

## CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 33

WEDNESDAY, JUNE 2, 2021

NO. 22

## INSIDE YOUR FORUM

## OUR TOWN



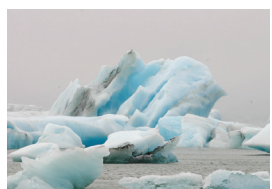
**Congratulations**  
CVHS student journalists win 27 awards for work on Olympian newspaper  
**Page 3**

## LIVING



**The Milky Way**  
Incorporate buttermilk to add flavor and texture to your recipes  
**Page 4**

## NEWS



**It's a Cold World**  
Scientists to share their stories of living and working in the South Pole  
**Page 5**

## INDEX

Agents in Action .....	10
Classified Ads .....	12
Crosswords .....	13
Homes .....	8
Horoscope .....	7
Legal Notices .....	14
Obituaries .....	15
Opinions .....	15
Our Town .....	3
Weather .....	2

PHONE: (510) 614-1560

'THE MOST CHALLENGING YEAR EVER'



PHOTOS BY CVHS INSTRUCTOR JEFF VENDSEL

CVHS 2021 Graduates:  
'The Class of Resilience'

By Mike McGuire  
CASTRO VALLEY FORUM

Castro Valley High school graduated 696 students on Friday, May 28, many in-person at Trojan Stadium in the afternoon and the rest in an online ceremony that evening.

"We want to congratulate all the graduates and their families. You made it, and we're so proud of you. What's more, you did it in perhaps the most challenging year ever," school board president Gary C. Howard said at both events.

Associated Student Body President Alexandria Ikuma said at the online event, "The class of 2021 is completely unique. We are a class of optimism. We are a class of hope, a class of resilience."

Both live and online events have links at the school district's website if you missed them, or want to see your favorite student graduate again.

A sea of socially distanced students in green gowns filled the field at Trojan Stadium, while parents watched from the stands on both sides, which were limited to 30 percent of capacity due to the pandemic. They listened to speakers on a stage, with people wearing black robes socially distanced there and the stage itself set a bit back from the nearest graduate.



Rather than walking the stage, this year's graduates got to walk across the field to officially graduate. They got elbow bumps from school officials instead of a handshake, and they'll receive their actual diplomas later.

They enjoyed musical performances from student ensembles, and heard speeches from school and student leaders.

Student speaker Aakriti Kaul noted, "This year has certainly been unforgettable."

see GRADUATES on back page

CV Man Among  
Nine Victims in  
VTA Shooting

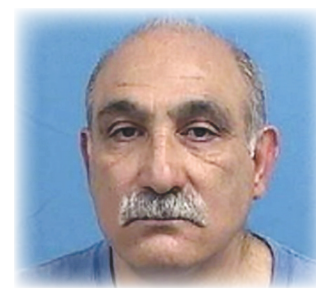
By Michael Singer  
CASTRO VALLEY FORUM

A Castro Valley man is being remembered for being a great father and role model following his tragic workplace shooting death last Wednesday.

Abdolvahab Alaghmandan, 63, was one of nine people who died May 26 after a co-worker fired at employees in two buildings at the Santa Clara Valley Transit Authority (VTA) Light Rail Yard in San Jose.

Alaghmandan, casually known as "Abdi," had moved to Castro Valley with his wife and two sons in the 1990s from Tehran, Iran not knowing anyone or how to speak English.

"He didn't come from a family that could afford to



Abdolvahab  
Alaghmandan

send him abroad," Alaghmandan's nephew Siavash wrote on the family GoFundMe page. "People around him did not share his aspirations to leave downtown Tehran. But he went to night school to get his education as a technician while working multiple jobs to make this dream come true."

see SHOOTING on page 2

## TOMORROW

Totem Pole to Make  
Stop in San Leandro

By Jim Knowles  
SPECIAL TO THE FORUM

A totem pole carved from a 400-year-old red cedar in Washington state is making its way across the country with a stop in San Leandro tomorrow.

The 25-foot long totem pole was hand carved at the Lummi Nation reservation near Bellingham, Washington. Its cross-country journey will take it to Washington, D.C. with stops at the Grand Canyon, the Black Hills of South Dakota and the Missouri River.

The San Leandro stop will be on Thursday, June 3, from 3 to 7 p.m. at Marina Park, in the Seagull Picnic Area. The

wood carvers, The House of Tears Carvers, will be on hand to explain their work.

"The totem pole isn't what's sacred. It's the gathering around the pole – that is what is sacred," said elder Tom Sampson, one of the carvers.

The Red Road to DC Totem Pole Journey is making its way from the Pacific Northwest, stopping at sacred sites along the way. The San Leandro stop is one of the few that is not on Native American land.

The totem pole weighs 5,000 pounds. Figures carved in it include an eagle, a Chinook salmon, a wolf, a bear, and a child behind bars, a reference to the COVID-19 pandemic.  
see POLE on page 14



## BRIGHT SPOT ON THE BOULEVARD



PHOTO COURTESY OF CHABOT CINEMA

More than a hundred people lined up for the grand reopening of the Chabot Theater on May 22 for a free screening of the critically acclaimed movie "Gook" followed by a Q&A with its actors and producer. The theater is now serving beer and wine.

## Contractors Meeting to Be Online

In observance of Covid social distancing protocols, the Castro Valley Sanitary District will host its annual Contractors Meeting online from 9 to 10 a.m. on Tuesday, June 29.

Topics of discussion will include amnesty policy, emergency response plan, Contractor-CVSan communications, Covid safety measures and protocols, private sewer lateral program review, and online permit portal.

A finalized agenda will be made available on Wednesday, June 2, which can be accessed online at [www.cvsan.org/acm](http://www.cvsan.org/acm) or via emailed request to [evan@cvsan.org](mailto:evan@cvsan.org).

All contractors are urged to pre-register to secure a spot and receive the virtual meeting instructions. To observe by video conference, please email Administrative Technician Kyle Levy at [kyle@cvsan.org](mailto:kyle@cvsan.org).

For additional info, contact Engineering Technician Evan Choy at 510-537-0757 ext. 131 or [evan@cvsan.org](mailto:evan@cvsan.org).

## Castro Valley Weather June 2-6, 2021



Wednesday  
Mostly Sunny  
High 71° Low 54°



Thursday  
Partly Cloud  
High 69° Low 55°



Friday  
Sunny  
High 73° Low 53°



Saturday  
Sunny  
High 75° Low 51°



Sunday  
Mostly Sunny  
High 74° Low 52°

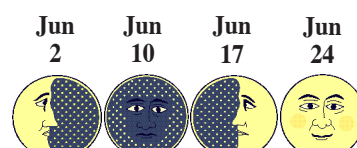
## Almanac



Sun sets at 8:27 p.m. today, rises at 5:49 a.m. Thursday.

Past Week's Rain: 00.00  
Season To Date: 10.21  
Normal To Date: 20.53  
Season Average: 21.22

## Moon Phases



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## Shooting: Victims were Targeted

*continued from front page*

The family moved to California and established roots in Castro Valley in a subdivision along Crow Canyon Road. Alaghmandan was often seen tending to his garden of bougainvillea and rose bushes and lending a hand with home maintenance. He eventually got a job at the VTA and spent the last 20 years working there most recently as a substation manager.

"He was a no-nonsense guy, he had a great work ethic and worked really hard to have the things he did," Siavash wrote. "He was a guy who made everyone happy. He had an unmatched sense of humor and

was effortlessly witty. Not to mention he was so crafty he could build anything. I looked up to him in so many ways."

While he often told relatives he was anxious about contracting the disease, Alaghmandan was considered an essential worker during the COVID-19 pandemic. Despite having recent surgery, he continued to perform his duties.

"He was so funny and is such a great father and role model and husband. He worked so hard for his family because he wanted them to have a good life. He was such a selfless man, so generous and giving," Alaghmandan's son's girlfriend Megan Staker

told People Magazine writer Wendy Grossman Kantor.

Alaghmandan, along with eight other co-workers, was at the Guadalupe yard in San Jose off of Interstate 880 and Highway 87 that morning when police say he was targeted by the gunman.

"We do not have the words to express the weight of this moment," the VTA posted on its website. "We are grateful to our community for their love and support as we mourn the loss of nine victims of the horrific event."

Alaghmandan leaves behind his wife, Firoozeh and their two sons, Sina and Soheil. He is also survived by five siblings and numerous nephews and nieces.

Several online sites have been set up to help Alaghmandan's family and the other families to help with grief and burial costs.

**How to help:**

GoFundMe:

<https://gofund.me/1cdbda05>  
Working Partnerships USA, a nonprofit in San Jose: <https://bit.ly/3hUvPtL>  
Amalgamated Transit Union, the workers' labor union: <https://bit.ly/3wxqCvU>

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## CROSSWORD PUZZLE ANSWERS

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L	I	E	T	O	I	L	G	H	A	I
A	S	A	W	H	O	L	E	R	I	D
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C	A	P	R	A	U	N	E	Y	E	E
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COMPOSITE PHOTO COURTESY OF THE OLYMPIAN

Castro Valley High School award-winning student journalists

# CVHS Students Awarded For Journalism Excellence

By Leah Janaway  
SPECIAL TO THE FORUM

Despite the challenges the 2020-2021 school year presented, staff members of Castro Valley High School's Olympian newspaper persevered and won 27 awards for journalism excellence.

Editors-in-chief Tiffany Ho and Jeanette Wallis are responsible for four and five awards respectively in categories such as news writing, graphic design, and illustration. Both three-year veterans, they have worked together throughout the year to manage The Olympian on its several platforms: newspaper, social media, and website.

"Journalism has been such a fun class because I've had so many wonderful experiences and opportunities," Ho said. "My three years in this class have really challenged me to improve my public speaking skills and my writing skills, which will be beneficial in college and beyond."

Ho will continue on to UC Berkeley in the fall.

Senior Malin Johansson led the class with six awards, including a news photography award from the Journalism Education Association of Northern California (JEANCA), two awards from California News Publishers Association (CNPA), and three from California Press Women (CPW).

Johansson also speaks positively about her experience in the class.

"It's interesting to meet community members; there are a lot of people that I never would have had the opportunity to meet if it weren't for these articles that we write," she said.

Additional award recipients

include senior Hannah Pilgrim, page editor, who won three awards including an enterprise news story honor from CNPA. One of her favorite memories as part of The Olympian was interviewing Alameda County Supervisor Nate Miley.

SEE FULL LIST OF WINNERS ON BACK PAGE

Feature editor Miguel Bernas refined his writing skills throughout his two years in journalism and brought home three awards. In the fall he will attend the University of Southern California.

On top of individual awards, the full Olympian staff won both general excellence in print and online awards from CNPA. All stories online at: [www.cvhsolympian.com](http://www.cvhsolympian.com).

## CV Student Honors

**Cheyenne Donatello** of Castro Valley was recently initiated into The Honor Society of Phi Kappa Phi. Donatello was initiated at University of Southern California.

**Yolanda Verduzco** of Castro Valley was recently initiated into The Honor Society of Phi Kappa Phi, at California State University, Stanislaus.

Phi Kappa Phi the nation's oldest and most selective all-discipline collegiate honor society. Donatello and Verduzco are among approximately 30,000 students, faculty, professional staff and alumni to be initiated each year. Membership is by invitation only and requires nomination and approval by a chapter.

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### On Probation and Caught with Drugs

Monday, May 24: at 12:47 p.m., Sheriff's deputies arrested a 40-year-old man from Castro Valley as part of a warrant issued for his capture for violating the terms of his probation. The man was traveling on Crow Canyon Place near Crow Canyon Road when deputies made the positive identification and stopped him for questioning. The man was also found to have illegal narcotics and related drug paraphernalia in his possession. Deputies took the man to Santa Rita Jail.

### She Resisted Arrest

Monday, May 24: at 4:45 p.m., a 42-year-old woman from Castro Valley was arrested on suspicion of resisting arrest.

Deputies pulled the woman over for a traffic violation on Castro Valley Boulevard near the entrance to westbound Interstate 238. During questioning, the woman became confrontational and took a swing at the deputy. She was taken into custody.

### Public Intoxication

Monday, May 24: at 4:16 p.m., deputies arrested a 65-year-old man with no permanent residence on suspicion of public intoxication. The man was hanging out at the intersection of Castro Valley Boulevard and Lake Chabot Road when deputies stopped him for questioning and discovered he had been drinking. The man failed his field sobriety test and was taken to a sobering center.

### Joy Ride Ends in Arrest

Tuesday, May 25: at 8:38 a.m., a 59-year-old CV man was arrested on suspicion of driving a stolen vehicle and possession of the stolen property. Deputies stopped the man in the parking lot of an auto parts retailer on the Boulevard near Anita Avenue. The man was handcuffed and taken into custody.

### Busted for Drugs

Tuesday, May 25: at 5:29 p.m., deputies arrested a 39-year-old CV man on suspicion of possession of illegal narcotics. The man was hanging outside a grocery store on Redwood Road near Grove Way when deputies stopped him for questioning and discovered his stash. Deputies took the man into custody.

see **REPORTS** on back page

## CVSan AERIAL PIPELINE AND PUMP STATION REHABILITATION PROJECT UPDATE



Castro Valley Sanitary District (CVSan) knows that investment in infrastructure is key to a continued high-quality wastewater system.

CVSan's Aerial Pipeline and Pump Station Rehabilitation Project, representing an investment of \$1,974,474 in our infrastructure, is underway! The project's contractor, Mountain Cascade, Inc., has completed the rehabilitation of some of CVSan's aerial crossing sewer mains, and the project has moved on to rehabilitation work at CVSan's eight pump stations. These pump stations are located around Castro Valley and will undergo major and minor repairs, such as valving and hatch replacement work.

If you have any questions regarding future CVSan repair projects, please visit [cvsan.org/Projects](http://cvsan.org/Projects) for more information.

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## CASTRO VALLEY FORUM

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## \$116.5 Million to go to Lucky Californians in Covid Lottery

Getting your Covid shot is not just the right thing to do, it could be very rewarding.

Last week, Gov. Gavin Newsom announced a \$116.5 million "Vax for the Win" program, the largest inoculation lottery program in the country.

Ten winners will be selected on June 15 to receive \$1.5 million each. All Californians who have had at least one Covid shot will automatically be entered.

To be eligible, you must live in California, be 12 or older, and have received at least a first dose of Covid vaccine. (Incarcerated persons and persons living outside of California are not eligible.)

Fifty thousand dollars will be given each to 30 "Fridays for 30" winners to be selected by random draw on June 4 and June 11.

The remaining \$100 million will be divided up in \$50 retail gift cards among the next 2 million Californians to complete their vaccine regimen.

A little more than half of all Californians over age 12 have been fully vaccinated, but more than 12 million residents have not.

Here are the statistics as of Tuesday, June 1.

Alameda County	California
Vaccinations = 1,886,214	Vaccinations = 37,557,507
Cases = 88,929	Cases = 3,685,455
Deaths = 1,693	Deaths = 62,021

## Buttermilk: The Name's All Wrong, but the Taste Isn't

Buttermilk is misnamed. It really should be called "butterless milk" because it contains no butter or butterfat.

Its name indicates its origins. Buttermilk was the skim milk left over from churning whole milk into butter. In the old days, all that churning and exposure to air warmed the milk, causing it to sour, helped along by friendly microbes floating in the air.

It wasn't long before cooks discovered that buttermilk had some interesting properties different from fresh unsoured milk. It made biscuits rise, pancakes fluffy, and helped to tenderize chicken and meat. It added tartness to salad dressings.

Best of all, it was easier for some adults to digest. That's because many people outgrow their childhood ability to digest the natural sugars in fresh milk.



Buttermilk, like yogurt, is predigested by those friendly bacteria. Long ago, people drank it not only because they enjoyed its tangy tartness, but because they believed it was good for you. It still is a lead, low-fat, digestible way for grown-ups to get milk's calcium and vitamin D and at only 88 calories per cupful.

Today's buttermilk is commercially created in sanitary plants, soured by controlled additions of selected bacteria cultures.

In the old days, farm folks looked for ways to use up the milk left over from butter-making, and came up with a variety of recipes that are now considered classics.

Some of the following have been updated to get rid of excess calories and fattening cooking techniques, but retaining the old-time flavor.

If you're out of buttermilk, the simplest substitution is to pour 1 tablespoon of vinegar

into a 1 cup measurer and then fill the rest of the measuring cup with milk or soy milk. Then gently stir the mixture and let it sit for about 5 minutes.

### FLUFFY BUTTERMILK PANCAKES

- 1 cup buttermilk
- 1 egg at room temperature
- 3 tablespoons butter, melted
- 3/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon baking soda

Combine buttermilk, egg and melted butter in a mixing bowl. Stir briskly until smooth and blended.

Combine flour, salt and baking soda; blend well. Add to liquid ingredients, stir only until dry bits of flour disappear. A few lumps are OK.

Heat a pancake griddle or cast-iron skillet to medium-hot. Grease it lightly. Spoon out about 3 tablespoons of batter

per pancake. Spread batter with back of spoon to thin it out a little. Cook until a few bubbles break on top. Turn pancakes and cook briefly. Transfer pancakes to a platter and place in preheated 200°F oven. Continue with remaining batter. Yields about 14 three-inch pancakes.

For blueberry pancakes, immediately after pouring batter onto griddle, sprinkle 1 tablespoon fresh or well-drained canned or frozen blueberries over each pancake.

### BUTTERMILK 'FRIED' CHICKEN

- 2-1/2 pounds cut-up frying chicken
- 1/2 small onion, minced (or 1 tablespoon onion flakes)
- 2 cups buttermilk
- 6 tablespoons bread crumbs
- 1 tablespoon paprika
- Salt, pepper to taste

Combine chicken and onion in a plastic bag. Place the bag in a bowl. Pour the buttermilk over the chicken. Close the bag tightly and put the bowl of chicken in the refrigerator all day over overnight.

At dinnertime, preheat oven to 425°F. Spray a shallow non-stick baking pan with cooking spray until slick. Combine the breadcrumbs, paprika, salt and pepper in a heavy-duty, clean, brown grocery paper bag.

Remove the chicken pieces from the buttermilk mixture and put them in the paper bag. Close the bag tightly and shake.

Arrange coated chicken pieces skin-side down in the prepared pan. Bake, uncovered, 25 to 30 minutes. With tongs, turn chicken pieces to skin-side up and bake 15 to 20 minutes more. Sprinkle with minced parsley and serve. Serves 6.

### BUTTERMILK SALAD DRESSING

- 1/2 cup buttermilk
- 1/2 cup low-calorie mayonnaise
- 1/4 cup chopped chives or minced onion
- 3 tablespoons minced fresh parsley
- 1 teaspoon dried tarragon
- 1 tablespoon lemon juice
- Dash of Worcestershire sauce
- Salt and coarse pepper

Gently fold ingredients together; refrigerate until serving time. Spoon over fresh garden lettuce, onion slices and tomato wedges (or any favorite mixed salad).

Makes a cup of dressing, about 25 calories per tablespoon.

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PLETHOS PHOTOS

Uncorked comedy returns to Twining Vine Winery in Castro Valley on June 12.

## Plethos' 'Uncorked Comedy' Returns Saturday, June 12

A lineup of five hilarious comedians, live and interactive will be entertaining you in-person at Twining Vine Winery in Castro Valley at 7 p.m. on Saturday, June 12.

Start your summer off right with a night out, wine glass in-hand and with headliner, Jacqui Pirl. A Hawaiian Bay Area transplant who started her stand up career at 50 and has performed all over the country.

Also, Plethos Productions' very own home grown talent,

host Priya Guyadeen brings us up and coming Bay Area performers including Pam Benjamin, Jeff Morris, and Joseph Nguyen.

Seating will be Covid safe with all individual seats set six feet apart (but you're welcome to group up if you have social bubble folks with you).

Get your tickets at Plethos.org while supplies last. This show is recommended for ages 18+ due to hilariously mature content.



Headliner  
Jacqui Pirl

## Flusche Named Inner Wheel President

The Inner Wheel Club of San Leandro recently celebrated its first in-person meeting in a year and installed Lynnette Flusche of Castro Valley as the new president.

Outgoing President Alice Sarafian presented many outstanding awards. Excellence Spirit Awards were presented to JoAnn Cornelius, Gloria Vasconcellos, Kristi Barnes, Linda Mahadevan, Joanne Frazier, Isabel Polvorosa, and Pearl Johnston.

Linda Stroud, Lola Chase's daughter, accepted the Certificate of Appreciation in memory of her mother's incredible devotion to the principles of Inner Wheel.

"Installing new officers is like opening new doors of opportunity, service and friendship," said Gloria Vasconcellos during the ceremony. Newly installed officers included Kristina Seher, Jeanette Arenott, Pat Duey, Pearl



Inner Wheel Club incoming President Lynnette Flusche and outgoing President Alice Sarafian.

Johnston, JoAnn Cornelius, Barbara Mehan, Jeanette Arenott, Joanne Frazier and Alice Sarafian.

Inner Wheel USA also

presented our club with the Year of Achievement Award for strengthening the Objects of IW through fulfillment of the Award objective.

## THE SEARCH FOR NEUTRINOS

# Tales From an Ice World

By Eric Yao

SPECIAL TO THE FORUM

There are people who live in an ice world, as if on another planet, far from the reaches of civilization.

The sun has strange ways in the South Pole. She only makes an appearance once a year and moves across the sky horizontally. And when she sets, darkness reigns continuously for six months.

It is desolate and cold in this harsh alien world, where temperatures can reach -70°F. "Game of Thrones" fans would say winter is here, and ask Jon Snow, "did you see any white walkers?"

Humans were not intended to be in this place, where there is no Walmart or In-N-Out Burger. So, what drives people to go to the darkest, coldest places on Earth? Who are they? Why are they there? How do they live?

Science finds light where darkness prevails. And this place is, indeed, dark. But it is not light they seek. Superman has his ice fortress in the North Pole, next to Santa; but the South Pole belongs to a group of scientists hunting one of the most elusive particles in the universe: the infamous *neutrino*.

Have you noticed the 100 trillion neutrinos that travel through your body every second? Probably not, but they are everywhere.

Once only theorized, some of them were forged in the creation of the universe, 13.8 billion years ago. Unlike light (or electromagnetic radiation) that bounce off atoms, neutrinos pass straight through atoms like butter. Neutrinos effortlessly cut through the entire Earth to reach you.



PHOTO BY CHRISTIAN KRUGER

Suited for the South Pole



PHOTO COURTESY OF ICE CUBE/NSF

IceCube team drilling to capture one of the most elusive particles in the universe.

Traditional telescopes bend light with glass or a dish onto a detector. But, how can we detect neutrinos that pass straight through atoms?

The answer is ingenious: *IceCube* – a unique, kilometer square gigantic telescope, whose glass is glacial ice, two kilometers deep, to "capture" the slippery little buggers. It is literally the size of a mountain.

The scientists will tell their

stories of living and working on IceCube Neutrino Observatory, and talk science, in an interactive Zoom transmission, live from the South Pole at noon on June 8th. And you are invited. It is presented by Castro Valley Rotary Club and Castro Valley Science. Register at [bit.ly/cv-icecube](http://bit.ly/cv-icecube)

Eric Yao is a bioinformatician at UC Berkeley and co-founder of Castro Valley Science.

## PG&E on Track to Move to Oakland

PG&E has agreed to sell its longtime San Francisco headquarters complex for \$800 million and move to Oakland.

The company is on track for a phased move into its new headquarters at 300 Lakeside Drive beginning in the first half of 2022.

The move is part of PG&E's plan to implement changes for what it calls a long-term benefit of its customers and communities.

PG&E expects the move to Oakland to result in substantially lower headquarters costs over a long-term period.

"We've made a commitment to keep customer costs as low as possible, and one way we're following through on that is by selling non-core assets including real estate," said company CEO Patti Poppe. "This sale and relocation will achieve cost savings that directly help reduce customer bills."

Under the terms of the sale agreement, the transaction closing is contingent on the California Public Utilities Commission approval of the sale. PG&E will be proposing to distribute approximately \$390 million to \$420 million

to customers resulting from the gain on sale over a five-year period to offset future customer rates.

Commutes for most workers at PG&E headquarters should be shorter, with a majority living in the East Bay and with multiple transportation options available at the Lakeside Drive location.

PG&E also plans to consolidate two other East Bay satellite office locations—3401 Crow Canyon Road in San Ramon and 1850 Gateway Boulevard in Concord—into the new Oakland headquarters.



## Resources to Get Discounted High-Speed Internet Services

By Jim Miller  
SPECIAL TO THE FORUM

There are two new resources available today that can help you save money on Internet services, but what's available to you will depend on your income level and where you live. Here's where to begin.

### Internet Discounts

Depending on your financial situation, a good first step to reducing your home Internet costs is through the new Emergency Broadband Benefit (EBB) program.

This is a temporary federal benefit that provides a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on tribal lands.

Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute \$10 to \$50 toward the purchase price.

To qualify, you'll need to show that your annual household income is at or below 135 percent of the federal poverty guidelines, which is \$17,388 for one person or \$23,517 for two. Or, if you're receiving certain types of government benefits such as Medicaid, food stamps (SNAP), SSI, public housing assistance, veterans' pension or survivors pension benefit, or live on federally recognized tribal lands.

Households that experienced a substantial loss of income since February 29,

2020 due to job loss or furlough can also qualify for the EBB program, as long as their household income for 2020 was at or below \$99,000 for single filers and \$198,000 for joint filers.

To apply, go to GetEmergencyBroadband.org where you can apply online or print an application and mail it in.

If you're already receiving assistance through the federal Lifeline benefit (see Lifeline-Support.org), which is a \$9.25 monthly subsidy for phone or internet costs, you automatically qualify for the EBB program, and you can receive both benefits at the same time. You can apply your EBB and your Lifeline benefit to the same or separate services.

see *INTERNET* on page 7



## Downsizing Your Home for a Move

By Jim Miller  
SPECIAL TO THE FORUM

The process of weeding through a house full of stuff and parting with old possessions is difficult and overwhelming for most people.

A good place to start is to see if your kids, grandkids or other family members would like any of your unused possessions. Whatever they don't want, here are a few tips and services that may help you.

### • Sell It

Selling your stuff is one way to get rid of your possessions and pad your pocketbook at the same time. Selling options may include consignment shops, a garage sale, estate sale and selling online.

Consignment shops are good for selling old clothing, household furnishings and decorative items – they typically get 30 to 40 percent of the sale price.

A good old-fashioned garage sale is another option, or for large-scale downsizing you could hire an estate sale company to come in and sell your items. See EstateSales.net and EstateSales.org to locate options in your area.

Some estate companies will even pick up your stuff and sell it at their own location – they typically take about 35 percent of the profits.

Selling online is also a great option and opens you up to a wider audience. The OfferUp app (OfferUp.com), Facebook Marketplace (Facebook.com/marketplace), Craigslist (Craigslist.org) and the CPlus for Craigslist app (Yanflex.com) are great options for selling locally, which can eliminate the packing and shipping costs and hassle.

These websites and apps also don't take a cut of your sales, but you're responsible for connecting with your buyer and making the exchange of money and goods.

### • Donate It

If you itemize on your tax returns, donating your belongings to charitable organizations is another way to downsize and get a tax deduction. The Salvation Army (SAtruck.org, 800-728-7825) will actually come to your house and pick up a variety of household items, including furnishings and clothing. Goodwill (Goodwill.org) is another good option to donate to but they don't offer pickup services.

If your deductions exceed \$500, you'll need to file Form 8283, "Noncash Charitable Contributions" (IRS.gov/pub/irs-pdf/f8283.pdf). You'll also need a receipt from the organization for every batch of items you donate and will need to create an itemized list of the

items donated. To calculate fair market value for your stuff, use the Salvation Army's donation guide at SAtruck.org/home/donationvalueguide.

### • Toss It

If you have a lot of junk you want to get rid of, contact your municipal trash service to see if they provide bulk curbside pickup services. Or, depending on where you live, you could hire a company like 1-800-Got-Junk (1800gotjunk.com, 800-468-5865) or Junk-King (Junk-King.com, 888-888-5865) to come in and haul it off for a moderate fee.

### • Get Help

If you want or need some help, consider hiring a senior move manager. These are professional organizers who help older adults and their families with the daunting process of downsizing and moving to a new residence.

To locate one in your area, visit the National Association of Senior Move Managers at NASMM.org or call 877-606-2766. You can also search at Caring Transitions (Caring-Transitions.com), which is a large senior relocation and transition services franchise company that has more than 200 franchises nationwide.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org.

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# Senior Q&A: A Novel Gift Idea for the New Graduate

*Q: Our grandson is graduating college and we would like to get him a gift which recognizes the beginning of his adult life and career. We thought of something of a "legal" nature and wondered if you have any ideas?*

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

**A:** Great thought and indeed I do. Why not arrange through your attorney to provide him a basic estate planning package, which would include an Advance Health Care Directive, a Durable Power Of Attorney and a Simple Will.

The message, of course, is that he has now formally entered the world of adulthood and needs to take prudent steps to protect himself and his loved ones from the unexpected. He would also learn that these essential "life planning documents" need to be kept up-to-date as circumstances change, e.g. when he marries, has a child, purchases a home or acquires wealth.

Understandably, his focus will most likely be upon other things, such as deciding where he will live, beginning a new career, and perhaps finding a life partner. But your thoughtfulness can also teach him that

these new adventures come with a certain responsibility.

What if, for example, he were in an accident or suffered serious illness and became unable to manage his own affairs or direct his medical treatment. This happens!

In our own family, while our son was away at college, he suddenly had to undergo emergency surgery. I can assure you it was quite unsettling to have to scurry around to prepare and arrange the



remote signing of an Advance Health Care Directive while, at the same time, make emergency travel plans to be with him. Fortunately, everything turned out fine, but one never knows.

While your grandson's own parents may feel that, should anything happen, they can always make decisions for him, they may be surprised to learn that the law does not agree. Once he turned 18, he became an adult in the eyes of the law, and his parents no longer had the legal right to make decisions for him or direct his medical care.

Instead, if suitable legal documents were not in place, they could only acquire that legal authority through a court ordered conservatorship, a public, cumbersome, time-consuming and expensive legal proceeding.

Your grandson need not worry that his parents will take over management of his life. The Advance Health Care Directive and the Durable Power Of Attorney can be "springing powers." This means they would only spring to life and become operational when and if he became incapacitated and could not make those decisions for himself.

Also, he need not feel obliged to name his parents as his agents. Instead, he could name whomever he wishes, such as his siblings or even a very good friend to serve as his agent or successor agent.



One of the other benefits of this gift would be his introduction to a professional with whom he might build a relationship, and who might be able to assist him over the years as he matures.

You might also consider introducing him to your banker or stockbroker, help him establish a contributory IRA

and discover the wonders of compound interest. Indeed, you might be able to show him how – with regular contributions – he could be a millionaire by the time he is your age.

*Gene L. Osofsky is an elder law and estate planning attorney in the East Bay. Visit his website at [www.LawyerForSeniors.com](http://www.LawyerForSeniors.com).*

## Internet: Resources to Save Money

*continued from previous page*

Or, if your broadband provider already has its own low-income or COVID-19 relief program, you may be able to qualify through this program as well. Talk to your broadband provider for more information.

### Low-Cost Internet

If you're not eligible for the EBB program, another resource for locating cheaper high-speed Internet is Aging Connected, which has a higher income qualification.

Created by Older Adults Technology Services (OATS) from AARP and the Humana Foundation, Aging Connected is a nationwide campaign created to help lower-income seniors find low-cost, in-home broadband options in their area.

Partnering with telecommunications companies, nonprofits and public entities, Aging Connected will help you search for services in your area that provide high-speed Internet at a very low cost. Most participating companies charge around \$10 to \$15 per month, with no contract and no equipment fee.

Aging Connected also provides referrals to affordable desktop and laptop computers for under \$160.

To qualify, you'll need to show that your annual household income is at or below 185 percent of the federal poverty guidelines, which is \$23,800 for one person or \$32,200 for two. Or, if you're receiving certain types of government benefits similar to the EBB program.

To search, go to [AgingConnected.org](http://AgingConnected.org) and type in your ZIP code, name and email address, or you can call 877-745-1930.

### Other Search Options

If you find that you're not eligible for either of the previously listed resources, you may still be able to save on your Internet by shopping and comparing. The best way to do this is at websites like [InMyArea.com](http://InMyArea.com) and [BroadbandNow.com](http://BroadbandNow.com), both of which provide a list of internet providers in your area, along with pricing and download speeds.

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

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## HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** Lots of possibilities begin to open up by midweek. Some seem more appealing than others. But wait for more facts to emerge later on before you consider which to choose.



**TAURUS (April 20 - May 20):** Bravo to the determined Bovine. While others might give up, you continue to search for answers. Expect your Taurean tenacity to begin paying off by week's end.



**GEMINI (May 21 - June 20):** You might want to consider stepping back from the task at hand for a while. This could help you get a better perspective on what you've done and what still needs to be done.



**CANCER (June 21 - July 22):** Your keen Cancerian insight should help you determine whether a new offer is solid or just more fluff 'n' stuff. The clues are all there, waiting for you to find them.



**LEO (July 23 - August 22):** Being ignored is difficult for any proud Leo or Leona. But pushing yourself back into the spotlight might be unwise. Instead, let things work themselves out at their own pace.



**VIRGO (August 23 - Sept. 22):** Trying to uncover a colleague's secret under the pretext of showing concern is ill-advised. Control your curiosity in order to avoid raising resentment in the workplace.



**LIBRA (Sept. 23 - October 22):** Expect to hear good news about a loved one. Also, be prepared for some changes in several family relationships that could develop from this lucky turn of events.



**SCORPIO (October 23 - November 21):** Some surprises are expected to accompany a number of changes that will continue through part of next week. At least one could involve a romantic situation.



**SAGITTARIUS (Nov. 22 - Dec. 21):** You might be upset by some of your critics. But most of your associates continue to have faith in your ability to get the job done, and done well.



**CAPRICORN (Dec. 22 - Jan. 19):** A workplace goal that suddenly seems out of reach is no problem for the sure-footed Goat, who moves steadily forward despite any obstacles placed in his or her way.



**AQUARIUS (Jan. 20 - Feb. 18):** Uncertainty about who is right and who isn't might keep you from making a clear-cut decision. Wait until you know more about what you're being asked to decide.



**PISCES (Feb. 19 - March 20):** Be careful to keep your emotions in check when dealing with a demanding personal situation. You need to set an example of strength for others to follow.



# REAL ESTATE GALLERY

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## Buyers Beware When Removing Contingencies

With the housing market on fire, buyers are scrambling to determine what they must do to land a home. Consequently, at this juncture, many offers are arriving either fully non-contingent or with most contingencies removed.

To "prime the pump" for offers, sellers are doing what they can to facilitate non-contingent offers, including providing disclosure packages, inspection reports and more.

A normal offer contains three contingencies: loan, appraisal and inspections. A contingency is simply a condition that must be met and then removed in writing for the contract to proceed to a close.

In a normal market, you could expect to see offers with all contingencies in place. A buyer would have somewhere between 10-17 days to ensure their loan was approved, the home appraised at the contract price and there were no significant property issues.

Put another way, a contingency is a bit like Monopoly's "Get Out of Jail Free" card – if something negative happens to the loan, appraisal or an inspection reveals a significant issue, the buyer can back out

of the transaction and get their deposit returned.

Therein lies the problem: with buyers currently expected to submit offers with most or all contingencies removed, there is no margin for error. Buyers who allow the excitement of the market to override common sense can end up in a heap of hurt that can have significant financial ramifications for years to come.

With lenders today following federal guidelines to ensure buyers meet the stringent loan requirements, we often see buyers able to remove the loan contingency with little or no effect. The bigger issues come with removing the other contingencies.

If a property does not appraise at the contract price, a seller (in the current market) will not likely be willing to lower the price to the appraised value. Therefore, a buyer must have enough cash on reserve to meet the deficit. I have seen buyers recently who have not had enough cash to make up the difference. This can have serious financial ramifications.

I have also seen buyers willing to remove their inspection contingency even though the seller did not provide

upfront inspection reports. In my opinion, this is extremely risky. With all contingencies removed, if issues appear, the buyer is on the hook.

It is a case of "buyer beware:" if you are going to remove contingencies, make sure you are prepared to deal with the potential consequences.

*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.*

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## Use Hot Manure as Amendment

By Buzz Bertolero  
Special to the Forum

*Q My neighbor is raising chickens for the eggs and offered me some chicken manure. I've been advised to wait two to four weeks before using it because the chicken manure is considered "hot manure." I'm not familiar with the term "hot manure."*

*A "Hot manure" refers to animal waste by-products that have not been aged or composted.*

Typically, animals whose diet contains no red meat, such as chicken, horse, sheep, and rabbits, produce high nitrogen waste. The raw manure releases nitrogen compounds and ammonia, which burn plant roots and young plants and interfere with seed germination. That's why it needs to be aged or composted.

Composting mellows the nitrogen and makes the manure suitable for the gardens. In other words, don't put raw manure directly on garden soils. Also, no matter what kind

of 'hot manure' you use, use it as a soil amendment, not a mulch. It can be added to your compost pile or mixed with the native soil.

When amending the soil for root crops, apply about one cubic foot per hundred square feet. If you overdo it, you'll get lush top growth and few carrots, beets, radishes, etc.

Chicken fertilizer is desirable for the nitrogen, but it also contains a good amount of potassium and phosphorus, but use it in moderation. Chicken manure can be used after four to six weeks, but you should wait six months with that from other animals.

There is one exception. Many gardeners spread fresh manure in the fall and turn it

into the top six inches of soil a month before spring planting. This is assuming you're not planting a fall garden..

Note: Raising chickens for egg products is one of the growing gardening trends of today. Another is raising bees for their honey.

Most municipalities will allow chickens in residential areas, but they can limit the number of chickens you can have. Roosters are banned in all cases because of the noise issue.

You need to have a secure hen house to protect them from nightly predators such as raccoons.

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is [www.dirtgardener.com](http://www.dirtgardener.com) and questions can be sent by email to [buzz@dirtgardener.com](mailto:buzz@dirtgardener.com).

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## Japanese Maple: Where's the Red?

By Buzz Bertolero  
Special to the Forum

**Q** I have a Japanese maple tree purchased and planted two years ago. My concern is that all of the new growth of this tree is green instead of the red variety I bought.

**A** Red-leafed Japanese Maples are grafted or budded and are not growing on their roots. The rootstock for these varieties is the common Acer Palmatum, the green leaf maple.

It's typical for the red leaf varieties to send up green, rogue shoots, or suckers during the growing season. They're an aggressive grower and will dominate

the canopy, disturbing the tree's symmetry if you don't remove them.

To encourage the new growth, don't use a high nitrogen fertilizer. They are not heavy feeders, so apply a slow-release organic fertilizer such as Happy Frog Japanese Maples Food or similar fertilizer. Also, your first application should be made after the new growth has emerged in the spring.

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is [www.dirtgardener.com](http://www.dirtgardener.com) and questions can be sent by email to [buzz@dirtgardener.com](mailto:buzz@dirtgardener.com).



## Mortgage Rates Drop Below Three Percent

Long-term mortgage interests rates were back down below 3 percent last week, according to Freddie Mac's weekly nationwide survey.

The 30-year fixed-rate mortgage averaged 2.95 percent for the week ending May 27, down from the previous week when it averaged 3.00 percent. A year ago at this time, the 30-year FRM averaged 3.15 percent.

Fifteen-year fixed-rate mortgage averaged 2.27 percent, down from 2.29 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 2.59 percent, un-

changed from last week.

"Mortgage rates are down below three percent, continuing to offer many homeowners the potential to refinance and increase their monthly cash flow," said Sam Khater, Freddie Mac's Chief Economist. "In fact, homeowners who refinanced their 30-year fixed-rate mortgage in 2020 saved more than \$2,800 dollars annually. Substantial opportunity continues to exist today, as nearly \$2 trillion in conforming mortgages have the ability to refinance and reduce their interest rate by at least half a percentage point."



### Using Shade

Hot weather is on its way, so when transplanting, space seedlings so that the leaves of the mature plant will shade the soil between plants. This keeps the soil cooler and cuts down on evaporation. When transplanting, gently loosen the rootballs of the seedlings before planting them so roots can quickly reach out into surrounding soil to establish themselves.

### Vegetables

If your vegetable garden space is limited, try growing some varieties in hanging baskets. Bush-type cucumbers, zucchini, cherry tomatoes, and a variety of herbs works well.

For great yields, feed eggplants, peppers, squash and tomatoes when they blossom.

### Flowers

Everything that's in bloom at your garden center is a good buy this week. Look for annuals, including marigolds, petunias, impatiens (good for color in shady spots) and zinnias in jumbo packs.

For late-summer color from bulbs, plant tuberous begonias, cannas, gladioluses, montbretias and tigridias.

### Veggie Feeding Time

For greater yields in the vegetable garden, feed eggplant, peppers, squashes and tomatoes when they bloom. You can hand-pollinate tomatoes by flicking blooms during the driest part of the day. Big plants can be taken care of with one or two shakes while holding onto their cages. The pollen is naturally sticky and this helps to spread it.



**JON & LESLIE**  
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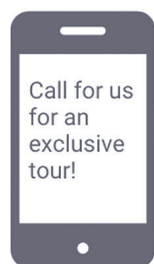
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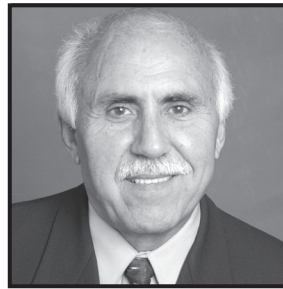
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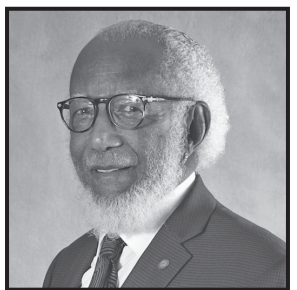
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## Keep Your Laundry Looking and Smelling Great All Summer Long

Never underestimate the power of scent. When you first open that dryer door or pull a warm, freshly laundered shirt over your head, you feel good, confident, clean and ready to face the day. You might not consciously think it, but you feel it. But in summer, long days outdoors result in frequent clothing changes and towel usage, creating "loads" more smelly laundry than usual.

Wondering how to make your favorite clothes stay bright and last longer? Want those sheets smelling great for guests long after they're laundered? Here are some of the best tips from Ensueño laundry care experts:

- Prep your clothes. Separating colors is a no-brainer, but be sure to secure clothing as well. Zip zippers, attach Velcro and fasten snaps to avoid snags and hang-ups that can ruin clothing. Check all pockets too—many cell phones and important

papers have found a watery grave when accidentally run through the wash.

- Choose a scent. A survey by Ensueño found 63 percent of detergent users prefer a great scent. For a pick-me-up every time you dress or dry off, find a long-lasting one you love. For an extra scent lift, choose brands that use the same aroma across all of their products — like Ensueño, which just launched its liquid detergent and Scent Booster dryer sheets in the same great scents (spring fresh and violet bouquet) as their popular fabric softener. By using the same scent from start to finish, you'll give your laundry a long-lasting boost of freshness and avoid cocktail scents that can compete.

- Adjust your water temperature. Use the right water temperature for the soil level and the type of garments you're washing. Use

hot water to remove germs and heavy soil (though some fabrics are too delicate for hot and can bleed, so check the label carefully), warm water for good cleaning action without much wrinkling or fading, and cold water for delicate items or bright colors that might run or fade, dulling your whites.

- Choose the right detergent. Powders sometimes fail to dissolve in cooler water temperatures and pods can get really expensive. The new Ensueño Liquid Detergent deep cleans and delivers stain-fighting power and color-fading protection so you smell fresh, you look fresh and you feel fresh — a trifecta of laundered confidence.

- Boost softness. Use fabric softeners and dryer sheets to cut laundry time and make your laundry irresistibly soft and great-smelling. Fabric softeners also help keep clothes wrinkle- and

static-free and help protect your clothing from wear and tear, lengthening garment life. Ensueño's long-lasting fragrances are inspired by nature and their plant-based softening agents lock that fresh-from-the-wash aroma into every fiber of clothing for weeks.

Ensueño products can be found at favorite retailers including Walmart, Sam's Club and Family Dollar. To find more ways to love your laundry, as well as tips to

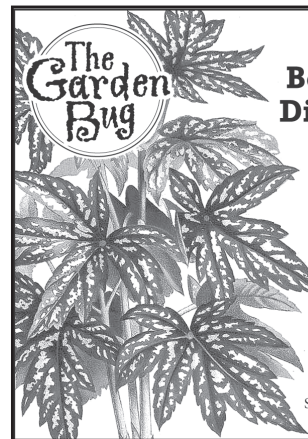


keep your family looking its best, visit [www.ensueno.us](http://www.ensueno.us).

The summer can be the trickiest time of year to keep garments looking and

smelling their best. With a few smart strategies, you can ensure clothes stay bright and fresh all season.

-Statepoint



### Begonia Diadema

This showy perennial is a favorite for shady porches and patios, as it likes growing in pots and hanging baskets, and it needs only indirect light. Water and fertilize carefully, and apply them directly to the soil; the leaves and stems may appear discolored if splashed upon, and the plant will decline overall if the soil is soggy or too much fertilizer is applied.

- Brenda Weaver

Sources: [www.greengardeningcookingcuring.com](http://www.greengardeningcookingcuring.com), [garden.org](http://garden.org), [www.begonias.org](http://www.begonias.org)

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## 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:

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Linda Nakhai: 510-915-1513**

[www.castrovalleyforum.com](http://www.castrovalleyforum.com)





## COMMUNITY CALENDAR

### ● Weds., June 2:

#### **New Virtual Fitness Classes Begin**

Join the Aitken Community Center for live, virtual fitness classes via Zoom to be held Mondays and Wednesdays, beginning June 2 from 9 to 10 a.m. and continuing through June 30. Have fun while improving your flexibility, cardiovascular health, bone density, and muscle strength. Lots of stretching, low impact aerobic dancing, strength training with light weights and floor exercises. Register at [haywardrec.org](http://haywardrec.org), class No. 17062. Zoom link will be sent via email prior to start date.

### ● Thurs., June 3:

#### **Virtual Bingo for Adults 50+**

Enjoy bingo the virtual way in the comfort of your home on the first and third Thursdays of the month at 1:30pm. beginning this Thursday, June 3. Bingo cards can be picked up from the Senior Center or mailed directly to homebound seniors by request. Games last approximately one hour. Participants must have a computer or tablet and a valid email address to log into the class. You must register for the class at [haywardrec.org](http://haywardrec.org), class #18785. The Zoom link will be sent to your email prior to class. Upcoming Dates: June 3, June 17.

### ● 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, please visit: [runsignup.com/Race/CA/CastroValley/LakeChabotTrailChallenge](http://runsignup.com/Race/CA/CastroValley/LakeChabotTrailChallenge).

### ● Tues., June 8:

#### **Live from the South Pole**

Watch an extraordinary virtual presentation by scientists at the South Pole who tell their fascinating stories of living and working in an ice world on the hunt for mysterious and elusive *neutrinos* next Tuesday via Zoom from noon to 1:30p.m.. Register at <http://bit.ly/cv-icecube>. Co-sponsored by Castro Valley Science and the Rotary Club of Castro Valley. More information is available at [castrovalleyrotary.org](http://castrovalleyrotary.org).

### ● Tues., June 8-29:

#### **Tuesday Tunes – Virtual Class**

Join the Aitken Senior Center staff on the Tuesdays of June 8 thru 29 from 2 to 3:30 p.m. to explore how music has shaped defining moments of our lives and influenced us in many ways. Explore different themes in music – a song from a

movie soundtrack, a song about a place, etc. You will select a song within the weekly theme for the class to listen to and discuss. Must be able to access Zoom and have working camera/microphone. Register at [haywardrec.org](http://haywardrec.org), class #17194. The Zoom link will be sent to you. Fee is \$14. For info, please call Jen at 510-881-6742.

### ● Thurs., June 10:

#### **Play Arc Trivia for Prizes**

Join The Arc of the East Bay virtually on Thursday, June 10 at 6 p.m. for Arc Trivia! The cost per player is \$25 and will consist of 4 rounds. Players can register individually, or if you have friends you want to play with please notify Gina Longmire ([ginalongmire@arceastbay.org](mailto:ginalongmire@arceastbay.org)) If you do not have a team but want to join we will find one that is fun and exciting for you. Prizes will be awarded to the first place team. Register today at [paybee.io/quickpay.html?handle=arceb&pid=4#optionList](http://paybee.io/quickpay.html?handle=arceb&pid=4#optionList)

### ● Sat., June 12:

#### **Online Art Demo by Kazumi Cranney**

A.R.T., Inc. invites its members and friends to a free online art demonstration by Berkeley artist Kazumi Cranney from 2 p.m. go 3:30 p.m. on June 12. Cranney has been painting sumi-e and haiga pictures for over 40 years. Visit [www.artinc.org/june-demo-artist](http://www.artinc.org/june-demo-artist) to view details. Email [artincv@gmail.com](mailto:artincv@gmail.com) for registration by June 10.

### ● Sat., June 12:

#### **Bay Area Walk for Hearing**

Bay Area teams are now forming for the June 12th Walk-4Hearing Virtual Walk & Celebration, from 9 to 10 a.m. on June 12, the only nationwide event bringing attention to hearing loss and promoting the importance of hearing health. Join the celebration that energizes our community and be entertained by stand-up comedian D.J. Demers, inspirational singer Mandy Harvey and a theatrical performance of “No Limits for Deaf Children.” Funds raised support Hearing Loss Association of America’s national awareness and education programs. Register or donate at [www.hearingloss.org/event/bay-area/](http://www.hearingloss.org/event/bay-area/)

### ● Sat., June 26:

#### **An Evening with Cathy Chow**

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



PHOTOS COURTESY OF THE HOUSE OF TEARS CARVERS

**A totem pole made by the House of Tears carvers in Washington state will make a stop in San Leandro tomorrow.**



**The totem pole was hand carved out of red cedar and weighs 5,000 pounds. The carvers will be on hand when the totem pole comes to Marina Park.**

## Pole: San Leandro Stop

### *continued from front page*

erence to children incarcerated at the United States-Mexico border.

The stop in San Leandro is sponsored by Great Old Broads for Wilderness, NorCal. People are welcome to bring lawn chairs, picnic baskets and water, and adhere to Alameda County Covid-19 health precautions.

This fall, the totem pole will be exhibited at the Smithso-

nian National Museum of the American Indian in Washington, D.C.

Maureen Forney with the Great Old Broads for Wilderness, along with another club member, City Councilwoman Corina Lopez, arranged for the totem pole's stop in San Leandro.

The national organization formed with the idea of protecting public land for all and for future generations.

## LEGAL NOTICES

FILED  
MELISSA WILK  
MAY 5, 2021  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 578734

### **FICTITIOUS BUSINESS NAME STATEMENT**

Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
Redwood Rd Pizza Express Hayward located at 22323 Redwood Rd, Castro Valley, CA 94546, in Alameda County, mailing address 19573 Center Street, Castro Valley, CA 94546 is hereby registered by the following owner(s): Bikram Jit Singh, 5596 Jensen Rd, Castro Valley, CA 94552. This business is conducted by an individual. This business commenced Nov 1989.  
/s/ Bikram Jit Singh

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

Expires MAY 5, 2026  
**MAY 12, 19, 26, JUNE 2, 2021**  
**352-CVF**

FILED  
MELISSA WILK  
APRIL 26, 2021  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 578400

### **FICTITIOUS BUSINESS NAME STATEMENT**

Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
Fleetwood Construction Co. located at 4616 Cristy Way, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Ronald W. Crooks, 4616 Cristy Way, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced 1982.  
/s/ Ronald W. Crooks

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

Expires APRIL 26, 2026  
**MAY 19, 26, JUNE 02, 09, 2021**  
**351-CVF**

FILED  
MELISSA WILK  
APRIL 20, 2021  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 578278

### **FICTITIOUS BUSINESS NAME STATEMENT**

Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
Lil Eden Christian Childcare Center located at 2033 100th Avenue, Oakland, CA 94603, in Alameda County, is hereby registered by the following owner(s): LaVerne A. Mainer, 2033 100th Avenue, Oakland, CA 94603. This business is conducted by an individual. This business commenced N/A.  
/s/ LaVerne A. Mainer

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

Expires APRIL 20, 2026  
**MAY 19, 26, JUNE 02, 09, 2021**  
**356-CVF**

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

### **FICTITIOUS BUSINESS NAME STATEMENT**

Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
PIER TOYS located at 20668 Forest Ave #2, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): (1) Francis Lawlor and (2) Erika Elizondo, 20668 Forest Ave #2, Castro Valley, CA 94545. This business is conducted by a married couple. This business commenced N/A.  
/s/ Francis Lawlor, Erika Elizondo

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

Expires MAY 05, 2026  
**MAY 26, JUNE 02, 09, 16, 2021**  
**355-CVF**

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

### **FICTITIOUS BUSINESS NAME STATEMENT**

Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
Sukhi Lensky Hypnotherapy located at 19339 Brusk Ct., Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Donna Lensky, 19339 Brusk Ct., Castro Valley, CA 94545. This business is conducted by an individual. This business commenced April 14, 2021.  
/s/ Donna Lensky

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

Expires MAY 11, 2026  
**JUNE 02, 09, 16, 23, 2021**  
**359-CVF**

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## Graduates: 'Year of New Beginnings'

*continued from front page*

"For all of our wins and losses, we are exactly where we're meant to be, and on a path to success and a bright future for us all," she continued.

Randal Alexander Cain Jr., better known to his fellow students as RJ, said, "The class of 2021 will always be known as the class of resilience."

"This irresistible, unstoppable force called Covid has been met with an immovable object called the Class of 2021, and we've beaten it," he said.

Several speakers, both live and online, stressed the connections students made and the help they got in getting to graduation.

Senior Class President Miguel Bernas said, "Here we've met some of the greatest people in our lives who have not only become our classmates

but our lifelong friends."

He called their senior year, "A year of loss, but a year of new beginnings."

Castro Valley High School Principal Blaine C. Torpey reminded students, "The most important part of a school isn't in the books or in the buildings, but the joy for connection we find in each other's company."

Board president Howard said, "You worked hard to get here but you didn't do it all by yourself." He urged them to thank the high school's teachers and staff, as well as their parents.

Howard also gave some graduation advice, encouraging students to be persistent, be patient, be flexible, keep one's sense of humor, continue to learn, be kind to others, and enjoy life.

The online event listed the

many graduates who had won a variety of scholarships for their college studies, and live event podcast hosts Billy Ray Bradford of Castro Valley Pride, and student Travis T. Orham gave them tributes as well. They also highlighted the six students who had won Herculean Awards for having each participated in seven or more varsity sports over the course of four years.

The hosts urged students to go out and follow in the footsteps of such famous Castro Valley High School Alumni as sportscaster Brodie Brazil, Metallica's Cliff Burton, Val Diamond of Beach Blanket Babylon, Jason Castro of the Houston Astros, Jim Martin of Faith No More, the Golden State Warriors' Juan Toscano Anderson, and yes, TV personality Rachel Maddow.

## Reports: Stolen Car; Petty Theft

*continued from page 3*  
**Stolen Car**

Tuesday, May 25: at 10:07 p.m., a 28-year-old man with no permanent residence was arrested on suspicion of driving a stolen vehicle and possession of the stolen property. Deputies pulled the man over near the intersection of Norbridge Avenue and Redwood Road after running the license plate and finding the vehicle was reported stolen. The man was taken to Santa Rita Jail.

**Assault at Mobile Home Park**

Wednesday, May 26: at 6:16 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a mobile home park on Castro Valley Boulevard near Center Street. There, they arrested a 58-year-old man from Castro Valley on suspicion of assault on a family member and assault with intent to do bodily harm. Deputies handcuffed the man and took him into custody. The victim was treated at the scene.

**Attempted Arson**

Wednesday, May 26: at 10:36 p.m., deputies arrested a 64-year-old man with no permanent residence on suspicion of attempted arson. The man was spotted leaving the scene of the fire at Redwood Road near Lessley Avenue. Fire crews extinguished the small fire. Deputies took the man into custody.

**Breaking and Entering**

Thursday, May 27: at 12:10 a.m., a 38-year-old woman with no permanent residence was arrested on suspicion of attempted breaking and entering a building on John Drive near Castro Valley Boulevard. Deputies were called to the scene by a silent alarm. The woman was also charged with suspected possession of methamphetamine drugs. Deputies took her into custody.

**Petty Theft at Drug Store**

Thursday, May 27: at 8:17 p.m., deputies arrested a 39-year-old man from Castro Valley on suspicion of petty theft from a Drug Store on the Boulevard near Marshall Street. Store security called deputies for backup after they observed the man leaving the store with unpaid merchandise. The man was also found to have illegal narcotics and related drug paraphernalia in his possession. Deputies took him into custody.

## ATHLETE OF THE WEEK



Gil Butler is our Athlete of the Week. Gil is the starting pitcher for the A-Div Twins. Over his many years playing in the Castro Valley Independent Sports League, Gil has been a great baseball player and a formidable opponent. As a 12-year-old in A-Division this year, Gil had an impressive start to the season, batting .667 and getting 33 strikeouts before a broken arm ended his streak. In the dugout and on the field, he has been a strong team leader for the Twins and, even injured, Gil is a positive and powerful influence for his teammates.

## ADOPT-A-PET



**Daicca Blue** is a shy 5 year old girl who likes to take things slow. Though a bit skittish, she blossoms with people she feels comfortable with. She would like to find an only dog home with adults. To adopt call Hayward Animal shelter (510) 293 - 7200.



**Tiger** is a male bunny who is neutered, vaccinated, micro-chipped and ready to go home! Tiger is a curious bunny who loves fresh greens. He does well with handling, but prefers it to be on his own terms. To adopt call Hayward Animal Shelter (510) 293 - 7200.

## CVHS JOURNALISM AWARD WINNERS, 2020-2021

- Milagros Aquino: enterprise news story, California News Publishers Association (CNPA); news writing, CNPA; news story, California Press Women (CPW)
- Megan Baldwin: news video, CPW; news photography, CPW
- Miguel Bernas: enterprise news story, CNPA; news writing, CNPA; news story, CPW
- Victoria Ceaser: outdoors writing, Outdoor Writers Association of California (OWAC)
- Austin Coffelt: Olympian Reporter of the Year
- Josie de la Torre: outdoors writing, OWAC; column writing, CNPA
- Tiffany Ho: graphic design, CPW; illustration, CNPA; Olympian Editor of the Year; Olympian Hall of Fame
- Andrew Hui: graphic design, Journalism Education Association of Northern California (JEANC); graphic design, CPW
- Malin Johansson: news photography, JEANC; news photography,

- CPW; environmental reporting, CPW; enterprise news story, CNPA; news writing, CNPA; news story, CPW
- Brooke Kundert: review writing, CPW
- Leo Lin: enterprise news story, CNPA; news writing, CNPA; news story, CPW
- Elena Lottich: news video, CPW
- Hannah Pilgrim: enterprise news story, CNPA; news writing, CNPA; news story, CPW
- Katy Siler: feature photography, CNPA
- Alex Tam: column writing, CNPA
- Nikita Thomas: sports writing, CPW; Olympian Hall of Fame
- Ethan To: News story, JEANC
- Jeanette Wallis: enterprise news story, CNPA; news writing, CNPA; news story, CPW; Olympian Editor of the Year; Olympian Hall of Fame
- Amanda Wong: political cartoon, Quill and Scroll
- Full staff: general excellence in print, CNPA; general excellence online, CNPA