

## CASTRO VALLEY FORUM

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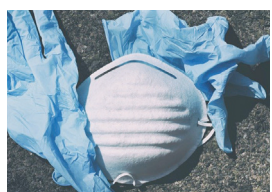
YEAR 32

WEDNESDAY, JULY 15, 2020

NO. 29

INSIDE YOUR  
FORUM

## NEWS



**Doing Their Part**  
Rotary Club members helping nursing homes through the pandemic  
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## LIVING



**Ice Cream**  
I scream, you scream, we all scream for homemade ice cream recipes  
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## SENIORS



**Sign of the Times**  
Key points when signing legal documents in the time of COVID-19  
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PHONE: (510) 614-1560



PHOTOS BY MICHAEL SINGER

**OPENING DAY:** A view of the first floor of the Marketplace on Saturday where shoppers browsed the Castro Valley Natural Grocery, Barons Quality Meats, and Seven Hills Baking Company.

CV MARKETPLACE  
OPENS ITS DOORS

By Michael Singer  
CASTRO VALLEY FORUM

After years of planning and months of anticipation, the Castro Valley Marketplace opened for business this past weekend with a handful of shops and more scheduled to join throughout the year.

More than 200 visitors stopped by this past Saturday and Sunday after word spread on social media.

The former Daughtrey's Department Store on Castro Valley Boulevard has been completely renovated. Added windows let in natural light and new doors open out to the courtyard on the east side of the building. Rita Soyfer's artistic tribute to agriculture is represented in several murals around the outside.

Greeters — their faces covered — welcomed masked guests to browse around and visit the three main businesses on the ground floor: Castro Valley Natural Grocery, Barons Quality Meats, and Seven Hills Baking Company.

"I was at the Marketplace this morning. What a great space and customer service," says Jutta Kaiser. "I had a chocolate croissant from Seven Hills Bakery. It was delicious! Baron's meats is starting

to open. I am so happy to have such a wonderful shopping destination in my neck of the woods."

Main Street Property Services, which is managing the property and the renovation, says the soft-opening is not the official kickoff. COVID-related delays prevented the space from its originally scheduled debut of Spring 2020.

"Though the pandemic has tempered so much about this opening; we won't have a celebration for a while, some stock is still in short supply, we need to limit customer counts, and keep our distance, and more," says Main Street Property Services owner Craig Semmelmeier. "Despite

see **MARKETPLACE** on page 4



**The former Daughtrey's Department store on Castro Valley Blvd. has been completely renovated inside and out.**

## CORONAVIRUS

Surge in Cases Puts  
County on 'Watchlist'

By Michael Singer  
CASTRO VALLEY FORUM

The State of California is putting Alameda County on notice that it needs to take control of the local spread of COVID-19 infections or risk having state-imposed restrictions enforced. And judging by the tone of Governor Gavin Newsom, that's not exactly what local health officials wanted to hear.

The governor on Monday issued a statewide closure of indoor bars, wineries, tasting rooms, movie theaters, family entertainment centers, zoos, and museums. Gyms, hair salons, places of worship, malls, and non-essential offices are also ordered closed until further notice.

"We're seeing an increase in the spread of the virus," Newsom said during his weekly update. "That's why it's incumbent upon all of us to recognize soberly that COVID-19 is not going away any time soon."

While Health officials suggest the County's surge in COVID-related cases correlate to an increase

in the number of people getting tested, they also acknowledge that people are not fully doing their part to stop the spread.

"The data suggests not everyone is acting with common sense," Newsom said.

Among the main culprits: people who don't wear face coverings or get too close when interacting with others in public.

"Although Alameda County reopened more slowly, our epidemic is affected by accelerated reopening across the region and state, as

see **CASES** on page 10

**Castro Valley**  
Confirmed Cases = 188

**Alameda County**  
Confirmed Cases = 5,964  
Deaths = 135

**California**  
Confirmed Cases = 226,850  
Deaths = 6,012

as of June 30, 2020

## CORONAVIRUS

Some County Inmates  
Being Released Early

The California Dept. of Corrections and Rehabilitation is expediting the release of eligible Alameda County inmates with 180 days or less remaining on their sentences, to early parole or probation supervision.

The releases are from facilities where the coronavirus has spread widely and quickly, including several facilities that are reporting significant outbreaks.

When released, each inmate will have increased monitoring by probation or parole officials and will be required to isolate or quarantine for 14 days, whether they test negative or positive.

Those convicted of violent crimes, domestic violence or who are registered sex offenders are not eligible for early-release program. Those who are eligible must have housing plans identified before release.

Multiple county agencies are involved in the program including Health Care Services, Social Services, Probation, and the Office of Emergency Services.

In addition, many community-based organizations are collaborating to provide wrap-around care, education, and communication for the inmates as well as their families, service providers, and the community.

Statewide, as many as 8,000 California prisoners could be released early, more than half of them by the end of this month, in an attempt to slow the spread of coronavirus inside the state's prisons, according to officials. More than 2,300 prisoners have tested positive for COVID-19 and at least 31 have died from the disease.

For more info on the accelerated releases, visit [www.cdcr.ca.gov/covid19/expedited-releases](http://www.cdcr.ca.gov/covid19/expedited-releases).



## Castro Valley Weather July 15-19, 2020



Wednesday  
Mostly Sunny  
High 78° Low 58°



Thursday  
Mostly Sunny  
High 77° Low 58°



Friday  
Mostly Sunny  
High 79° Low 57°



Saturday  
Mostly Sunny  
High 80° Low 55°



Sunday  
Mostly Sunny  
High 79° Low 55°

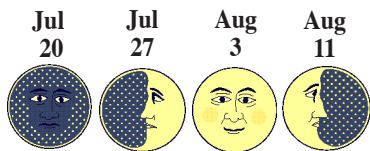
### Almanac



Sun sets at 8:31 p.m. today, rises at 6:00 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



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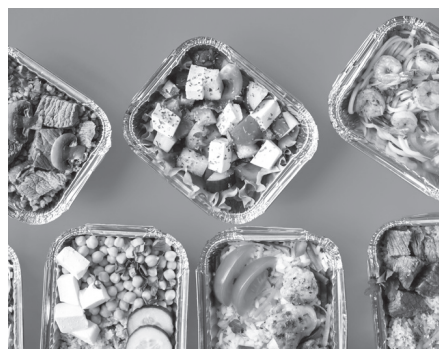
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# MAKE TAKE-OUT LESS WASTEFUL

You may be wondering how you can support local Castro Valley restaurants without creating additional packaging waste from take-out orders. A typical take-out meal is packaged in single-use food containers with utensils, napkins, condiment packets, lids, straws, and a bag.

**Here are some easy ways  
to reduce waste and  
support local Castro Valley  
restaurants:**

- REFUSE plastic utensils and condiment packets.
- REUSE items from the order, such as the bag or sturdy plastic food containers.
- RECYCLE rinsed plastic or aluminum containers.
- COMPOST paper items, such as food containers, napkins, and cups.



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## News Briefs

### Graduations

**Nathan Acebo** of Castro Valley graduated from University of Connecticut in Storrs, Conn. last month with a degree in Anthropology.

**Taylor Wade** of Castro Valley was awarded a BFA degree in Musical Theatre from Emerson College in Boston, opposite the historic Boston Common and in the heart of the city's Theatre District.

**Gier Chen** of Castro Valley graduated with a Bachelor of Science degree in Business Administration in a virtual degree conferral ceremony on Saturday, May 9, at Westminster College in New Wilmington, Pennsylvania.



ROTARY CLUB PHOTO

From left, Castro Valley Rotarians Gary Howard, Mark Poniatowski, and Todd Anglin with Ombudsman Roger Bastien (third from left) at the PPE distribution in Dublin.

### CV School Board Meets Today

The CV School Board will hold an open meeting at 5 p.m. today, July 15. 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/](http://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 #.

### New Tobacco Restrictions in Hayward

The Hayward City Council was expected to approve legislation Tuesday night that would end the sale of menthol cigarettes, other flavored tobacco products, and associated vaping and electronic smoking paraphernalia and devices in the city. If given final approval, the updated ordinance also would ban tobacco sales at pharmacies and any retail store where prescription pharmaceuticals also are sold. Under the new ordinance, tobacco retail establishments would be given a six-month grace period to remove all prohibited products from their inventories.

### State Income Tax Payments Due Today

Today, July 15, is the deadline to pay postponed income taxes owed for 2019, as well as estimated taxes for the first and second quarters of 2020. Taxpayers who need to make a 2019 income tax return payment and also owe estimated taxes for 2020 must make two separate payments: one for their 2019 income tax return payment and one for their 2020 estimated tax payments. The two estimated quarterly tax payments may be combined into a single payment.

## 'Service Above Self'

Members of the Rotary Club of Castro Valley continued their commitment of "Service Above Self" by joining club members from Dublin and Walnut Creek to help distribute personal protective equipment to more than 100 nursing homes. The event, at the Dublin City Hall on June 26, was sponsored by the Ombudsman Services of Contra Costa, Solano, and Alameda counties, who act as

advocates for patients in nursing homes. The California National Guard provided traffic control.

"Nursing homes are an often overlooked component in the fight against COVID-19," said Castro Valley Rotary President Gary Howard. "We are happy to be part of this distribution of supplies, and we are actively looking for other ways to support nursing homes in this difficult time."



## Best of Show

"Stanford," an oil painting by Castro Valley artist Gerald Thompson, won Best of Show at the Alameda County Fair online Fine Art Award exhibit. Thompson is a board member of the Hayward Arts Council and member of A.R.T., Inc. Congratulations Gerald!

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ALAMEDA COUNTY SHERIFF'S OFFICE PHOTO

More than a thousand homes lost power last Wednesday afternoon when the driver of this SUV attempted to avoid a traffic stop and crashed, snapping off two power poles on Foot-hill Blvd. north of Miramar Avenue.

## Crash Causes Power Outage

A wanted felony suspect was spotted driving an SUV on Foot-hill Blvd. at 164th Ave. around 3:45 p.m. last Wednesday.

When Alameda County Sheriff's deputies tried to do a traffic stop, the driver sped away, throwing drugs out of the vehicle's win-

dow. Moments later, he crashed into two power poles and was taken into custody. Luckily, no one was injured.

The crash, just north of Miramar Ave., resulted in a power outage that - at the peak - affected 1,060 customers in the surrounding area,

according to PG&E spokesperson Tamar Sarkissian.

PG&E crews were able to restore affected power to most customers throughout the afternoon and evening. The final two customers were restored early Thursday morning.

## CV Rotary Club Welcomes New Member

Longtime resident Monica Lee, a trustee on the Castro Valley School Board, is the newest member of the Rotary Club of Castro Valley.

An attorney, Lee is well known throughout the community for her active involvement in the education of her children and countless hours volunteering in the classroom.

She serves on the School Site Councils at both Jensen Ranch Elementary and Creekside Middle schools as well as the Superintendent's Committee dealing with classroom overcrowding.

"Monica brings with her a wealth of community service and dedication working on behalf of

the Castro Valley community," said newly-installed Rotary President Gary Howard.

The club currently meets online at noon on Tuesdays. Speakers and links to meetings are posted under Upcoming Events at [www.castro-valleyrotary.org](http://www.castro-valleyrotary.org).

The speaker next Tuesday, July 21, will be Shannon Bennett, PhD, Chief of Science at the California Academy of Sciences, who will explain how coronaviruses and other viruses are transmitted from bats to humans.

Individuals who want to make a positive impact locally, nationally, and internationally are always welcome.



Monica Lee

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Family Fight

Sunday, July 12: at 7:15 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Alma Avenue near Brickell Way. There, they arrested a 34-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.

### Driving Intoxicated

Saturday, July 11: at 6:25 a.m., a 48-year-old man from Castro Valley was arrested as part of a warrant issued for his capture. The man was previously charged with his third DUI in less than three years. Deputies served the warrant at a home on Redwood Road near Knox Street. The man was taken to Santa Rita Jail pending bail.

### Three Arrests in the Park

Friday, July 10 at 6:27 p.m., deputies arrested three men from CV - all 25-years-old - on suspicion of possession of paint thinner that the men were reportedly getting high off the fumes. The men were hanging out in Carlos Bee Park on Grove Way when deputies arrived and discovered their stash. The men were all taken into custody.

### Two Busted for Drugs

Friday, July 10: at 2:35 a.m., a 46-year-old woman and a 29-year-old man - both from CV - were arrested on suspicion of possession of methamphetamine drugs. Deputies stopped the couple at the intersection of Grove Way and the Boulevard. The woman admitted that the drugs were hers. Deputies took the couple into custody.

### Weapons and Drugs

Wednesday, July 8: at 8:37 p.m., deputies arrested a 29-year-old man with no permanent residence on suspicion of possession of nunchakus, illegal narcotics, and relat-

ed drug paraphernalia. The man was loitering in front of a fast food restaurant on Strobbridge Avenue when deputies stopped him and discovered his stash. The man was taken into custody.

### Stolen Property

Tuesday, July 7: at 4:30 p.m., a 33-year-old woman from CV was arrested on suspicion of possession of stolen property. Deputies stopped the woman for questioning outside a business on Chester Street near the Boulevard. The woman was taken into custody.

### Unwelcome Customer

Wednesday, July 8: at 2:35 p.m., deputies arrested a 31-year-old CV woman on suspicion of refusing to leave a business after being asked repeatedly by the manager. The woman was shopping at a

store on the Boulevard near Park Way when a confrontation with the manager occurred. Deputies were called after the manager complained about the woman. The woman was taken into custody.

### 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: [acbhcs.org/](http://acbhcs.org/) or call them at: 800-491-9099.

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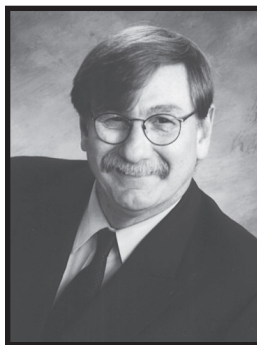
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— Maria Montessori

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# A Look Back: The First Families of Castro Valley

By Rick Kelly  
SPECIAL TO THE FORUM

The first American settlers in Castro Valley were almost all former gold rushers. Forsaking the rugged gold diggings in the foothills, they determined to stay in California, establish farms and raise their children.

In the East Bay, retiring miners found that most of the land was owned by wealthy Mexican ranchers, beneficiaries of a Mexican government policy of doling out land to well-connected men who had served the government as soldiers or politicians.

In 1843, Castro Valley and the land that would become Hayward, Fairview, Ashland and part of San Lorenzo was given to Don Guillermo Castro, a military officer and surveyor.

The names of other nearby Mexican ranchers will ring familiar, too: Vallejo, Estudillo, Peralta, Amador, Livermore.

Some of the first Americans to arrive in the early 1850s purchased large tracts of land from Castro, who had suffered a series of financial reverses starting with large gambling losses in 1852.

"First purchasers" of land from Castro included Father Zachariah Hughes, William Mattox, Serril Corey and William Knox. Together, these farms covered over 1/3 of the valley.

Concurrently, a number of men and some families "squatted" on Castro's land, hoping that the US government would declare Castro's deed invalid and allow them to purchase the land from the government for \$1.25 per acre by "preemption."

"Squatting" is better known around San Lorenzo, where a group of men formed a town they called "Squattersville," but it was widespread on all of the Mexican ranches in the East Bay. One of these squatters was Richard Dowling, Sr., who farmed the land I

live on just north of Seven Hills Road. Another squatter was Josiah Brickell and his wife Bridget, who farmed the land at the very top of the valley east of Redwood Road.

Castro's misfortunes multiplied. Squatters consumed his resources, attorneys charged high fees to defend his property rights in court, the county imposed steep property taxes, and California experienced historically severe floods and droughts.

He took out several mortgages at interest rates of up to 20%. At least two of these mortgages were with a wealthy transplant from Chile, Faxon Dean Atherton.

In 1863, Castro stopped paying his mortgages, transferred ownership in his lands to his eldest son Juan "for \$5 and natural love" and sailed for South America. Five months later, Atherton foreclosed, and purchased Castro's remaining land for \$400,000 in a sheriff's sale on the steps of the County Courthouse in San Leandro.

Castro passed away in Argentina in 1866.

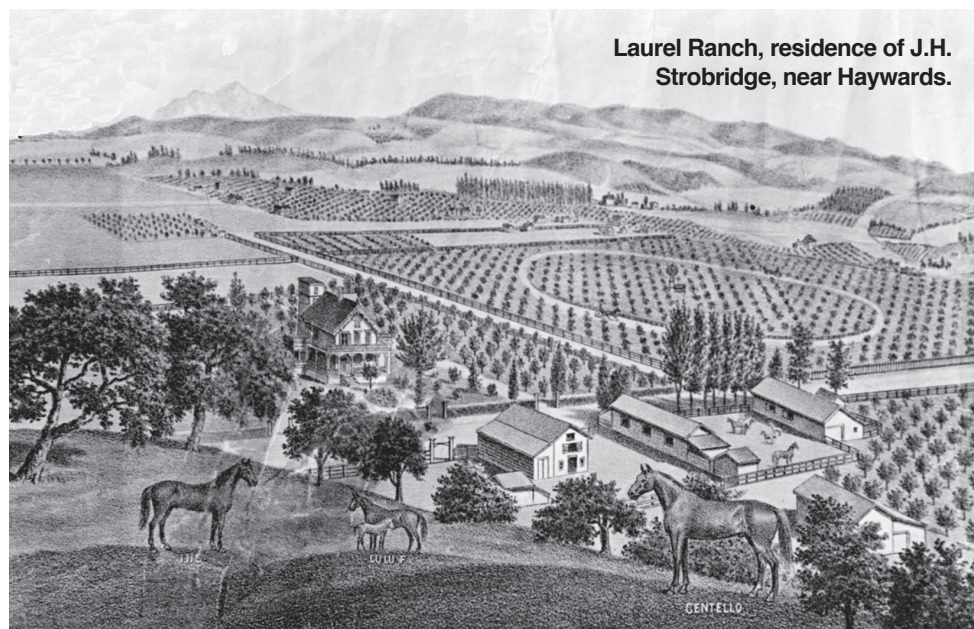
Atherton promptly sold off lots in Castro Valley, in many cases converting people who had been squatting or leasing into purchasers.

Such was the case with Josiah Brickell. But Brickell didn't buy the land he had been farming. He purchased Richard Dowling Sr.'s farm, which became available when Dowling died in 1863 after being kicked in the head by his horse.

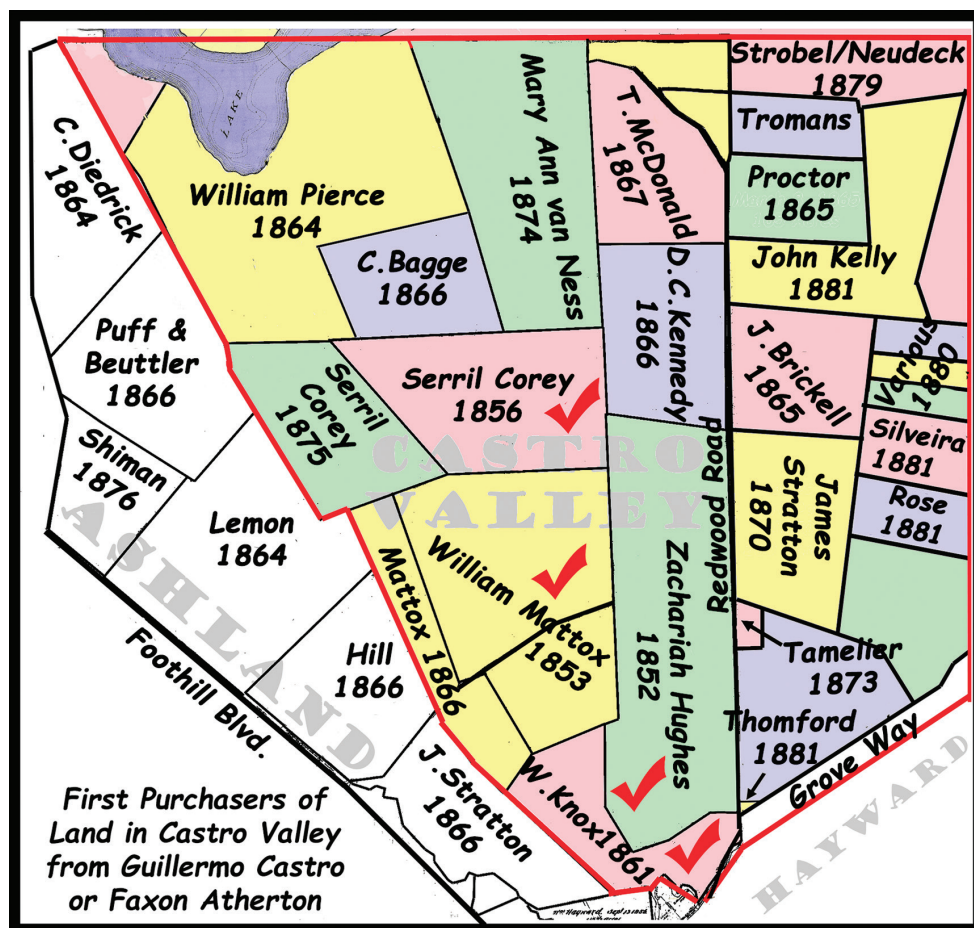
Brickell signed the purchase contract in 1865, paying \$6,077, or \$35 an acre for his 173-acre farm. He received a three-year mortgage at 1% per month but ended up needing 5 years to pay off the note, obtaining the deed on November 25, 1870.

This is the first part of the story that explains why the road I live on is called Brickell Way.

Rick Kelly can be contacted at [cv4wheeler4@gmail.com](mailto:cv4wheeler4@gmail.com).



Laurel Ranch, residence of J.H. Strobridge, near Haywards.



## A New History of CV

*Editor's Note:* The history of Castro Valley has been well documented by several authors, including Lucille Lorge, John Sandoval, John Christian and Doris Marciel.

Castro Valley resident Rick Kelly recently started a new project that examines this history from a different perspective — the 168-year-long evolution of the land from a Mexican ranch into large grain and fruit farms, then small chicken ranches and finally suburban homes.

Kelly was successful in even finding the name of the man who squatted on the property he lives on before the rightful owner of the town — Don Guillermo Castro — had been confirmed by the U.S. government in 1865.

The project soon evolved into a full history told from the perspective of early farmers and their children who frequently made a living by subdividing and selling their inherited lands.

Kelly's book is titled "Mapping the Evolution of Castro Valley: From Rancho to Ranch Homes." The Forum will be publishing excerpts in coming weeks. The author, who is hoping readers who have stories, artifacts or photos will add to the history, has set up a website at: [tinyurl.com/y9uzwtow](http://tinyurl.com/y9uzwtow) that lists people in whom he is particularly interested.

## Virtual Commemoration of WWII Port Chicago Explosion

The National Park Service will hold a virtual commemoration this Friday, July 17, to honor the 320 men who lost their lives in the largest WWII military disaster on the home front.

This year's event is an opportunity for friends, family, and others interested in the Port Chicago disaster and its aftermath to join together in a day of remembrance.

The disaster led to a work stoppage and the largest mutiny trial in history and exposed the shameful injustices of racism and illuminated the issues of segregation and racial inequality in the military.

This virtual commemoration is open to all and will provide an opportunity to hear about the history of Port Chicago and contemplate its influence on civil rights.

The public can participate from their homes beginning at 1 p.m.. For more info, visit: [nps.gov/poch/virtual-commemoration.htm](http://nps.gov/poch/virtual-commemoration.htm).



U.S. NAVY PHOTO

The Port Chicago disaster was a deadly munitions explosion that occurred on July 17, 1944, at the Port Chicago Naval Magazine in Port Chicago. Munitions detonated while being loaded onto a cargo vessel bound for the Pacific war zone, killing 320 sailors and civilians and injuring 390 others. Most of the dead and injured were enlisted Black American sailors.

## Marketplace: Now Open

*continued from front page*

that, it is still a time to welcome and celebrate all the individuals who make up our newest community.

"We want to thank and welcome everyone who has anxiously awaited our arrival, and who will be new to our company. Even if we have yet to meet, we made this thing for you," Semmelmeier continued.

The 44,900-square-foot building will eventually host nine different businesses including Cany Kitchen & Tap cafe, Akemi Japanese cuisine, Amphora Nueva olive oils and bottles of vinegar, and Oaktown Spice Shop on the main floor.

Cordial Cellar + Lounge will be located in the basement. The mezzanine level will include Night Owl craft cocktail lounge, Pop Out Kitchen commercial kitchen and cooking school, and Lab 200, a dedicated co-working space.

"One of the things we're very

proud of with the Castro Valley Marketplace is that most of the businesses are owned by people who either grew up in Castro Valley or who work here now," Semmelmeier says. "It's a real testament to the work the community has done to make this site what you see here today."

The conversion of the Daughtrey's building marks the largest investment project in the Castro Valley Boulevard shopping district since the installation of the Castro Village Shopping Center in 1949, says Castro Valley Municipal Advisory Council chairman, Ken Carbone.

"This project was a long time coming," Carbone told the Castro Valley Forum. "We're very excited to see how the community will come together in this new space."

The building is currently open for business weekly between 8 a.m. and 8 p.m.



## The Scoop on Homemade Ice Cream



### BUTTER-PECAN

- 2 cups light cream
- 1 cup brown sugar
- 2 tablespoons butter
- 2 cups heavy cream
- 1 teaspoon vanilla extract
- 1/2 cup toasted chopped pecans

Combine the light cream, sugar, and butter in a medium saucepan. Cook, stirring constantly over low heat until bubbles form around the edges of the pan. Let the mixture cool and put it in the ice cream machine. Stir in heavy cream and vanilla. Freeze as directed by your machine's manufacturer. Add pecans after ice cream begins to harden.

### FRESH PEACH

- 6 medium peaches (about 2 pounds), peeled and pitted
- 1 cup sugar
- 3 cups heavy cream
- 1 cup milk
- 2 teaspoons vanilla extract

In a large bowl, mash the peaches into a coarse puree. Stir in 1/4 cup of the sugar. Let stand 1 hour.

Add the cream, milk, remaining 3/4 cup sugar, and vanilla to peaches, stirring to blend. Refrigerate, covered, until very cold, at least 3 hours or as long as 3 days.

Stir the mixture to blend and pour in to the canister of an ice cream maker. Freeze according to the manufacturer's directions. Eat at once or transfer to a covered container and freeze up to 8 hours. Makes 1-1/2 quarts.

### SPUMONI

- 6 cups whole milk
- 8 large egg yolks
- 1-1/4 cups sugar
- 1/2 cup cornstarch

### CROSSWORD PUZZLE ANSWERS



Making ice cream at home is almost as much fun as eating it. But it's no way to save on grocery bills; a quart of homemade will cost about the same as the same amount of store-bought premium.

Sugar is the common ingredient to use as a sweetener in all ice cream. It increases the palatability and improves the body and texture.

The best, richest ice creams are made with eggs which are added to make the fat and water more miscible and also to improve the whipping ability.

If your recipe calls for uncooked eggs, consider cooking the eggs and milk (to at least 160°F). Though the risk of salmonella in uncooked eggs is relatively small, the illness can be serious for many people.

Before starting to freeze the ice cream, make sure all parts of the freezer coming in contact with the ice cream are clean and have been scalded. Let the can cool before pouring in the mix and have ingredients as cold as possible before pouring them into the freezer can.

Homemade ice cream should not be stored longer than 2 or 3 days because it develops a heavy, icy consistency. It's better to eat it right away — easy advice to follow.

### BASIC OLD-FASHIONED VANILLA ICE CREAM

- 6 egg yolks
- 1-1/3 cups sugar
- 1/2 teaspoon salt
- 4 cups scalded milk
- 2 cups heavy cream
- 2 tablespoons vanilla extract

Beat egg yolks with sugar and salt in a medium-size saucepan; stir in 2 cups of the milk. Heat slowly, stirring constantly, just until sugar dissolves. Pour into a large bowl; chill until mixture is cooled, at least

30 minutes.

Stir in remaining milk, cream and vanilla. Pour into the 16-cup can of a hand-cranked or electric ice cream freezer. Freeze, following manufacturer's directions. Store in freezer for 2 hours before serving. Makes about 2-1/2 quarts.

If you like, add 2 cups of puréed strawberries to the chilled mixture before pouring into freezer can.

### ROCKY ROAD ICE CREAM

- 1 (14-ounce) can sweetened condensed milk
- 1/2 cup unsweetened cocoa powder
- 2 cups heavy cream
- 1 cup light cream
- 1 tablespoon vanilla extract
- 1/2 cup chopped pecans
- 1 cup miniature marshmallows

In a medium saucepan over low heat, cook and stir condensed milk and cocoa until smooth and slightly thickened, 5 minutes. Remove from heat, and allow to cool slightly. Stir in heavy cream, light cream, and vanilla. Refrigerate until cold.

Pour mixture into the canister of an ice cream maker, and freeze according to manufacturer's directions.

Stir in nuts and marshmallows halfway through the freezing process.

Makes about 12 servings.

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## Tips on Freezing

Ice cream makers vary enormously in price, but if you don't mind doing a little more work, even inexpensive, hand-cranked models turn out excellent products.

The lower-cost units require layering ice and salt around the ice cream can to chill the mixture as it freezes. To achieve a smooth-textured ice cream, it's important to follow the manufacturer's directions for the proportions of ice and salt.

Layers of ice and salt should be added until they reach near the top of the ice cream can. During the 30- to 40-minute freezing process, ice should be added to maintain this level. Check what type of salt is required. Some use rock salt, others table salt.

It takes about 15 pounds of crushed or cracked ice to make a batch of ice cream.

- Use only the best ingredients — fresh cream and milk, real vanilla and fresh fruit.
- Have ingredients as cold as possible before pouring into freezer can.
- When using liqueur, add only enough to flavor the mixture. Using too much alcohol will prevent ice cream from freezing.

cocoa and remaining 1/2 teaspoon vanilla into third bowl.

Cool to room temperature, stirring occasionally. Chill custards, surfaces covered with plastic film (to prevent a skin from forming), until cold, at least 6 hours.

Freeze each custard in ice cream

maker, 1 batch at a time (white, then green, then brown). Fold almonds into vanilla custard, then fold pistachios into green custard.

Transfer to a shallow 2-quart container or 3 smaller containers and put in freezer to firm up, about 4 hours.

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# REAL ESTATE GALLERY

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## Homeward Migrating Adults Causing a Rental Crisis

As every bachelor knows, it is cheaper for two to live together than one. Evidently, that reality has hit a wider audience: with the advent of COVID-19. The number of adults who are currently living with parents or grandparents has skyrocketed to an all new high. According to data released by Zillow, over 2.7 million adults moved "home" in the months of March and April, 2020, bringing the number nationwide to 32 million – a staggering increase of 9.7% from the same period last year.

This number represents the largest number of adults living with parents in recorded history.

There are many reasons, including: Some lost jobs and can no longer afford to live on their own. Moving home is a way to slash expenses, wait out the current situation and feel safe and secure.

Fear of infection has driven some to bail out of areas where the virus has higher-than-normal infection rates.

College and university closings have forced students to head home until the institutes reopen.

Many planning on moving abroad for jobs or education have been forced to stay locally until other countries open again.

Others, able to work from home, have taken this as an opportunity to move home simply to be with family during the crisis.

Whatever the reason, the migration is having a devastating effect on a rental housing market. Lillian Dickerson, staff writer for Inman News, states, "Among 18 to 25-year-olds, a 12% decline in individuals living on their own translates into a \$726M slash in rent revenue, according to Zillow. That's 1.4% of the US rental market."

This paints a grim forecast for residential rentals, already taking it in the chops due to the coronavirus pandemic. Landlords have seen a dramatic increase in late or postponed rent payments and, with current bans on evictions in many regions across the country, are feeling significant pain.

While it might be easy to think

that rental properties are owned by large corporations who can afford to take a loss, the truth is that a very large percentage of homes for rent in the US belong to mom-and-pop landlords who only own one or two rental properties. For these individuals, the loss of a single month's rent cuts deep.

With no immediate answers, landlords are hunkering down and looking for ways to weather the crisis. It is a severe storm for sure.

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.

By Buzz Bertolero  
Special to the Forum

I have several beautiful rose bushes, but they are developing small red flowers on some aggressive growth. Some of these shoots are over



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## Rogue Growth on Rose Bushes

eight feet long. What can I do to prevent this from happening?

This type of rogue growth is common on Hybrid Teas, Grandiflora, and Floribunda type roses. It's merely sucker growth.

Today's rose types are not growing on their own roots. Instead, they're budded on to a second rose species known as the rootstock. The aggressive long shoots and cherry-red flowers are the primary methods of identifying this growth.

You'll also notice space between thorns is much further apart than the desired variety. The rootstock and the desired variety are joined together at the bud union. The bud union is the large knot near the ground.

Any growth that originates below the bud union or off the roots is sucker growth. We also find this on climbing and tree roses besides bush varieties.

Unfortunately, roses sucker naturally, so it's impossible to prevent it from reoccurring. It's necessary to recognize them before pruning, otherwise you'll trim it back, and eventually, it will dominate and take over the bush.

Your best option is to remove the shoots as they develop, but it can be done at any time of the year. The key is recognizing the rogue growth and then removing it. It's a task that you do a couple of times per year.

When is the best time to use a pre-emergent weed control?



Pre-emergent herbicides are those chemical weed killers that control unwanted vegetation from seed. They can be applied year-round and are ineffective once the seeds germinate and develop roots.

They're best used right after planting rooted trees, shrubs, ground covers, annuals, perennials, bulbs, and edibles.

With new plantings, it's applied just before watering the plants. Moisture is critical in activating the chemical barrier that kills the seeds. As long as you don't break this barrier by cultivating, the pre-emergent herbicide should last the season and double-check it for a specific time period.

With an established landscape, you should re-apply pre-emergent herbicides annually before the rainy season starts if the area is under irrigation or just before the first significant rain of the season.

It's applied right over the top of existing plants without

harming them. There are many brands available, so check with the nursery profession for his or her recommendation.

With lawns, there are specific turf products for controlling both grassy and broadleaf weeds. Also, there are no products available as a pre-plant before laying sod or sowing grass seed, and they're only applied to an established lawn.

Pulling a few weeds is not a big deal, but manually weeding a yard is, so I view pre-emergent's herbicides as a time saver.

Your best organic method is to manually remove the unwanted growth, otherwise a pre-emergent herbicide could be considered.

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

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# Expert Tips to Maximize a Victory Garden

Quarantine and social distancing have inspired renewed interest in gardening and home cooking. These two activities go hand-in-hand as people grow their own produce and herbs that can be plucked just steps from the kitchen where they can whip up tasty creations. In fact, this movement revived the concept of victory gardens, which help people become more self-reliant during challenging times.

What is a victory garden?

Victory gardens were common during World War I and II when people were encouraged

to grow their own foods to supplement their household needs and open the food supply for the troops. People would grow fast-yield crops in virtually any open soil, whether that be on their properties or in community gardens.

Victory gardens are trending in summer 2020 because people want to positively utilize their space while spending time at home. In fact, more than half (55%) of American adults are gardening or caring for their lawn during the COVID-19 outbreak, according to a survey of 1,000 nationally

representative U.S. adults by Wakefield Research for Miracle-Gro.

Growing a victory garden with your family is a wonderful way to bond, enjoy fresh air and lower your grocery bill. With the surge in cooking at home, many Americans are discovering the joy of using fresh items from their gardens. Two-thirds (67%) of adults are growing or plan to grow edible plants, including vegetables (52%), herbs (33%) and fruits (31%), according to the survey.

How to get the most out of your victory garden

Proper care will help ensure a bountiful harvest from your victory garden. Miracle-Gro's Sara Eff, scientist in gardens at R&D, offers these helpful tips for getting the most out of some of the most popular garden plants:

**Add supports:** As garden plants grow, many need a little support. This helps keep leaves out of the dirt, prevents many diseases and strengthens against the elements. For example, pepper plants should be staked to help support the main stem. Tomatoes benefit from a cage to protect the fruit-bearing

branches. Plants like peas, beans and cucumbers love to climb a trellis, plus it makes it easier to pick them.

**Nourish well:** Like a multivitamin for your garden, you may consider supercharging your plants with Miracle-Gro Performance Organics Edibles Plant Nutrition Granules made from a mix of natural and organic ingredients. Specially formulated for growing tomatoes, vegetables, herbs and fruits, you simply apply dry and water in to start feeding. This can help plants grow faster, stronger and promotes higher yields than unfed plants.

**Water wisely:** Be aware of precipitation and how much Mother Nature is providing. Use a water gauge to help if needed. Gardens need about 1 inch of water per week, but you may need to supply more depending on heat and drought conditions. Keep in mind, deeper watering every few days is ideal rather than quick sprinkles, with the early morning hours best to avoid evaporation.

**To pinch or not to pinch:** Small unnecessary stems and leaves can be pruned or hand pinched to stimulate growth

upward. For example, tomato suckers are small leaves off the main stem. Any below the lowest set of flowers can be removed or pinched off. Be sure to research proper trimming per plant variety as each one is unique. For example, when a basil plant blooms at the top, you pinch it off so that the leaves stay intact. However, you would never pinch tomato flowers because that's what turns into fruit.

**Second harvests:** With a bit of smart planning, you can enjoy multiple harvests that provide fresh foods into fall. Early maturing crops like lettuce, radishes and beets can be replanted mid to late summer and provide another round of produce. For second plantings, choose fast-maturing, disease-resistant varieties of plants. For example, some leafy greens, such as kale, prefer cooler weather and can even survive frosts.

Follow these simple steps and you'll be well on your way to growing your own victory garden. For additional gardening tips and planting advice, visit [www.miraclegro.com](http://www.miraclegro.com).

-Brandpoint

## Simple Solutions to Create a Modern Home Oasis

When people think of modern homes, many picture classic floor-to-ceiling glass windows, white rooms and contemporary furniture. The reality is, adding modern touches to your home does not require a rebuild, a huge investment or a blank space. A few design tips and simple swaps can transform your existing space into an updated, modern oasis.

**Embrace clutter-free living areas**

According to the minimalist mantra, less is truly more. Bring this mantra to life by decluttering countertops, mantels, walls and other visible areas in the home. Renowned designer and Delta Design Trust Member Justina Blakeney advises, "Have a designated spot where items go. If you are a collector like I am, it's important to have a flow of 'stuff' so as you invite more objects into your home, make sure you usher other pieces out."

One way to achieve minimalism is to opt for space-saving furniture. Add nesting tables or benches that double as stylish seating and storage. Use baskets and bins to hide inevitable items

like shoes, blankets and board games when not in use. Implement hidden filing systems and pledge to digitize documents moving forward, freeing up the office while practicing sustainability.

**Swap old fixtures and statement pieces**

Substituting fixtures and statement pieces can bring dramatic change to your home. To create clean, intentional design, incorporate objects with sleek bold lines. In the bathroom, opt for the Delta Trillian Bath Collection, which commands attention and provides a striking prismatic design fit for the modern bathroom. This fixture choice represents a bold evolution of modern style, making a substantial impact while not requiring a full-fledged remodel. In the bath space or elsewhere, the addition of a head-turning mirror will emphasize focal points of a space and open up the room to create the illusion of larger floor plans. For a larger investment, consider a floor upgrade. The addition of a large, geometric rug, fresh tile or restored hardwood floors can make a space feel entirely new.

**Embrace greenery and natural light**

Invite the outside in by embracing foliage and natural sunlight, no matter the season. Consciously incorporate florals to add depth and life to your living space. Consider an oversized planter to serve as a main feature of the room, hanging florals as artwork or succulents as tabletop decor. Do you lack a green thumb? Not to worry; textured faux plants can do the trick, with

little maintenance beyond a light dusting. When it comes to natural light, play up your windows with simple drapes that emphasize the outdoors. When additional light is needed, exposed bulbs and bold pendants are easy, modern swaps to illuminate the home and its decor without feeling jarring.

With these simple design tricks, your current space will be transformed into a modern haven in no time.

-Brandpoint



## Long-Term Mortgage Rates Drop to New Record Low

The average 30-year fixed-rate mortgage interest rate fell from 3.07 percent to 3.03 percent, the lowest rate in Freddie Mac's survey history dating back to 1971.

A year ago at this time, the 30-year rate averaged 3.75 percent.

Fifteen-year fixed-rate averaged 2.51 percent, down from 2.56 percent.

"The summer is heating up as record low mortgage rates continue to spur homebuyer demand," said Sam Khater, Freddie Mac's Chief Economist. "However, it remains to be seen whether the demand will continue if COVID cases rise to the point that it hinders economic growth."

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18719 Lamson Road	94546: \$1,074,500 3 BD - 1,523 SF - 1940
16590 Columbia Drive	94552: \$1,150,000 4 BD - 2,262 SF - 1988
4186 Krolop Road	94546: \$1,180,000 5 BD - 2,057 SF - 1959
17059 Columbia Drive	94552: \$1,200,000 4 BD - 2,310 SF - 1987
18747 Mt Lassen Dr	94552: \$1,212,500 4 BD - 2,104 SF - 1990
25279 Gold Hills Dr	94552: \$1,275,000 4 BD - 2,357 SF - 1996
5941 Charter Oaks Dr	94552: \$1,300,000 4 BD - 2,360 SF - 1988
TOTAL SALES:	7

LOWEST AMOUNT:	\$770,000	MEDIAN AMOUNT:	\$1,180,000
HIGHEST AMOUNT:	\$1,275,000	AVERAGE AMOUNT:	\$1,123,142

#### San Leandro

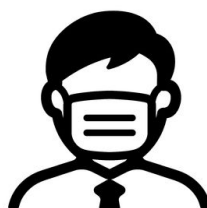
1481 155th Avenue	94578: \$550,000 3 BD - 1,264 SF - 1953
733 Donovan Drive	94577: \$600,000 2 BD - 903 SF - 1942
946 Fulton Avenue	94577: \$700,000 3 BD - 2,127 SF - 1955
2227 Shoveler Court	94579: \$700,000 3 BD - 1,321 SF - 1999
1243 Devonshire Ave	94579: \$720,000 3 BD - 1,717 SF - 1952
16286 Lyle Street	94578: \$733,000 3 BD - 1,184 SF - 1953
1376 Purdue Street	94579: \$743,000 3 BD - 1,315 SF - 1951
211 Sunnyside Drive	94577: \$750,000 2 BD - 1,122 SF - 1923
1208 Georgetown Ave	94579: \$800,000 3 BD - 1,604 SF - 1951
2123 Hillside Drive	94577: \$870,000 3 BD - 1,827 SF - 1974
1359 Dutton Avenue	94577: \$880,000 3 BD - 1,828 SF - 1972
832 Begier Avenue	94577: \$915,000 3 BD - 1,523 SF - 1940
TOTAL SALES:	12

LOWEST AMOUNT:	\$550,000	MEDIAN AMOUNT:	\$738,000
HIGHEST AMOUNT:	\$915,000	AVERAGE AMOUNT:	\$746,750

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## Wear Your Mask!

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# LETTERS TO THE EDITOR

## Concerned Over In-Classroom Teaching

Editor:

I want to express my concern for sending our students and staff back to in-classroom instruction while our country is facing a health pandemic.

I have been a dedicated substitute teacher for Castro Valley School District for the past four years. I have filled in however I am needed, including taking difficult classes, being in long term positions, and being in the classroom of Lana when her teacher had to tell her classmates she died.

That heartbreaking day will never be forgotten, and the thought of having to share the news that a student or staff member died from Covid horrifies me.

While I cannot wait to be back at school with the students and my coworkers, I cannot see myself returning to a position that could compromise my health and the health of my family.

What happens if we do not have enough teachers willing to come back to in-person teaching? What happens if our teachers get sick and cannot be in class? Who will step in?

There has always been a shortage of substitutes – and this pandemic will increase that shortage even more. Will the classrooms set up to accommodate half the students start filling up with kids who need a teacher?

Would kids be sent home due to teacher shortages?

For the substitutes that do return, what type of training will they be given?

This type of situation requires a new level of skill sets. I was disappointed in the past that it was not financially feasible for the district to train substitutes for active shooter situations. Because I felt the likeliness of an active shooter on campus was small, I accepted this lack of training.

However, the likeliness of Covid coming to campus is high, and safety training of all personnel needs to be given.

I want to see 100% distance learning implemented in Castro Valley until this pandemic is under control.

As a parent of two students, I do not feel safe sending them into the classroom. At the same time, I

want my children to be taught by their Castro Valley teachers. They need to interact with their teachers and peers daily, which can be accomplished via distance learning.

The option of Castro Valley Virtual Academy is not an adequate solution. My college-bound kids would be unable to take half of the courses they have scheduled for this school year.

I do not want them being taught with prerecorded lessons. Especially if our highly trained district teachers are willing to teach via distant learning.

Not only do I want to protect the health of my children and their classmates, I do not want any adults being exposed – teachers, instructional assistants, custodians, office personnel, the cafeteria workers, librarians....

So many people are involved in what makes our school community thrive and putting any of them at risk is not acceptable.

Our School District should use this time to focus on a distance learning model that will educate our students in a safe way. Our resources need to be used to train our teachers on best practices as we navigate through this new way of teaching.

—Jill Baldwin, Castro Valley

## Open Letter to Superintendent Ahmadi

Editor:

I am a mother of two Castro Valley School District students. I watched the most recent School Board meeting and found the lack of details surrounding actual safety measures quite unsettling.

You are making many arguments that put politics and funding above the health and safety of the students and staff, with an overall lack of real “plans” moving forward.

There is a statewide mandate in place to wear masks in public places including public buildings. Your office is, in fact, considered a public building. Yet I, with over 800 other observers, watched you sit on a four-hour Zoom call in a public building without a mask. And Ms. Sherri Beetz was in that same building with you also without a mask.

So, my question: How am I supposed to trust the health and safety of my child, in the hands of someone who doesn’t even follow the law and doesn’t follow safety regulations themselves, and clearly does not take this deadly virus as seriously as it should be?

Masks are not a suggestion by the Governor. They are the law. So why should I trust my child’s life in your hands?

—Erin Miller, San Lorenzo

## ATHLETE OF THE WEEK



## Kyra Matangelo

Kyra Matangelo is our Athlete of the Week. Over the last two years, Kyra led the Redwood Christian High School swim team in individual points earned. She has served as team captain and been a tremendous help to the younger swimmers according to her Coach. Her strongest events are the breaststroke and freestyle sprints. Kyra plans to swim at Chabot College next school year.

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## Cases: Surged July 4 Holiday Weekend

*continued from front page*

Our residents often live, work and recreate across county boundaries,” Neetu Balram, County Health Care Services Agency spokesperson said in a statement. “While Alameda County has the highest number of cases among Bay Area counties, the County’s case rate is third highest in the Bay Area and less than half of California’s overall case rate.”

Despite the possibility of state restrictions, County Supervisors are drafting a letter to Sacramento asking the State for exceptions in cases like outdoor dining and outdoor zoo operations.

While Health officials eased up on outdoor dining restrictions in June, the State’s latest guidance only allows for restaurants to provide takeout, drive-through, and delivery.

Alameda County has seen a continued increase in reported COVID-19 cases in recent weeks, indicating elevated disease transmission of the novel coronavirus.

As of Tuesday, there were more than 8,000 reported cases in Alameda County and 150 related deaths.

The highest surge came during the July 4 holiday weekend with three straight days of more than 200 new cases recorded each day.

Transmission among health care workers, within households, in frontline workplace settings, and in skilled nursing and other senior living facilities were also identified as factors. Alameda County saw 448 cases recorded in skilled nursing facilities with 78 COVID-related deaths.

Because of these factors, Alameda County is now on California’s County Monitoring List. Counties placed on the list receive State support. But if the County lingers too long on the list, we’ll be subject to State-imposed restrictions and enforcement.

The Department of Alcoholic Beverage Control (ABC), the Department of Public Health (CDPH), and the Division of Occupational Safety and Health (CalOSHA) are among the agencies potentially helping enforce compliance with COVID-19 restrictions.

## HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** Starting something new is always exciting for the adventurous Aries. And here’s the good news: This time you might be able to get some assistance in helping you finish what you’ve started.

**TAURUS (April 20 - May 20):** Put your daydreaming penchant on hold for now, and face the facts as they are, not as you’d like them to be. Your customary hardheaded approach to “deals,” etc., is called for.

**GEMINI (May 21 - June 20):** Problems beyond your control might delay some of your plans. But things should start to get back to normal by midweek. The weekend could bring an unexpected (but welcome) visitor.

**CANCER (June 21 - July 22):** It’s a good time to buckle down and tackle those unfinished tasks so you’ll be ready to take on other projects. The week’s end could bring an invitation from a most surprising source.

**LEO (July 23 - August 22):** Mixed signals could create a few stressful moments for the Lion. But by midweek, explanations should help ease the tension. The weekend is party time! Share it with someone special.

**VIRGO (August 23 - Sept. 22):** This is a good “catching up” week for finishing tasks, calling old friends and maybe reading that book you haven’t opened yet or renting that movie you wanted to see again.

**LIBRA (Sept. 23 - October 22):** Money matters should be worked out, even if it takes time away from a more romantic situation. Better to settle things before feelings turn hard and angry on all sides.

**SCORPIO (October 23 - November 21):** A job-related problem could turn out to be less troublesome than it seemed at first. Just a few moments of talk ‘twixt the parties resolves everything to everyone’s satisfaction.

**SAGITTARIUS (Nov. 22 - Dec. 21):** The Sagittarian Archer takes aim at health and fitness issues this week. Watch your diet, and try to put more exercise time into your typically busy schedule.

**CAPRICORN (Dec. 22 - Jan. 19):** As you continue to focus on a career or job change, it’s a good time to look over some of your rarely used skills and see where they can fit into your future workplace plans..

**AQUARIUS (Jan. 20 - Feb. 18):** A loved one’s health might be worrisome, but there’s good news by midweek. Expect people who share your ideas and your goals to try to contact you by the week’s end.

**PISCES (Feb. 19 - March 20):** A colleague’s request that makes the typically perceptive Pisces feel uncomfortable is a request you probably will want to turn down. The weekend favors family get-togethers.

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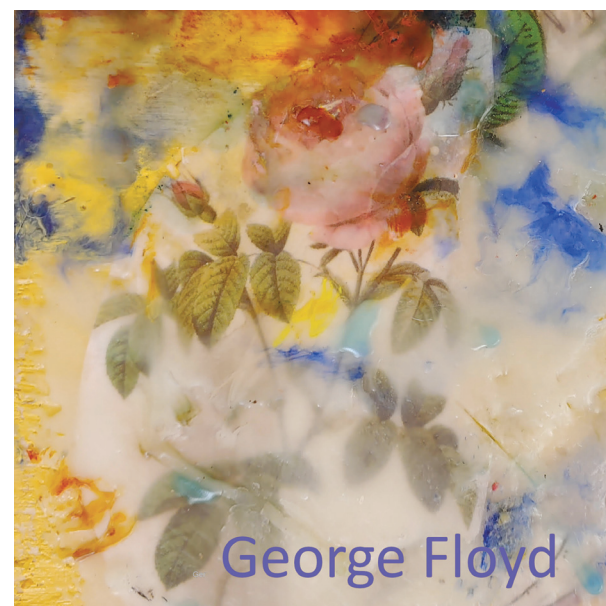
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## LETTERS TO THE EDITOR

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## HAYWARD ARTS COUNCIL



## ‘Arts & Letters’ Online Exhibit

“George Floyd,” encaustic by CV artist Winifred Thompson is featured in the “Arts & Letters” online exhibit by members of the Hayward Arts Council. “Arts & Letters,” exhibition features art with at least one word or words of text in any language. A variety of media including acrylic, encaustic, spray paint, pastel, oil, photography, mixed media, textiles, watercolor, and poetry will be on view at [www.haywardartscouncil.org](http://www.haywardartscouncil.org) Don’t miss it!



## Signing Documents In Times of COVID

*Q: We recently engaged you to assist my elderly mother to update and revise her estate planning documents, all while she was a patient in a skilled nursing facility under "lockdown" due to the COVID Pandemic. I appreciate that you were successful, but wonder how you were able to deal with the COVID issues that presented. As you know, I reside in another state and was unable to be present.*

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

A: Yes, indeed, we were successful, but it took a lot of time to arrange and cooperation from a number of people, including the facility in which your mother resides.

Here are some of the key points:

• **Initial Client Assessment:** In our field, known as Elder Law, we always try to assess the capacity of our client to understand and sign legal documents.

As we could not enter the facility, we used technology to conduct real-time interviews with your mother using Face Time and ZOOM.

In all sessions, I was able to see and interact with your mother in real time and thereby assess her mental capacity, which was excellent.

• **The Need for the Ombudsman:** Another issue was the need to involve the County Ombudsman. California law requires that the Ombudsman (i.e., "Patient Advocate") to sign off anytime a person in a skilled nursing facility, or hospital, is asked to sign an Advance Health Care Directive.

Initially, there was concern that the Ombudsman's office was itself concerned about entering the facility in order to perform its duty. Ultimately, it secured clearance to conduct a real-time interview with your mother using ZOOM, during which the Ombudsman was able to confirm that your mother was making the Directive "of her own free will."

The Ombudsman then "signed off" and transmitted her signature to us via email for inclusion in the final document.

Without the Ombudsman's willingness to participate remotely via

ZOOM, we would not have been unable to complete the Directive in compliance with California Law.

• **The Signing Table:** The next challenge was to figure out a way that your mother could sign legal documents in the presence of the notary and witnesses, as appropriate, while still observing safety protocols, i.e. masking, social distancing, and the like.

Initially we considered having the notary and witnesses stand outside her window, but then discovered that her window had a permanent screen, which would prevent the passing of documents back and forth.

The solution was for mother, the notary and witnesses to meet just outside her room on the patio, where there would be no obstruction by the window screen.

The facility provided a large folding table, which permitted your mother to sit at the table, and for the notary and witnesses to move toward the table just to sign and to then move immediately back, a safe distance again, when their signing job was complete.

• **On Site Supervision and Remote Supervision:** To make this work, my legal secretary was present during the entire session with her iPhone running Face Time and connected to my own I-Phone, allowing me to supervise the signing remotely from my home office.

Both my secretary and I examined each signing page before moving on to the next document.

• **The Facility's Cooperation:** We were fortunate in having the cooperation of your mother's facility, Baywood Court in Castro Valley. For the approximate two and half hours that the signing process took, it designated a staff social worker to be right there with us, and another tech with IT skills to facilitate the Zoom session with the Ombudsman. Kudo's to Baywood Court!

So, it was a joint effort and everything fell into place. Your mother was very pleased, and actually so were we.

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

## Video Calling for the Tech-Challenged

*Q: Can you recommend some simple devices that can help tech-challenged seniors with video calls? My 80-year-old mother has been isolating herself for months now in fear of the coronavirus and I haven't been able to see her face-to-face in quite a while.*

**By Jim Miller**  
SPECIAL TO THE FORUM

A: Video chatting is a great way to stay connected and keep tabs on an elder parent when you can't be there, but it's even more important now during this pandemic as many isolated seniors are also suffering from chronic loneliness.

To help connect you and your mom virtually, there are various products on the market that offer simple video calling for seniors who have limited ability or experience with technology. Here are four devices to consider.

**GrandPad:** This is a top option for simple video calling, and much more. The GrandPad is an 8-inch tablet specifically designed for seniors, ages 75 and older.



**There are various products that offer simple video calling for seniors who have limited experience with technology.**

It comes with a stylus, a charging cradle and 4G LTE built-in so it works anywhere within the Consumer Cellular network – home Wi-Fi is not required.

Ready to go right out of the box, GrandPad provides a simplified menu of big icons and large text

for only essential features, providing clutter-free, one-touch access to make and receive video calls, send voice emails, view photos and videos, listen to personalized music, check the weather, play games, browse the Internet and more.

A GrandPad tablet costs \$250 plus \$40 monthly service fee and is sold through Consumer Cellular at [GrandPad.net](http://GrandPad.net) or call 888-545-1425.

**Amazon's Echo Show:** With its built-in camera and screen, the voice-command Echo Show also provides a simple way to have face-to-face chats with your mom, but she'll need home Wi-Fi installed.

Echo Show comes in three screen sizes – 5-inch (\$90), 8-inch (\$130) and 10-inch (\$230). It will let your mom make and receive video calls to those who have their own device, or who have the Alexa app installed on their smartphone or tablet.

Once you set up her contacts, to make a call your mom could simply say, "Alexa, call my daughter" And when you call her, she would ask Alexa to answer the call (or ignore it).

There's also a feature called "drop-in" that would let you video call your mom's device anytime without her having to answer it.

*see VIDEO on back page*

### 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](http://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](http://www.SpectrumCS.org).

#### MENU

**Friday, July 17**

*Herbed Chicken, Veggie Blend, Wheat Rotini with Vegetables, Seasonal Fruit*

**Tuesday, July 21**

*Brown Rice, Black Beans and Chicken Burrito Bowl, Corn with Red Peppers, Broccoli, Seasonal Fresh Fruit*

### It's Time to Take Advantage of the Lowest Mortgage Rates in Years EVER!

**If you are 62 or older, and qualify, a reverse mortgage may be able to provide greater financial flexibility, for things like:**

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### FIVE WISHES

*A unique approach to end-of-life planning*



**P**reparing 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](http://HopeHospice.com/townhall).**

**This is a free webinar.**

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## ADOPT-A-PET



**RUMPEL** is a 15-week-old black and white male kitten who is a little shy but will soft meow and sit quietly for pets. He is slowly learning to trust people and is starting to become affectionate. To adopt Rumpel call Hayward Animal Shelter (510) 293-7200.

Hayward Animal Shelter regularly has many kittens up for adoption. To find your purr-fect new feline companion, visit our website: [www.Haywardanimals.org](http://www.Haywardanimals.org) to browse available kittens!

## Video: Chats Made Simple With Devices

*continued from page 11*

Available at Amazon.com, the Echo Show also offers thousands of other features your mom would enjoy like voice-activated access to news, weather, her favorite music and much more.

If you decide to order an Echo Show device for mom, be sure your ask Amazon to mark it as a gift so it doesn't get tied to your Amazon account.

For instructions to help your mom set it up, or if she doesn't have a smartphone, go to Amazon.com/gp/help/customer/display.html, and type in "Help Loved Ones Set Up Their Echo Show Remotely" in the "find more solutions" bar.

**ViewClix:** This is a smart picture frame specifically designed for elderly seniors that lets family members make video calls, send photos and post virtual sticky notes with messages to their loved ones' ViewClix from their smartphone, tablet or computer.

Seniors, however, cannot initiate video calls from their ViewClix. Home Wi-Fi is also required.

Available in two sizes – 10-inch for \$199, and 15-inch for \$299 – you can learn more about this product at ViewClix.com.

**Facebook Portal:** If your mom is a Facebook user, a voice-command Facebook portal (see portal.facebook.com) is another simple way to stay connected – home Wi-Fi is needed. Portals, which come in three sizes – the original 10-inch Portal (\$179), the 8-inch Mini (\$129) and the massive 15-and-a-half-inch Portal Plus (\$279) – are like Echo Shows, except they connect through Facebook.

With a Portal, your mom can video call your smartphone or tablet (and vice versa) using Facebook Messenger or WhatsApp.

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



Jon Lewis in 'John Lewis: Good Trouble' now showing at thechabot.com

## What's Up This Week at Smalltown Society

● **Now Showing at The Chabot's Virtual Theater:** Several new films available online from thechabot.com! "John Lewis: Good Trouble," a documentary about the politician and civil rights leader John Lewis. After the film, there's a conversation between Lewis and Oprah that is incredibly relevant to today. There's also a film from Japan called 'We Are Little Zombies', a film about four kids who are orphaned at the same time and decide to move forward by starting a band.

● **Saturday, July 18th:** The Chabot is hosting its weekly Live Riff-along where you get the opportunity to watch a free movie, and also make fun of it in the comments! This week's film is the 1966 Italian Sci-Fi flick: 'War of the Planets'! Head to thechabot.com this Saturday at 8P p.m. to join in on the fun!

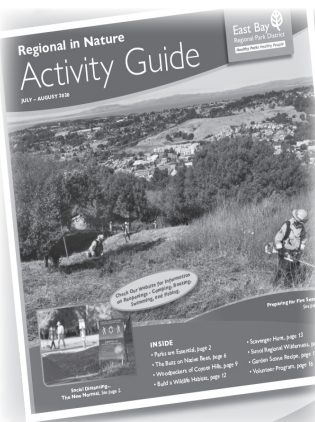
● **Sunday, July 19th:** Quarantine Sundays with Safiyah Hernandez: Join Smalltown Society artist Safiyah Hernandez for her

newest installment of Quarantine Sundays Live and direct from her Instagram and Facebook account. Free, 2 p.m. Instagram: @safiyahhernandez/ Facebook: @Safiyah-HernandezMusic

*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*

**This issue of the Castro Valley Forum contains the East Bay Regional Park District July-August 2020 Activity Guide.**

If your copy of the Forum does not include the EBRP Activity Guide, call 510-614-1555 or stop by the Forum office (2060 Washington Avenue, San Leandro, CA 94577) between 9:00 a.m. and 5:00 p.m. Monday through Friday to obtain one.



# Find More Local News in the Forum



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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**

## BUCK MOON RISING



PHOTO BY DEBBIE TEE

Castro Valley photographer Debbie Tee filmed this sequence beginning at 8:30 p.m. on July 4 from Fairmont Ridge as the full moon was rising above the rolling hills of Castro Valley. July's full moon is known as the "Buck Moon" because it occurs around the time when young male deer grow their antlers. But it's also graced with many other nicknames by different cultures, including "Thunder Moon," "Hay Moon," "Mead Moon," "Rose Moon," "Elk Moon" and "Summer Moon."