

MOTHER'S DAY
IS THIS SUNDAY

I Love You. Mom

4



CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 33

WEDNESDAY, MAY 5, 2021

NO. 18

INSIDE YOUR FORUM

LIVING

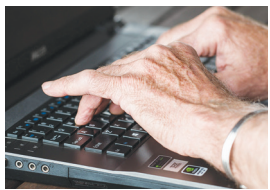


Cinco de Mayo

Celebrate today with an authentic Mexican dish that is muy delicioso

Page 4

SENIORS



Savvy Seniors

There are many different technology teaching tools available to older adults

Page 7

NEWS



Mask Guidelines

Mask guidance issued by State Department of Public Health

Page 15

INDEX

Agents in Action	10
Classified Ads	12
Crosswords	13
East Bay Living	4
Homes	8
Horoscope	3
Obituaries	15
Opinions	15
Our Town	3
Weather	2

PHONE: (510) 614-1560

WILSON KICKS OFF CAMPAIGN FOR DA



PHOTO BY SUSAN HOFFMAN

Deputy District Attorney Jimmie Wilson began his campaign for the District Attorney job, meeting with residents recently in the Bay-O-Vista neighborhood.

FULL STORY ON PAGE 2

Woerz Appointed To CVSan Board

The Castro Valley Sanitary District has appointed Kristy (Dooman) Woerz to its Board of Directors.

Woerz was sworn in on April 27th, succeeding Melody Appleton, who vacated her board seat on March 31.

"CVSan conducted a very public process to fill the vacant board position. We had an excellent slate of candidates which made the final selection a difficult one," stated Board President Ralph Johnson. "After much deliberation over each candidate, the Board unanimously selected Kristy and we are very pleased with the outcome."

Woerz is a 30-year resident of Castro Valley where she dedicated her professional career working for the Castro Valley School District. She



CVSAN PHOTO

Kristy (Dooman) Woerz

served in the field of Special Education as a Teacher, Program Specialist, Autism Specialist, and Inclusion Specialist.

"I am excited for this opportunity," Woerz said in a press statement. "I look forward to representing and serving my community."

Woerz will serve the remainder of Appleton's term which ends in December 2022.

SOS Meals on Wheels to Deliver a One-Year Record of Half Million Meals by Next Week

Next week, 2,800 local seniors will have been served a half-a-million meals by SOS Meals on Wheels.

One devastating effect of the Covid pandemic was the lack of access to food when shelter-in-place orders went into effect. Grocery stores shelves emptied, supply chains dwindled, and millions lost jobs.

At the same time, stunning death rates among the elderly became daily news.

One population that found themselves more vulnerable than ever were the elderly with serious chronic health conditions, disabilities, and low-income, who rely on others to shop, prepare their meals, and provide socialization.

Many of these people were suddenly cut-off from food,

family, and caregivers because of fear of exposure to Covid. For them, driving to a store or food bank, waiting in socially distanced lines, and preparing meals simply wasn't possible without the help of others.

Thanks to SOS Meals on Wheels, over 3,200 home-bound seniors have been able to receive daily nutritious home-delivered meals with a friendly but socially distanced visit from a meal driver since mid-March 2020 when a shelter in place order first hit Alameda County.

From then on, calls for help increased steadily for several weeks. At the same time, the SOS Meals on Wheels kitchen production also increased, surpassing 10,000 meals a week

see SOS on page 3



SOS MEALS ON WHEELS PHOTOS

SOS Meals on Wheels Executive Director Charlie Deterline weilds a forklift with shelf-stable meals.

Castro Valley Weather May 5-9, 2021



Wednesday
Mostly Sunny
High 77° Low 51°



Thursday
Mostly Sunny
High 66° Low 49°



Friday
Sunny
High 68° Low 49°



Saturday
Partly Sunny
High 78° Low 52°



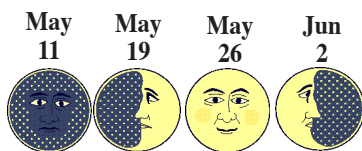
Sunday
Sunny
High 79° Low 51°

Almanac



Past Week's Rain: 00.00
Season To Date: 10.21
Normal To Date: 18.76
Season Average: 21.22

Moon Phases



Sun sets at 8:04 p.m. today, rises at 6:09 a.m. Thursday.

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

Hearne Elected Board President of Worldwide Christian Charities Group

Redwood Christian Schools Superintendent Al Hearne was elected Board President of Christian Charities USA last Thursday.

The organization is a diverse group of national and international charities working together to relieve suffering and despair by bringing food, clothing, shelter, medicine, education, and Christian compassion to people in need.

Member organizations include Habitat for Humanity, World Impact, Youth for Christ International, Catholic Charities USA and Away with Human Trafficking and Sex Slavery.



RCS PHOTO

Dr. Al Hearne

Member charities are dedicated to work in every area of the U.S. and the world to ease the suffering of people who could use a helping hand. "Being elected President

of Christian Charities USA carries tremendous responsibility locally, nationally and internationally, stated Bruce Johnson, RCS Superintendent Emeritus. "His passion to serve others and commitment to doing everything with excellence is recognized by everyone he serves."

Dr. Hearne, is treasurer of the Castro Valley/Eden Area Chamber of Commerce and also serves as Chair for the Association of Christian Schools International (ACSI) California/Hawaii Regional Accreditation Commission for Northern California and Hawaii.

He lives in Castro Valley with his wife Megan and their sons, and is in his 19th year at Redwood Christian Schools where he has been serving as Superintendent since 2016.

LIBERTARIAN DAY OF SERVICE



PHOTO COURTESY OF ELISABETH STUMP

Members of the Libertarian Party of Alameda County – from left Darren Gill, Calvin Lu, Michael Lema and Victoria Lapacek – spent a couple hours cleaning up trash from the parking lot, BBQ picnic and cafe areas of Lake Chabot Saturday morning. The most items picked up were masks, sanitary wipes, bottle caps and metallic confetti. It is recommended that biodegradable confetti be used for park events. The Day of Service was organized by People For Liberty (people4liberty.org), with local volunteer events happening nationwide. County members are setting a goal of eventually making this a monthly event.

Wilson Kicks Off Campaign for DA

Alameda County District Attorney candidate Jimmie Wilson held his first community meet and greet with San Leandrans in the Bay-o-Vista neighborhood on April 23.

Wilson has 16 years in the District Attorney's office. He says he knows what is working, and what's not, and what needs to be done to create meaningful change. Wilson talked about the issues, already beginning the march to the 2022 election.

Part of Wilson's plan is a

community centered criminal justice system that reaches people at the neighborhood level. As an executive member of the NAACP in Hayward, Wilson says we need new and innovative leadership dedicated to building trust transparency and accountability.

"Public safety is a shared responsibility," said Wilson. "We need to partner with our communities to stop the cycle of violence. We need to expand access to justice for all crime victims. We know that improvement in systemic outcomes takes place through crime prevention and rehabilitation."

Wilson has worked with the San Leandro police in the past year to help them understand implicit bias, and he has become even more familiar with the San Leandro community.

Wilson talked to the crowd about working as a union plumber for more than 15

years before becoming an attorney. A back injury sidelined him as a plumber, and at 40 years old, he went back to school to study law.

After receiving his degree from UC Berkeley, Hastings College of Law, he became a Deputy District Attorney for the County of Alameda.

"I was impressed. After 16 years as a DA, he understands the system and police. He's pro victim which is refreshing," said San Leandro resident Joel Stewart.

"I was encouraged by his common sense approach to police reform: more training and tools for police in conflict resolution," said Bay-o-Vista resident Mike Dirubio. "More resources for at-risk youth before they get into the system. Those are popular programs that everyone can get behind."

More info on Wilson's campaign can be found at www.jimmiewilsonforda.com/

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

& MAY FREE

*When you join early and pay your first 3 months dues. Subject to change without notice. Offer exp. 5/31/21

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

FREE KID FIT CLASSES after school!



LIMITED AVAILABLE SLOTS
FREE TOURS-No Appointments

Check Us Out Our Website. Look for All Features & Benefits. WWW.BOVSWIM.COM

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

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.

Put a little dazzle in your doggies wiggle waggle!



Classy Canine's Wiggle Rumps

The East Bay's favorite pet grooming SPAw!
510.583.PAWS (7297) • Castro Valley, CA



BOOK AN APPOINTMENT

*Same Day Bath appointments if booked by 11:00am * For Grooming You must have a scheduled appointment *



COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM

the man trying to force his way into an employee entrance on the north side of the building. The man was also found with illegal drug paraphernalia in his pockets. Deputies took the man into custody.

Friday, April 30: at 7:18 a.m., a 61-year-old woman from Castro Valley was arrested on suspicion of vandalism, battery, and violating the terms of a restraining order. Deputies were called to the Castro Village shopping area after a store manager reported the woman for trying to destroy private property and throwing punches. The woman had been previously banned from the store for disruptive behavior. Deputies took the woman into custody.

Thursday, April 29: at 12:00 p.m., a 23-year-old man with no permanent residence was arrested on suspicion of attempted break into a grocery store on Redwood Road near Castro Valley Boulevard. Deputies were called to the scene after a store manager spotted

Wednesday, April 28: at 10:45 p.m., a 37-year-old woman with no permanent residence was arrested on suspicion of possession of illegal narcotics. Deputies stopped the woman for questioning on the sidewalk of John Drive near Cam Dolores when they discovered her stash. The woman was handcuffed and taken into custody.

heartwarming testament to the dedication SOS Meals on Wheels has to our elders and those who are homebound,” said Alameda County Supervisor Nate Miley. “This program is absolutely essential, and I am proud to be a longtime supporter of the exceptional work they do. I am excited join SOS Meals on Wheels on May 7th to help celebrate this

momentous achievement.”

“This critically needed funding has enabled us to be right where our older neighbors have needed us, every step of the way, and such a milestone achievement wouldn’t be possible without the support of our local Mayors & County Supervisors,” said Charlie Deterline Executive Director of SOS Meals on Wheels.

"This individual will play an integral role in the Chamber's mission to support our vibrant local economy through networking opportunities,

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

QUALITY • DEPENDABILITY

AUTO DETAILING
 person needed 3-4 days/
 wk. Drivers license
 required. Previous
 body and/or
 interior detail
 experience.
 Top pay.

Top Quality

CAL WEST

MOTORS

FOR OVER 30 YEARS

Cal West Motors
 1977 E. 14th St.
 SAN LEANDRO

VALUE SINCE 1981

Castro Valley
(510) 940-8962
20633 Rustic Drive
Castro Valley, CA 94546

*Offer valued at \$39. Restrictions apply. See clinic for details. Initial visit includes consultation, exam and adjustment. MC 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. 90-1543). THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS THE RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR STOP PAYMENT FOR ANY OTHER SERVICE, ADMINISTRATION 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. 456.02). Subject to additional state statutes and regulations. See clinic for chiropractor(s) name and license info. Clinics managed and/or owned by franchisee or the Prof. Corp. Restrictions may apply to Medicare-eligible patients. Individual results may vary. © 2021 The Joint Group, All Rights Reserved.

THE JOINT[®]
chiropractic
thejoint.com

© 2019 King Features Synd., Inc.

 **ARIES (March 21 - April 19):** You're the first sign in the Zodiac and like to take the lead wherever you go. But this time, you'd be wise to follow someone who has much to teach you.

 **TAURUS (April 20 - May 20):** Your adversary hasn't given up trying to undermine you. Continue to stay cool -- someone in authority knows what's happening.

 **GEMINI (May 21 - June 20):** Spring brings a positive aspect for relationships. Paired Twins grow closer, while the single set finds new romance -- perhaps with a Leo or Libra.

 **CANCER (June 21 - July 22):** Wavering aspects this week mean weighing your words carefully to avoid misunderstandings.

 **LEO (July 23 - August 22):** You could soon be on a new career path in pursuit of those long-standing goals, but don't cut any current ties until you're sure you're ready to make the change.

 **VIRGO (August 23 - Sept. 22):** A former colleague wants to re-establish an old professional connection. It would be wise to make the contact, at least until you know what he or she is planning.

 **LIBRA (Sept. 23 - October 22):** A relationship that survived some rocky moments could be facing a new challenge. Deal with the problem openly, honestly and without delay. Good luck.

 **SCORPIO (October 23 - November 21):** A recent and much-appreciated change in the workplace inspires you to make some changes in your personal life as well. Start with a plan to travel more.

 **SAGITTARIUS (Nov. 22 - Dec. 21):** A friend needs your kind and caring advice, but you need to know what he or she is hiding from you before you agree to get involved.

 **CAPRICORN (Dec. 22 - Jan. 19):** Your circle of friends continues to widen. Expect to hear from someone in your past who hopes to re-establish your once-close relationship.

 **AQUARIUS (Jan. 20 - Feb. 18):** Your aspects favor the arts. Indulge in whatever artistic expression you enjoy most. A workplace situation will, I'm pleased to say, continue to improve.

 PISCES (Feb. 19 - March 20): Warning! Your tendency to let things slide until the last minute could have a negative effect on a relationship that you hope can develop into something meaningful.

Bruce Roberts

"Make your house a Dupree's home"
48
 Years
 Experience
1900 E. 14th St. • San Leandro
357-3000
www.Duprees-Furniture.com

**Dupree's
Furniture**

CREDIT

For Mom, a Little Something Made with Strawberries



STRAWBERRY SHORTCAKE

1-1/2 pounds strawberries, stemmed and quartered

3 tablespoons sugar

For the cake:

2 cups all-purpose flour
2 teaspoons baking powder

1/4 teaspoon baking soda
2 tablespoons sugar
3/4 teaspoon salt
1-1/2 cups heavy cream

For the whipped cream:

1-1/2 cups heavy cream, chilled
3 tablespoons sugar
1-1/2 teaspoons vanilla extract
1 teaspoon freshly grated lemon zest

Mix strawberries with 3 tablespoons sugar and refrigerate while juices develop, at least 30 minutes.

Preheat the oven to 400°F.

Sift together the flour, baking powder, baking soda, remaining 2 tablespoons sugar, and salt in a medium bowl.

Add heavy cream and mix until just combined. Place mixture in an ungreased 8-inch square pan and bake until golden, 18 to 20 minutes.

Place a metal bowl and beaters in the freezer during

shortcake cooking time.

Remove shortcake from pan and place on a rack to cool slightly. Cut into 6 pieces and split each piece in half horizontally.

Mix all whipped cream ingredients in the metal bowl with metal beaters about 1 1/2 to 2 minutes.

Spoon some of the strawberries with their juice onto each shortcake bottom. Top with a generous dollop of whipped cream and then the shortcake top. Spoon more strawberries over the top and serve.

STRAWBERRIES WITH SOUR CREAM

4 cups strawberries, rinsed and drained

1 cup sour cream

1 teaspoon grated lemon peel

1 teaspoon lemon juice

1/2 cup brown sugar

In a small bowl, mix sour cream with lemon juice and lemon peel. Serve sour cream mixture and brown sugar as dips one and two alongside strawberries. Serves about 8.



CHOCOLATE-DIPPED STRAWBERRIES

24-30 perfectly ripened strawberries, green caps intact

6 ounces sweet or semi-sweet, chocolate, coarsely chopped

Toothpicks

Rinse strawberries, dry thoroughly on paper towels.

Melt the chocolate in the top of a double boiler, set over

simmering water, or in a glass bowl in the microwave (on full power in 30-second intervals). Regardless of the method used, stir the chocolate as it starts to soften. It shouldn't get hot or it will be too thin and it will drip off of the strawberries.

Insert a toothpick into the stem end of each strawberry and dip into the chocolate, coating 3/4 of the berry. (Leave the green cap and some of the red berry showing for a more decorative finish.)

Gently set strawberries on waxed paper to dry. If the chocolate becomes too thick to work with, re-heat gently.

After the chocolate hardens, remove the strawberries from the toothpicks.

The chocolate-dipped strawberries are best if eaten within 24 hours. Refrigerate for longer storage, but serve at room temperature for greatest flavor.

Olé! It's Cinco de Mayo

Mexican food is arguably the most popular cuisine in the East Bay, especially at this time of year when so many families celebrate Cinco de Mayo.

Today is the anniversary of the May 5, 1862 victory of Mexico's greatly outnumbered forces against the invading French forces of Napoleon III in the town of Puebla.

The holiday is more widely-celebrated in California than it is in most of Mexico and much of that celebration centers around food.



chicken is no longer pink. Stir in water and seasoning mix. Bring to a boil. Reduce heat to low; cook, stirring occasionally, for 4 to 5 minutes or until mixture is thickened. Fill warmed taco shells with chicken mixture. Top with lettuce, tomatoes, cheese and taco sauce. Makes 12 tacos.

CHILE RELLENO CON QUESO

10 to 12 roasted Poblano or Anaheim chilies
1 cup grated Cheddar
1 cup crumbled Ricotta
1 cup grated Mozzarella
8 cloves of roasted garlic
2 green onions, minced

1 medium red ripe pepper, chopped
1/4 cup minced cilantro
Salt and black pepper
4 eggs, beaten
1 cup all purpose flour
1 cup Masa Harina
Salt, chili powder and black pepper to taste
Oil for frying

Roast the chiles, remove the stems and seeds, clean, pat dry and set aside.

Mix the next eight ingredients together, including the roasted garlic, then gently stuff the chiles as full of the cheese mixture as possible without tearing them.

Beat the eggs and set aside in a shallow dish large enough to accommodate a chili. Mix the flour and Masa Harina and seasonings together and put on a plate.

In a heavy skillet, heat about 1/4 inch of oil to frying temperature. Gently dip a chili in the egg and then roll it in the flour mixture. Then gently transfer to the hot oil. Fry on both sides until golden brown. Repeat until all the chiles are fried.

PROTECT YOUR HOME 365 DAYS A YEAR

Leaf Filter
GUTTER PROTECTION

BACKED BY A
**YEAR-ROUND
CLOG-FREE
GUARANTEE**

WE INSTALL
YEAR-ROUND!

ACCREDITED BUSINESS
LIFETIME WARRANTY
A COMPANY OF
LHS

THE NATION'S
#1
GUTTER GUARD

EXCLUSIVE LIMITED TIME OFFER!

15% OFF + **10% OFF** + **5% OFF**

YOUR ENTIRE PURCHASE* SENIORS & MILITARY! MADE IN THE USA TO THE FIRST 50 CALLERS ONLY!**

FINANCING THAT FITS YOUR BUDGET!*
Promo Code: 285

*Subject to credit approval. Call for details.

CALL US TODAY FOR
A FREE ESTIMATE

1-510-690-8920

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. **Offer valid at time of estimate only. †The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." Manufactured in Plainwell, Michigan and processed at LMT Mercer Group in Ohio. See Representative for full warranty details. CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 WA UBI# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFNW822J License# WV056912 License# WC-29998-1117 Nassau HIC License# 1101067000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13V109953900 Registration# PA069383 Suffolk HIC License# 52229-H License# 2705169445 License# 262000022 License# 262000403 License# 0086990 Registration# H-19114

On Sale in May!

Aura Cacia

pure essential oils

25% OFF



Since 1969

NATURAL FOODS

San Leandro

182 Pelton Center
(510) 483-3630

Castro Valley

3446 Village Dr.
(510) 581-0220



Singer/songwriter Asher Phoenix will be performing once again along with James Bishop at this Friday night's Street Eats.

FROM THE BOULEVARD

Godzilla in Castro Valley

By Thomas E. Lorentzen
SPECIAL TO THE FORUM

Godzilla is a global icon. He is gigantic in size, fearsome in sound, and frightening in appearance.

Created by imagination, he has become famous through movies for seven decades. The current edition is titled "Godzilla vs. Kong," which is now available for viewing in theaters and through streaming.

It is the 36th movie that has featured the "big guy." My reason for writing about him is that I met him when he first appeared in the U.S., coming here to Castro Valley in 1956.

It was in the first movie made about him, which was made in Japan. The location was our local theater – the Chabot. It was a scary experience.

It was a Saturday morning – quiet and calm here in CV. The movie had received a lot of publicity. It was being talked about on playgrounds and in backyards. We all wanted to see it when it was first shown.

A year prior many of us had seen our first monster movie, which was titled "The Creature from the Black Lagoon." It was also shown at the Chabot Theater. Godzilla was expected to be much bigger and scarier.

We were anxious, yet also a bit afraid. Most of us that would attend the showing were between 8 and 12 years old. We were unsure what was real

and what was not. Reality was very uncertain to us then (And, in many ways, it still is!).

My dad was going to drive my brother and me to the Chabot for the first showing. At that time, it was considered safe to simply drop your kids off at the theater and leave them on Saturday mornings to watch movies, cartoons, etc.

That morning, however, my dad was delayed. As a result, we arrived late, yet were still able to get tickets. The theater was crowded. The only seats available were in the front row. Those were the worst seats for matinees as we were easy targets for gum drop attacks from seats to the rear.

We knew we were in trouble. Yet, they were the only seats left and had to take them. The worst part was yet to come.



When Godzilla made his first appearance on the screen, his presence was overwhelming. As he thumped across the screen with bellows of bellicosity, we knew that true trouble had arrived. Our jaws opened and eyes widened. He was gigantic – the monster from hell. He was out to destroy everything. He might even attack the Chabot Theater and eat the entire building – kids included.

On the good side, however, there were no gum drop attacks. The other kids were preoccupied with their own safety and distracted from attacking the sitting ducks in the front row.

This story is shared because it is now decades later, yet Godzilla is back with us. Why is a mystery. Yet, now that I have studied philosophy, history, literature, mythology, ethics, psychology, and other like subjects it is realized that Godzilla is more than a monster. **see LORENTZEN, back page**

What's Up This Week at Smalltown

Friday, May 7: Castro Valley Street Eats

Smalltown Society and The Chabot present: Castro Valley's Weekly Street Eats, with live music from returning local singer/songwriters: Asher Phoenix and James Bishop. Come grab some food and support The Chabot Theater reopening (10% of proceeds go to support the Chabot's grand reopening). Food Truck line-up includes: Halal Bites of Chicago, El Gran Taco Loco,

Cali Crusin' and Desserts First. Castro Valley Street Eats is a weekly event sponsored by Food Truck Mafia and First Pres of Hayward. 5:30pm-8:30pm. 2490 Grove Way Castro Valley CA (behind Trader Joe's).

Saturday, May 8: The Chabot's Live Riff Along: "Nightmare Castle"

For 58 straight weeks, The Chabot has been hosting live riff alongs (public domain

films for the community to interact with and make fun of together online), a strong and fun community has formed, and the riff alongs continue weekly on The Chabot's website and Facebook. Join us this Saturday Night with Chabot Theater's 58th Installment of "LIVE RIFF-Along" with the 1965 classic, "Nightmare Castle". FREE. 8 p.m. LIVE at TheChabot.com/riffalong and on The Chabot's Facebook account: @ChabotCinema.

Hayward Public Library Reopens

The downtown branch of Hayward Public Library reopens to the public on Monday for limited walk-in services.

Using the new express walk-in service, library users will be able to enter the downtown branch during two-hour

sessions while following social distancing and mask requirements.

Library hours are 2 to 4 p.m. and 5 to 7 p.m. on Mondays and Tuesdays, and 2 to 4 p.m. on Wednesdays and Saturdays.

A total of up to 125 patrons will be allowed in the building during each two-hour express session.

Seating for reading and studying will be limited, and study and meeting rooms will remain closed.

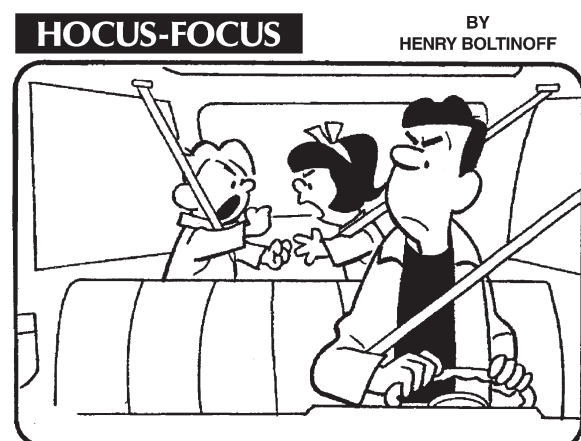
'Chinatown Rising' Film

The Castro Valley Community Alliance will present the documentary "Chinatown Rising," a film about the Asian-American movement from the perspective of the young residents on the front lines of their historic neighborhood in transition.

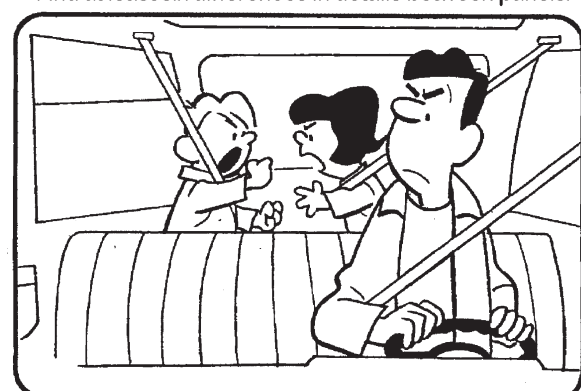
The film will be available May 15 at 9 a.m. to May 17 at 9 a.m. Register at bit.ly/ChinatownRising to receive a link when the film is available to watch at your own time.

On Sunday, May 16 at 1 p.m., join the Community Alliance to watch selected clips of the documentary followed by a discussion on the film and the topic.

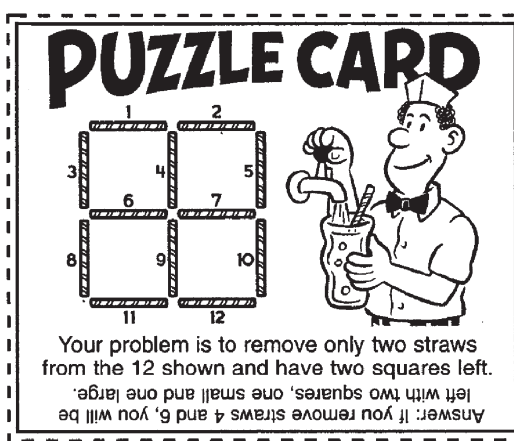
View the flyer at bit.ly/CastroValleyCommunityAlliance



Find at least six differences in details between panels.

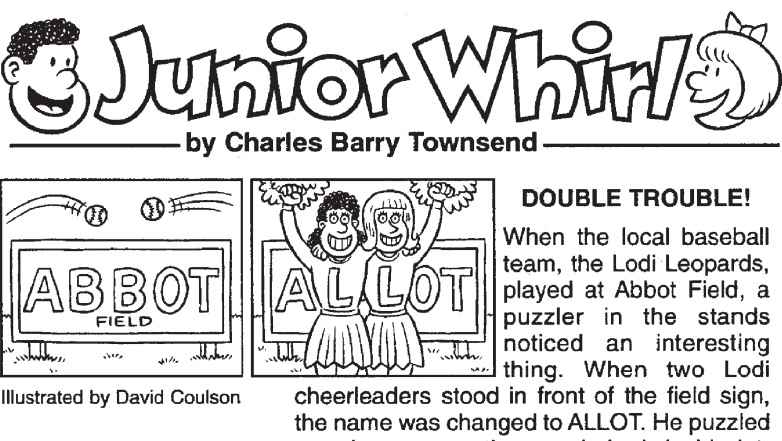
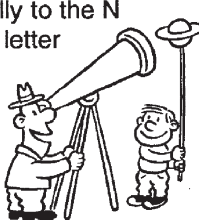


Differences: 1. Bow is missing. 2. Shirt is different. 3. Arm is lowered. 4. Steering wheel is different. 5. Window is open. 6. Seat is different.



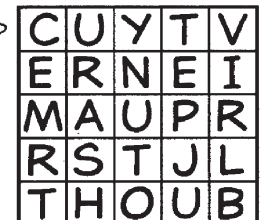
SEE SAW! Charlie "Crosscut" Callaway has a 1-by-12-inch board, 18 feet long, that he wants to cut into 18 equal pieces. If it takes him one minute to saw through the board, how long will it take him to cut all 18 pieces?
Answer: 17 minutes. He doesn't have to saw off the last piece.

HEAVENLY WORDS! In the grid at right there are 25 letters that spell out all the planets in our solar system. Can you find them? Go from one adjoining box to another -- horizontally, vertically or diagonally. For example, you can spell SUN by starting at the letter S, moving up diagonally to U, and finish by moving vertically to the N above. You can enter the same letter box more than once. Also, the letters can appear in more than one name. Adjust your telescope and start spelling!



SEE SAW! Charlie "Crosscut" Callaway has a 1-by-12-inch board, 18 feet long, that he wants to cut into 18 equal pieces. If it takes him one minute to saw through the board, how long will it take him to cut all 18 pieces?
Answer: 17 minutes. He doesn't have to saw off the last piece.

HEAVENLY WORDS! In the grid at right there are 25 letters that spell out all the planets in our solar system. Can you find them? Go from one adjoining box to another -- horizontally, vertically or diagonally. For example, you can spell SUN by starting at the letter S, moving up diagonally to U, and finish by moving vertically to the N above. You can enter the same letter box more than once. Also, the letters can appear in more than one name. Adjust your telescope and start spelling!



DOUBLE TROUBLE! When the local baseball team, the Lodi Leopards, played at Abbot Field, a puzzler in the stands noticed an interesting thing. When two Lodi cheerleaders stood in front of the field sign, the name was changed to ALLOT. He puzzled over how many other words had double letters in them that could be changed to another word by substituting a different pair of letters. Here's what he came up with:

1. Accord ---- A _ _ ord
2. Fiddle ---- Fi _ _ le
3. Cheese ---- Ch _ _ se
4. Offer ---- O _ _ er
5. Haggie ---- Ha _ _ le
6. Balloon ---- Ba _ _ oon
7. Slimmer -- Sli _ _ er
8. Connect -- Co _ _ ect

Which double letters would be needed to turn each of the above words into different words?

Other answers are possible.
1. Accord--afford. 2. Fiddle--fizzle. 3. Cheese--choose. 4. Offer--offer. 5. Haggie--hassie. 6. Balloon--bassoon. 7. Slimmer--slipper. 8. Connect--collect.

Senior Q&A: How to Access Decedent's Safety Deposit Box

Q: My late Uncle set up a safety deposit box at a local bank and named me as both executor under his Will and trustee under his Trust. To follow his wishes, I need access to his original estate planning documents, which I understand are held in his safety deposit box. How can I do that?

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

A: Assuming that the safety deposit box was held in your Uncle's name, alone, here is what you would need: (a) a key to the safety deposit box, (b) proof of his death (either a certified copy of his death certificate or a written statement of death from the coroner, his treating physician or hospital where he died), (c) proof of your own identity, such as by

a state driver's license, and (d) a signed Affidavit attesting to your right to access the box on your Uncle's behalf, which may need to be notarized; the bank should have a form.

Access to the box will be under the supervision of a bank representative, who will make and retain a copy of the Will and/or Trust found in the box, while allowing you to remove the originals so that you can begin administering your Uncle's estate.

The bank will also let you remove any written instructions for the disposition of his remains, so that you can handle his final wishes in a timely manner.

If you do not have a key, access will likely be more difficult. At a minimum, you will need to persuade the bank to have a locksmith drill the lock to open the box, most likely at your own expense, in addition to providing the other items mentioned above.

The bank may also require that you first initiate a court probate proceeding to secure Letters of Administration or Letters Testamentary before permitting access.

If there were another co-owner on his safety box, designated as a joint tenant, then the joint tenant would have access so long as he or she had a key. If not, then again the box would require

drilling and the bank would likely need the other items listed above.

Sometimes a person will designate his or her Trust, itself, as the owner of the box. If this is the case, then the Successor Trustee under your Uncle's Trust could access the box, again assuming he has a key and can provide the other requirements noted above.

In order to avoid the bank access issue after death, I generally advise clients to retain their original Wills and Trusts in readily accessible places in their own home or other safe place, and to so advise the person(s) whom they have named as Executor or Successor Trustee. This can facilitate swift access following death.

Even if one has a cooperating bank, remember that banks are not open after hours or on major holidays, and have limited hours on weekends. Swift access can be essential, especially if one needs immediate access to burial instructions following death.

Delays and obstacles in accessing these important items after death can be upsetting to next of kin following the death of their loved one, so give them a little assist and keep them in a safe place that is both known to, and accessible by, your designated successor(s).

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



Medicare Coverage Options For Retirees Eager to Travel

Q: What are the best Medicare coverage options for Covid-vaccinated retirees who are eager to travel? My wife and I will both turn 65 over the next few months and would like to know which Medicare plans are best for extensive travelers.

By Jim Miller
SPECIAL TO THE FORUM

A: The best Medicare plans for retirees who plan to travel will vary depending on your destinations. But, before you book a trip make sure you know the current CDC Covid-19 travel recommendations (see [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)).

rus/2019-ncov/travelers), and research your destinations too so you can know if restrictions apply wherever you're going.

Medicare Review
Before we dissect how Medicare works for travelers, let's start with a quick review of your different Medicare options.

One option is original Medicare, which covers (Part A) hospital services and (Part B) doctor's visits and other medical services.

If you choose original Medicare, you may also want to get a Medicare (Part D) prescription drug plan (if you don't already have coverage) to cover your medications, and a Medicare supplemental (Medigap) policy to help pay for things that aren't covered by Medicare like copayments, coinsurance and deductibles.

Or, you could get a Medicare Advantage (Part C) plan instead, which is sold through private insurance companies, and covers everything original Medicare covers, plus many plans also offer prescription

drug coverage and extra services like vision, hearing and dental care all in one plan.

To help you evaluate your options contact your State Health Insurance Assistance Program (see [ShiptaCenter.org](https://shiptacenter.org)), which provides free Medicare counseling.

You can also shop and compare Medicare health and drug plans and Medigap policies at [Medicare.gov/find-a-plan](https://www.Medicare.gov/find-a-plan).

Also note that whatever Medicare plans you choose to enroll in, if you find that they are not meeting your needs or your needs change, you can always switch to a different plan during the open enrollment period, which is between Oct. 15 and Dec. 7.

U.S. Travel

If you and your husband are planning to travel domestically, original Medicare may be the better option because it provides coverage everywhere in the U.S. and its territories as long as the doctor or hospital accepts Medicare.

Medicare Advantage plans, see **TRAVEL** on page 14

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

Tour Our Models Today!



Independent Senior Living

Baywood Court
RETIREMENT REDEFINED™

baywoodcourt.org (510) 733-2418

Like us on

RCFE #011440776/Health Center #550000793



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.

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

What I've Learned From Purchasing Items Online

By Matilda Charles
SENIOR NEWS LINE

So many things have changed in how we live our lives in the time of Covid. It's been a year since it all began in earnest and, despite the vaccines, nothing has really gone back to normal.

Even small tasks have a layer of "more difficult" on them ... such as buying a new handheld vacuum cleaner.

My little handheld vac began dying after just a short time. I tried to baby it along, but now even with a full overnight charge, it only runs for 42 seconds before it quits again and wants another long charge.

Used to be I'd go off to a local store, examine several possibilities and buy one. This time I went online, where

thousands of selections awaited me, as well as hundreds of reviews for each item.

I changed the list to lowest price first. I changed the list to most popular. I searched for only the manufacturer of my current handheld vac. It didn't help.

Here's what I learned along the way. If you're faced with making a purchase online and are hit with too many choices, ask others what they recommend. Then look up the item online.

The end result of this saga is that I purchased the same brand and model as my current vacuum. If nothing else, I know it will last approximately 2.5 years, which is right after the warranty expires. But at least I'll know what to expect while it works.

© 2021 King Features Synd., Inc.

Learn New Technology Skills Online

By Jim Miller
SPECIAL TO THE FORUM

There are many different technology teaching tools available to older adults that can help you learn new tech skills so you can better utilize your devices.

Here are some good options to consider.

- Local classes or workshops: Depending on where you live, there may be community resources that offer beginning computer and personal technology classes, be it online or in-person, for older adults that are new to technology.

To find out what's available in your area, contact your local public library, senior center, college or university, or local stores that sell computers. Your Area Agency on Aging may also be able to help you. Visit the Eldercare Locator

at Eldercare.acl.gov or call 800-677-1116 to get your local number.

- GetSetUp.io: This is one of the best online learning websites that partners with guides to provide training on tech tools for adults 50 and older.

They provide more than 350 online classes taught in real-time by retired educators and tech industry experts in a way that lets older adults learn-by-doing, versus just watching a video.

Their technology classes – all taught via Zoom – cover things like learning how to use smartphones and tablets, how to set-up and use Zoom, how to utilize Gmail features, how to recognize online scams, how to sell your stuff online and so much more. Most of their classes are free, however some charge a small fee.



Some of their more popular tech classes include "All Things Zoom," "Everything Smartphones," and an "Introduction to Social Media." They even offer a "lunch & learn – tech discussion group" offered at various times throughout the year where you can ask questions as well as share your struggles and experiences.

And, if you ever have a technology question that pops up during the week, you can call their National Senior Planet Hotline for tech help at 920-666-1959 anytime Monday through Friday during working hours.

- OasisEverywhere.org: This nonprofit educational organization for older adults provides more than 10 low-cost/free online computer, internet and mobile technology courses for beginners. And see **LEARN on back page**

Come in for a tour and receive a special gift bag!



Provide your loved one with an option for a safe, loving environment.

-Delicious, Housemade Meals

-LOADS of fun activities, entertainment & outings

-Transportation Services Included

-Housekeeping & Laundry

-Caregivers 24hrs to assist with ADLs

 **Carlton**
SENIOR LIVING

1000 East 14th Street
San Leandro, CA 94577

510-636-0660

Move-In
Specials



LIC:015600341

REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Keeping Up With Changing Buyer Practices

A seller called recently, confused about the requests she was getting from her Realtor. Her agent had suggested she order upfront inspections and make repairs.

"My agent also suggested I do some upgrades," she stated. "Everything is different. When I bought my house, I paid for inspections, bought the house as-is and made improvements myself ... what has changed?"

In a nutshell ... Everything. In fact, if you bought a home more than 5 years ago and want to sell now, the changes from when you bought your home and now are dramatic.

Buyers have significantly changed in the past five years. They have much more definite ideas of what they want, due in part to countless hours watching HGTV type programming.

Additionally, the current generation, while very tech-savvy, are far less skilled than previous generations when it comes to home improvements. While they know what they like when they see it, they often have no idea how to get to the finished look they want.

Consequently, they are willing to pay a premium for homes that closely resemble

what they have seen on HGTV.

Buyers also have significantly less time to go out looking. With work pressures at all-time highs, weekends are times for trying to relax and get critical tasks accomplished before hitting it again on Mondays.

As a result, they are very selective about the homes they see. They will view properties on their mobile devices, short-list favorites and only view the properties they like the most. If a home does not meet their criteria and the listing visuals do not excite, they will never visit.

Historically there have been three levels of buyers: the bottom level – those who buy distressed homes (investors and flippers), the top level – those who want move-in ready properties and are willing to pay a premium and the middle level: those willing to buy mediocre homes that can be improved over time.

As little as 10 years ago, the middle level was the largest, and sellers could sell homes without inspection reports or improvements. That has flipped: the largest segment of buyers today desire homes in the top tier and by-in-large ignore homes requiring im-

provements.

Sellers have also discovered that with upfront inspections, buyers are more willing to write offers with the inspection contingency removed. Bottom line, everything has changed and the sellers who want to score must play by the new rules.

Carl Medford is a licensed Realtor with Keller Williams Realty and a licensed general contractor. This article is sponsored by the Central County Marketing Association.



Coming Soon

Looking for a larger home to accommodate home school, office or extended family? Set down roots in this sprawling custom home with 6 Bedrooms, 4½ Bathrooms and an 8 Car Garage. Enjoy views of valley and city lights, cook meals in the spacious gourmet kitchen, or entertain guests in the ballroom-sized family room. Beautifully landscaped yards and a hilltop pergola compliment this amazing home! Please call for more information about this great home.



3743 September Ct.



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

Digital Spring-Cleaning Tips for a New Normal Life

Last year, when the pandemic suddenly shut down our everyday lives and for many of us, pushed them into tiny, isolated spaces, we had to adapt.

Fast forward one year later, and a lot has changed. Now, as the world slowly starts to open back up, it's time to get a jump start on a new normal routine. Here are some spring-cleaning tips fueled by your smartphone and the latest apps to help you smoothly shift into in-person life.

Make a Fresh Start at the

(Home) Office: Research shows that your remote office space may be dirtier and more disruptive to your overall health than work offices. Spring cleaning your workspace and home can be easily done with apps like Spotless and Clean My House. The apps, which offer tools to help schedule chores, create cleaning checklists and organize spaces in your home, are guaranteed to increase productivity and make clutter a distant memory.

If your temporary work-from-home status is now

permanent, it may be the perfect time to re-evaluate your remote connectivity needs. Wireless provider T-Mobile provides home internet service that makes use of the same great 5G network your smartphone runs on to help you thrive in a remote environment.

Tackle the COVID-19 Weight Gain: Recent research has shown that most Americans experienced weight gain during the pandemic. According to a recent study in the Journal of the American Medical Association, Americans gained an average of 7.08 pounds between February and June 2020. Luckily, your smartphone can help you prioritize your fitness goals. Apps like Nike Training Club, SWEAT, Happy Scale and MyFitnessPal will motivate you to re-enter the world with confidence.

Clean out Your Quarantine Closet: Quarantine life may have left your closets full of comfortable loungewear

– or perhaps an excessive amount of unworn professional clothing. Donating your unwanted clothing with apps like Lugg allows you to schedule donation pick-ups from the convenience of your home. And apps like reGAIN offer incentives to clear your closets – providing exclusive discount coupons for donating unwanted clothing items to charity.

Prepare Your Pets: Whether you're heading back to the office, resuming your weekly happy hour book club, or finally taking that rescheduled vacation, your pets are going to be spending more time alone compared to early pandemic days. Apps like Dog Monitor and PetCam can help you monitor your best friend and ensure they are safe and happy.

As you return to a new normal life, implement any of these spring-cleaning tips to help set yourself up for success.

-Statepoint

RECENT HOME SALES

Castro Valley

20153 Forest Avenue	94546: \$575,000 2 BD - 1,044 SF - 1986
18990 Stanton Ave	94546: \$680,000 2 BD - 787 SF - 1953
2282 John Court	94546: \$700,000 2 BD - 1,816 SF - 1920
5141 Madison Lane	94546: \$1,250,000 4 BD - 2,012 SF - 2000
5864 Cold Water Drive	94552: \$1,320,000 4 BD - 2,100 SF - 1972
7674 Pineville Circle	94552: \$1,550,000 5 BD - 2,689 SF - 1991
TOTAL SALES:	6
LOWEST AMOUNT:	\$575,000
HIGHEST AMOUNT:	\$1,550,000
MEDIAN AMOUNT:	\$975,000
AVERAGE AMOUNT:	\$1,012,500

San Leandro

14011 Aurora Drive	94577: \$640,000 3 BD - 1,336 SF - 1961
1244 Margery Avenue	94578: \$750,000 3 BD - 1,581 SF - 1947
16075 Carolyn Street	94578: \$770,000 2 BD - 1,233 SF - 1947
858 Alice Avenue	94577: \$915,000 2 BD - 1,124 SF - 1926
980 Woodland Avenue	94577: \$1,500,000 5 BD - 5,113 SF - 1927
364 Belleview Drive	94577: \$4,500,000 2 BD - 866 SF - 1940
TOTAL SALES:	6
LOWEST AMOUNT:	\$640,000
HIGHEST AMOUNT:	\$4,500,000
MEDIAN AMOUNT:	\$842,500
AVERAGE AMOUNT:	\$1,512,500

San Lorenzo

15959 Paseo Largavista	94580: \$780,000 3 BD - 1,414 SF - 1944
TOTAL SALES:	3
LOWEST AMOUNT:	\$780,000
HIGHEST AMOUNT:	\$780,000
MEDIAN AMOUNT:	\$780,000
AVERAGE AMOUNT:	\$780,000

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

Congratulations!

to Dana Radovich-Heinemann
for passing her Real Estate
exam and becoming the
newest member of my team!



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

Divide Calla Lilies in Winter; Mysterious Weed-Trees

By Buzz Bertolero
Special to the Forum

Q We have several calla lilies in our yard that are about four feet tall and doing wonderfully. Is it necessary to divide Calla Lilies annually?

A The typical calla lily, found in many of the more established gardens, has a pure white flower with a perturding yellow structure in the center. Yellow and multi-colored varieties are also available.

They are used as a landscape plant or grown indoors in a bright window. They should be protected from the heat of the day sun and when the temperatures soar into the 90s.

Calla lilies are divided during the winter months whenever it's necessary, so there is no set timetable. The clumps are dug up and segmented into smaller sections,

and replanted.

They'll overwinter nicely in our soil because the ground doesn't freeze, but the cold temperatures damages the foliage.

They're not heavy feeders, so an annual feeding in the spring with All Purpose Plant Food should be sufficient; however, you should more often feed those in containers.

Q I have a weed that suddenly becomes a tree in less than two years. They sprout initially as long, skinny, single stalks with leaves that resemble camellia leaves. If I pull them up quickly, they are easily uprooted, but a few that were about four feet high were just too hard to pull, and one is now over twenty feet high. I probably pull four sprouts a week from other places in my yard.

I'm concerned now that these things will get so tall they will just blow over and die one

day. Any idea what they are? Is it possible to prune them into submission, so they stay where they are right now?

A The mystery weed-tree is probably a type of privet, either Ligustrum lucidum or japonica, and closely related to a Texas or Wax Leaf Privet shrub. Ligustrum's are planted as a medium growing, evergreen landscape tree or hedge in the Bay Area.

They have clusters of white flowers that turn into a bluish black berry. The berries are the source of the problem as they produce the new seedlings or the sprouts you refer to.

Birds and squirrels transport them from yard to yard, and they're a nuisance in the countless number of yards in the Bay Area, including mine. The good news is that they can be kept trim, sheared, or pruned at any height.

I used one that is about 12 feet tall to shade a camellia

from the hot afternoon sun. This became an issue when my neighbor removed a tree. The privet was about six feet tall when I discovered it emerging from the canopy of the Camellia.

Unfortunately, more seedlings germinate than I could possibly ever use, so I'm removing them when I can. It would be best if you were diligent in pulling up the

seedlings while they are small; otherwise, you'll have to prune them.

I wouldn't be concerned that they could fall over, but it's not a common occurrence or very likely. I just cut the larger one down and control the size in that manner.

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com.

dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com.

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



Mortgage Rates Stay Low

Long-term fixed mortgage rates remained below 3% last week, according to Freddie Mac's weekly nationwide survey.

The 30-year fixed-rate mortgage averaged 2.98 percent for the week ending April 29, up slightly from the previous week when it averaged 2.97 percent. A year ago at this time, the 30-year rate averaged 3.23 percent.

Fifteen-year fixed-rate

mortgages averaged 2.31 percent, up from 2.29 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 2.64 percent, down from a week earlier when they averaged 2.83 percent.

"In light of the rising Covid caseloads globally, U.S. Treasury yields stopped moving up a month ago and have remained within a narrow range as the market digests incoming economic

data," said Sam Khater, Freddie Mac's Chief Economist.

"The good news is that with rates under three percent, refinancing continues to be attractive for many borrowers who financed before 2020. But, for eager buyers, especially first-time homebuyers, inventory continues to be extremely tight and competition for available homes to purchase remains high."



Jon & Leslie
J&L Real Estate Group



*We Love Selling
CV Homes*

**Castro Valley is our business,
life and our passion.**

**Our dynamic marketing is promoting your property.
24 hours a day, 7 days a week, throughout the US**

Our team offers complete real estate services including:

- Dynamic, multi-platform, high visibility & virtual marketing. Professionally outsourced and targeted ad campaign for your listing
- Unrivaled knowledge of Castro Valley, our entire team works, lives, shops and volunteers in Castro Valley. From schools to local businesses we have you covered.
- Castro Valley Relocation Discount Program (ask us about it).
- Senior Discount (55 and over). You can save money selling or buying your home.
- Call us about our proven staging and home prep and program to ensure your home sells for top dollar

Jon and Leslie Foster
jandl@JonAndLeslie.com
eXp Realty of CA, Inc. #01878277
J | BRE# 01458054 and L | BRE
#01804083



*Castro Valley
Statistics*

Current active listings: **50**
Current pending listings: **71**
Average days on market: **13**
Average list price vs. sale price:
117.4%

With low inventory, low interest rates and strong buyer demand it's a great time to sell your home. Give Jon and Leslie a call today for a no obligation, **free market analysis of your home or to be placed on our listing notification list.**

**WE HAVE SOLD ALL OF THESE BEAUTIFUL
CASTRO VALLEY HOMES THIS YEAR.**
Give us a call **today** for a no obligation market evaluation.

3720 SEVEN HILLS RD.
Sold \$1,352,000

5807 DAWN VIEW CT.
Sold \$1,300,000

Represented the Buyer
18071 VINEYARD RD.
Sold \$1,125,000

3093 MASSACHUSETTS ST.
Sold \$1,552,000

4648 CROW CANYON PL.
Sold \$1,700,000

2572 RIDGE CREST CT
Sold \$1,395,000

18674 CENTER ST.
Sold \$1,170,000

18363 VINEYARD RD.
Sold \$982,500

19364 STANTON PLACE
Sold \$1,145,000

4641 LOCKRIDGE WAY
Sold \$1,377,526

5893 HIGHWOOD RD.
Sold \$1,395,000
Represented the Buyer

22184 E LYNDON LOOP
Sold \$1,060,000
Represented the Buyer

JON & LESLIE REAL ESTATE GROUP

CALL OR TEXT (510) 405-1475

WWW.JONANDLESLIE.COM



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
Drysdales Properties
linda@lindanef.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



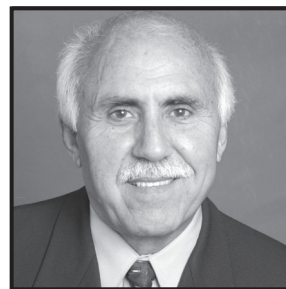
Craig Ragg
CRAIG RAGG REAL ESTATE
www.craigraggre.com
craig.ragg@gmail.com
510-502-2993



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



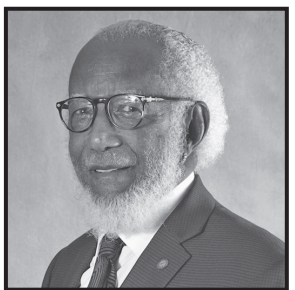
Kenneth A. Kremer
Results Guaranteed!
There is no substitute for experience.
Kremer & Company, Realtors®
510-301-1957



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.evolvere.ca.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@bhhsdrysdales.com



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

Tips for a Safer, More Enjoyable Summer at the Pool

As summer approaches, pools are great for play, exercise and therapy. However, it is critical that while enjoying ourselves, we take appropriate safety precautions.

According to the U.S. Consumer Product Safety Commission, more than 275 children nationwide under the age of 5 drown in swimming pools annually, and more than 4,100 children receive medical treatment for pool-related accidents, the majority of which occur in backyard pools. Luckily, building codes and standards can help.

"Building codes are life savers and as the leading building codes and standards developer, we are accounting for every facet of the home, which includes specific provisions to make pools and spas safer," says Dominic Sims, CEO of the International Code Council.

Emphasizing the importance of water safety, the Code Council has dedicated a week (May 17-23) during its annual Building Safety Month to the topic. To ensure individ-

uals are having safe pool fun, the Code Council shares the following tips:

- **Install fences and protective gates:** To ensure the pool area is inaccessible to unauthorized swimmers and children when there is no supervisor, install a fence at least 4-feet high around pool and spa areas with a self-closing, self-latching gate or door. Move all chairs, tables, large toys or other objects away from the perimeter that would allow a child to climb up to reach the gate latch or enable someone to climb over the fence.

- **Keep safety devices nearby:** Always keep basic lifesaving equipment handy (pole, rope and personal flotation devices) and know how to use them. These aids should be kept on both sides of the pool and should remain stationary – not be misplaced through play activities.

- **Install alarms:** Install alarms on all doors and windows to detect unauthorized access from the home into the pool area. You can also install

a pool alarm to detect accidental or unauthorized entrance into the water. While the alarm provides an immediate warning, it is not a substitute for the barrier fences, door and window alarms or safety covers.

- **Remember safety covers:** Install an approved safety cover on any pool. For the safety of all individuals, do not allow anyone to stand or play on it.

- **Be code-compliant with drain covers and grates:** To help identify compliance with current standards, all pool and hot tub drains must have a cover or grate marked with the appropriate product marking, including the service life in years and an information label that is provided to the pool owner. Not having a compliant cover could result in some part of a swimmer's body being entrapped in the drain – a dangerous situation that could result in injury or drowning. If a cover is broken, missing or noncompliant, the pool should be closed immediately, and a replacement should be per-



formed by pool professionals.

- **Ensure an existing pool has safe suction outlets:** Pools and spas with a single drain – other than an unblockable outlet – must have a certified blockable suction outlet and one of the following: a safety vacuum release system; a suction-limiting vent system; a gravity drainage system; or

other safety features that comply with industry standards.

- **Secure the proper permits for a pool installation:** If you're installing a pool, it will be important to contact your local building department first to determine what permits are needed and what requirements you must follow.

"With the weather warm-

ing and families spending more time at home, a pool offers hours of fun for everyone," says Sims. "In addition to adult supervision, safety code compliance helps ensure a safer, more enjoyable pool experience."

For more building safety resources, visit iccsafe.org.

-Statepoint

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



LEGAL NOTICES

FILED
MELISSA WILK
APRIL 2, 2021
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 577878

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

The name of the business(es):
C.V. Pizza Express located at 19573 Center
Street, Castro Valley, CA 94546, in Alameda
County, is hereby registered by the following
owner(s): Bikram Jit Singh, 5596 Jensen
Road, Castro Valley, CA 94552. This busi-
ness is conducted by an individual. This busi-
ness commenced March 1985.

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

Expires APRIL 2, 2026

**APR 14, 21, 28, MAY 5, 2021
338-CVF**

FILED
MELISSA WILK
MARCH 15, 2021
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 577169

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

The name of the business(es):
Boutique Seven81 located at 132 Callan Ave,
Apt #E, San Leandro, CA 94577, mailing ad-
dress 8495 Pardee Drive, #6472, Oakland, CA
94603, in Alameda County, is hereby regis-
tered by the following owner(s): Shatoya Mc-
Call, 132 Callan Ave. Apt #E, San Leandro, CA
94577. This business is conducted by an in-
dividual. This business commenced 02/17/21.

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

Expires MARCH 15, 2026

**APR 14, 21, 28, MAY 5, 2021
339-CVF**

FILED
MELISSA WILK
MARCH 23, 2021
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 577488

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

The name of the business(es):
(1) Dre Jams and Jellies LLC (2) Gomma's
Baked Goods located at 511 Simon Street,
Hayward, CA 94541, in Alameda County, is
hereby registered by the following owner(s):
Dre Jams and Jellies LLC, 511 Simon Street,
Hayward, CA 94541. This business is con-
ducted by a limited liability company. This
business commenced 2-1-2021.

/s/ Dre Jams and Jellies LLC
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.

Expires MARCH 23, 2026

**APR 21, 28, MAY 5, 12, 2021
341-CVF**

FILED
MELISSA WILK
APRIL 07, 2021
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 577984

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

The name of the business(es):
ATABEY & OSCAR-RENE located at 3142
Brent Ct., Castro Valley, CA 94546, in Ala-
meda County, mailing address 29873 Clear-
brook Circle 147, Hayward, CA 94544 is
hereby registered by the following owner(s):
Atabey Ortiz, 3142 Brent Ct., Castro Valley,
CA 94546. This business is conducted by an
individual. This business commenced N/A.

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

Expires APRIL 7, 2026

**APR 28, MAY 5, 12, 19, 2021
342-CVF**

FILED
MELISSA WILK
APRIL 13, 2021
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 578090

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

The name of the business(es):
Solano EyeCare Optometric Professionals
located at 1051 Solano Avenue, Albany, CA
94706, in Alameda County, is hereby regis-
tered by the following owner(s): (1) Ruth Chen
Fruin, 18444 Vineyard Road, Castro Valley,
CA 94546 and (2) Patrick Harold Woodring, 43
Knight Drive, San Rafael, CA 94901. This busi-
ness is conducted by a general partnership.

This business commenced January 14, 2021.
/s/ Ruth Chen Fruin, Patrick Harold Woodring
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.

Expires APRIL 13, 2026

**APR 28, MAY 5, 12, 19, 2021
343-CVF**

FILED
MELISSA WILK
APRIL 19, 2021
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 578239

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

The name of the business(es):
Kumon of Castro Valley located at 20440
Redwood Road, Castro Valley, CA 94546, in
Alameda County, mailing address 1047 Man-
grove Lane, Alameda, CA 94502 is hereby
registered by the following owner(s): (1) Eunha
Stella Choi and (2) Yongsuk Andrew Choi, both
at 1047 Mangrove Lane, Alameda, CA 94502.

This business is conducted by a married cou-
ple. This business commenced 6/1992.
/s/ Eunha Stella Choi, Yongsuk Andrew Choi
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.

Expires APRIL 19, 2026

**APR 28, MAY 5, 12, 19, 2021
344-CVF**

FILED
MELISSA WILK
APRIL 14, 2021
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 578175

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

The name of the business(es):
Syufy Builders located at 18150 Knight
Drive, Castro Valley, CA 94546, in Alameda
County, is hereby registered by the following
owner(s): Syonara Inc., 18150 Knight Drive,
Castro Valley, CA 94546. This business is
conducted by a corporation. This business
commenced 5/22/15.

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

Expires APRIL 14, 2026

**MAY 5, 12, 19, 26, 2021
346-CVF**

FILED
MELISSA WILK
APRIL 14, 2021
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 578158

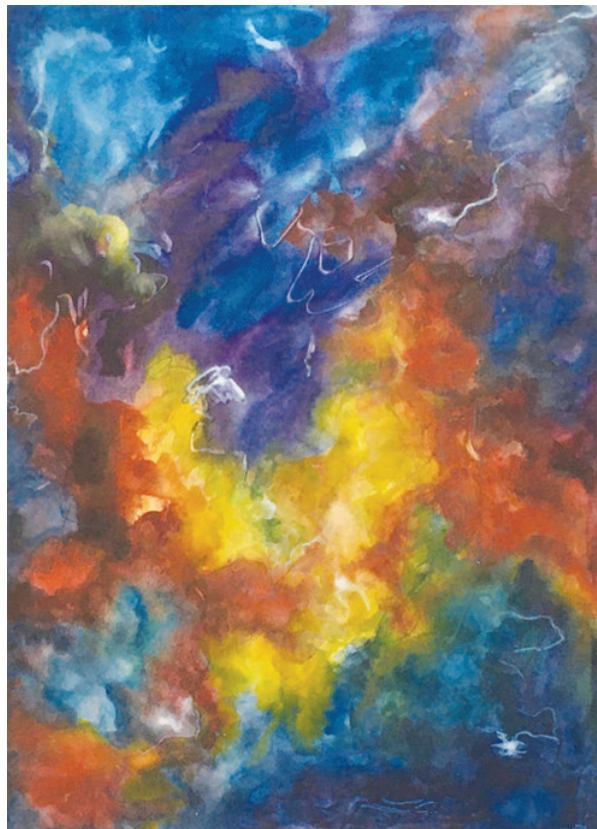
**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Lesters Mobile Fastener Service located at
2121 Kelly Street, Hayward, CA 94541, in
Alameda County, is hereby registered by the
following owner(s): Lester E. Nickolopoulos,
2121 Kelly Street, Hayward, CA 94541. This
business is conducted by an individual. This
business commenced N/A.

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

Expires APRIL 14, 2026

**MAY 5, 12, 19, 26, 2021
348-CVF**



PHOTOS COURTESY OF ART, INC.

Art Show Winners to Be Named Saturday

A.R.T., Inc.'s first juried show since the beginning of the pandemic is up and running online with all 76 entries selected to be exhibited. The winners will be revealed at a reception at 2 p.m. this Saturday, but the show can be viewed now at artinc.org. Shown above is "Brain Flashes": a watercolor by Jill Kneeter, and below, "Sunol Respite," a photograph by Ron Rigge.



Travel: Consider Getting Medicare Advantage Plan

continued from page 6

on the other hand, which have become very popular among new enrollees may restrict your coverage when traveling throughout the U.S.

This is because most Medicare Advantage plans are HMOs or PPOs and require you to use doctors, hospitals and pharmacies that are in the plan's network within a service area or geographic region.

So, if you're traveling outside that area you may need to pay a higher fee, or your

services may not be covered at all. If you do decide to enroll in a Medicare Advantage plan, be sure you check the benefit details carefully to see what costs and rules apply when traveling outside your service area.

Traveling Abroad

If you're planning to travel abroad much, a Medicare Advantage plan may be a better option because many Advantage plans today offer emergency care coverage outside the U.S. But be sure you check before you choose

a plan because not all plans offer it.

Original Medicare, on the other hand does not provide coverage outside the U.S. and its territories except in rare circumstances (see Medicare.gov/coverage/travel), and Medicare drug plans will not cover prescription drugs purchased outside the U.S. either.

But if you do choose original Medicare, you can still get some coverage abroad through a Medigap policy. Plans D, G, M and N plans will pay for 80

percent of medically necessary emergency care outside the U.S. to new enrollees, but only for the first 60 days of the trip, and you have to meet an annual \$250 deductible first. There's also a lifetime limit of \$50,000, so you'd need to cover any costs above that.

Some beneficiaries, regardless of their Medicare coverage, purchase travel medical insurance for trips abroad, which you can shop for at InsureMyTrip.com or SquareMouth.com.

COMMUNITY CALENDAR

● Thurs., May 6: 'Speak Up' Live Streaming Debate

Chabot College will host a Live Virtual Debate from 5 to 7 p.m. tomorrow evening, Thursday, May 6, on whether Covid-19 vaccines should be required for all students returning to college campuses. The Chabot Forensics Team joins forces with the Academic Senate Emergency Fund to show off their skills and raise funds for both organizations, streaming live from the Performing Arts Center at the college. For tickets (\$5-\$10 suggested donation), visit Purplepass.com/chabotforensics

● Sat., May 8: Hearing Loss Support Meeting

Dr. Margaret Wallhagen, PhD, Professor, Physiological Nursing at University of California, San Francisco, will discuss "Hearing Loss and its Effect on the Brain, Cognitive Function and Social Relationships" at the next meeting beginning at 9:30 a.m. on May 8 via Zoom. Dr. Wallhagen's research and publications focus especially on how older individuals and their families manage chronic illnesses as well as changes that occur with age including hearing loss. Register at <https://www.hearinglosseb.org/> for greetings at 9:30; the presentation and discussion from 10 to 12:30.

● Mon. May 10: MAC Meeting

The Castro Valley Municipal Advisory Council will hold a virtual land-use meeting at 6 p.m. on Monday, May 10. For the agenda, visit acgov.org/bc/cvmac. The Zoom webinar is accessible at us02web.zoom.us/j/94808181055 or by phone only at 669-900-9128.

● Tues., May 11: Rotary Topic: Life of a Ship Pilot

Stephen MacLaughlin will describe his career as a ship pilot on San Francisco Bay at the next meeting of the Rotary Club of Castro Valley, from noon to 1:30 p.m. via Zoom. More information is available at castrovalleyrotary.org.

● Sat., May 29: Hike for Hope

Register now for the 2021 Hope Hospice Hike for Hope Fundraiser for \$39 per hiker through April 30 (fee increases to \$45 on May 1), Registration fee includes an event T-shirt. Child hikers 12 and under participate for free, but must be registered. Then follow the regular style of a single-day excursion on Saturday, June 5, or accept the weeklong Champion Challenge by setting a mileage goal for the week of May 29-June 5 and log progress on your participant page at TheHikeForHope.com.Hope.

● Fri.-Sun., June 4-27: Lake Chabot Trail Challenge

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

COVID-19

Face Coverings Still Mandatory Indoors

By Michael Singer
SPECIAL TO THE FORUM

Vaccinated or not, if you want to go to an indoor public space, you have to wear a mask.

The California Department of Public Health said on Monday its decision to mandate face coverings in indoor settings outside of one's own home, and regardless of vaccination status was based on the ongoing risk for Covid exposure and infection.

"Since the start of the pandemic, we have learned a lot about COVID-19 transmission: a large proportion of people who are infected do not have symptoms, but play an important part in community spread, and the virus is transmitted through the air and concentrates indoors,"

State Public Health Officer Dr. Tomás Aragón said in a statement.

While masks would be required for everyone riding public transportation, the guidance does allow for no masks if you are driving a car by yourself or with your family. The indoor face-covering rules would also be eased for anyone working alone in a closed room.

Dr. Aragón added that the restriction would likely not be lifted until there was an overwhelming number of people in the community who were vaccinated. In Alameda County, only 45.3% of those aged 16-years and older were fully vaccinated with 71.4% receiving at least one dose.

Fully vaccinated Americans can now go outside without having to wear a mask with

some exceptions, according to guidance released last month by the CDC. The exceptions to the outdoor-mask rule would be if you are attending such crowded outdoor events as live performances, parades, fairs, festivals and sports events.

While getting a vaccine is top of mind for health officials, businesses may soon require employees to receive an "FDA-approved" vaccination against COVID-19. An update this week by the California Department of Fair Employment and Housing suggests employers can ask workers to get a shot, "so long as the employer does not discriminate against or harass employees or job applicants on the basis of a protected characteristic."

Additionally, employers must attempt to reasonably accommodate employees with

disabilities or religious beliefs

While the update is in line with federal guidelines, it does not address the fact that the three recommended vaccines – Pfizer, Moderna and J&J – were approved using a federal Emergency Use Authorization rather than the full approval of the FDA.

Vaccine Distributed:
California – 30,501,711
Alameda County – 1,452,894
Castro Valley – 39,194
Confirmed Cases:
California – 3,643,992
Alameda County – 86,122
Castro Valley – 2,515

Deaths:
California – 60,763
Alameda County – 1,519

as of May 4, 2021

Keep Fido Under Control On the Trail

By Ned MacKay
SPECIAL TO THE FORUM

The other day we were sitting on a bench eating lunch at Sibley Volcanic Regional Preserve, when another hiker with two big, friendly dogs came past on the trail.

One of the dogs saw us and made a beeline for the food. My reflexes were fast enough that I covered our lunch just in time. Won by a nose.

Its owner called the dog back and all was well. But it did remind us of some dog-related rules of the road.

The park district has a "Be A Pup Pro" campaign under way. You've probably seen the posters at trailheads.

The campaign has three basic themes:

- Bag it and bin it. Everyone is supposed to pick up after their pet has done its business. Deposit the waste in a trashcan. Please don't just leave it trailside for someone else to deal with.

- Leash your dog in designated areas. Such as parking lots, trailheads, picnic areas, paved trails, etc. Note also that dogs are not allowed at swim beaches or in some places that are wildlife sanctuaries.

One example is Round Valley south of Brentwood, where dogs are prohibited because the park is habitat for the rare and endangered San Joaquin kit fox. Tilden Nature Area near Berkeley (just the nature area, not the entire park) is off-limits for dogs, too. Elsewhere, watch for signs indicating where dogs are prohibited or must be leashed.

- Keep your dog safe. Leash your dog around cattle and horses. Some horses can be skittish with dogs, resulting in unsafe conditions for everyone.

In general, dogs are allowed off-leash in the regional parks, once you are away from the trailheads, as long as the dog is under voice control, which means it will return to its owner when called.

If a dog starts chasing wildlife or cattle, or has uninvited interactions with other park visitors, the dog has to be put back on leash.

Be considerate of your pet's needs. As the weather gets warmer, dogs can become overheated. After all, they are wearing permanent fur coats. And their main method of regulating their body temperature is by panting.

So carry enough water for Fido as well as for yourself. There are plenty of lightweight dog water dishes on the market, or you can use a one-gallon plastic zip bag.

Remember, too, that pavement can get very hot in the sun. And sharp, rocky surfaces are hard on paws.

There are special rules for dogs at Point Isabel Regional Shoreline in Richmond. Dogs are okay off-leash in the park. But carry a six-foot maximum leash and keep your dog on-leash in



parking lots and on streets.

Dogs must be under voice control and within your sight at all times. Clean up your dog's waste and put it in the trashcans. Leash your pet if it shows aggressive behavior. Prevent your pet from digging or damaging the landscape.

In all the regional parks, anyone who walks or exercises a dog for a fee, or who walks more than three personal dogs, has to obtain and carry a revocable annual permit.

For information on the dog

permit program, call 510-690-6508. For more information on dog rules in the regional parks, check out the website, www.ebparks.org.

East Bay Regional Park District is a very dog-friendly agency. And a little common sense and common courtesy goes a long way towards assuring a pleasant park experience for dog owners and non-owners alike.

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

LETTERS to the EDITOR

The Importance of Fact-Checking

Editor:

I want to remind people that the internet, and social media in particular are not edited well if at all. Additionally, some broadcast media outlets with a strong political bias also deliberately distribute misinformation.

It is easy to fact check, just by Googling the issues in question. Example, I was recently sent an article via my e-mail that was against Biden's ecological plans for reducing the use of coal in America. The article, obviously a propaganda piece by the Coal Industry, compared the amount of coal fired plants in America to other countries around the world, stating that America had only a total of 15 coal fired energy plants, while other countries had hundreds. I googled: How many coal fired energy plants exist in America, and various legitimate sources indicated that there are 241 plants, not 15. So please, please fact check your sources. You owe it to your own intelligence, as well as that of others.

—Robert S. Thomas, Castro Valley

Obituaries

In Remembrance Casey Cadinha

Jan. 7, 1985 ~ May 3, 2021

Resident of Castro Valley

Beloved son of Helen and Bryan Cadinha, Grandson of Milton and Yvonne Cadinha. Casey passed away in peace at home after a long battle with cancer.

Preceded in death by great-grandparents William and Helen Mott SFFD, grandparents Robert and Betty Fogarty SFPD, and George and Bonnie Garcia SFPD.



Marqui Jones

December 7, 1939 ~ April 22, 2021

Marqui Jones passed away peacefully from this life on Thursday April, 22nd at 8:38 p.m. Marqui was born on December 7, 1939, in East St. Louis, Illinois until the age of 11 when the family moved to California. She was a wife, mother, grandmother, great-grandmother and aunt to many Jones nieces and nephews. She was a volunteer, youth leader and an employee of St. Louis Bertrand School for many years where she was a bookkeeper and secretary. She was a Lay Pastor at San Leandro Church and an employee of J.C. Penny for 20 years where she helped to make the annual Christmas party a joyful event and worked in the personnel payroll department hiring many people in the community. Marqui was an avid reader and loved to work in her yard. Marqui is survived by her brother William (Billy) Conner and spouse Delores, 2 daughters, Monica Leid Jones and Shanna Jones, 2 sons Drake Jones and Michael Jones, 7-grandchildren and 3 great-grandchildren. She is preceded in death by her husband Micky Jones her parents William and Mary Conner and her grandson Joshua Jones. Services will be held on Sunday June 6, 2021 on Empress Cruise Line out of Marin. Call Monica for more details 925-727-6054.



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

Offering
Personalized
Memorial and
Cremation
Services.



FD 1168 CR49

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

SARA L. ENNOR
LAWYER

- Wills & Trusts
- Benefits, ERISA
- QDROs

510-633-9985

LETTERS TO THE EDITOR must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. Email Letters to: fredz@ebpublishing.com, or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

ATHLETE OF THE WEEK



Kierney Senft is our Athlete of the Week. This Castro Valley native is a Senior at Moreau Catholic and has been on both Cross Country and Track and Field for the last 4 and 3 years respectively. Kierney has been an honor student and role model to her classmates as well as her teammates.

Her coach, Enrique Henriquez says Kierney always tries her best and always helps others and coaches alike in cleaning or prepping things for competitive track and field meets. She is, "very thoughtful/ respectful/ intelligent and most of all, she honors the term Student Athlete," Henriquez says.

Learn: New Tech Skills

continued from page 7
when the pandemic dies down, they will resume offering beginner tech classes in their 27 locations (located in nine states) throughout the country.

- **CandooTech.com:** This company provides fee-based online tech support and training to help older adults feel more comfortable with phones, computers, tablets, home safety devices and more.

Their specially trained tech concierges will teach you how to use your technology, fix what's not working and install software, as well as learn how to set-up and use email, video chat, social media, online shopping and entertainment, ride-sharing services and more.

They offer one-hour, one-on-one or small group sessions for \$50, or you can become a member and get two 90-minute training sessions plus unlimited quick support (30 minutes or less) for \$180 per year. They also provide device installation and set-up done remotely for \$180.

- **TechBoomers.com:** This is a free educational website that provides video and article tutorials that teach older adults and other inexperienced technology users how to use the most popular and trusted websites, apps and devices.

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

Lorentzen: Godzilla in The Valley

continued from page 5
ster movie that keeps coming back and back again. He not only has size and is scary. He also has significance and substance.

There may be more to his story than met my eyes when we first met, or the decades that followed. Perhaps he is someone I should get to know better. Perhaps there is a reason for his existence. Now that he is back, I should pay more attention.

Maybe, the 36th time will provide some insight for a 75-year-old man!

Tom Lorentzen lives in Castro Valley. He formerly served on the board of the Institute of Museum & Library Services and the Advisory Board to Southern Oregon University, and has served three Presidential Administrations.



PHOTO BY JAMES BRIAN STUDIO

Chinn Achieves Eagle Scout Rank

Spencer Chinn, 18, a graduate of Castro Valley High School, achieved Eagle Scout Rank at a virtual Eagle Court of Honor on December 5, 2020.

Chinn – the recipient of 28 merit badges – volunteered 256 hours, hiked 534 miles, camped 145 nights, and built a storage shelf at Castro Valley Parent Nursery.

Eagle Scout is the highest achievement or rank attainable in the Boy Scouts of America program. Since its inception in 1911, only four percent of Scouts have earned the rank after a lengthy review process. To date, it has been earned by over 2.5 million youth.

Spencer Chinn is the son of Bill and Alice Chinn of Castro Valley and is currently enrolled as a freshman at U.C. Santa Cruz.

15 YEARS
WITHOUT
LOST TIME

CASTRO VALLEY SANITARY DISTRICT (CVSan) has achieved another milestone in its ongoing commitment to a safe work environment. April 10, 2021, marked 15 years without lost time due to accidents. That is 131,400 hours of continuous labor without an employee missing work due to a work-related accident!

CVSan has regular staff safety trainings, an active safety committee, and ensures equipment is inspected and certified at mandated intervals. CVSan performs construction-related activities, maintenance of sanitary sewer lines in both public roadways and steep easements, as well as solid waste audits and other dangerous work with safety and protection of employees and the public always given the highest priority.

CASTRO VALLEY SANITARY DISTRICT

Effective Environmental Services since 1939
(510) 537-0757 | cvsan.org

CVSan



ADOPT-A-PET



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



Azure is a flirtatious pigeon with dashing good looks who enjoys cooing out their best song for any one who will listen. Azure likes perching up high and pecking around for food. To adopt call Hayward Animal Shelter (510) 293 - 7200.

FIRST TIME PIGEON OWNER?
VISIT WWW.PIGEONRESCUE.ORG