



STOP *the* SPREAD



CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 32

WEDNESDAY, JULY 8, 2020

NO. 28

INSIDE YOUR FORUM

NEWS



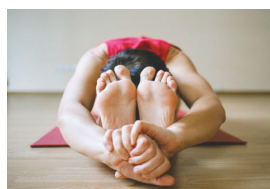
Virtual Meeting
CV Board of Education to hold a special board meeting tomorrow
Page 2

LIVING



Melon Madness
Watermelon weather brings new ways to enjoy this summer favorite
Page 4

HEALTH



The Home Stretch
Stretching tips to help increase flexibility and reduce pain
Page 12

INDEX

Classified Ads	8
Crosswords	9
East Bay Living	4
Health & Fitness	12
Homes	6
Horoscope	10
Obituaries	10
Opinions	10
Our Town	3
Weather	2

PHONE: (510) 614-1560

COVID Dampens July 4 Shows, Not Celebrations

By Michael Singer
CASTRO VALLEY FORUM

Celebrating Independence Day this year took on a different vibe with the cloud of COVID-19 hanging overhead. California and the Bay Area saw record spikes in new infections over the last seven days giving officials reason to revise their guidance on loosening business and social restrictions.

As of July 5, California saw 5,699 new cases of the novel coronavirus bringing the seven-day average to 7,876. The COVID-19 hospitalization rate in the past 14 days increased by 50% and patients needing a visit to an ICU increased by 39% in the same time period.

In his weekly update, Governor Gavin Newsom said 23 different counties are now on state watch as COVID hotspots including Contra Costa. However, the governor said he was upbeat about overcoming the increase of infections.

"We did an incredible job of moving forward and we bent that curve in the early days and we have the capacity to do that again... to mitigate the increase of this disease," Newsom said.

Some of the pullbacks are focused on restricting businesses that



PHOTO BY FRED ZEHNDER

Though the July 4th weather was sunny and warm, fewer sunbathers turned out at Crown Beach in Alameda than on a normal summer weekend. Although there were no masks in sight, family groups seemed to be observing social distancing.

serve large numbers of people at the same time. The Department of Alcoholic Beverage Control said it made nearly 6,000 enforcement visits to restaurants and bars over the holiday weekend.

Newsom called for a shutdown last week following recent surges in infections statewide.

"I think we can safely reopen [these restaurants and bars] but with enforcement and individual responsibility and expectations," the governor said pointing to mandatory mask-wearing to prevent the spread of the virus. "It's incumbent to monitor that and enforce those restrictions."

Masks are now required in six Bay Area counties including Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Sonoma.

Starting this week, not wearing a mask in public could get you in trouble. Law enforcement officers in California say they could start

writing tickets to people who aren't wearing face coverings while they are out and about.

The pandemic may have closed down some businesses, but that didn't stop the July 4 celebrations—including a barrage of fireworks—from lighting up the skies.

Most parades and large-scale public firework shows were canceled last Saturday in response to California's current shelter-in-place rules. The usual blooms of sparkling explosions were replaced with louder, more abundant fireworks launched from streets and backyards.

Alameda County Fire Department responded to more than 175 emergency calls to extinguish
see COVID on back page

Castro Valley
Confirmed Cases = 214

Alameda County
Confirmed Cases = 6,887
Deaths = 140

California
Confirmed Cases = 273,912
Deaths = 6,464

as of July 7, 2020

East Bay Celebration for Our Newest U.S. Citizens

By Jim Knowles
CASTRO VALLEY FORUM

The United States is in turmoil, full of problems and conflict.

But people still come from all around the world to be a part of it.

Around 700,000 people each year apply and pass the requirements to become U.S. citizens, and this year is no different – 64,000 just last month.

Last Thursday, 24 new citizens took the oath to become part of this democracy in a ceremony on the flight deck of the historic aircraft carrier USS Hornet in Alameda.

"Our current laws and structures fall short at times, but we're in this together as a country and a community," said John Kramer, district 42 director of the United States Citizenship and Immigration Services (USCIS).

The 24 new citizens took their

oath under a clear, blue, July sky on a deck looking over the bay as flags flew in the breeze, and the USS Hornet band played. Kramer reminded the two dozen people before him that they should use their rights as citizens to help decide how best to run the country.

"Contribute to the well-being of the country," Kramer said. "You decide with us how to govern our country. Don't shy away from saying what you think, and honestly listen to others. Vote, serve on a jury, operate a business, run for office."

The historic ship served as a symbol of the country's ideals.

"We're as excited as you are to be here and this beautiful day with the flags flying and this view," said Mark Epperson, director of the U.S.S. Hornet Museum.

Epperson reminded the new citizens that the ship was a part of
see CITIZENS on page 11



PHOTOS BY JIM KNOWLES

Twenty-four people from 14 nations were sworn in as the nation's newest U.S. citizens last Thursday in ceremonies on the flight deck of the USS Hornet, docked in Alameda. This ceremony and others held across the United States this month are part of USCIS' celebration of the Declaration of Independence.



Castro Valley Weather July 8-12, 2020



Wednesday
Mostly Sunny
High 76° Low 54°



Thursday
Mostly Sunny
High 78° Low 56°



Friday
Mostly Sunny
High 80° Low 56°



Saturday
Mostly Sunny
High 78° Low 54°



Sunday
Mostly Sunny
High 78° Low 56°

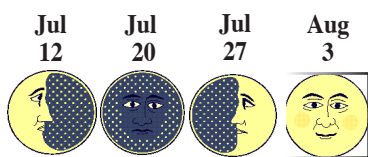
Almanac



Sun sets at 8:34 p.m. today, rises at 5:56 a.m. Thursday.

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

Moon Phases



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

PUBLISHED EVERY WEDNESDAY

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

To advertise call

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



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

SUSTAINABLE HOME

Green your Clothes



Kaylin hangs her laundry on a clothing line to dry them instead of using a clothes dryer. This saves energy and money which is a double benefit for her and the environment. Below are other ideas to make laundry day more green!

- Add distilled white vinegar and baking soda to washes to help with odor elimination and for whitening without bleach.
- Wash clothes on the "cold" setting to save energy.
- Use wool dryer balls to reduce drying time and reduce static.



Visit **cvsan.org** for an updated schedule of all CVSan events.

Visit **selectmyxpath.org** for more zero waste tips.

REDUCE REUSE RECYCLE ROT

CASTRO VALLEY SANITARY DISTRICT
Effective Environmental Services since 1939
510-537-0757 | www.cvsan.org
This ad was funded by Measure D



The future
USS Oakland

Navy Combat Ship Named for Oakland

The Navy accepted delivery of the future USS Oakland last week during a ceremony at Austal USA, a shipbuilder based on Blakeley Island in Mobile, Alabama.

It is a fast, agile, mission-focused vessel designed to operate in near-shore environments, but capable of open-ocean combat against such 21st-century coastal threats as submarines, mines and swarming small craft.

The future USS Oakland is the third Navy ship to honor the long history its namesake city has had with the Navy. The first Oakland was commissioned in 1918 and used to transport cargo.

In 1943 the second USS Oakland was commissioned. Though in service for less than seven years, she was key to many anti-aircraft missions in the Western Pacific—Marshall Islands, Pagan Island, Guam, Iwo Jima, Rota, Peleliu and

Okinawa.

After the war, Oakland performed two duty patrols off the coast of China before her decommissioning in 1949.

The Oakland is the 22nd combat ship to join the fleet. Its delivery marks the official transfer of the ship from the shipbuilder to the Navy, bringing the service's inventory up to 300. It is the final milestone prior to its scheduled commissioning in early 2021.

Board of Education Meeting Tomorrow

The Castro Valley Board of Education will hold a special board meeting tomorrow, July 9, with the open session beginning at 7 p.m. Because of the public health emergency, board members will attend

virtually. For more information, or to view the agenda and complete board packet, visit www.cv.k12.ca.us/ and scroll down to "Social Hub." To observe the meeting by video conference, click on "Link"

on the agenda at the noticed meeting time. To listen to the meeting by phone, call 1-669-900-6833 at the noticed meeting time, then enter the meeting ID on the agenda, then press #.

DID YOU KNOW

4 of 5 students would encourage others to attend Chabot College.

Invest in *you*



Register Today
www.chabotcollege.edu



CHABOT
COLLEGE



Kiwanis Club Donates Backpacks

A dozen members of the Hayward-Castro Valley Kiwanis Club and the Castro Valley High School Key Club met recently to assemble 90 backpacks full of needed school supplies which will be given to the Castro Valley School District and the Hayward office of the Salvation Army for distribution to needy youths. Social distancing was practiced and the supplies were all disinfected before being packed. This is the 11th consecutive year of backpack contributions by the Kiwanis Club.

Apply Now for PG&E STEM Scholarship

Students pursuing degrees in Science, Technology, Engineering or Math (STEM) disciplines are urged to apply by this Friday, July 10, for one of 40 scholarships from Pacific Gas & Electric Company and its corporate foundation.

The Program will award 20 scholarships of \$10,000 each and 20 scholarships of \$2,500 each, for a total funding of \$250,000.

Applications are open to graduating high school seniors, current college students, veterans and adults returning to school who are

PG&E customers at the time of application.

Applicants must plan to enroll in full-time undergraduate study for the entire 2020-2021 academic year and be seeking their first undergraduate degree at an accredited four-year institution in California.

Scholarships will be awarded based on academic achievement, demonstrated participation and leadership in school and community activities, and financial need.

The funds are raised totally

through employee donations, employee fundraising events and the company's employee giving program. Since 2012, the scholarship program has awarded more than \$6 million to accomplished students based on a combined demonstration of community leadership, personal triumph, financial need and academic achievement.

Interested applicants can learn more and apply at pge.com. Application deadline is July 10 with awards will be announced in August.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



A REMINDER From the Alameda County Sheriff's Office

In this time of shelter-in-place from the novel coronavirus, it is important to check in on our elderly loved ones and friends who may need additional support. Sargent Ray Kelly says staying home to prevent the spread of COVID-19 is an important public health measure—but it can take a toll on your mental health. It's important to take care of your physical and mental wellbeing during this uncertain time. Visit Alameda County Behavioral Health at <http://www.acbhc.org/> or call them at 800-491-9099.

Homicide, Suicide Investigated
Saturday, July 4: at 6:20 a.m., Sheriff's deputies responded to a homicide and attempted suicide at a home on Columbia Drive near Alderbrook Court. A caretaker of one of the residents found a note on the front door warning that the home would be messy and that 911 should be called. Deputies report they found a couple in their 80s unresponsive with injuries consistent with a murder and an attempted suicide. The woman was pronounced deceased on scene. The man was transported to the Eden Medical Center but died later from injuries. Detectives and Crime Laboratory personnel found notes to the couple's family

as well as several financial documents. The names of the victims were not released by press time.

Fight at Home

Monday, July 6: at 12:00 a.m., Sheriff's deputies arrested a 63-year-old man from CV on suspicion of assault on a family member. An anonymous tip about a loud and aggressive-sounding argument sent deputies to a home on Camino Alto Mira near Proctor Road. The man was handcuffed and taken into custody. The victim was treated at the scene.

Drug Paraphernalia

Friday, July 3: at 5:52 p.m., a 30-year-old man from Castro Valley was arrested on suspicion of possession of illegal drug paraphernalia. Deputies were called to investigate a suspicious person outside a home on Betrose Court near Somerset Avenue. The man fitting the description was found with a pipe used for smoking drugs in his pocket and was taken into custody.

Assault on Family Member
Thursday, July 2: at 7:14 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to an apartment on Clara Lee Lane near Forest Avenue. There, they arrested a 27-year-old CV woman on suspicion of assault on a family member. Deputies took the woman into custody. The victim was treated at the scene.

Smashed Cell Phone Calling for Help

Thursday, July 2: at 8:01 p.m., deputies arrested a 64-year-old man from Castro Valley on suspicion of assault on a family member and damaging a phone used to try calling for help. Dispatch sent deputies to a home on Somerset Avenue near San Miguel Avenue after receiving a partial call for help. The man reportedly damaged the phone during an altercation with a family member at the home. Deputies took the man into custody. The victim was treated at the scene.

see **REPORTS** on back page

Happy Summer!
Stay safe and healthy!



Lovewell Team
(#00689931 & #01912817)

"Lovewell Team" is a dynamic, award-winning Real Estate team. Call 510-351-5555 or visit us at www.Lovewellteam.com — A team you can love and trust — Re/Max Accord Castro Valley

Classy Canine's
Wiggle Rumps
Dog Grooming Spa
510.583.7297
2602 CASTRO VALLEY BLVD
510.583.PAWS
Mention this ad for FREE add on Teeth Brushing when getting full groom.



**WEAR
YOUR
MASK**

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

**Montessori School at
Five Canyons**
Social Distancing
Open House

Friday, July 17, 2020
from 10:00 A.M. - 12:00 P.M.
510.581.3729

22781 Canyon Ct., Castro Valley
montessori.ins@gmail.com | www.montessoricastrovalley.com



Toddlers (18 months) -
Preschool - TK -
Kindergarten -
Extended Daycare



Free the child's potential, and you will transform him into the world.
— Maria Montessori

WE'RE BACK!
Store Re-Opened

New Hours
Tuesday - Saturday
10am - 5pm

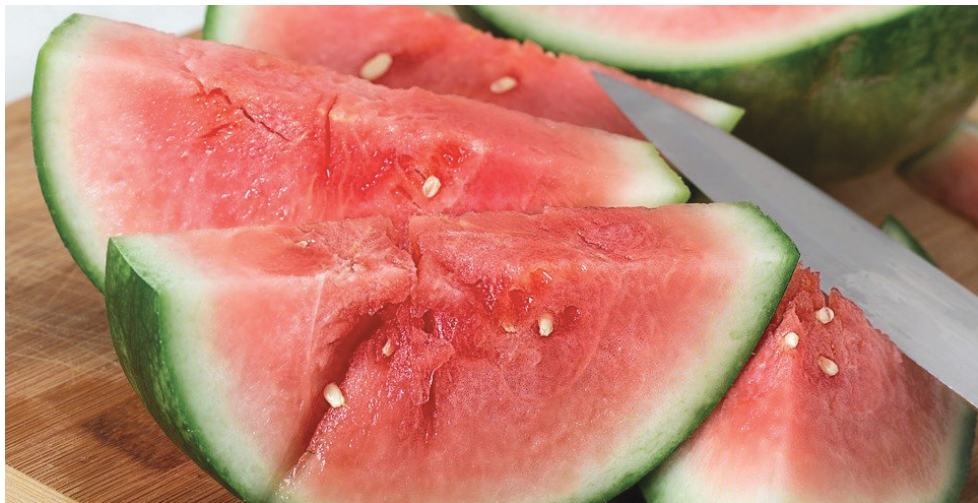
"Make your house a Dupree's home"
Dupree's
FURNITURE
EASY LAYAWAY & FINANCING AVAILABLE
47 Years Experience
1900 E. 14th St. • San Leandro
357-3000
www.Duprees-Furniture.com



FIVE WISHES
A unique approach
to end-of-life planning
Preparing for the eventuality of the time when you will pass on is a priceless gift you can leave your loved ones. But pondering medical what-ifs and choices may not be easy conversations to have with your family. Join Hope Hospice as we discuss *Five Wishes*, an easy-to-understand advance healthcare directive that helps you evaluate and record your desires in critical areas of concern.

July 29, 10-11:30 a.m.
August 5, 4:30-6 p.m.
(same program, offered twice)

Register at HopeHospice.com/townhall.
This is a free webinar.



It's Watermelon Weather

What tops an icy-cold watermelon on a sultry July day? It's wonderful just as is, right out of the fridge. But that doesn't mean you can't get creative.

SPICY GRILLED WATERMELON

Transform watermelon from sweet to savory with this mouth-

watering Thai-inspired sauce. Watermelon wedges are grilled until caramelized, drizzled with garlic chili sauce and garnished with cilantro.

- 1 tablespoon lime zest
- 1/4 cup lime juice
- 1/4 cup honey
- 2 teaspoons garlic chili sauce
- pinch salt
- 1 watermelon, medium-sized
- 1 tablespoon chopped cilantro

Preheat grill to high. In bowl, whisk together lime zest, juice, 3 tablespoons of the honey, garlic chili sauce and salt.

Cut watermelon into 1-inch thick wedges. Lightly drizzle each side with remaining honey and place on grill. Grill until just browned, about 2 minutes per side. Place watermelon slices on a plate and drizzle with lime dressing. Garnish with cilantro. Serves 8-10.

WATERMELON & BLUE CHEESE

- 12-16 1-inch thick chunks ripe watermelon
- 3 ounces crumbled blue cheese

For the Dressing:

- 1 shallot, finely chopped
- 1/4 cup champagne vinegar
- 1/4 cup olive oil or canola oil
- 1 tablespoon chopped fresh thyme

- Salt and pepper
- 1/3 cup roasted pine nuts

Place watermelon pieces in a large bowl and crumble the blue cheese over the watermelon.

In a bowl combine shallot and vinegar. Let stand 10 minutes. Whisk in oil and thyme until well blended. Season to taste with salt and pepper.

Drizzle the dressing over the watermelon and blue cheese. Sprinkle with roasted pine nuts. Serve immediately. Yields 12 servings.

WATERMELON WALDORF SALAD

- 2 cups cubed watermelon (about 1/2-inch cubes)
- 1/2 cup seedless red grape halves

- 1/2 cup sliced celery
- Dash of salt
- 1/4 cup Greek yogurt
- 2 tablespoons sliced almonds, toasted

Stir together watermelon, celery, and grapes in bowl. Just before serving, stir salt into yogurt for dressing. You may want to add a little water to lighten the thickness. Pour mixture over fruit and stir until coated. Sprinkle with almonds.

WATERMELON SALSA

- 1 cup diced unpeeled nectarine
- 2 jalapeño peppers, seeded and minced
- 1 tablespoon sugar
- 3 tablespoons fresh lime juice
- 2 teaspoons orange zest
- 2 teaspoons grated fresh ginger
- 2 cups diced watermelon
- 1/2 cup chopped fresh cilantro
- 1/3 cup diced red onion

Stir together first 6 ingredients in a large bowl; let stand 15 minutes. Add watermelon and next 2 ingredients, and gently toss to coat. Serve over sliced tomatoes, grilled chicken or steak. Can be covered and chilled up to 24 hours.

Is it ripe?



Selecting a Melon

✓ Look for a watermelon with bright skin that's firm, symmetrical, and free of cuts.

✓ Find one that feels heavy for its size; melons contain more than 90% water and ripest ones have the most water.

✓ It should not be narrower on one end or misshapen; this could mean it grew in fits and starts.

✓ The underside should have a creamy yellow spot from where it sat on the ground and ripened in the sun – rather than being picked early.

✓ Position the melon two inches from your ear, thump with your free hand. If not ripe enough, it will sound solid; if too ripe, it will sound thick; if perfect, it will sound hollow.

**Firestone Walker
Brewing Co.® Fly Jack
Hazy India Pale Ale**

**Federation Brewing®
Behind You!
Blonde Ale**

**Rémy Martin®
Cognac Fine
Champagne V.S.O.P.**

**American Prairie
Bourbon®
High West Whiskey**

**Suntory Whisky®
The Yamazaki
Single Malt Whisky**

**Silver Patrón®
Tequila 100%
De Agave**

**Premium SAUVE®
Tequila - Reposado**

**Full Circle Brewing Co.®
Juicy NE IPA**

**Lead Dog Brewing Co.®
The Dankster**

**Lagunitas®
Hazy Memory IPA**

AL'S FOOD Market

Happy Summer

3550 Somerset Ave., Castro Valley • 510-582-6625
Open Daily Monday through Sunday 8 am to 9 pm

Meat

**Harris Ranch®
Beef**

**California
Shellfish Company®
San Francisco**

**Caggiano®
Sausage
Petaluma**

**Goulart®
Linguica
San Jose**

**Mary's Free-Range
Chicken
Petaluma**

**Semifreddi's®
Assorted
Breads and
Pastries**

**Dave's Killer Bread®
Assorted
Variety**

**Maggiore®
Assorted
Sliced
Breads**

**Just Desserts®
Assorted
Variety**

**Beckmann's®
Assorted Pies
from Santa Cruz**

**Everett and Jones®
Super BBQ
Sauces**

**Sweet L's
Oakland Dust®
BBQ & Dipping
Hot Sauce & The
ONE BBQ Sauce**

**BASQUE®
Seafood
Marinade and
Meat Tenderizer**

**Bella Sun Luci®
Korean BBQ
Marinade**

**Elda's Kitchen®
Jamaican
Jerk Sauce**

**MyThreeSons™ Emmy's
Original Pimento Cheese
& Spicy White Cheddar**

**Frankly Fresh
Assorted Dips**

**Nathan's®
Jumbo Restaurant
Style Beef Franks**

**Hebrew National®
Jumbo Beef Franks**

**Schaller & Weber®
Wieners**

**Caspers®
Hot Dogs**

**Oscar Mayer®
Wieners &
Smoked Smokies**

**Hillshire Farm®
Beef Lit'l Smokies**

**Miller's Polish
Sausage, Beef Franks,
& Beef Hot Links**

**NORCAL Prime Foods -
Authentic Guacamole
& 5 Layer Dip**

**Sabra® Guacamole
Real Hass Avocado Dip
Classy & Spicy**

**YUCATAN® Guacamole
Authentic & Restaurant
Style Dips**

Support Your Local MERCHANTS

Chabot Haircuts

Closed Until Further Notice

510.582.2151
20392 Lake Chabot Rd.,
Castro Valley
Across from Eden Hospital & Professional Bldg.

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



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



DAVE'S TAVERN TAXI SERVICE

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



TO OAKLAND AIRPORT ONLY \$30
TO OR FROM BART \$600 - \$12
TO SF or SJ AIRPORT \$60
510-303-3478

Upper Grove Way Auto Repair

Bring this ad in for
\$30 Off Your Next Auto Repair
\$100 min. repair. Exp 6/30/20

During these difficult times we want to thank everyone in our community for doing their part in staying safe, washing their hands, and only driving for essentials. When it comes time to perform maintenance on your vehicle, or a warning light/ message comes on, feel free to give us a call.

537-4438
2932 Grove Way, Castro Valley
Hours: Mon. - Fri. - 8 a.m. to 5 p.m.

R&J QUICK CLEAN CENTER

2522 CASTRO VALLEY BLVD • 510-581-9797

LARGE & CLEAN Laundromat with:

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



ANYTHING
Dry Cleanable
Clothes, Drapes
& More!

Washed & Dry Services
• Sleeping Bags
• Bedspreads
• Blankets

\$5.00
per lbs.

Same Day Service
When Available

NOW OPEN 7 DAYS! 8am-8pm

Rose Motorcars

AUTO DETAIL SPECIALS!

Starting At:

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



510-400-6042
M-F: 10am-7pm/Sat: 10am-7pm • Sun: 11am-5pm
2806 Castro Valley Blvd., Castro Valley
www.RoseMotorcars.com

Lu Ann Boyce



Nail Care
Specialist
at Sola

FEATURING:

- ION Detoxifying Foot Cleanse
- Premium Hygiene Pedicures
- Complete Nail Care

Phone for Appointment: **510-918-7639**
luannboyce@yahoo.com

SOLA SALON STUDIOS
21060 Redwood Rd., Ste. #3
Castro Valley, CA

Dino's RESTAURANT

WE ARE OPEN

TAKE OUT ONLY



537-1454

20390 Lake Chabot Rd., Castro Valley

Don Jose's Mexican Restaurant

Fine Mexican Dining!

Open For Take Out Only

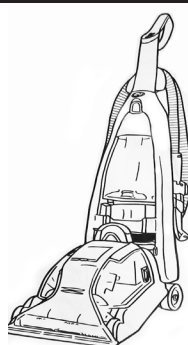


3430 Village Dr., Castro Valley
510-538-3290

DIRT DEVIL Carpet Cleaner

Instruction manual included

CONTACT
Mary:
510-861-3270



ESCROW SERVICES

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

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

Call:
510-247-0741

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

1993 OPENING NIGHT BARBIE COLLECTIBLE IN BOX

Price:
\$60

CONTACT
Mary:
510-861-3270



The following businesses are OPEN

Adams Autoworx
All Laundry Mats
Eden Bicycle
Hallmark
Health Unlimited
Robin's Nest
Sals Foreign and Domestic Auto
Sayang Holidays
Walgreens
Work Bench True Value Hardware
Blvd. Burger *
China Garden *
Doug's Place *
El Rancho Steak House *

The Habit Burger *
J.P.'s Restaurant *
Katsu Japanese Restaurant *
Knudsens Ice Creamery *
Mod Pizza *
Mr. Pickles *
Norman's Grill *
Pete's Coffee *
Rigatoni's *
Rudy's Donut House *
Starbucks *
The Cheese Steak *

***Open for TAKE OUT ONLY**

Our sincere appreciation to all our local businesses, advertisers and our loyal family of readers and supporters.

*"You are truly the wind
beneath our wings."*

The Castro Valley Forum Community Newspaper.

REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Covid Is Changing Everything

Even with easing restrictions, we find ourselves in a strange new world.

As it relates to real estate, although homes are still being sold, the amount of work and stress for all concerned has increased dramatically. Realtors describe working twice as hard for 50% of the results.

Studies show video conferencing, while effective in communicating during this crisis, increases psychological stress. We even have a name: Zoom Fatigue.

Along with the dramatic shortage of homes for sale, lenders, deluged with refi requests, are lagging far behind. Factor in coronavirus-related restrictions and everyone is anxious and frustrated.

While not wishing to downplay the devastation to our personal lives and economy, I think we need some levity. Here are some terms that have devel-

oped new meanings as a result of the COVID-19 crisis:

Social distancing: used to be what parents hoped dating teenagers would employ.

Flatten the curve: what we used to call attempts at reducing belly fat.

Droplets: used to refer to the scattered raindrops preceding a downpour.

Transmission: was the thing connecting the car engine to the wheels.

Contact tracing: what pre-schoolers did to learn how to write numbers and letters.

Screening: what smart dads did before they allowed someone to date their daughter.

Reproductive rate: used to refer to the number of kids you had.

Isolation: children sitting on a chair or sent to their room as punishment.

Toilet Paper: used to be a basic commodity; now it's the new global currency – more

valuable than gold.

Zoom: what we did to go somewhere fast; now that we are going nowhere it is how we currently stay in touch. Also a word for stock we wish we had all purchased before the crisis.

GrubHub and Doordash: Angels of mercy or knights in shining armor – take your pick.

Grocery Delivery Services: we used to call it Meals on Wheels – now it goes by the names Walmart Grocery, Instacart, Shipt, Amazon Fresh, Safeway Home Delivery ... it's everything you hoped it might be if you are OK with never getting what you actually ordered and living with substitutions.

Netflix: Our new best friend and window on the world.

Bandwidth: What we used to have before our neighbors started watching online entertainment all day long.

We also have new words: covid-brain (suffering from covid-related stress) and covid-iot: someone ignoring public health regulations.

These are tough times, but we'll make it through. In the meantime, stay safe.

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

HOME of the WEEK

Absolutely Stunning describes this meticulously maintained 1,891 sq ft, 4 bedroom, 2 bath, updated throughout single level home situated high in the Castro Valley Hills! Situated on a beautifully landscaped .49 acre lot w/gated covered side access, great for boats or RV's. From the moment you arrive you will see all the designer touches throughout including on the exterior, stacked rock, walkway, front door, brick paver driveway, custom paint & lighting. Step inside to the formal living room w/gas stone fireplace, formal dining room, kitchen family room combo w/wall of windows, dining area, newer appliances, breakfast bar, built in entertainment center & slider to yard. Master bedroom w/ slider to yard & bath. Entertain, garden, relax or play in the private spacious back yard w/brick pavers, gazebo, spa, play area & storage shed. Some additional features include gleaming wood flooring throughout the home, recessed lighting, all new interior doors & so much more! <https://youtu.be/vu8Gt>



5876 Cold Water Dr., Castro Valley • \$1,100,000



Cathy Brent Team

510-381-1065

Cathy@CathyBrent.com

DRE #01088138

www.cathybrent.com

Kathi Townsend: 510-333-9404 / kathi.townsend@BHHSDrysdale.com / DRE #01409032

Wayne Licsak: 510-303-7765 / wayne.licsak@BHHSDrysdale.com / DRE #01850870

Linda Neff: 510-557-9185 / linda@lindaneff.com / DRE #01495978

Kelly McCoy: 925-786-2681 / DRE #02095209



Reviving Garden Roses

By Buzz Bertolero
Special to the Forum

I have several roses that are not looking their best. I was told that I could revive them by adding new topsoil. Do I have to remove the old soil altogether?

Roses are very resilient plants. You can mistreat them for years, and with little care, they respond.

Add some additional soil only if it's to replace some lost volume. This typically happens in a container when the soil flows out the bottom. But raising the soil level to revive the plants isn't recommended.

You're better off pulling the rose out of the container and adding the soil to the bottom. The key to restoring them is the addition of nutrients and water.

It would be okay to cover up some exposed roots, but you don't want to bury the bud union. The bud union is the location where the desired variety is budded on to a rootstock. This is a large knot near the soil line.

Modern garden roses such as Hybrid Teas, Grandifloras, and Floribundas are not growing on their own roots; so, it's important not to raise the soil level significantly. The new soil should be cultivated around the plants. The soil microbes will then break down the organic

matter and supply additional nutrients to the plants.

Also, don't be concerned with the surface roots, as you'll find plenty. Roses are heavy feeders, along with needing lots of moisture. There are plenty of functional Rose Foods available today. However, I'd look for one that contains the essential nutrients plus additional microbes.

Monthly applications are recommended and always water your plants the day before or at least four hours before feeding and immediately afterward. Roses are watered at least three times a week during the summer and more often when the temperatures are over 90°F. You should see a marked difference in your roses within six weeks.

The best way to monitor the progress is by making a digital history by using your smartphone. With the before and now pictures, you know that you're on the right track.

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 or on Facebook at [Facebook.com/Buzz.Bertolero](https://www.facebook.com/Buzz.Bertolero)



Wear Your Mask!

The Esmeier Team

James, Rosalyn, Rachel & Jamie

Shamrock Realtors - Going Above and Beyond
James Esmeier, Broker Associate - DRE#01363681

(510) 909-8344

RECENT HOME SALES

Castro Valley

20115 Redwood Road	94546: \$550,000 2 BD - 866 SF - 1988
20180 Anita Avenue	94546: \$650,000 2 BD - 720 SF - 1953
22024 Betlen Way	94546: \$780,000 3 BD - 1,372 SF - 1955
4663 Seven Hills Road	94546: \$850,000 3 BD - 1,192 SF - 1928
17664 Hillside Court	94546: \$902,000 3 BD - 1,974 SF - 1970
21318 Kahlert Street	94546: \$969,000 3 BD - 2,040 SF - 1957
22234 East Lyndon Loop	94552: \$970,000 3 BD - 2,328 SF - 1998
3498 Northwood Drive	94546: \$990,000 3 BD - 1,751 SF - 1953
3618 Arcadian Drive	94546: \$1,030,000 4 BD - 1,700 SF - 1956
5900 Charter Oaks Dr	94552: \$1,250,000 4 BD - 2,244 SF - 1985
5941 Charter Oaks Dr	94552: \$1,300,000 4 BD - 2,360 SF - 1988
TOTAL SALES:	11
LOWEST AMOUNT:	\$550,000
MEDIAN AMOUNT:	\$969,000
HIGHEST AMOUNT:	\$1,300,000
AVERAGE AMOUNT:	\$931,000

San Leandro

279 Maud Avenue	94577: \$589,000 3 BD - 1,874 SF - 1983
1257 Pearson Avenue	94577: \$606,000 3 BD - 1,024 SF - 1943
14576 Outrigger Drive	94577: \$635,000 3 BD - 1,596 SF - 1987
15376 Edgemoor St	94578: \$654,000 3 BD - 1,092 SF - 1950
1685 165th Avenue	94578: \$710,000 4 BD - 1,360 SF - 1912
1003 Greenbrier Court	94577: \$747,000 3 BD - 1,765 SF - 2007
846 Lasuen Drive	94578: \$752,000 3 BD - 1,540 SF - 1953
97 Oakes Boulevard	94577: \$770,000 2 BD - 1,155 SF - 1923
1135 Louise Street	94578: \$770,000 3 BD - 1,340 SF - 1948
725 Callaway Street	94577: \$800,000 2,814 SF - 2004
947 Burkhart Avenue	94579: \$800,000 3 BD - 1,328 SF - 1955
717 Chetland Road	94577: \$837,500 2 BD - 1,274 SF - 1930
1247 Gabriel Court	94577: \$915,000 3 BD - 1,878 SF - 1958
850 Collier Drive	94577: \$1,200,000 5 BD - 3,070 SF - 1929
TOTAL SALES:	14
LOWEST AMOUNT:	\$589,000
MEDIAN AMOUNT:	\$761,000
HIGHEST AMOUNT:	\$1,200,000
AVERAGE AMOUNT:	\$770,392

HELPING YOU FIND YOUR DREAM HOME

While giving you quality service



Kimberley Alexander, Realtor
DRE# 02058621

(510)388-7673

kimberley86@kw.com

www.kimberley-alexander.com



WEEKEND GARDENER

• Watering

Windy, warm weather absorbs moisture from your garden. Keep alert to distress signals from thirty plants. It's time to water when plants look wilted or drooping, or leaves turn dull and begin to curl. Soak all plants deeply every five days, increasing to every three days if the

weather turns very hot

• Fertilize

Feed plants with a balanced, slow-release fertilizer, such as a 10-10-10 formula. Well-nourished plants develop better and produce flowers and vegetables longer. They are also better protected against insects and

diseases.

Feed camellias, azaleas and rhododendrons with an acid-rich fertilizer.

• Hedges

Trim hedges frequently to encourage new green growth and a full, dense look. Infrequent trimming causes a bare, wood look.

Nothing to Do About Fescue

By Buzz Bertolero
Special to the Forum

Q Our backyard lawn is quite course in feeling and appearance. It is a 90% tall fescue blend and 10% bluegrass. It is irritating the kids' skin when they play around on it. Is there any treatment or process we can do to soften the lawn at all?

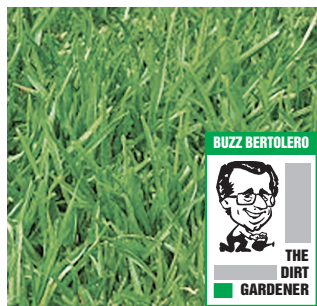
The simple answer is no. Tall fescue is a broad blade or coarse grass and stiff while the Bluegrass is narrower and softer. The width of all grasses is a varietal characteristic, and there isn't anything one can do to change it.

With a 90/10 blend, you really don't see much of the bluegrass, which is added to the mix so that the sod provider can harvest it sooner. I'm assuming this was a sodded lawn.

Fescue is a clumping grass,

while Bluegrass has rhizomes so it can spread out. The Bluegrass knits the sod together, so it doesn't fall apart when harvested. Typically, it takes five to nine months before the grass is old enough to be harvested. This varies depending on the mix of grass varieties.

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 or on Facebook at [Facebook.com/Buzz.Bertolero](https://www.facebook.com/Buzz.Bertolero)



Home Renovations to Fit the 'New Normal' of Homeownership

With people across the country spending more time at home than ever before, home improvement projects are increasingly becoming top of mind for homeowners. Despite the financial difficulties brought on by the pandemic, 77% of homeowners say their home renovation budget for 2020 is the same or greater than last year, according to a survey by the National Association of Realtors® (NAR).

Whether it's finally having time to make their dream home improvements a reality or preparing their homes to sell, homeowners are optimistic about completing renovations this year. NAR's survey found the top 3 home renovations that homeowners hope to complete within their budgets in 2020 are:

- * A new bathroom (28%);
- * A new kitchen (23%); and
- * Fencing in their yards

(21%).

"In an ever-changing world, homeownership provides sanctuary, safety and financial security," said NAR President Vince Malta, broker at Malta & Co., Inc., in San Francisco, Calif. "As we celebrate Homeownership Month, we recognize that buying a home is one of the most rewarding transactions people will make in their lifetimes. Making your home your dream home through remodeling projects takes time and patience, but Realtors® and homeowners alike recognize the feelings of accomplishment, satisfaction and potentially higher home values that come with it."

The survey also revealed homeowners are attuned to how the pandemic may influence prospective buyers' preferences. A fenced-in yard, for example, the third most popular project for 2020, didn't even make the

top 10 Realtor®-recommended projects in NAR's 2019 Remodeling Impact Report, which examined a variety of remodeling projects and their appeal, value and potential return on investment. A further 21% of homeowners expect new additions such as a home office, gym or other space will offer one of the greatest returns on investment - another project that Realtors® would not have recommended as a top priority based on 2019 data.

"Homeownership looks different now than it did years or even months ago - our homes have become offices, gyms and studios, so we're seeing a shift in priority of the types of features that homeowners and potential buyers want," Malta said. "Homeowners must keep in mind that some projects that sound appealing during a pandemic have not historically

provided as much value when selling a home."

Still, some renovation priorities remain unchanged: Kitchen and bathroom upgrades and remodels were highly recommended by Realtors® in 2019, and continue to top most homeowners' lists now.

"Not only will improvements like updated kitchens for a better cooking experience be of interest to potential home buyers, but renovations such as adding space for a home office or gym will increasingly be in higher demand as we follow social distancing guidelines."

Realtors® can help homeowners understand their local real estate markets as well as determine which home renovations improve quality of life and provide a greater return on investment during this 'new normal' of homeownership.

-Brandpoint



JUST LISTED 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 preparation program to ensure your home sells for top dollar.

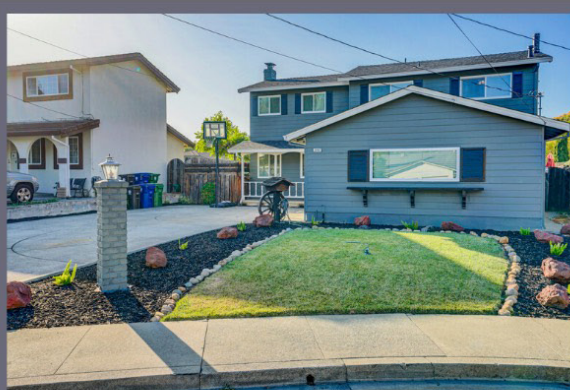
Jon and Leslie Foster
JandL@JonAndLeslie.com
eXp Realty of CA, Inc. #01878277
J | BRE# 01458054 and L | BRE
#01804083



Trade-Ins Welcome.



3113 Sunshine Pl. Castro Valley
4 BED | 3 BATH | 2,308 SQ. FT.
OFFERED AT \$1,099,000



3162 Brent Ct. Castro Valley
3 BED | 2.5 BATH | 1,692 SQ. FT.
OFFERED AT \$899,000



COMING SOON

3720 Seven Hills Rd. Castro Valley
3 BED | 2 BATH | 1,847 SQ. FT.
OFFERED AT \$999,000

JON & LESLIE REAL ESTATE GROUP

CALL OR TEXT (510) 828-2627

WWW.JONANDLESLIE.COM



CVSAN PHOTO

Mario Baker

CVSan Recognizes Mario Baker: Custodian 4Rs Educator Award

Schools in Castro Valley have high recycling and composting or “diversion” rates in large part due to the efforts of their custodians.

The Castro Valley Sanitary District recently recognized school custodians at its Ninth Annual CVSan Custodian Recognition.

This year, the Custodian 4Rs Educator Award went to Custodian Mario Baker at Castro Valley Elementary School.

The staff at the school recognize and appreciate the contribution Baker makes to reduce waste at school.

“Mario works with the students at lunch to show them the proper way to sort materials, and oversees lunch monitors who help clean up after lunch,” said Principal Affie Sklut.

Teacher Keith Brazil also praised Baker.

“Each day, Mario does an amazing job of working with his student helpers to ensure that trash, compost, and recycling are going into the right containers,” said Brazil. “The students really enjoy helping out and are even willing to give up some of the recess time to do so.”

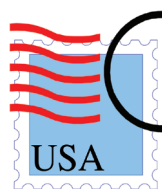
As the Custodian 4Rs Educator award winner, Baker exemplifies the educating spirit in waste reduction. As a result of his efforts and the support of students and teachers, Castro Valley Elementary was able to reduce garbage service 25 percent per week this past December. This increased the school’s overall diversion (recycling) rate to 89 percent, one of the highest rates in the school district.

The move to a smaller garbage bin also saves the school thousands of dollars per year in garbage fees.

LETTERS

TO THE EDITOR

FREDZ@EBPUBLISHING.COM



A Message from Your High-Risk Neighbor

Editor:

My name is Emma. I’m 21 years old, and I have not lived an easy life. I have over seven different chronic illnesses that are disabling to various degrees, and I’ve struggled extensively with mental illness.

My life is full of doctors visits, ER trips, medical tests ranging from easy to torturous, and endless medications.

I work hard to avoid getting sick – I don’t respond like a healthy person does, and I have serious breathing issues that can be triggered badly by a cold.

I’ve been quarantined for 16 weeks, with very few outings out for doctors appointments, surgery, just essentials. I am one of the “high risk people,” the “people with underlying conditions” that the media has said are really the only people who will die from it.

Do you know what Crisis Standards of Care are? We heard about hospitals having to use them in Italy. That’s when you’re so low on resources that doctors have to choose who gets to live.

One ventilator, two people? They have to choose.

The recent spikes in cases here in the U.S. have left some states almost at the point of switching to these standards. Do you know who doesn’t get chosen under those standards? Me. People like me. People like my Grandpa, with severe liver disease. People like my friend’s mom with severe asthma and thyroid disease. We are expendable, the people who are disposable.

Look, I get it. I know how hard it is to wear a mask. I’ve sat in an ER waiting room for hours, wearing a mask, coughing and choking because I’m having a severe asthma attack but still needing to protect myself. I get that it’s hot and uncomfortable. But by wearing the mask, you could be saving my life. Please. I am not disposable.

—Emma Sonas
Castro Valley

Protesting Hate Speech on Facebook

Editor:

My mother always told me that talk is cheap. It was her way of teaching my siblings and me that it is what you do, not what you say, that matters.

So we have decided to join other larger companies and halt our advertising on Facebook to protest the amount of hate speech and election related misinformation online.

Given these unprecedented times facing our country and community, it is more important than ever to take action rather than just talk. Even little actions can form the foundation for more significant action, resulting in positive change.

While our Facebook advertising budget is not significant, it is one small way of following my wise mother’s advice. We continue to look for other ways to take action, however small, to effect positive change that is desperately needed in our country and community. We encourage others to do the same.

—Mark D. Poniatowski

Poniatowski Leding Parikh Law Corp., Castro Valley

4th Annual ‘Day on the Greens’ Coming in September

Editor:

Looking for a great opportunity to get outside, breathe the fresh air and help the Castro Valley community? Please consider this opportunity.

The Boards of Castro Valley Sports Foundation and Rowell Ranch Rodeo are excited to announce that the “4th Annual Day on the Greens” Charity Golf Tournament will be held on Saturday, September 19, at Redwood Canyon Golf Course in Castro Valley.

All proceeds go toward supporting local and community organizations. The entry fee includes gift bag, cart, breakfast, post tournament awards dinner and silent auction.

We are looking for corporate sponsors and other levels of support.

For sponsorship opportunities or to donate to the Silent Auction, please contact George Pacheco (510-772-3395), Cal Sakamoto (510-774-5205), Brian Morrison (510-538-9817) or Cliff Sherwood (510-828-1265).

For details and to sign up to play, please visit www.castrovalleysportsfoundation.org or www.rowellranchrodeo.com

—Bruce D. Johnson

Castro Valley

Board of Directors

Castro Valley Sports Foundation

Says it’s ‘Not the Time’ for New CVSan Facility

Editor:

As Castro Valley residents know, garbage collection rates have just increased 5.8% as of July 1. Your Castro Valley Sanitary District (CVSan) Board of Directors unanimously voted for this increase recently, with no deferral compensation for you and me during these financially stressful times. So, more money coming out of our pockets!

To add insult to injury, at the CVSan June 23 special board meeting, the Board unanimously approved the spending of millions of dollars on a new operations building, specifically \$12 million!

Is this the time for our small sanitary district to be building a new facility? I think not.

There are budget deficits all around as local and state districts struggle with the affects of the COVID-19 crisis and its financial repercussions. Our CVSan district facility on Marshall St. is currently quite adequate for the daily operations of CVSan business.

Now is not the time to be spending millions of dollars on a new building. It would be like you or me deciding that now is a great time to do a home remodel or room addition. I know that is not in my budget right now, and it shouldn’t be in the CVSan budget at this time either.

It is hard to believe that our Board of Directors is operating in the best interest of the citizens of Castro Valley. I don’t think they ask enough questions nor consider alternatives to options that are placed before them. There is an opportunity to put new voices on the Board this year.

It is time for a change.

—Karen Robertson

Castro Valley

HOROSCOPE by Salomé

© 2019 King Features Synd., Inc.



ARIES (March 21 - April 19): A perplexing situation needs to be dealt with in order to avoid problems later on. Rely on both your own sense of what’s right and the advice of someone you trust to help work it out.



TAURUS (April 20 - May 20): Let your sharp Taurean business insight guide you when considering a “dream deal.” Without all the facts, it could turn into a nightmare. Remember: Investigate before investing.



GEMINI (May 21 - June 20): Sharing so much of your time and your gifts with others is what you do so well, and this week, don’t be surprised if others want to share with you. Enjoy the experience. You’ve earned it.



CANCER (June 21 - July 22): A difficult personal situation seems to defy efforts to resolve it. Perhaps you’re too close to it. Take some time to reassess what went wrong, and then see where things can be set right.



LEO (July 23 - August 22): Leonine pride could be piqued a bit when someone else appears to be standing in your light. Be patient and resist the urge to growl at the interloper. You’ll soon be the “mane” attraction again.



VIRGO (August 23 - Sept. 22): A professional situation benefits from your clear assessment of the circumstances involved. On the personal side, that new relationship looks as if it will continue to grow.



LIBRA (Sept. 23 - October 22): More good news about a loved one helps reassure others who could not share your more-optimistic view before. Continue to help everyone in need of your comforting presence.



SCORPIO (October 23 - November 21): Creating new friendships could turn out to be the unexpected but welcome result of reconnecting with old friends. The weekend is a good time for fun and games. Enjoy!



SAGITTARIUS (Nov. 22 - Dec. 21): The more you learn about what you plan to do, the more likely you are to consider making some changes in your plans. This is good; don’t resist it. Instead, go with it.



CAPRICORN (Dec. 22 - Jan. 19): A career change is still in your aspect, but a potential workplace change could be what you’ve been looking for. See what develops before making any drastic moves.



AQUARIUS (Jan. 20 - Feb. 18): Your energy levels are high this week, which should help you get all your workaday tasks done and still leave you with enough breath to handle some domestic challenges.



PISCES (Feb. 19 - March 20): An unexpected fluke could cause problems with your plans. If so, use the time to troll for other available options, and you might be pleasantly surprised at what turns up.

Obituaries

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

Wear Your Mask!

My mask
protects you
and your mask
protects me!



CROSSWORD PUZZLE ANSWERS

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

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.



Sammy Obeid, headliner at virtual standup comedy night presented by Plethos Productions this Saturday.

All-Star Comedy Line-up Live Online this Saturday

Plethos Productions in Castro Valley will present an all-star lineup of five stand-up comics live and interactive on Zoom this Saturday, July 11, at 7 p.m.

Sammy Obeid will headline the night. Many will recognize him as the host of "100 Humans" on Netflix, on Conan, and in viral comedy videos all over the internet!

You'll also love the hilarious Jackie Kashian who has also performed on Conan and is the host of 2 hit podcasts. Phil Griffiths, who you may have seen as a regular at Cobb's and The SF Punchline will be gracing the digital stage.

A virtual open-mic favorite, Comedian Garu, will be performing all the way from Malaysia, and Priya Guyadeen (as seen in Plethos Productions' "Four Men in Paris" and "Much Ado About Nothing") will be our hilarious host!

The show is recommended for ages 18 and over. Tickets are on sale now at plethos.org. Forum readers can use code CVFORUM for a \$5 discount.

News Briefs

New Hours for COVID-19 Hotline

The COVID-19 Telephone Hotline call center is adjusting operating hours to a 8 a.m. to 5 p.m. Monday through Friday. The call center, which can be reached at 510-583-4949, is staffed by a multi-lingual team of Hayward City employee volunteers and has answered more than 9,500 calls about the coronavirus, testing and community assistance programs. Before calling, residents are encouraged to first go online to the City's COVID-19 Response and Information page on the City of Hayward website.

State Voters to Receive Vote-By-Mail Ballots

A new law signed by Gov. Newsom last month requires election officials to mail ballots to all registered voters across the state. The bill ensures all voters have the option to vote by mail amidst ongoing health concerns related to COVID-19, and allows ballots to be received and counted up to 17 days after Election Day. Most voters in the state had already registered permanent absentee, which means they automatically receive a ballot by mail every primary and general election.

CV Ranked 7th in Diversity

A new study titled "Most Diverse Small Cities in the U.S." by the business insurance company AdvisorSmith, has ranked Castro Valley as the 7th most diverse in the nation. The town's population was listed as 46% white, 33% Asian, 16% Latino, 7% Black, with some percentages listed as "multi-racial." San Leandro was ranked No. 4. Federal Way, Washington topped the list as most diverse among small cities.

Bloomberg Reporter to Address CV Rotary

Joyce Cutler, staff correspondent at Bloomberg Bureau of National Affairs, will talk about her career in reporting at next Tuesday's (July 14) CV Rotary Club meeting. The meeting will take place by Zoom from 12 noon to 1:30 p.m. More information is available at castrovalleyrotary.org.



With the Bay Bridge and the city of San Francisco in the background, 24 new U.S. Citizens took the oath to become part of democracy aboard the flight deck of the historic USS Hornet Aircraft Carrier. last Thursday.

Citizens: Taking the Oath of Allegiance

continued from front page

American history, both in the Second World War and in its role of retrieving the first astronauts to the moon, the Apollo 11 crew, when they landed in the ocean. The ship is steel, but it carries the spirit of the people who built her and who served on board, Epperson said.

"As you know, we're not in a normal time," said Joseph Hamilton, acting field office director of USCIS San Francisco. "Taking the oath of allegiance is an act of patriotism giving you the full rights and responsibilities as citizens of the United States of America."

One of the new citizens who took the oath last Thursday, Kat Clark of Alameda, works in communications on environmental issues. She was born in Canada and grew up in the United Kingdom. Her job brought her to the United States where she met a man from Alabama who became her husband. She says one important part of becoming a citizen is the right to vote.

"To be able to vote in this November's election is important for our future," Clark said. "And for our relations with other countries, and for our relations with the planet."

Another new citizen came from Greece, first arriving in Atlanta in 2001 to attend graduate school at Georgia Tech. Nikolaos Papageorgiou is now married with three daughters, living in Alameda and working in Silicon Valley.

"It's a special day. You feel the history," Papageorgiou said.

He remembers that he first came to American just before the 911 terrorist attack on the World Trade Center in New York City, another momentous time in American history.

He said Georgia Tech isn't just tough to get into, it's tough to get through – but in a good way.

"In 2001, you didn't have wife or Bluetooth," he said. "At that time it was R&D."

And the research and development is one of the things they were working on at Georgia Tech.

Papageorgiou said he had an economics professor who said that there needs to be more demos in democracy – demos, the Greek word for people. The founders of this country borrowed ideas about democracy from Papageorgiou's native country, going back to ancient times – Athens, the Parthenon, the cradle of democracy.

"It's a continuum," Papageorgiou said.

What's Up at Smalltown

● **Sunday, July 12th:** Quarantine Sundays with Safiyah Hernandez. Join Smalltown Society artist Safiyah Hernandez Live and direct from her Instagram and Facebook account. Free. 2 p.m. IG: @safiyahhernandez/ FB: @SafiyahHernandezMusic

Support The Chabot Theater: Online Gift Cards and Merch available at TheChabot.com. Donations to The Chabot can be made via PayPal/Venmo: @thechabot. Donations to Smalltown Society can be made via PayPal/Venmo: @smalltownsociety

SPECTRUM SENIOR LUNCHES

Take-away lunches are available curbside for seniors 60 and over at United Methodist Church, 19806 Wisteria St., Castro Valley on Tuesdays and Fridays from noon to 12:30 p.m. A donation of \$3.75 per meal is suggested. Participants must be registered for the program at www.SpectrumCS.org (or, pickup a registration form on-site). Call 3 days in advance to 510-881-6768 and leave your name, phone number, the day(s) you want to reserve a meal and the location. More info at www.SpectrumCS.org.

MENU

Friday, July 10

Beef Stroganoff, Egg Noodles, Green Peas, Baby Carrots, Season Fresh Fruit

Tuesday, July 14

Baked Fish, Brown Rice, Green Peas, Vegetable Blend, Seasonal Fresh Fruit

FILED
MAY 22, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO: 570551

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Happy Rabbit Homestead located at 1650 152nd Avenue, San Leandro, CA 94578, in Alameda County, is hereby registered by the following owner(s): Amy Coulter, 1650 152nd Avenue, San Leandro, CA 94578. This business is conducted by an individual. This business commenced N/A. /s/ Amy Coulter

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

Expires MAY 22, 2025

JUNE 17, 24, JULY 01, 8, 2020
270-CVF

FILED
JUNE 23, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO: 570907

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Glamour Threading located at 20662 Redwood Road, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Tara Gaga LLC, 20662 Redwood Road, Castro Valley, CA 94546. This business is conducted by a limited liability company. This business commenced N/A. /s/ Tara Gaga LLC

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

Expires JUNE 23, 2025

JULY 08, 15, 22, 29, 2020
272-CVF

Find More Local News in the Forum



To Advertise Please Contact

Mary Florence: 510-861-3270
Linda Nakhai: 510-915-1513

CASTRO VALLEY FORUM
PUBLISHED EVERY WEDNESDAY
DELIVERED TO OVER 20,000 HOMES
WWW.CASTROVALLEYFORUM.COM

ATHLETE OF THE WEEK

Trey Gallarzan

Our Athlete of the week is Trey Gallarzan a Senior at Redwood Christian High School. Trey played Varsity Boys Basketball and Baseball for three years. He earned honorable mention honors in baseball as a utility player in the BCL-EAST as a junior. Trey was a member of the RCS 2018 NCS Championship baseball team collecting the walk-off game-winning hit in the semi-final game that year. Trey has received a full-ride ROTC scholarship to the University of Oregon.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



**Youth Baseball and
Flag Football Programs**
www.CVSPORTSLEAGUE.org



HEALTH & FITNESS

Why You Should Stretch More

By Jim Miller
SPECIAL TO THE FORUM

Of all possible exercises, stretching tends to be the most neglected, yet nothing is more vital to keeping an aging body limber and injury free.

As we get older, our muscles naturally lose their elasticity if you're not active, which can make common day-to-day activities like reaching down to tie your shoes or looking over your shoulder to back your car out of the driveway, difficult.

But the good news is, by incorporating some simple stretching exercises into your routine (at least three times a week) you can greatly improve your flexibility, as well as enhance your balance, posture and circulation, relieve pain and stress, and prevent injuries.

In addition, stretching is also important as a warm-up and cool-

down for more vigorous activities, and leg stretching is an excellent way to prevent nighttime leg cramps too.

Simple Stretches

Stretching exercises should focus on the muscles in your neck, shoulders, arms, chest, back, hips, thighs, hamstrings and calves. If you've had hip or back surgery, you should talk to your doctor before doing lower-back flexibility exercises.

While stretching, it's very important to listen to your body. You want to stretch each muscle group to the point where the muscle feels tight. If it hurts, you've gone too far. Back off to the point where you don't feel any pain, then hold the stretch for 10 to 20 seconds.

Relax, then repeat it three to five times, trying to stretch a little farther, but don't bounce. Bouncing greatly increases your chance of injury.

It's also a good idea to warm up a little before you start stretching by walking in place and pumping your arms. And remember to breathe when you stretch. Also, keep in mind that muscles that have not been stretched in a while take time to regain their flexibility. So be patient and go slow.

If you don't have much experience with stretching, the National Institute on Aging offers a free guide that provides illustrated examples of flexibility exercises to help you get started. Go to order.nia.nih.gov, and type in "Exercise & Physical Activity: Your Everyday Guide from The National Institute on Aging" to view it online.

There are also senior fitness programs, like SilverSneakers (silversneakers.com) and Silver&Fit (silverandfit.com), that are currently offering online flexibility and balance videos that can guide you through a series of stretching exercises you can do at home during the pandemic.

There are also a wide variety of stretching exercise DVDs or videos you could purchase at sites like CollageVideo.com or Amazon.com.

Yoga and Tai Chi

Another great way to improve your flexibility is through gentle yoga or chair yoga.

In chair yoga you replace the yoga mat with a chair where most poses can be duplicated. This is much easier on tight, inflexible muscles. Tai chi and qi gong are also great exercise options for improving balance and flexibility.

To get started, there are many DVDs and videos that offer instructions and routines you can do at home. The YMCA has also launched a new series of free, online health and fitness videos at YMCA360.org that includes gentle yoga, chair yoga and tai chi videos.

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

Gary Howard to Lead CV Rotary

School Board Member Gary C. Howard has taken the reins of the Rotary Club of Castro Valley from 2019-20 President Todd Anglin, presiding over his first meeting on July 7.

Howard, who grew up in the coal-mining region of West Virginia, earned a PhD in biological sciences from Carnegie Mellon University and completed post-doctoral fellowships at Harvard and Johns Hopkins.

After spending 11 years at two Bay Area biotech companies, Howard worked 22 years as a science editor and writer for the Gladstone Institutes in San Francisco. Though semi-retired, he continues to edit and write books.

In 2013, he was appointed to fill a vacancy on the Castro Valley School Board, winning election in 2014 and reelection in 2018.



Gary Howard

He and his wife Shirley have lived in Castro Valley for more than 26 years. Their two daughters attended Proctor Elementary, Creekside Middle School, and Castro Valley High School before going on to college.

Howard says he is excited about the upcoming year.

"The Rotary Club of Castro Valley is an amazing organization with a great tradition of service to the community," he said. "The pandemic has limited our activities for several months, and we hope we can get back to normal at some point. We will continue our traditional work and add some new projects. For example, we are working on ways to help the nursing homes in our area that have borne the brunt of the pandemic. After all, service is in our DNA."

The Rotary Club is currently meeting online at noon on Tuesday. Speakers and links are posted at www.castrovalleyrotary.org under Upcoming Events. The Club welcomes individuals who want to make a positive impact locally, nationally, and internationally.

Reports: Assault with a Deadly Weapon

continued from page 3
Wanted Man Arrested

Thursday, July 2: at 7:16 a.m., a 34-year-old man from Castro Valley was arrested as part of a warrant issued for his capture. Deputies served the warrant at an apartment on Center Street near Grove Way. The man had been previously charged with possession of methamphetamine drugs. Deputies took the man into custody.

Stolen Property

Wednesday, July 1: at 8:46 a.m., deputies arrested a 30-year-old man from Castro Valley on suspicion of possession of stolen property. The man was detained at a drug store on Castro Valley Boulevard near Yeandle Avenue after store managers noticed the

man walk out with unpaid merchandise. Deputies took the man into custody.

Assault with Deadly Weapon

Tuesday, June 30: at 8:39 p.m., a 37-year-old man from Castro Valley was arrested on suspicion of assault with a deadly weapon and making death threats. Deputies were dispatched to a church parking lot on Grove Way near Redwood Road following reports of an altercation. The man was handcuffed and taken into custody. The victim was treated at the scene.

Assault and Blocked From Leaving

Monday, June 29: at 2:32 a.m., Deputies arrested an 18-year-old man from Castro Valley on suspicion of assault on a family mem-

ber and false imprisonment. An anonymous tip about a loud and aggressive-sounding argument sent deputies to a home on James Place near James Avenue. Deputies report the man had locked his family member in the closet trying to prevent them from leaving. The man was handcuffed and taken into custody. The victim was treated at the scene.

Suspected Burglar Caught

Sunday, June 28: at 9:12 p.m., a 27-year-old man with no permanent residence was arrested on suspicion of possession of stolen property and burglar tools. Deputies stopped the man for questioning in a parking lot on the Boulevard near San Miguel Avenue when they discovered his stash. The man was taken into custody.

COVID: Most Visitors Followed Protocols

continued from front page
fires and treat injuries stemming from illegal fireworks. In all, the department said it put out seven buildings set ablaze, extinguished 22 grass fires, and stomped out 14 other fires between dusk on July 4 till 8:00 a.m. on July 5.

For many residents in Castro Valley and surrounding areas, the hours of endless explosions were overwhelming.

"I'm convinced people are massively pent up, exhausted, and basically traumatized by everything that has hit us, and the 4th was an opportunity to blow off steam," says Irene Kovacs.

"Some very professional stuff," says Karen Moschella. "People must have spent thousands on those fireworks. That being said, the bomb-like noise was off the charts and so unnecessary."

"Not only that but it was still going strong at 1:00 a.m. That's just ridiculous. Also, it wasn't just loud on July 4. This has been going on every night for almost a month. I hope they used the last of them and it will be peaceful again."

Plus, they didn't even clean up after themselves. There is fireworks debris all over the streets."

The celebrations were not resigned to just backyard activity. Fewer than normal numbers of people flocked to local parks and lakes in search of an outdoor picnic or BBQ. But heavy visitor traffic

over the holiday weekend forced officials to block off entrances to some East Bay parks after parking areas filled including Lake Chabot and Point Pinole.

Thankfully, more than 80 percent of visitors followed social distance and mask protocols, according to park district officials.

ADOPT-A-PET



Sally is an 8 week old female kitten who is curious and playful. She is littermates with Sully. To adopt Sally, please call the Hayward Animal Shelter: (510) 293 - 7200.



Sully is an 8 week old male kitten who is friendly and sweet. He likes to lean in for pets. He is littermates with Sally. To adopt Sully, please call Hayward Animal Shelter: (510) 293 - 7200.

The Entire line of
**Nordic
Naturals**

25% OFF

On Sale in July



Since
1969

— NATURAL FOODS —

San Leandro
182 Pelton Center
(510) 483-3630

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

**A Woman's Touch
Chiropractic**

Safe • Gentle • Effective

- Back & Neck Pain
- Stiff Joints & Tense Muscles
- Headaches • Massage

Jule Wilferd, D. C.

20634 Patio Dr., Castro Valley **276-CARE**