

Stimulus Payments: The ARPA provides \$1,400 direct payments to individuals with up to \$75,000 in annual income, and couples with incomes up to \$150,000, with phase outs for higher earners.

These payments will not affect eligibility for Medicaid or Supplemental Security Income as long as any amount that pushes recipients above the program's asset limits is spent within 12 months. Many of these payments have already been direct-deposited into tax-payer accounts.

Medi-Cal (Medicaid) Home Care: The Act provides more than \$12 billion in funding to expand Medicaid Home and Community-Based Waivers for one year. This funding will allow states to provide additional homebased longterm care services, which will help seniors from being forced into nursing homes. The additional money will also allow states to set up programs to increase care-givers' pay.

Nursing homes: The Act supports the deployment of

strike teams to help nursing homes that have COVID19 outbreaks. It also provides funds to improve infection control in those facilities.

Pensions: Many multi-employer pension plans are on the verge of collapse due to under-funding. The law creates a system to allow plans that are insolvent to apply for grants in order to keep paying full benefits.

Medical Deductions: The law permanently lowers the threshold for deducting medical expenses. Taxpayers can now deduct unreimbursed medical expenses that exceed 7.5 percent of their income. The threshold was otherwise set to increase to 10 percent under the 2017 tax law.

Older Americans Act: The ARPA provides funding to programs authorized under the Older Americans Act, including vaccine outreach, caregiver support, and the longterm care ombudsman program. It also directs funding for the Elder Justice Act and to improve transportation for older Americans and people with disabilities.

Housing Assistance: It increases funding for housing assistance, with targeted assistance to low-income communities. Notably, it provides homeowner assistance to prevent foreclosures.

Utility Assistance: The law provides energy assistance through the Low-In-

come Home Energy Assistance Program (LIHEAP), and water subsidies through a related program.

SNAP: It provides a 15% increase in SNAP food assistance benefits through September 30, 2021.

Child Tax Credit: The law expands the child tax credit so that qualifying families will receive a tax credit of up to \$3,000 per child aged 6B17, and \$3,600 for children under 6. This will benefit Agrand-parent@ families who are raising their grandchildren.

COBRA Health Insurance: The ARPA provides a new 60 day enrollment period and 100% coverage of COBRA premiums for individuals who lost (or lose) employment through September 30, 2021.

HCBS: It increases Medi-Cal (Medicaid) funding for Home and Community-based Services to enable more seniors in need to receive care at home.

Unemployment: It makes the first \$10,200 of unemployment insurance received in year 2020 tax free for households with an adjusted gross income under \$150,000.

COVID-19: It provides vaccines and treatment under Medicaid and CHIP without cost-sharing.

Gene L. Osofsky is an Elder Law and Estate Planning attorney in the East Bay. Visit his website at www.LawyerForSeniors.com.

Discounts: Most Venues Offer Reduced Admission

continued from previous page admission to seniors over 60 or 65. And the National Park Service offers a lifetime senior pass for those 62 and older for \$80 (see nps.gov/planyourvisit/passes.htm).

Entertainment: Most movie theaters, museums, golf courses, ski slopes and other public entertainment venues provide reduced

admission to seniors over 60 or 65. And the National Park Service offers a lifetime senior pass for those 62 and older for \$80 (see nps.gov/planyourvisit/passes.htm).

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



PHOTO BY MIKE WUN

Happy Birthday Betty

Long-time Castro Valley resident Betty Liskey celebrated her 100th birthday in the company of family, friends and loved ones in a Covid-safe front-yard party at the end of last month. When asked if her longevity secret lies in her famous recipe of raisins and gin or something else, Betty says, "I wish I could tell you!" Perhaps Betty's vitality comes from her sunny and cheerful disposition. She loves to greet neighbors and dog-walkers every morning as they walk by her house. And church parishioners, who also attended the party, shared with well-wishers that Betty is the youngest of three other parishioners, the oldest one nearing the age of 104!

HAVE INTERESTING RETRO PHOTOS OF CASTRO VALLEY? SHARE THEM WITH US • EMAIL: FREDZ@EBPUBLISHING.COM

Thinking About a Reverse Mortgage but Unsure How They Work?

CALL TODAY TO GET THE RELIABLE INFORMATION YOU DESERVE!

If you are 62 or older, and qualify, a reverse mortgage may be able to provide you with greater financial peace of mind and increase your monthly cashflow by:

Serving the Bay Area!

- Setting up a Line of Credit
- Paying off an existing mortgage and or other debt
- No Monthly Mortgage Payments required

Borrower to remain current on their property taxes and homeowners insurance and HOA fees, occupy home as primary residence and maintain property.



CALL TODAY
510-583-8123

HighTechLending

LORI REISFELT NMLS ID 291773
LICENSED LOAN OFFICER

"I pledge to provide straight forward information and excellent service."

Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act. #4130937 NMLS#7147. Equal Housing Lender. NMLS Consumer Access: www.nmlsconsumeraccess.org. This Material is not from HUD for FHA, and was not approved by HUD, FHA or any other government agency.

Tour Our Models Today!



Independent Senior Living

Baywood Court
RETIREMENT REDEFINED™

baywoodcourt.org (510) 733-2418

Like us on

RCFE #011440776/Health Center #550000793

REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Buyers Starting to Second Guess Themselves

This past week, following up with buyer agents who had toured our listings, I began hearing a similar phrase over and over. "Our buyers love the home," they'd say, "but are afraid the prices will go too high, so they will not submit an offer."

The net result: the quantity of tours homes are receiving remains the same, but the number of offers coming in is way down.

Here is the irony: buyers, by withholding offers, are losing out on any chance they may have to get a home.

As the housing market continues climbing and prices escalating, some buyers are beginning to second-guess themselves.

It is easy to understand: if they write an offer and it is not high enough, it will not be accepted. Consequently, if they think an offer might come in higher than the amount they are willing to submit, they talk themselves out of writing an offer.

The problem is this: if enough buyers do this, then fewer offers are submitted. With

fewer offers to choose from, those who actually submitted offers have substantially higher odds of getting offers accepted. Additionally, since prices are still continuing upward, those who were afraid to write offers are being pushed further and further from their goal of actually obtaining a home.

Another irony is that not all sellers accept the highest price. Some are looking for other items in offers, such as larger down payments, rentback, higher cash reserves and so on. In other words, even if other offers are higher, there is no guarantee they will be accepted.

We encourage buyers to write offers continuously. We call it the Spaghetti Principle: the more spaghetti you throw at the wall, the more likely it is that some will stick. Translated, "The more offers you write, the higher your odds that one will be accepted."

While any buyer writing offers may or may not have a significant chance of getting their offer accepted, at least a chance exists. Those who choose to not submit an offer have no chance at all.

There is another factor here

as well: when viewing properties and writing offers, do so on homes well under your limits. That way, you can effectively compete with other offers.

Our recommendation is to avoid homes at the top of your price range that you have little chance of securing, and focus instead on those you can actually afford.

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

\$1,298,000

There's a lot to love about this beautifully upgraded Briar Ridge home! There are 4 bedrooms, 3 baths, a gorgeous kitchen, master bedroom suite with a balcony overlooking the yard and one bedroom/bath on the lower level. Enjoy the large 11,000 sq.ft. lot which has an oversized level backyard. Available for showing April 15.



18732 E. Cavendish Dr, Castro Valley
COMING SOON



Judy Grubb
Broker Associate
Lic. #01367593

510-909-2930
Judy@GrubbTeam.com
www.TheGrubbTeam.com

kw
KELLERWILLIAMS
REAL ESTATE

Each office is independently owned & operated DRE#02029039

Growing Berries in Containers

By Buzz Bertolero
Special to the Forum

What type of berries will grow in containers? I have a small backyard with limited space to grow anything.

You're not as limited as you might think, as all the popular berries can be grown in containers.

Blueberries by far are the easiest to grow. A couple of plants will yield a decent number of berries with a minimal amount of effort. They like a bright sunny location that is protected from the mid and late afternoon summer sun.

A 20- to 24-inch pot should be large enough. To avoid a pollination problem, select a low chill, self-pollinating variety such as Sunshine Blue or Bountiful Blue. Low chill varieties produce berries in our mild winters.

Strawberries are next on the list. Strawberry jars are popular, but I don't feel they produce enough to be considered.

Strawberries are best grown in a rectangular planter that is afoot wide by foot deep and of any length.

The Everbearing types are the best for containers as they produce few runners and have multiple crops of berries per year.



The container(s) should run north to south, so each side of the plants gets an equal amount of sun. While they can endure the sun's heat, they are also will survive in partial shade.

Because of the heavy production, the plants wear themselves out and should be replanted with new ones every three years. Raspberry Shortcake and Baby Cakes Blackberries complete the list of container berries. They're dwarf and thornless, great for decks, patios, and balconies that receive hot afternoon sun.

They have an endearing compact growth habit that thrives in a container. Don't be fooled by its pint-sized appearance; it produces full-size, super-sweet raspberries and blackberries. Unlike the other cane berries, they requires no trellising or

staking.

Raspberry Shortcake and Baby Cakes produce fruit mid-summer on the second-year canes. You're more likely to find them at your favorite independent garden center.

Generally speaking, berries will need to be watered frequently, and I would fertilize twice during the growing season with Osmocote, a time-release fertilizer that provides a little bit on nutrients every time you water.

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.



RECENT HOME SALES

Castro Valley

2012 173rd Avenue	94546: \$680,000 2 BD - 1,425 SF - 1953
20273 Forest Avenue	94546: \$688,000 2 BD - 1,193 SF - 1982
2750 Norbridge Avenue	94546: \$770,000 3 BD - 1,105 SF - 1955
5015 Foxboro Drive	94546: \$1,000,000 3 BD - 1,248 SF - 1961
22184 East Lyndon Loop	94552: \$1,060,000 4 BD - 2,240 SF - 1998
17638 Trenton Drive	94546: \$1,110,000 4 BD - 2,376 SF - 1967
4484 Stanford Avenue	94546: \$1,185,000 4 BD - 2,266 SF - 1950
18070 Center Street	94546: \$1,225,000 3 BD - 2,229 SF - 1964
22670 Canyon Ridge Pl	94552: \$1,343,000 4 BD - 2,352 SF - 1998
TOTAL SALES: 9	
LOWEST AMOUNT:	\$680,000
MEDIAN AMOUNT:	\$1,060,000
HIGHEST AMOUNT:	\$1,343,000
AVERAGE AMOUNT:	\$1,006,777

San Leandro

15335 Washington Ave	94579: \$393,000 2 BD - 1,140 SF - 1985
1511 138th Avenue	94578: \$435,000 2 BD - 811 SF - 1970
680 Fargo Avenue	94579: \$460,000 2 BD - 910 SF - 1965
14372 Outrigger Drive	94577: \$520,000 2 BD - 990 SF - 1987
1521 Castro Street	94577: \$575,000 3 BD - 1,092 SF - 1953
639 Tudor Road	94577: \$620,000 3 BD - 1,070 SF - 1950
758 Hamlin Way	94578: \$700,000 1,356 SF - 1979
656 Black Pine Drive	94577: \$710,000 3 BD - 1,111 SF - 1989
13833 Rose Drive	94578: \$725,000 4 BD - 2,145 SF - 1981
1859 Starview Drive	94577: \$750,000 3 BD - 2,337 SF - 1968
1570 Leonard Drive	94577: \$770,000 3 BD - 1,040 SF - 1953
285 2nd Avenue	94577: \$775,000 4 BD - 1,452 SF - 1953
2213 Wigeon Court	94579: \$782,000 3 BD - 1,471 SF - 1999
2481 Marina Boulevard	94577: \$800,000 3 BD - 988 SF - 1943
3597 Carrillo Drive	94578: \$860,000 3 BD - 1,700 SF - 1955
1760 Burkhardt Avenue	94579: \$880,000 3 BD - 1,504 SF - 1957
2350 Arlington Court	94578: \$890,000 3 BD - 1,136 SF - 1952
1370 148th Avenue	94578: \$940,000 3 BD - 2,159 SF - 1939
880 Juana Avenue	94577: \$960,000 4 BD - 2,280 SF - 1925
14370 Outrigger Drive	94577: \$5,770,000 2 BD - 990 SF - 1987
TOTAL SALES: 20	
LOWEST AMOUNT:	\$393,000
MEDIAN AMOUNT:	\$760,000
HIGHEST AMOUNT:	\$5,770,000
AVERAGE AMOUNT:	\$965,750

THERE IS NO SUBSTITUTE FOR EXPERIENCE

Let my 35 years of success
work for you!



Kremer & Company

REALTORS®

Ken Kremer, CRS, GRI, e-Pro, ABR, SRES
510-301-1957

Ken@KremerCompany.com
BRE# 00550782

Coming Soon in the Proctor School Area

4728 Sorani Way, Castro Valley

Asking \$1,198,000 • Upper valley beauty on a quiet cul de sac featuring 4 large bedrooms, 3 full baths and a dbl car garage. Also featuring updated kitchen and baths, gleaming hardwood floors, large family room with bookshelves and access to backyard and patio. Move in ready!! Call Trish 510-367-7999



Coldwell Banker Real Estate
Call Trish Radovich: 510-367-7999/calltrish@comcast.net
21060 Redwood Rd. Ste. 100, Castro Valley

The Esmeyer Team

James, Rosalyn, Rachel & Jamie

Shamrock Realtors - Going Above and Beyond
James Esmeyer, Broker Associate - DRE#01363681
(510) 909-8344

WEEKEND GARDENER

Vegetables

As soon as garden beds are able to be worked after the April rains have passed, you can begin setting out vegetables, including radishes, eggplants, green peppers, beans, cucumbers and squash. Buzz Bertolero recommends waiting until May to set out tomatoes. Nurseries and garden centers are well-stocked with six-packs and 4-inch pots of vegetables ready for transplanting.

Flowers

Summer annuals and perennials can also be planted this month to brighten up flower beds. Look for petunias and zinnias—two of the most popular annuals—available in a wide range of colors, shapes and sizes to fulfill any requirement, whether for dramatic massed beds and borders, window boxes or planters on the patio. Select plants with healthy, deep green foliage. In both vegetable and flowers gardens, watch out for hungry snails which have multiplied many times over due to all the wet weather.

Tips to Stretch Your Dollar When Household Shopping

Running a household on a budget? Smart shopping strategies can help your family save on favorite foods, wellness essentials and more.

To help make your next shopping excursion a success, check out these tips from the experts at Dollar General.

- **Cleaning Supplies:** Streamline spring cleaning -- and save money and space -- by opting for a multi-purpose cleaner that can be used throughout the home. Enjoy additional savings by purchasing extra of your favorite cleaning supplies when they're on sale.

- **Groceries:** At the beginning of each week, create a meal plan for your family. Mapping out your meals can help you avoid purchasing more than

you need or items you don't want. Discount retailers, like Dollar General, are a great place for all the essentials, including spices, dairy, grains, bread, eggs, frozen and canned vegetables and proteins. Consider shopping with brands like Clover Valley that provide a 100 percent guarantee.

Organize your visit to the store in advance by checking out DG.com/easymeals to discover affordable recipe ideas and to create your shopping list on the brand's mobile app.

- **Wellness Items:** Self-care doesn't need to be costly. Before heading to a grocery store or pharmacy for wellness products, visit a general retailer first. From remedies for combatting spring allergies to

over-the-counter medications, vitamins, skincare and hair care products, the items you restock most frequently can be found for less at a general retailer than you might expect at a pharmacy or grocery store.

- **Digital Savings:** While physically clipping coupons may no longer be as common as it once was, additional ways to save are here to stay in the form of digital coupons. Take advantage of the savings opportunities digital coupons provide by visiting coupons.dollargeneral.com to enroll or digitally clip coupons.

To stay organized and within budget during the spring cleaning season, adopt savvy shopping strategies.

-Statepoint

Little Change in Mortgage Rates

Long-term fixed mortgage rates remained steady last week, although some loans edged up.

The 30-year fixed-rate mortgage averaged 3.18 percent for the week ending April 1, up from the previous week when it averaged 3.17 percent. A year ago at this time, the 30-year rate averaged

3.33 percent.

Fifteen-year fixed-rate mortgages averaged 2.45 percent, unchanged from the week before.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 2.84 percent, also unchanged.

"Although mortgage rates remain low, we are beginning to

see a pullback by those looking to enter the housing market," said Sam Khater, Freddie Mac's Chief Economist. "In fact, homebuyer demand has gone from 25% above pre-Covid levels at the start of the year, when mortgage rates hit record lows, to 8% above pre-Covid levels today."

Trimming White Potato Vine Roots

By Buzz Bertolero
Special to the Forum

Q I have a white potato vine growing on an arbor in a container. Recently, I noticed the arbor was tilting backward. Roots growing out the drainage holes caused the tilting. If I cut these roots to balance the arbor correctly, will the vine die?

A I wouldn't expect your potato vine to die from trimming the roots expanding from the drainage hole of a container. Some dieback may occur, but

you can minimize that by pruning the top growth at the same time.

There is a direct relationship between the roots under the ground and the foliage it supports. Also, another option would be to reduce the original rootball by root pruning. It's then replanted in the same container or a new one. Early spring is an excellent time to fix this issue.

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt



Gardener's website is www.dirt-gardener.com and questions can be sent by email to buzz@dirt-gardener.com.

WEAR
A
MASK

Alameda Engineering

Seismic Retrofitting
Retaining Walls
Drainage Systems

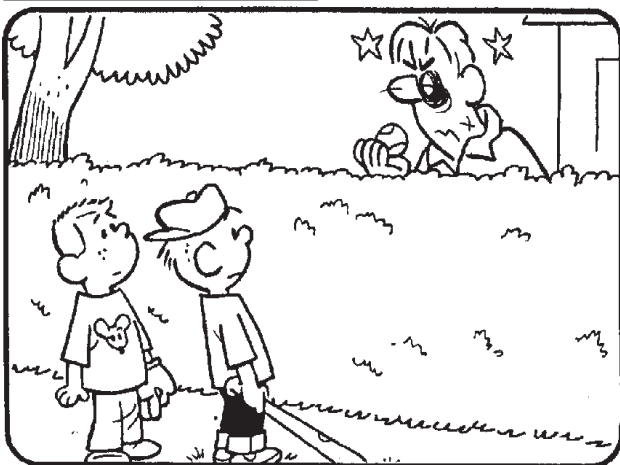
www.alameda-engineering.com

510-537-6550

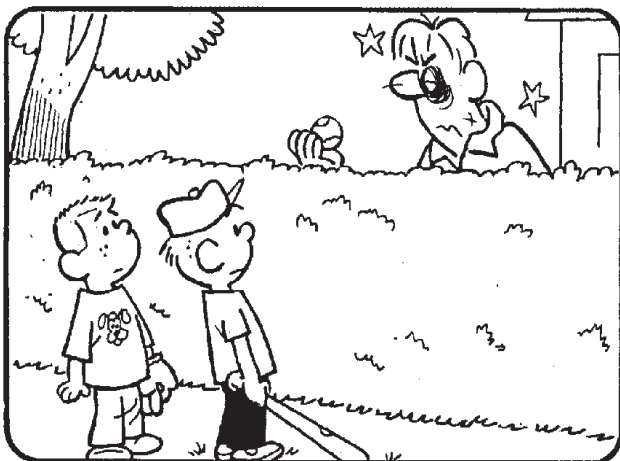
General Engineering Contractors License Number 562641
alamedaengineering@comcast.net

HOCUS-FOCUS

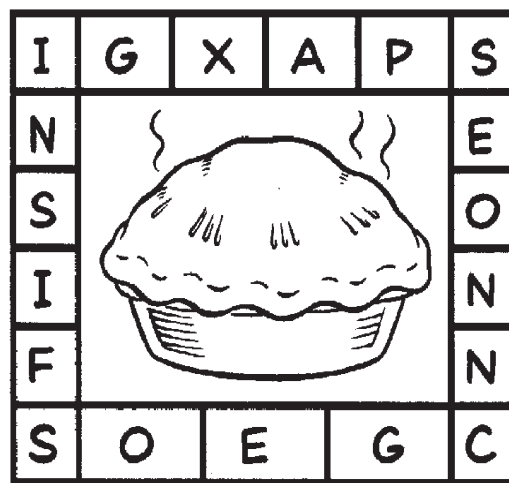
BY
HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.



Differences: Cap is reversed. 2. Star is moved. 3. Sleeve is shorter. 4. Hand is moved. 5. Cuffs are missing. 6. Shirt is different.



FRAMED! Hidden in the above frame of letters is the first line of a famous nursery rhyme. You can find it by reading every other letter in the frame as you read around it clockwise. The trick is to find the correct letter to start with. The picture is a clue.

Answer: Starting at "S" in the lower left-hand corner, read: "Sing a song of sixpence...."

A NUTTY CHALLENGE! Tell your friends that you have in your hand something that no one on earth has ever seen, and that after you show it to them no one will ever see it again. When they fail to figure out what you're holding, open your hand and show them a peanut shell. Open the shell and show them the peanuts inside. No one has ever seen them before. Now pop them into your mouth and chew them up. No one will ever see them again!

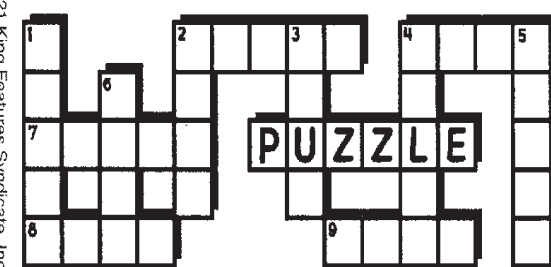
WAKE UP! No sleeping on this one. In this puzzle, all of the words get progressively longer, and they all end in COT. Use the following definitions:

1. COT (in place).
2. Native of Glasgow.
3. A broad scarf.
4. Symbol of a sports team.
5. A yellow-orange fruit.
6. Paneling on walls.

Answers: 1. Cot. 2. Scot. 3. Ascot. 4. Mascot. 5. Apricot. 6. Wainscot.



by Charles Barry Townsend



TOY STORE
PUZZLE

PICTURED at left is a crossword puzzle grid with one of the words filled in.

Below are the words that you'll need to finish the puzzle. The items are all things that you might buy in a toy store. See if you can fill in the puzzle before the store closes in 10 minutes.

4-letter
words

BOAT
DART
DRUM
MASK
NETS
SLED

5-letter
words

DOLLS
GLOVE
SLIDE
TRAIN
WAGON

Answers: (Across) 2. Sled. 3. Drum. 4. Dolls. 5. Train. 6. Boat. 7. Glove. 8. Nets. 9. Mask. (Down) 1. Wagon.

FOR EXPERT ADVICE CONTACT ONE OF OUR LOCAL...

AGENTS IN ACTION



David Lam, Broker
Experience, Commitment:
Your Realtor for Life
DRE 01343016
408-439-0547



Dinh Truong Realtor®
Building community and
delivering excellence!
Compass
dinh@youreastbayhome.com
510-209-7471



Kristy Peixoto
Legacy Real Estate
& Associates
thekristypeixototeam@gmail.com
925-621-1210



Nick Asturias Realtor®
The Asturias Group
Keller Williams Realty
Nick@TheAsturiasGroup.com
925-344-5506



Cathy Brent
Berkshire Hathaway
Home Services
510-381-1065



Linda Neff
Berkshire Hathaway
Drysdale Properties
linda@lindaneff.com
510-557-9185



Serean Kimmel
RE/MAX ACCORD REALTY
serean@remaxaccord.com
510-512-2145



Jon & Leslie Foster
J & L Real Estate Group
www.jonandleslie.com
510-397-0696



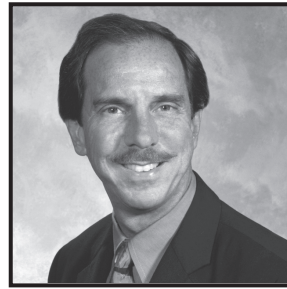
Caroline Ryan Realtor®
Keller Williams Realty
DRE# 02020907
carolineryan340@gmail.com
925-222-0461



Bob Frey
Broker Associate
Re/Max Accord
BobFreyHomes@gmail.com
510-220-8459



Suzanna Chew Realtor®
Sereno
schew@sereno.com
510-326-4125



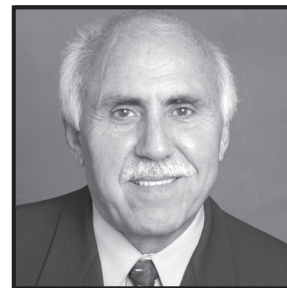
Craig Ragg
CRAIG RAGG REAL ESTATE
www.craigraggre.com
craig.ragg@gmail.com
510-502-2993



Rebecca Sayami Realtor®
Keller Williams Realty
CalBRE#01461001
www.RebeccaSayami.com
510-240-5347



Lisa Ferraris, GRI
Turning Houses
into Homes
Sereno
510-304-1271



Masoud Dehdari
Berkshire Hathaway
Home Services
www.askmasoud.com
510-909-0507



Marilyn & Bill Swisher
Re/Max Accord REALTY
www.homesbyswisher.com
510-888-3300



Ted Von Roll & Liz Dunbar
ReMax Accord
Von Roll Team
vonrollrealestate.com
510-919-1234



Liz Lucero, CRS, SRES
Realtor - DRE#01252591
Re/Max Accord
lizzilucero@sbcglobal.net
510-502-9837



Matt Wilhite
Intero Real Estate
www.MattWilhite.com
510-329-0728



Lynn Levin
Berkshire Hathaway Home Services
Getting The Job Done Right
www.lynnlevin.com
510-593-7377



Brian Cooney
Listing Specialist, C.V. Team
Re/Max Accord
Brian@ReMaxAccord.com
510-690-1111



David Wilhite & Paulette Johnson
Intero Real Estate Team Wilhite
510-886-1100



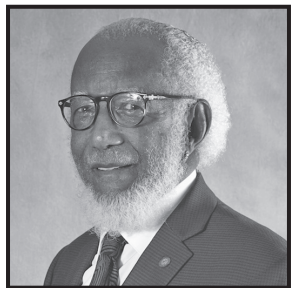
Kenneth A. Kremer
Results Guaranteed!
There is no substitute for experience.
Kremer & Company, Realtors®
510-301-1957



Trish Radovich
Top Selling Agent • Lic. since 1975
Coldwell Banker Realty
510-367-7999



Carrie Miles
Realtor®
RINETTI & CO. REALTORS
miles Carrie@yahoo.com
510-735-5223



Willie M. Campbell
Coldwell Banker Realty
Real Estate Broker DRE#00546586
wmc0030@sbcglobal.net
510-888-6326



Leslie Peterson Team
Evolve Real Estate
www.evolvereca.com
510-697-1208



Tim Ambrose
"Results with Integrity"
Berkshire Hathaway
timambroserealtor@timambrose.com
510-258-8909



Sandra Garrett Realtor®
Berkshire Hathaway
Home Services
DRE #01877805
510-381-3159
sandra.garrett@bhhsdrysdale.com



To Advertise Call:
Mary Florence
510-861-3270
Linda Nakhai
510-915-1513

Tips to Keep Kids' Rooms Clean and Organized

For the past year, many of us have lived, played, worked and gone to school right at home, making clutter inevitable – especially when it comes to kids' bedrooms and playrooms.

No matter how many times parents tell their children to clean their rooms, the collection of clothes, schoolwork and toys seems to build endlessly. Take charge of the mess with these tips to create a space that's fun and functional for kids of all ages.

1. Prioritize Belongings. Start by considering what needs to go, what can stay and how much storage space you have available. Make it a family project by working with your kids to identify which items they love most and which things they could do without. Once you know what will be kept, prioritize space accordingly, keeping beloved items easily accessible.

2. Organize the Stuff. Find everything a home. Bins and baskets are ideal for small toys and games with tiny pieces, while drawers and shelves are perfect for larger items. For

excess items, especially young children's toys, use clear bins to store them in closets or under beds. Not only does this help tidy the room, but it can also make old things appear new again when they are pulled out of storage.

3. Create Labels. Getting belongings organized is one thing, but keeping them that way is another. A great way to ensure your hard work doesn't go to waste is to label the bins or baskets. Labels make things easy to find when you need them and keep items organized when cleaning up. Creating labels with colorful Duck Tape is a kid-friendly DIY project that can help your kids feel in charge of the process.

4. File Away Papers. For older kids, schoolwork should be separated from games and toys, which can be difficult when learning from home and space is limited. Important assignments and documents should be put in folders and binders to prevent them from getting lost and help keep the room looking neat.

Organizing school supplies



and at-home desks doesn't have to be a boring task. Customize folders for each kid or each subject with unique designs using printed Duck Tape Brand Duct Tape, or make labels with Duck Brand Chalkboard Tape.

5. Personalize with Décor. Once the room is clean and organized, take some time to add personal touches. Allowing children to pick colors and patterns for their room can really make them feel like it is their own. If you have the space, a table or a lamp can be a fun addition. If you want to

keep things simple, showcasing photos of family and friends or displaying kids' artwork can do the trick, too.

For additional home organization tips and DIY projects, visit duckbrand.com.

By making the cleaning and organizing process a fun activity, the hope is that children will be more likely to take ownership of the space and motivated to keep it in order moving forward. However, it doesn't hurt to revisit the process regularly to keep things fresh.

-Statepoint

Grill's Drippings Stain Patio Bricks

By Samantha Mazzotta
SPECIAL TO THE FORUM

Q The patio bricks underneath my grill tend to catch a lot of grease and oil drippings. I clean up after every barbecue, but there are still stains on the brick from the grease. How can I get these up without bleaching out the spots?

A With porous surfaces like brick and concrete, oil stains can set in and be tough to get out. Your instinct to avoid using bleach or another type of acid to clean up the stains (like lemon juice) is right on. These can just make things worse and can discolor some types of paving.

Clearing the grease stain may take a few attempts with a number of cleaning agents. Start with the least harmful materials, most of which can be found in your kitchen or garage.

First, fill an old coffee mug with warm water, a couple of tablespoons of dish soap and a teaspoon of salt. Grab a clean synthetic scrubber brush (like a

dishwashing brush). Scrub the stain with the soapy water and rinse with warm water, repeating a few times and letting the bricks dry out to see the results in between each try.

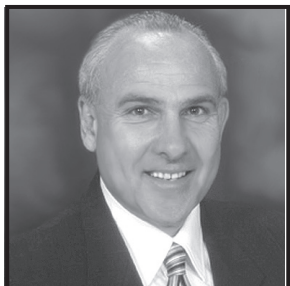
If that doesn't clear the stain, you can try an oil-stain cleaner purchased at your local home-improvement store. Some DIYers recommend applying an engine degreaser and letting it sit for about an hour, but test any cleaning agent or degreaser on an inconspicuous spot first.

The sad truth is that it's unlikely any cleaner, commercial or homemade, will completely clear away the grease stain. More powerful or acidic cleaning agents could damage the brick, so they should be avoided. If the stain is really bad, consider replacing the brick. If it's not too bad, clean the area as best you can and cover it with a grill mat to prevent further staining.

© 2017 King Features Synd., Inc.

Wear Your Mask!

AGENTS IN ACTION



Otto Catrina CRS, GRI, SRES
Catrina Real Estate & Investments
email:otto@ottocatrina.com
NAR Hall of Fame
510-507-8226



Sam Chiu 趙
Active in the East Bay since 1989
Berkshire Hathaway
Home Services
510-305-5767



Judy Rose-CRS, SRES
ReMax Accord
Serving the East Bay 38 Years
judy@judyrose.com
510-220-6206



Robert Pace
Intero Real Estate
www.RobertPaceRealEstate.com
Robertkpace@gmail.com
510-301-5925



Tim Fiebig
eXp Realty of
California, Inc
www.timfiebig.com
510-728-2900



Michael Tacconi, NMLS 241403
BAY EQUITY
www.michaeltacconi.com
Your Local Lender on Redwood Rd.
510-838-0595



Lannie Mok 莫太
Intero Real Estate Services
Executive's Circle Award
Lannie.Mok@gmail.com
510-889-6888



Wayne Licsak
Berkshire Hathaway
Home Services
510-303-7765



Kathi Townsend
Berkshire Hathaway
Home Services
510-333-9404

Realtors... Your Picture could be here!

This Monthly Section will run the first Wednesday and Thursday of every month in the Castro Valley Forum and the San Leandro Times.

For information about advertising call:

Mary Florence: 510-861-3270 or

Linda Nakhai: 510-915-1513

www.castrovalleyforum.com





Rotarians Surprise Seniors for Easter

Things got hopping at the Kenneth Aiken Senior Center last Thursday when the Easter Bunny, his sidekick Hardee, and Castro Valley Rotarians handed out 50 chocolate bunnies to surprised seniors who came to pick up their lunches from Spectrum Community Services. Shown above from left, Rotarians Margie Ramos and Carol Bigelow, HARD Mascot Hardee (James Calce-ta) and the 6-foot Easter Bunny (Mike Main).

LEGAL ADS

FILED MARCH 2, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 576823

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
R & J Quick Clean Center located at 2522
Castro Valley Blvd, Castro Valley, CA 94546,
in Alameda County, is hereby registered by
the following owner(s): Chris Lorge, 2511
San Carlos Ave, Castro Valley, CA 94546.
This business is conducted by an individual.
This business commenced 1962.

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

Expires MARCH 2, 2026
MAR 24, 31, APR 7, 14, 2021
330-CVF

FILED MARCH 18, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 577328

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Jennifer's Pizza located at 5651 Gold Creek
Dr., Castro Valley, CA 94552, in Alameda
County, is hereby registered by the following
owner(s): Jennifer Keenan, 5651 Gold Creek
Dr., Castro Valley, CA 94552. This business
is conducted by an individual. This business
commenced 2/24/2021.

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

Expires MARCH 18, 2026
APR 7, 14, 21, 28, 2021
333-CVF

FILED MARCH 19, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 577416

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Dave's Doors & Interior Construction Special-
ist, 3525 Seven Hills Road, Castro Valley, CA
94546, in Alameda County, is hereby regis-
tered by the following owner(s): David Mer-
curio, 3525 Seven Hills Road, Castro Valley,
CA 94546. This business is conducted by an
individual. This business commenced N/A.

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

Expires MARCH 19, 2026
APR 7, 14, 21, 28, 2021
335-CVF

FILED MARCH 17, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 577277

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Nasatir School of Percussion, 17872 Kings-
ton Way, Castro Valley, CA 94546, in Ala-
ameda County, is hereby registered by the
following owner(s): Cary Nasatir, 17872
Kingston Way, Castro Valley, CA 94546. This
business is conducted by an individual. This
business commenced 7/1/1999.

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

Expires MARCH 17, 2026
APR 7, 14, 21, 28, 2021
336-CVF

COVID: Get Appointment

continued from front page Vaccination Eligibility

Vaccinations opened for all Californians aged 50 and up last Thursday, making nearly six million more people eligible for vaccinations. At the same time, the state announced everyone age 16 and up can be vaccinated, also beginning April 15th.

Among the newly eligible last week was Gov. Gavin Newsom who received a dose of Johnson & Johnson vaccine in South Los Angeles, an area hard hit by the coronavirus pandemic.

"Eighteen million doses later, it's finally my turn," Newsom said.

While the state is expanding who is eligible to get the vaccine based on expected supply increases, it will still take months to get every Californian vaccinated who wants to be. But millions are being vaccinated each week and more than 30% of Californians are now at least partially vaccinated.

Both the Pfizer and Moderna vaccines appear to be powerful in preventing the transmission of the disease, according to U.S. health officials.

Getting An Appointment

Alameda County residents should visit bit.ly/39vmfIW and fill out the Vaccine Notification Form. Healthcare providers such as Kaiser and Sutter, and pharmacies such as Walgreens, RiteAid, Costco and CVS also offer appointments

The Card

After you have received your vaccination(s), make a copy of your 3x4-inch Vaccination Record Card and keep the original in a secure location. While it's not necessary to carry the card – or a copy of it – with you, you may need it for travel or admission to events, such as SF Giants games.

Castro Valley
Confirmed Cases = 2,452

Alameda County
Vaccinations = 948,230
Confirmed Cases = 83,864
Deaths = 1,426

California
Vaccinations = 19,894,885
Confirmed Cases = 3,582,463
Deaths = 58,534

as of April 5, 2021

CROSSWORD PUZZLE ANSWERS

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



Rene Lontoc, the owner of Thank Que Grill in Ashland, preparing meals for vulnerable county residents at the 3,300-square-foot community-based Dig Deep Farms Food Hub.

Food: DSAL, Dig Deep Farms Food Hub

continued from front page

"I want to acknowledge our partners, All-In Alameda County, the Probation Department, and our funders for supporting this work. I also want to recognize the incredible staff at DSAL, Dig Deep Farms, and the Dig Deep Farms Food Hub whose hard work made this possible," said Ahern.

Lashawn Raybon, who owns the I Am Café in Ashland, called the program "a lifeline." "It let me

keep my doors open. I've been able to bring in help on Saturdays, and it also gives me flexibility to buy the ingredients I need to so I can still offer my main recipes."

The Fresh Food for Families initiative was made possible through seed funding from the Stupski Foundation, the Hellman Foundation, and the Community Development Block Grant program. The work is now being sustained by the county's Social

Services Agency's Emergency Food Distribution Vendor Pool. Funds are available to continue the Fresh Food for Families initiative through June.

"The grant really helps," said Dawn Deardorf, co-owner, Aurora Catering. "Knowing the income is there, that we're doing something good for the community, and that we can bring back some of our staff – it's a win-win-win all the way across the board."

The Stimulus Payment Merry-Go-Round

By Matilda Charles
SENIOR NEWS LINE

A third round of stimulus payments are on their way. But has your second one shown up yet? Next question: Did you file last year's 2019 taxes on paper instead of e-filing? If so, that might well be the reason you don't have your money yet.

The IRS got behind on processing the paper tax forms we sent a year ago. If all had gone well, those who were eligible should have received a \$600 stimulus check (the second one) by Jan. 29, 2021.

The IRS has a specific page for you to check the status of your stimulus pay-

ment, but it's only good for the third stimulus check. All information for your first and second stimulus money has been removed from their website.

Confused yet? You're not alone.

Start with www.irs.gov/coronavirus/get-my-payment and scroll to Get My Payment. Click on it and fill out the information. You'll go to a page that tells you the status of the payment you're to receive now, the third payment.

If it says that payment information is Not Available, it means you're not going to receive a payment the easy way (and might be why your second payment

is still missing). On the Get My Payment page, click on Frequently Asked Questions to see what applies to you.

Even if you don't normally file, you'll need to file for 2020 (preferably e-file) if you want that stimulus money quickly. Look for Line 30 on the Form 1040 or 1040-SR. It's called the Recovery Rebate Credit. If you received Notice 1444 or 1444B in the mail from the IRS, it will tell you what figures to use.

If you did receive the money but your financial situation has changed and you should have received a different amount, click on Recovery Rebate Credit.

© 2021 King Features Synd., Inc.

Steps: Join Fall Prevention Presentation

continued from page 6

Environmental: Make suggestions during class and workshops for simple changes to their home environment i.e. grab bars, smoke alarms, stair railings, and hand held showers.

Spectrum Fall Prevention Program Manager, Stacey Blackard, will be discussing these topics and more during the Castro Valley Women's Club monthly meeting on April 21, at 1 p.m. This presentation is

open to anyone interested in how to protect themselves or a loved one.

If you would like to join the meeting, please call the club phone 510-461-0764 for the zoom log-in information.

LETTERS TO THE EDITOR

FREDZ@EBPUBLISHING.COM



Questions Biden's Priorities

Editor:

On Friday morning, April 2, I read a report from ICE and DHS stating that it is costing taxpayers \$87-million, or roughly \$240,000 per family, to house undocumented immigrants in hotel rooms.

Later, I went to Trader Joe's in Castro Valley where I saw what I believed to be a homeless man sleeping on a bench near the store.

My immediate thought was, can you imagine if the Biden administration put Americans first on their agenda just how many children, families, veterans and homeless living on the streets could have a roof over their head with the \$87-million going instead to house those here illegally.

—Steven Anticevich
Castro Valley

Lockdown's Cost

Editor:

The folks debating the "California vs Florida" approach to COVID-19 management are leaving out important data.

People with high(er) incomes live in better environments, breathe better air, eat better food, have better health care, and live longer and healthier lives. People with low(er) incomes often are forced to do without these amenities.

So - the future costs to the kids of California due to the ongoing absence of in-person education - in the form of lower lifetime incomes, decreased socioeconomic status, and the corresponding long-term increases in morbidity and mortality - cannot be disregarded.

Jayanta Bhattacharya, a professor of Medicine at Stanford with an M.D. and PH.D, reports that the United Nations has determined that 130 million additional people will starve this year as a result of the economic damage from the lockdowns. Over 50,000 medical professionals have concurred with this assessment.

Data such as this should not be ignored - either globally or locally. Yes, sometimes a response can be worse than the disease.

So if we must compare California and Florida's management of this event, include *all* the data and (likely) outcomes. Unfortunately, this may put Florida far ahead of us....but as Vice President Al Gore once observed, some truths can be inconvenient.

—Stacy Spink
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. Not all letters can be published. We reserve the right to edit as necessary. Email Letters to: fredz@ebpublishing.com, or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

HOROSCOPE by Salomé

© 2019 King Features Synd., Inc.



ARIES (March 21 - April 19): It isn't always easy for the rambunctious Aries to give a second thought to their often spur-of-the-moment choices. But aspects favor rechecking a decision before declaring it final.



TAURUS (April 20 - May 20): Information emerges for the business-driven Bovine who feels ready to restart a stalled project. Be prepared to make adjustments as needed at any time during the process.



GEMINI (May 21 - June 20): Part of you wants to complete plans for an upcoming event, while your other self wants to see how things develop first. Compromise by moving ahead with your plans while being open to change.



CANCER (June 21 - July 22): An unexpected change in a relationship could open up a problem or could lead to a much-needed and too-long-delayed reassessment of a number of matters. The choice is yours to make.



LEO (July 23 - August 22): Time for the Lion to total the plusses and minuses resulting from recent personal and/or professional decisions. See what worked, what didn't and why, and base your next big move on the results.



VIRGO (August 23 - Sept. 22): The clever Virgo can make persuasion work by presenting a case built on hard facts. Sentiment might touch the heart, but it's good, solid information that invariably wins the day.



LIBRA (Sept. 23 - October 22): You usually can win over the most stubborn skeptics on your own. But this time you can benefit from supporters who have been there, done that and are willing to speak up on your behalf.



SCORPIO (October 23 - November 21): You win admiration for your determination to do the right thing. Don't be distracted from that course, despite the offer of tempting alternatives that might suddenly turn up.



SAGITTARIUS (Nov. 22 - Dec. 21): While you still need to maintain control of a dominant situation, a new development emerges, making the task easier and the outcome potentially more rewarding.



CAPRICORN (Dec. 22 - Jan. 19): New factors might have a positive effect on a still-pending matter, but only if the information proves to be credible. Trusted colleagues might be able to offer needed advice.



AQUARIUS (Jan. 20 - Feb. 18): The week favors moderation, especially if a health problem is involved. Resist the impulse to do more than might be good for you at this time. You can catch up later.



PISCES (Feb. 19 - March 20): You could feel more than a mite upset by someone or some people who might be creating problems for you. Find out why they won't change their ways. Their reasons might surprise you.

Park It : This Year's Wildflower Season

By Ned MacKay
SPECIAL TO THE FORUM

This year's wildflower season is well under way, and while the displays aren't as spectacular as in some past years, there's still plenty to see. If you can arrange it, go on a weekday. Weekends tend to be very crowded in the parks.

I haven't visited all of them yet, but here are some suggestions for wildflower viewing:

Sunol Regional Wilderness in southern Alameda County is a good bet. Walk the Camp Ohlone Road to Little Yosemite, climb a short distance on Cerro Este Road, then return to the start on the Canyon View Trail.

Sunol is at the end of Geary Road off Calaveras Road south of I-680. There's a parking fee of \$5 per vehicle and Sunol is alcohol-free.

Also off of I-680, Vargas Plateau has great displays of poppies and red maids right now. Take the Vargas Road exit from I-680 between Sunol and Fremont and drive up the hill. But be aware that there are only about 23 parking spaces plus two disabled spaces at the trailhead, and there's no parking at all on Vargas Road. So try for off-peak hours.

Pleasanton Ridge Regional Park in Pleasanton is another possibility. Start at the Foothill Staging Area on Foothill Road south of Castlewood Drive. Head up the Woodland or Oak Tree Trail to the top of the ridge. From there you can go on the Ridgeline or Thermalito Trail for wildflowers and panoramic views.

One of the best places for wildflowers in the regional parks is Rocky Ridge on the Ohlone Wilderness Trail starting at Del Valle Regional Park south of Livermore.

It's a two-mile uphill climb to the ridge from Del Valle's Lichen Bark picnic area. Of course it's a two-mile descent going back. The payoff is lots of beautiful wildflowers on the rocky soil of the ridge. Sometimes the goldfields are spectacular.

Del Valle is at the end of Del Valle Road off Mines Road about nine miles south of I-580. There's a basic parking fee of \$5 per vehicle. And the Ohlone Wilderness Trail requires a permit that costs \$2 and is good for a year from date of purchase. It's available at the entrance kiosk.

Farther north in the park district, check out the Rocky Ridge View Trail or Las Trampas Ridge Trail at Las Trampas Regional Wilderness in San Ramon. The trailhead for both is at the north end of Bollinger Canyon Road off Crow Canyon Road.

Another good park for wildflowers is Sobrante Ridge Regional Preserve. There's limited parking at either end of the preserve, off Castro Ranch Road in El Sobrante. Early in the season, check out the Manzanita Loop for lots of magenta-colored Indian warrior blooms.

Hillside poppies are the



PHOTO BY JERRY W. BRITTON

Above, Black Diamond Mines Regional Preserve' at right, Anthony Chabot Regional Park

PHOTOS COURTESY OF EAST BAY REGIONAL PARKS DISTRICT



attraction at Briones Regional Park. Walk up Old Briones Road from the Bear Creek staging area on Bear Valley Road about five miles east of Camino Pablo Road in Orinda.

At Black Diamond Mines Regional Preserve in Antioch, walk the Chaparral Loop or Manhattan Canyon Trails. The soils there favor shooting stars, buttercups, blue dicks, and paintbrush, among other varieties.

Black Diamond Mines is at the end of Somersville Road, 3½ miles south of Highway 4. There's a parking fee of \$5 per vehicle when the kiosk is staffed.

Farther afield, check out Morgan Territory Regional Preserve on Morgan Territory Road about nine miles south of Marsh Creek Road near Clayton.

Drive carefully; the road is narrow and winding. Once there, take the Volvon and Prairie Falcon Trails for wildflowers and great views of Mt. Diablo.

This is just a partial list. There are wildflowers everywhere. You can access maps with detailed driving directions to all these regional parks and more by visiting the park district website, www.ebparks.org.

For wildflower information, go to www.ebparks.org/WildflowersinYourParks. Also see www.ebparks.org/SunolVirtualWildflowerSeason. You can find all the wildflower-related activities on Activenet by going to http://ebparksonline.org, clicking on "Activities," and searching for "wildflowers". And the park district website has some helpful, illustrated, wildflower identification brochures.

When in the parks, please remember to observe social distancing and have masks

available to wear when crowding is unavoidable. We're still in the pandemic.

And of course please don't pick the wildflowers. Leave them for everyone to enjoy.

Columnist Ned MacKay is a retired East Bay Regional Park District employee. Photos, courtesy of the East Bay Regional Park District, are from recent years.

Obituaries

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

Since 1965
Jess C. Spencer
Mortuary & Crematory
21228 Redwood Rd.,
Castro Valley
581-9133

Offering
Personalized
Memorial and
Cremation
Services.



FD 1168 CR49

DEERCREEK
FUNERAL
AND
CREMATION
SERVICE

Jay Spencer
Director
Stanton House
Castro Valley
510-317-7890
FD 1505 FDK 651

SARA L. ENNOR
LAWYER

■ Wills & Trusts
■ Benefits, ERISA
■ QDROs

510-633-9985

ATHLETE OF THE WEEK



Miles Bennet

Our Athlete of the Week is Miles Bennet. This Senior at Castro Valley High School is currently a Top 5 High Jumper in Northern California with a record of 6-foot 5-inches. Miles is also a long jumper and triple jumper. At the 2019 CIF State Championships for Track and Field, Miles finished as the number 1 Sophomore High School jumper and 13th overall out of 41 of the best jumpers in the state. He is a fourth-year engineering student at Castro Valley in the program called Project Lead the Way or PLTW. Currently, he is working on a design to help students improve their time management before sleep for better sleep quality.

Run: Zepeda Campaign for State Senate

continued from front page

"I believe all public servants, whether they wield power with a pen, gavel or gun, must meet the needs of their community, not the other way around."

Today, Zepeda, who holds a Masters Degree in Business Administration from UC Berkeley, works as a program manager at the online platform LinkedIn where he coaches, and trains employees in diversity and inclusion.

Zepeda vows that he will run his campaign without a single cent from a corporate PAC. "I'm not accepting their money at all," he says.

Zepeda has lived in Castro Valley with his wife Elizabeth and son for the past five years.

Besides Castro Valley, the 10th Senate District, which stretches from Southern Alameda County into Santa Clara County, takes in 15 other cities and unincorporated communities including Hayward, San Lorenzo, Union City and part of San Leandro. The district is currently represented by Democrat Bob Wieckowski, who is serving his second 4-year term.



Appointments Required to Participate in Recycling Day and Compost Giveaway

Castro Valley Sanitary District's Recycles Day and compost give-away return this month, but because of the pandemic, appointments will be required to participate. Drop-ins will not be allowed access.

CVSan residents and businesses can drop off textiles, documents

for shredding, and e-waste at Canyon Middle School from 8 a.m. to 2 p.m. on Saturday, April 24, and pick up three one-cubic foot bags of compost.

Participants will be required to follow all safety requirements to reduce the risk of Covid transmission, including wearing a mask,

keeping vehicle windows rolled up, and staying inside the vehicle at all times.

For complete instructions, safety requirements, and to register for an appointment, visit cvsan.org/RecyclesDay. Appointment registration is open through next Wednesday, April 14.

HARD Awarded for Summer Program

The Hayward Area Recreation District (HARD) has received the 2020 California Parks and Recreation District 3 Award for its Summer Park Program created last year to meet the needs of families managing during the pandemic as

well as to help kids get outdoors. The Covid crisis completely changed the concept of summer camp requiring HARD to reimagine a new camp experience while also being mindful of the county health guidelines. The camps ran

three weeks and held cohorts of twelve children and two leaders.

The programs served 246 participants, allowing families to have a safe place to send their children to so they could go to work.

Registration for HARD's Summer Camp 2021 is currently underway.

For a complete list of classes, please visit haywardrec.org/407/Current-Recreation-Guides

Bike-4-Education Fundraiser Goes Virtual

Are you are ready to get out and get some exercise after being cooped up during this crazy pandemic? Are you feeling just a little less in shape?

Sign-up for the Castro Valley Educational Foundation's Bike-4-Education to raise funds to support the CV School District's Wellness Center programs.

This big annual fundraiser has to be a virtual this year. To keep it

safe, there will be a two-week window to participate from April 16-30. You can sign-up or get more information at CVEF.org.

There are levels for individuals, children, or the whole family. It's a great event if you want to get out and ride after many hours sitting inside this past year.

Registration is \$10 for students, \$25 for adults, \$50 for families. Proceeds will go towards the Well-

ness Center and benefit emotional support programs for students in the Castro Valley School District.

The Foundation's mission is to promote and enhance educational excellence, foster learning and sponsor events that complement classroom instruction while recognizing academic achievement.

In this current year alone, it will be awarding over \$100,000 of scholarships to CVHS seniors.

NOW SERVING
The World Famous Hot Fudge Sundae
at Ghirardelli Factory Outlet and Ice Cream Shop

1111 139th Avenue San Leandro, CA 94578

FREE BAR

with purchase of any specialty sundae

Cannot be combined with any other discount or promotion, EXPIRES 11/5/21

COMMIT YOUR FAMILY TO BE FIT!

We Are Different From Other Fitness Clubs.
We Have A Safe Family Atmosphere!

Indoor Gym Open • Over 40 weekly Exercise Classes outdoors or ZoomFitness • 7 lanes per hour Lap Swimming • Aqua Aerobic Classes - 8 weekly • Swim Lessons • Pro Tennis Lessons • Kids Pool Open ALL Winter 88 degrees • Pickleball Groups & Socials!

All Classes/Facilities require Reservations. We honor all Up to date Health Dept. Requirements/Change for your Safety= Masks, Hand Sanitizing, and Distancing.

Limited Time Offer
NO INITIATION FEE!*
Save \$400 - \$800
& APRIL FREE

*When you join early and pay your first 3 months dues. Subject to change without notice. Offer exp. 4/30/21

Join Our Club Where Everyone Knows Your Name. Be A Part Of Something!

FREE KID FIT CLASSES after school!

Bay-O-Vista
Private Family Fitness, Gym, Swim & Tennis Club

Monthly Dues for Families = \$247 | Monthly Dues for Singles = \$238 | Membership includes the whole family up to 6 members. Lockers \$10.

Located on corner of 1881 Astor Dr. & Lake Chabot Rd., San Leandro
510-357-8366 • swim@bovswim.com

THE JOINT chiropractic

thejoint.com

LIMITED TIME OFFER

FREE*

Consultation, Exam, and Adjustment

Now Open in Castro Village Shopping Center
Castro Valley | 20633 Rustic Drive, Castro Valley, CA 94546 | (510) 940-8962

*Offer valued at \$39. Restrictions apply, see clinic for details. Initial visit includes consultation, exam and adjustment. NC: IF YOU DECIDE TO PURCHASE ADDITIONAL TREATMENT, YOU HAVE THE LEGAL RIGHT TO CHANGE YOUR MIND WITHIN THREE DAYS AND RECEIVE A REFUND. (N.C. Gen. Stat. 90-540). FL: THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS THE RIGHT TO REFUSE TO PAY, CANCEL PAYMENT OR BE REIMBURSED FOR ANY OTHER SERVICE EXAMINATION OR TREATMENT WHICH IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED OR REDUCED FEE SERVICES, EXAMINATION OR TREATMENT. (FLA. STAT. 465.02). Subject to additional state statutes and regulations. See clinic for chiropractor's name and license info. Clinic managed and/or owned by franchisee or Prof. Corps. Restrictions may apply to Medicare-eligible patients. Individual results may vary. © 2021 The Joint Corp. All Rights Reserved.

Find More Local News in the Forum

To advertise call
Mary Florence: 510-861-3270 or Linda Nakhai: 510-915-1513

CASTRO VALLEY FORUM

PUBLISHED EVERY WEDNESDAY
DELIVERED TO OVER 20,000 HOMES

WWW.CASTROVALLEYFORUM.COM