

CASTRO VALLEY FORUM

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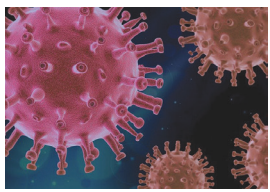
YEAR 33

WEDNESDAY, FEBRUARY 24, 2021

NO. 8

INSIDE YOUR FORUM

NEWS



Drop-In Testing

Drop-in Covid testing is now being provided at Hayward Testing Center
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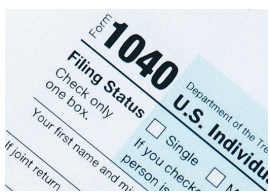
NEWS



A-door-able

Have you seen the little "fairy doors" that have popped up all over town?
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NEWS



Tax Help

Free tax preparation for low to moderate-income Bay Area residents
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PHONE: (510) 614-1560



After 47 years in business, Merle's Hallmark will be closing its doors forever around the middle of April. A final liquidation sale will begin on Feb. 25.

Merle's Hallmark Closing Its Doors After 47 Years

The first small sign in the glass window says, "So long, farewell, auf wiedersehen, goodbye." Then you see the second sign, "Thanks for the memories." A third sign reads, "I'm so glad we had this time together." Finally, the fourth completes the thought "Happy Trails to you, until we meet again."

And with that, after 47 years in business, Merle's Hallmark will be closing its doors forever around the middle of April. A final liquidation sale will begin tomorrow, Feb. 25.

Owner Bill Saltzman, who founded his company in April of 1974 in San Leandro, is sorry to see it all come to an end. "It really has been a wonderful life," Saltzman said.

"When we look back and consider that we have seen people at their very best over the years, it becomes really easy to see the joy in it all. Our business has always been about helping people express their love and appreciation of others, whether through a gift or a card that helps them convey their thoughts, prayers and feelings."



BILL SALTZMAN: "It really has been a wonderful life"

"It is just natural that when people are shopping for those special loved ones, shopping is not a chore but a pleasure," Saltzman continued.

The first Merle's Hallmark store opened in Bayfair Mall in San Leandro. A second store sprang up in 1982 in downtown San Leandro
see CLOSING on page 10

COVID-19

CV Schools Are Ready to Reopen The Classrooms

By Michael Singer
CASTRO VALLEY FORUM

Castro Valley schools are ready to reopen, according to Superintendent Parvin Ahmadi — that is as soon as Alameda County remains in the Red Tier for two weeks.

"Elementary schools will reopen first with TK [Transitional Kindergarten] and Kindergarten first and then First Grade and Second Grade and Third Grade through Fifth grade before the secondary schools," Ahmadi told the Castro Valley Forum.

"Elementary principals have been sending information and providing training to staff, families, and students for reopening."

In preparation, Ahmadi says all campuses have been adjusting their air filtration systems, stocking up on personal protective equipment (PPE) for students, staff, and teachers, and they have been using money set aside from the 2008 voter-approved Measure G funding to repair and improve classrooms and facilities.

"All of the pieces are in place," Ahmadi said. "I feel we are prepared to have our students back in a hybrid model with testing in place. We've learned a lot from the last year and we're so looking forward to seeing everyone again."

Castro Valley School District's Reopening and Safety Plan has been in the works since the pandemic hit last March. The Public Health Department-approved reopening plan has been posted on the district website since last December. Site-specific plans are also posted on each school's website, Ahmadi said.

Alameda County is in the Purple Tier per the State's Blueprint for a Safer Economy, which indicates widespread COVID-19 in our area. To qualify for Red Tier status, the county must see fewer than 7 new cases reported per day per 100,000 residents, averaged over seven days. Current data shows an average of 12.6 new cases.

Over the past seven days, the county has reported an average of 169 new cases per day, half the number reported two weeks ago.

Some in-person instruction has returned at private schools such as Redwood Christian Elementary and Our Lady of Grace. Since last year, Castro Valley schools have also been offering some in-person learning at all of its campuses on a case-by-case basis, Ahmadi said. These are rooms of as many as 14 students with different educational, financial, or personal situations. Teachers are virtual, but the classrooms are staffed with adult supervisors.

The School District is also using the experience of distance learning to review and reimagine education, Ahmadi said, including integrating more technology into instruction and the potential expansion of the district's virtual academy for secondary students.

"We are looking at how to incorporate new instructional practices," Ahmadi said. "Not just as a hybrid or an in-person class, but as a combination."

"Imagine as a senior, you have some in-person classes and some virtual classes, so you can manage your personal schedule and have a job. Offering this choice to students and families makes our district unique."

see SCHOOLS on page 5

Castro Valley
Confirmed Cases = 2,286

Alameda County
Vaccinations = 325,632
Confirmed Cases = 79,539
Deaths = 1,200

California
Vaccinations = 7,581,560
Confirmed Cases = 3,509,603
Deaths = 49,338

as of February 22, 2021

Castro Valley Weather Feb 24-28, 2021



Wednesday
Sunny
High 71° Low 44°



Thursday
Mostly Sunny
High 68° Low 40°



Friday
Sunny
High 65° Low 41°



Saturday
Mostly Sunny
High 63° Low 42°



Sunday
Sunny
High 64° Low 42°

Almanac



Past Week's Rain: 00.35
Season To Date: 08.43
Normal To Date: 12.96
Season Average: 21.22

Moon Phases



Sun sets at 5:58 p.m. today, rises at 6:48 a.m. Thursday.

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*Coupon is for a limited time only and expires on March 27, 2021. Full details on the coupon. CVSan reserves the right to alter or cancel the program at any time for any reason.

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Drop-In Covid Testing Now At Hayward Testing Center

The City of Hayward Covid Testing Center is now providing coronavirus testing on a drop-in basis rather than by appointment as part of a switch to a new diagnostic laboratory for analyzing test samples.

The Center's drive-up Testing Site will continue to operate from 9 a.m. to 4 p.m. Monday through Friday at the former Skywest Golf Course, 1401 Golf Course Road, adjacent to Hayward Executive Airport.

Under a funding agreement with Alameda County Department of Public Health, test samples taken at the Site will be analyzed by PerkinElmer diagnostics, with test registration and results information managed by Color, a popula-

tion health technology company based in Burlingame.

Testing through the Center is available to anyone age 12 and older, regardless of place of residence or immigration status. No fee will be charged and no physician referral is required. Test results are to be available within 48 hours or earlier, depending on test volume. For additional support obtaining test results, Color can be reached at 844-352-6567 and my-covidtest@color.com.

Pre-registration for COVID-19 testing through the Center is encouraged and can be completed online at home.color.com. During registration, people will be asked to provide a phone number and email address for receiving test results.

Additionally, though no fee will be charged to users of the Testing Center, insurance information will be collected to allow for cost reimbursement from private and public health insurance systems and to help sustain Center operations.

The Hayward CovidTesting Center has played a vital role in taking pressure off area emergency rooms, giving quicker answers to health care workers and first responders with coronavirus exposures and helping slow community spread through isolation after detection of infections.

Since it opened, the Center has processed more than 62,000 for the viral pathogen that causes the coronavirus and remains a mainstay of testing in Alameda County.

Public Notice

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Student on Dean's List

Kajal Sahara Sethi of Castro Valley was named on the Dean's Honor Roll at the University of San Francisco for the Fall of 2020. Dean's Honor Roll is awarded to students that achieved at least a 3.5 GPA or higher on the 4.0 scale. The University of San Francisco, the city's first university, was established by Jesuits in 1855 and is located between the Golden Gate Bridge and Golden Gate Park and is nicknamed "The Hilltop"

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Caught with Drugs

Friday, February 19: at 6:31 p.m., Sheriff's deputies arrested a 66-year-old man with no permanent residence on suspicion of possession of illegal narcotics and related drug paraphernalia. The man was hanging outside a church parking lot on Grove Way near Redwood Road when deputies stopped the man for questioning and discovered his stash. The man was taken into custody.

Street Fighting Man

Friday, February 19: at 1:16 a.m., deputies arrested a 24-year-old man from Castro Valley on suspicion of fighting in public. An anonymous tip about an altercation sent deputies to a home on Castro Valley Boulevard near Bonnie Lane. The man was handcuffed and taken into custody. The victim was treated at the scene.

Erratic Driver was Under the Influence

Thursday, February 18: at 3:00 p.m., a 35-year-old man from Castro Valley was arrested on suspicion of driving under the influence of alcohol. Deputies pulled the man over in the parking lot of a motel on East Castro Valley Boulevard near Justo Lane after observing the man driving erratically in the neighborhood. The man was taken into custody.

Illegal Narcotics

Friday, February 19: at 12:42 p.m., a 30-year-old man from Castro Valley was arrested on suspicion of possession of illegal narcotics. Deputies stopped the man for questioning outside a convenience store on Redwood Road near Grove Way. The man revealed the drugs in his pockets and was taken into custody.

Busted Using Controlled Substance by Gas Station

Thursday, February 18: at 9:36 a.m., deputies arrested a 21-year-old woman from Castro Valley on suspicion of using a controlled substance. The woman was hanging outside a gas station on Lake Chabot Road near Castro Valley Boulevard when deputies approached her and discovered her stash. Deputies took the woman into custody.

Wanted Man

Thursday, February 18: at 5:29 p.m., a 34-year-old man was arrested as part of a warrant issued for his capture. Deputies served the warrant in a parking lot of a church on Grove Way near Redwood Road. The man had been previously charged with assault with a deadly weapon. Deputies took the man to Santa Rita Jail.

Busted for Vandalism of Private Property

Wednesday, February 17: at 10:23 a.m., deputies arrested a 22-year-old man from Castro Valley on suspicion of vandalism of private property. The man was spotted destroying surrounding plants at a business on Redwood Road near Norbridge Avenue. Deputies handcuffed the man and took him into custody.

Violated Court-Issued Restraining Order

Tuesday, February 16: at 10:56 p.m., a 38-year-old man from Castro Valley was arrested on suspicion of violating the terms of a court-issued restraining order. Deputies were called to a home on Lake Chabot Road near Strobbridge Avenue to investigate a suspicious person. The man, who fit the description, was found within 100-feet of the home he was asked to stay away from. Deputies took the man into custody.



Mark Poniatowski



Roland Williams



PHOTOS BY JIM NEGRI
Bernie Kempen

THREE MEMBERS HONORED

Castro Valley Rotary Initiates Racial Discrimination Forum

The Rotary Club of Castro Valley is honoring Mark Poniatowski, Bernie Kempen, and Roland Williams as Rotarians of the Month for February for establishing the Club's Racial Discrimination Forum and initiating a serious discussion of race in the community.

For the past nine months through online meetings, the three clubmembers have facilitated honest, frank, and personal conversations in a safe environment regarding the pervasive and corrosive nature of racism in so many aspects of our lives.

The meetings have used videos, articles, and personal experiences to spark a serious discussion of the critical issues and has focused on Rotarians making a difference, rather than standing by doing nothing.

The work of this group has inspired other Rotary Clubs in the area to consider starting similar conversations within their own organizations.

"Racism continues to be a cancer in our society," said club president Gary Howard. "Mark, Bernie, and Roland are helping us

to face up to it, and that's a great service to us all."

For more information regarding the work of the committee, please contact Mark Poniatowski at mponiatowski@ponlaw.com.

The Rotary Club of Castro Valley is currently meeting online at noon on Tuesdays. Speakers and links to the meetings are posted at www.castrovalleyrotary.org under Upcoming Events.

The Club welcomes individuals who want to make a positive impact locally, nationally, and internationally.

ADOPT-A-PET



DELLA is a pretty 8-month-old black and white tuxedo. She's active and playful, although still a bit shy. She needs a patient family to give TLC. Available for adoption after spay on March 5th. Email Loveallpawzrescue@gmail.com.



QUINTON is a 7-month-old gray tabby. He enjoys snuggling with his friend Della, but is still a bit shy. He also needs a patient family. Neutered, vaccinated, chipped, FIV/FELV negative. For more info, email: Loveallpawzrescue@gmail.com.



LILY PUFF is an adorable puff ball of a bunny who is sweet and allows handling. She is on medication for a head tilt for the next 28 days and is foster-to-adopt. Interested in Lily Puff? Call Hayward Animal Shelter (510) 293 - 7200.



TIGER is a male bunny who is friendly and curious. He does well with handling (but hates being medicated). He is neutered, microchipped, vaccinated and ready to go home! To adopt call Hayward Animal Shelter (510) 293 - 7200.

Pilot Program to Offer Some Suspects Mental Health Services Instead of Jail

Alameda County District Attorney Nancy O'Malley announced a partnership last week that will redirect some individuals involved in criminal conduct from the criminal justice system into behavioral or mental health support systems.

Known as the "3-D Program" it will be a pilot project that is expected to expand to all police agencies in Alameda County.

Under the program, when police contact a person displaying mental health or substance abuse struggles who is suspected of committing a low level offense, that suspect can choose between going to jail or being taken to a Navigation Center operated by CARES (Community Assessment, Referral and Engagement Services).

At the CARES center, the individual will be assessed by a Peer Support Specialist who has gone through an intensive training program covering support, mental health and substance abuse interventions and skill building.

The 3-D program will work with city police departments in Hayward, San Leandro, Fremont and Oakland.

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When it Hasta be Pasta

Versatile pasta is one of the best bets for a quick, informal supper. Pasta-centered meals are not only easy to prepare, they also help tip the nutritional balance in a healthful direction.

Pasta contains almost no fat and a plain cup of cooked pasta has about 5 grams of protein, but only 160 calories.

Cook pasta according to package directions in a large quantity of boiling water, leaving plenty of room for it to move around as it boils. To help prevent sticking, add a splash of olive oil to the boiling water, then drop the pasta in slowly. Do not cover or it will boil over.

ITALIAN SPAGHETTI WITH MARINARA

- 1/4 cup olive oil
- 1 clove garlic, minced
- 2 tablespoons minced parsley
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3-1/2 cups cooked tomatoes
- 1 green pepper, minced

- Dash of red pepper
- 8 ounces spaghetti, cooked according to directions
- Freshly grated Parmesan or Romano cheese

Simmer all ingredients about 1 hour in a heavy skillet. Pour sauce over hot, drained spaghetti on a hot platter. Sprinkle with grated cheese. Serves 6 to 8.

PASTA WITH KALE, BACON & SUN DRIED TOMATOES

- 8 ounces small-shaped pasta
- 5 cups bagged prewashed kale
- 2 slices bacon
- 1/4 cup oil-packed sun-dried tomatoes, drained and roughly chopped
- 1/2 teaspoon crushed red pepper flakes
- 3 large garlic cloves, chopped
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 1 ounce Parmigiano-Reggiano cheese, shaved
- 2 tablespoons lemon juice

Cook pasta in boiling water 8 minutes or until almost tender. Add kale, and cook 2 minutes. Drain in a colander over a bowl, reserving 1/2 cup cooking liquid.

While pasta cooks, fry bacon in a large skillet over medium-high heat 4 minutes or until crisp. Remove bacon from pan with a slotted spoon; crumble and set aside.

Reduce skillet heat to medium-low. Add sun-dried tomatoes, crushed red pepper, and garlic to bacon drippings and cook 1 minute, stirring frequently. Add pasta mixture, reserved 1/2 cup cooking liquid, black pepper, and salt to pan; toss to combine.

Top pasta mixture evenly with bacon and cheese; drizzle evenly with lemon juice. Serves 4.

BAKED RAVIOLI

- 2 (25-ounce) packages frozen cheese ravioli
- 4 (14.5-ounce) cans diced tomatoes with juice
- 4 (8-ounce) cans tomato



- sauce
- 1 onion, chopped
- 2 tablespoons Italian seasoning
- 1 teaspoon salt
- 1 cup water
- 16 ounces shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 2 cloves garlic, minced

In a medium stock pot combine the diced tomatoes, tomato sauce, chopped onion, Italian seasoning, salt and water. Stir in the minced garlic in quantity desired. Allow mixture to simmer for 2 hours. If sauce seems dry add additional water.

In large pot of boiling salted water cook the ravioli until done. Drain. In a 9x13-inch pan layer sauce and cooked ravioli. Top with grated Parmesan cheese and grated mozzarella cheese.

Bake in a preheated 400°F oven for 30 minutes, or until light golden brown. Let cool for about 15 minutes before serving. Yields 6 to 8 servings.

PASTA WITH OLIVES & SAUSAGE

- 1 cup chopped yellow onion
- 1 tablespoon olive oil
- 3/4 pound low-fat Italian turkey or chicken sausage
- 2 teaspoons chopped garlic
- 1 teaspoon crushed red pepper, optional
- 1 (28-ounce) can diced tomatoes in juice
- 1/4 cup tomato paste
- 1 cup drained large black ripe pitted olives
- 1 dried bay leaf
- 1 teaspoon dried basil
- 1/2 teaspoon each dried rosemary and oregano

- 1 pound farfalle (butterflies), penne or other pasta
- Finely shredded Parmesan

In large saucepan, cook onion in olive oil over medium-low heat until soft, stirring occasionally. Remove sausage from casings and crumble into pan. Add garlic and crushed red pepper.

Increase heat to medium-high; stir and cook until sausage is brown. Stir in tomatoes with liquid, olives, tomato paste and herbs. Bring to boil, cover, reduce heat and simmer gently 15 to 20 minutes.

Cook pasta in 6 quarts boiling, salted water just until tender. Drain well. Turn pasta into serving bowl and toss with sauce.

Top with cheese. Makes 4 to 6 servings

Red Wine Sauce: If desired, add 1/2 cup red wine after browning sausage. Simmer 5 minutes, then proceed with recipe as directed.

Note: If using regular sausage, drain off excess fat after browning. Two teaspoons Italian herb seasoning can be used instead of basil, rosemary and oregano

CHICKEN CORDON BLEU PASTA

- 8 ounces uncooked medium egg noodles
- 1/4 cup all-purpose flour
- 2 cups low-fat milk, divided
- 1 tablespoon Dijon mustard
- 1-1/2 cups shredded Jarlsberg cheese
- 2 cups chopped cooked boneless chicken breasts
- 1 cup frozen peas, thawed
- 1 cup diced deli ham
- 1/4 teaspoon black pepper

Cook noodles according to package directions.

While noodles cook, lightly

spoon flour into a dry measuring cup, and level with a knife. Combine flour and 1/4 cup milk in a heavy saucepan, stirring with a whisk until smooth.

Place the pan over medium heat; whisk in 1-3/4 cups milk and mustard. Cook 6 minutes or until mixture begins to thicken, stirring frequently.

Reduce heat to low. Add the cheese, stirring until melted. Stir in the chicken, peas, ham, and black pepper.

When hot, serve over noodles. Serves 4.

PESTO SAUCE

- 1 to 1-1/2 cups basil
- 1/2 cup Italian parsley (optional)
- 1/4 cup nuts (pine, walnuts, pecans or pistachios)
- 2 to 6 garlic cloves
- 1/2 cup extra-virgin olive oil
- 1/2 cup grated Parmesan cheese

Purée basil, parsley, nuts, garlic and oil in a blender or food processor. Add cheese and stir to blend. Serve over hot pasta.

QUICK-TO-FIX SPAGHETTI SAUCE

- 3/4 pound extra-lean ground beef
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1 (6-ounce) can tomato paste
- 1 (8-ounce) can tomato sauce
- 1/2 cup dehydrate onion
- 1 tablespoon dried basil, crushed
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 teaspoons cornstarch
- 1 teaspoon sugar
- 4 ounces fresh mushroom, sliced

- 1-1/2 cups water
- Cooked pasta
- Grated Parmesan, optional

Brown ground beef in large skillet with lid. Drain well. Add garlic, tomato paste, tomato sauce, onion, basil, onion powder, salt, pepper, cornstarch, sugar, mushrooms and water. Stir to mix.

Simmer sauce for 30 minutes, covered, stirring frequently. Served over cooked pasta. Top with Parmesan. Serves 4.

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A-door-able: Little 'Fairy Doors' Pop Up All Over Castro Valley

By Linda Sandsmark
CASTRO VALLEY FORUM

Have you noticed the little "Fairy Doors" in Castro Valley? They're everywhere, just waiting for visitors.

Finding the 96 carved wooden doors in town can be a delightful socially-distanced activity for the whole family.

Actually, these little doors have popped up through an almost-magical group effort. It all started with wood carvings by Dave Coleman, who has lived in Castro Valley for over 40 years.

Always into technology, Coleman retired a few years ago and began automating wood carving. Using a Computer Numeric Control (CNC) machine, he programmed carving 3-dimensional faces and animal heads out of wood.

"I made a bunch of those, but then wasn't sure what to do with them," he says. "My wife Martha suggested the fairy doors. She had heard about gnomes in the Oakland hills and fairy doors in other cities."



PHOTO BY LINDA SANDSMARK

One of 96 carved wooden doors sprinkled around town.

Coleman used his carving machine to create a variety of fairy door shapes out of wood. His step-daughter Vanessa helped share them with children who wanted to paint them — Girl

Scouts, Brownies, Castro Valley Parent Nursery School, and neighbors.

"They came out wonderfully," says Coleman.

see DOORS on page 10

Science Fair 'Space' Contest Now Open

The San Lorenzo Village Homeowners Association is sponsoring an online contest for school-aged participants up to 12th grade in high schools located in the Eden unincorporated area and the cities of San Leandro and Hayward.

Here's how to participate:

- Make up a presentation using either photos or video and submit your science fair entry to info@slvha.com or on a flash drive to

SLVHA - Science Fair Entry, 377 Paseo Grande, San Lorenzo 94580.

- On your entry, indicate name, age, school level and contact info. Entries should teach others one aspect of space. Entries must be received by 4 p.m. on Friday, April 2.

Students may make or purchase items for their entry and may obtain assistance from others.

All entries submitted must include consent to publish names and photos. Entries may be posted on the SLVHA website and newsletter and other social media and print locations. Prizes will be awarded.

Winners will be announced at the Earth Day activity on April 17.

For more information, please call 510-276-4554 or email info@SLVHA.com.

Schools: CV

continued from front page

While the schools wait for two weeks for fewer cases of coronavirus, teachers and staff are also preparing. Earlier this month, Alameda County began administering the first dose of the Covid vaccine to educators.

"I'm excited about reopening our schools," said CVHS English teacher, Tina Johansson. "With the CDC guidelines put in place and with teachers vaccinated I believe we can do this safely. It won't be 'normal' school, but at least students will be able to get out of their houses and see their teachers."

Johansson is also a mother of a CVHS student who says she is not too concerned about how the pandemic disrupted student learning over the last year.

"Our kids are resilient," Johansson said. "As an English teacher, I tell my students if they use their extra time to read more for fun, they could return to school better readers than before the pandemic. But it is probably inevitable there will be some catching up to do in math and the world languages, for example."

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Tips for Controlling High Blood Pressure

High blood pressure (hypertension) is a major risk factor for heart disease and stroke. According to the CDC, nearly half of U.S. adults have high blood pressure, yet only 1 in 4 has their hypertension under control.

High blood pressure is called a silent killer, as it frequently shows no signs or symptoms. Uncontrolled high blood pressure puts people at higher risk for heart disease and stroke, which are leading causes of death in the U.S.

Who is at risk? The likelihood of suffering from high blood pressure increases with age, but all adults are at risk. African Americans are more likely to have high blood pressure, develop it when younger, and have worse outcomes.

The good news? It is possible to control high blood pressure and reduce your risk of heart attack, stroke and other conditions.

"High blood pressure is dangerous, and unfortunately all too common," said Dr. Janet Wright, acting director of the Division for Heart Disease and Stroke Prevention at CDC. "Regularly checking your blood pressure and working



High blood pressure is a major risk factor for heart disease and stroke

with your healthcare team are vital first steps to help keep your high blood pressure under control."

Here are tips for achieving lower blood pressure and supporting your heart health.

1. Get your checkups

If you've put off regular wellness exams, take time to catch up. Talk to your healthcare provider about hypertension, especially if you've had high blood pressure readings, high blood pressure associated with a pregnancy or family history of hypertension.

For checkups, use telemedicine if available, or communicate with your provider by phone or email.

If you must visit in-person, protect yourself and others. Before making an appointment, call your healthcare provider or check their website to see what measures they are taking to keep people safe during the COVID-19 pandemic.

2. Know your numbers

At your next checkup, ask your healthcare provider what your blood pressure numbers are, what they mean, and if you are at risk. If your blood pressure is high or borderline high, ask what actions can help lower your blood pressure.

You can also ask about using a home monitor. Learn how to obtain and use it. Ask about electronic health record portals or other ways to track your numbers and how you can receive clinical advice to manage your hypertension.

3. Take medications as prescribed

Medications are often an important part of blood pressure control plans. Follow your provider's instructions carefully. If you experience problems getting or taking your medicines, talk with your healthcare team.

see TIPS on back page

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RVSP: Jewishcastrovalley.org

REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Loan Forbearance and Foreclosure Relief Programs Extended

While at first glance it may appear that the end of the long COVID-19 tunnel could be in sight, the economic damage done to many homeowners may take a lot longer to resolve.

With this in mind, and acknowledging that the crisis has lasted far longer than anyone initially anticipated, the White House released the following statement on Feb. 16, 2021:

"As millions of Americans face continued hardship from the COVID-19 pandemic, President Biden is continuing to take action to help keep individuals and families in their homes. The COVID-19 pandemic has triggered a housing affordability crisis. Today, 1 in 5 renters is behind on rent and just over 10 million homeowners are behind on mortgage payments. People of color face even greater hardship and are more likely to have deferred or missed payments, putting them at greater risk of eviction and foreclosure."

Today, as part of the President's commitment to deliver immediate relief for American families bearing the brunt of this crisis, the Department of Housing and Urban Development, Department of Veterans Affairs, and Department of Agriculture announced a coordinated extension and expansion

of forbearance and foreclosure relief programs. These critical protections were due to expire in March, leaving many at risk of falling further into debt and losing their homes. Now, homeowners will receive urgently needed relief as we face this unprecedented national emergency. Today's action builds on steps the President took on Day One to extend foreclosure moratoriums for federally guaranteed mortgages."

The program changes are as follows:

The foreclosure moratorium for homeowners has been extended through June 30, 2021.

The mortgage payment forbearance enrollment window has been extended until June 30, 2021 for borrowers who wish to request forbearance.

Borrowers who entered forbearance on or before June 30, 2020 can received up to six months of additional mortgage payment forbearance, in three-month increments.

According to the White House release, the new Biden-Harris administration has three major priorities:

- Provide immediate relief to homeowners across America, including not only those currently in the programs but anyone else who needs assistance now.
- Support hard-hit communi-

ties of color.

- Provide a centralized resource for housing assistance to make the process easier for those in need.

For those suffering from the current pandemic-related economic crisis, this will be welcome news. If you are seeking assistance or looking for answers to questions, a website has been set up at <https://www.consumerfinance.gov/coronavirus/mortgage-and-housing-assistance/>.

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.

19614 Vaughn Ave., Castro Valley • \$998,000

NEW - Coming Soon

Ideally located within walking distance of 12 years of CV schools, this charming home is instantly appealing. Located on a quiet street with beautifully manicured, mature landscaping - nice backyard with fruit trees, trex-type decking and room for gardening.

A long list of upgrades to

this home including paver driveway/walkway/porch, newer roofing, dual-paned windows... and much more. The eat-in kitchen opens to the spacious family room with raised-hearth fireplace, lots of windows, & a gracious staircase. Two bedrooms & one bath on the main floor with oversized master suite on the second floor create a very livable floorplan. Formal dining room & living room featuring a 2nd fireplace including heat-producing custom insert, & crown moulding.

3 bedrooms, 2 baths, 2 car garage, approx. 2032 square feet.

Contact Brian for more information & showings. Going on market 3/7



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Olive Tree Making Big Mess

By Buzz Bertolero
Special to the Forum

I've just finished raking up the last of the mess from my olive tree. I love the tree, but the olives and other debris are an annual pain. What can I do this year to stop it?

The leaf drop is a natural occurrence, so there isn't much you can do to prevent this, but you can stop the olive from forming.

Florel Fruit Eliminator from Monterey Lawn and Garden

aborts the blossom, so the fruit cannot set. The key to its success is in the timing of the spray.

Olives do not bloom all at once. So you have to make repeat applications every five days as the flowers open until the entire tree is in full bloom. The blooming period for Olives is between the last week in April and Mother's Day.

Florel also works on other plants, so check the label for the complete list. For many gardeners, this is a problem. The tree's size, the proper equipment, and the cost to hire an

applicator are issues for many gardeners.

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

er's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com.



Plant a Tree

Arbor Day is celebrated in California in March, so make a plan—and pick a spot—to plant a tree.

Before it Rains Again

If the weather is nice this weekend, get out and do some serious work. Finish pruning roses, grapes and deciduous fruit and nut trees. (If you want more grape vines, stick a few of the pruned cuttings into the ground—they root easily.) Put any bulbs that haven't been planted into the ground right away. Pull weeds while the ground is still very moist and before they take over everything.

Repot Cymbidiums

If your cymbidium orchids are bulging out of their containers, repot them from now until the end of June. Remove the old bark, discard dead roots and rotted bulbs, and transfer the entire plant into a larger container filled with cymbidium mix or bark. You can also split up the plant into groups of three to five bulbs with leaves and repot each division individually.

Awesome New Listing!

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With Pruning, Everything's Rosy

By Buzz Bertolero
Special to the Forum

Q I have several roses that are six to seven feet tall which haven't been pruned in several years. Is it too late to prune them as the new growth is already appearing? If it's okay, then how far back do I go? I've heard that

roses will go into shock if you remove more than half of their growth.

A It's never too late to prune roses. Actually, all types of roses are pruned year-round. The appearance of new growth does not signal the end of the pruning

season, nor does it shock the plant.

I'm not aware that there are any limitations when pruning roses. When pruning, you haven't disturbed any of the roots, just reduced the canes' length; therefore, no trauma has resulted. Roses are pruned every time you remove the spent flowers.

It's just not thought of as a pruning activity.

We're concerned with the bush structure during the winter, as the leaves don't block our view—shaping and preventing the plants from overgrowing a location is the focus the rest of the year.

Roses that are severely pruned in late March or April bloom later than those pruned earlier. I wouldn't have any problem cutting the bushes down to three feet, but you might not feel comfortable about that height, so you select a more appropriate size, and don't forget to reduce the side growth.

Eliminated all dead wood and remove any stems that are crossing over another. Keep the ones that add to the overall shape of the plant. After each flowering cycle, remove the spent flowers and shape the plant to control the growth by pruning the top and sides.



Roses are pruned every time you remove the spent flowers.

KBIS 2021: Top Kitchen and Bath Design Trends to Watch

Do you want to know what's popular for kitchen and bath spaces for 2021? There's no better barometer for the biggest trends than the annual Kitchen and Bath Industry Show, where top designers and brands gather to hobnob about the year's leading innovations and trends.

Although KBIS was virtual this year, there are plenty of exciting trends that homeowners will want to see as they plan their home improvement and interior design projects:

Purposeful designs: Today's designs can't just look good; they need to stand up to the high demands of busy households. For example, luxury kitchen brand Signature Kitchen Suite blends innovation and high-end design with a brand new - and highly customizable - undercounter convertible drawer refrigerator. Precise temperatures make this the perfect way to maintain the freshness and integrity of foods, with six temperature zones - pantry, fridge, bar, seafood, meat or freezer settings - flexing from -7 to 50 degrees independently in each drawer.

Hands-free options for cleaner spaces: With a focus on cleanliness, touchless options are being seen in countless products. If it can be hands-free, it's in demand in 2021. Hands-free options are more user-friendly than ever before, with motion-control lights and smart home features that make living easy and limit the spread of germs. Even self-closing lids are becoming common, making it easier to live well and minimize contact.

Space-saving appliances: With more time being spent at home, space is at a premium. Bulky appliances have given way to space-saving counterparts that don't skimp on performance. For example, the LG STUDIO WashTower's single-unit, vertical design makes the most of space efficiency while tackling ultra-large loads to deliver a complete clean in under 30 minutes - all with a sleek, streamlined design. Plus, the convenient center control panel is positioned with both washer and dryer controls in the



middle so it's easy to reach.

Built-in intelligence: From precision-baking ovens to intelligent, fabric-detecting washers, homes are getting smarter than ever. The new LG STUDIO WashTower has built-in intelligence that uses sensors to detect fabric texture and load size, and then automatically selects the right wash motions, temperatures and more for precision fabric care. With Smart Pairing, the washer can even tell the dryer the right compatible drying cycle.

Growth of the healthy home: With health and wellness centerstage, home upgrades that support well-being are particularly popular. From advanced home air filters to bacteria-resistant surfaces, cleanliness is integrated into virtually everything. Families suffering from allergies should look for laun-

dry appliances that are certified "asthma & allergy friendly" by the Asthma and Allergy Foundation of America. LG offers an expansive portfolio of certified laundry products, from laundry appliances to vacuums and air purifiers.

Rich metals and clean lines: Clean lines continue to be integrated into designs to elevate spaces in a modern way, while making them accessible to transitional style homes that want to blend traditional with contemporary. Matte finishes are gaining popularity from faucets to cabinetry. Black and steel offer a fresh way to upgrade hardware and appliances for a sleek, eye-catching look that stands out from everyone else on the block.

Focal-point faucets: The Tone collection from Kohler offers five configurations including a Semi-Pro, a standard single-handle pull-down with upgrades for touchless and voice-control functionality. The pull-down models feature a three-function spray head and a new two-tone finish: an interesting take on color blocking using matte black and brushed modern brass or matte black and chrome.

As homeowners plan their annual improvement projects, these trends can help guide them in making wise investments and smart decisions that support their lifestyle.

-Brandpoint

Mortgage Rates Move Up

Long-term mortgage rates rose last week, but stayed near record lows.

The 30-year fixed-rate mortgage averaged 2.81 percent for the week ending February 18, 2021, up from 2.73 percent a week earlier. A year ago at this time, the 30-year FRM averaged 3.49 percent.

Fifteen-year fixed-rate mortgage averaged 2.21 percent, up from 2.19 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 2.77 percent, down from 2.79 percent.

"Reaching its highest point since mid-November, the 30-year fixed-rate mortgage averaged 2.81 percent last week," said Sam Khater, Freddie Mac's Chief Economist. "Economic spending has improved, due to the most recent stimulus, but supply chain shortages are causing downstream inflation, leading to higher mortgage rates."

"While there are multiple temporary factors driving up rates, the underlying economic fundamentals point to rates remaining in the low 3 percent range for the year."

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Interactive Services: ADT Command Interactive Solutions Services ("ADT Command") helps you manage your home environment and family lifestyle. Requires purchase of an ADT alarm system with 36 month monitoring contract ranging \$45.99-\$57.99/mo with QSP (24-month monitoring contract in California, total fees ranging \$1,103.76-\$1,391.76), enrollment in ADT Easy Pay, and a compatible device with Internet and email access. These interactive services do not cover the operation or maintenance of any household equipment/systems that are connected to the ADT Command equipment. All ADT Command services are not available with all interactive service levels. All ADT Command services may not be available in all geographic areas. You may be required to pay additional charges to purchase equipment required to utilize the interactive service features you desire.

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DF-CD-NP-Q121



Aviation Museum Open

The Oakland Aviation Museum, just off Doolittle Drive at 8252 Earhart Road in Oakland is open for outdoor exhibit viewing Wednesday through Sunday from 10 a.m. to 4 p.m. Indoor exhibits will remain closed until the current restrictions are lifted. Please remember to keep social distancing and always wear a mask. For more information, visit www.oaklandaviationmuseum.org.

Free Tax Preparation Available for All Low To Moderate-Income Bay Area Residents

Low- to moderate-income residents of the Bay Area can now get free, secure and high-quality tax help through United Way Bay Area.

IRS-certified volunteer tax preparers will assist anyone who needs help, including undocumented filers, and will ensure residents receive the best possible refunds.

For example, taxpayers who made less than \$30,000 in 2020 may be eligible for up to \$6,000 in state and federal tax credits, depending on income and family size. United Way has partnered with Code for America to offer safe, online filing and some in-person assistance is available.

Thanks to new legislation, many Bay Area families struggling with furloughs and job losses related to the pandemic can get



a much-needed infusion by filing their taxes.

The California Earned Income Tax Credit and Young Child Tax Credit will be available to all eligible, working Californians in 2021 -- for the first time, that includes undocumented taxpayers filing with an ITIN (Individual Taxpayer Identification Number). But

people must complete their taxes correctly to get the refunds.

Services start with a quick online interview, then residents upload their tax documents and the United Way team does the rest. People who are unable to use online services can get help in person at select locations.

Visit: www.uwba.org/tax-help

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Visit: www.uwba.org/tax-help

Closing: No Single Reason for Decision

continued from front page
and finally a third in 1984 in Castro Village in Castro Valley.

In the 1990's, Saltzman closed his Bayfair store and sold the downtown location to concentrate on his ideal location in Castro Village. That store remodeled and expanded over the years to its now 4,500 square feet,

"When I had 3 stores it came to be clear that something was missing. In spreading myself between the three, I realized that it was impossible to get to know my staff or my customers as well as I would like," Saltzman said.

"It just did not make sense to me to be in the personal expression business without getting to know those around me personally. Intentionally shrinking my busi-

ness was absolutely the right move for me."

Saltzman said there's no one single reason for the decision to close.

"It's not just the pandemic at all. Sadly, people's shopping habits have changed. Buying online may be convenient for some, but make no mistake, there is a price to pay.

"Dollars spent online almost always go out of state instead of staying to recirculate in the local community. Online sales produce no sales tax to support local schools and infrastructure. Local jobs also disappear. One of the things I am most proud of is that over the years we have given over 400 young people their first job opportunity.

"Another somewhat hidden im-

pact is the loss of support for local organizations like Rotary, Kiwanis and the Chamber of Commerce. Local small business people make up the great majority of active members in those organizations. As small businesses disappear, those vital community support organizations are inevitably weakened."

Still, Saltzman admits that it is just time to move on with or without pandemic and cyber competition.

"Forty-seven years went by in a hurry and that is a longer career than I ever envisioned. I have been blessed beyond measure and it truly has been an honor and a privilege to serve this great community. My warmest wishes go with countless wonderful friends."

PG&E Extending Pandemic Protections

In response to ongoing economic challenges caused by the pandemic, PG&E is extending the existing Covid customer protections through the end of June. The protections were set to expire on April 16. They include:

- a moratorium on service disconnections for non-payment for residential and small business customers;
- the waiving of security deposits for small commercial customers (residential customers are not required to submit security deposits);
- flexible payment plans for customers to schedule payment over several months to help address temporary financial strains.
- budget billing to help avoid or manage unanticipated high bills.
- customer support through their PG&E online account to monitor energy use and check or compare rate plans;
- Financial Assistance for Residential Customer.

Post-enrollment verification and re-enrollment requirements have been paused for the California Alternate Rates for Energy (CARE) Program and Family Electric Rate Assistance (FERA) Program.

Customers on the Medical Baseline program offering customers with qualifying medical conditions a lower monthly rate on energy bills are not being asked to re-certify through a doctor or other eligible medical professionals for up to one year.

To take advantage of tools and savings opportunities, PG&E recommends customers become more familiar with the following:

Separate from CARE, income-qualified households with three or more persons can apply for the FERA at pge.com/FERA for an 18% discount on their electric bill.

The federally-funded Low-Income Home Energy Assistance Program (LIHEAP) provides financial assistance to help offset eligible household energy costs, including heating, cooling and home weatherization expenses.

To learn more, dial 211 or 866-675-6623 for LIHEAP income guidelines and a list of participating agencies. Customers interested in learning more about the financial assistance and bill payment options, visit: pge.com/billhelp.

Community Calendar

● TODAY, February 24: School Board Meeting

The Castro Valley Board of Education will hold an open virtual board meeting today, Feb. 24, at 5 p.m. The agenda and board packet are available at: www.cv.k12.ca.us. While the meeting will be held remotely, public participation is encouraged. Instructions on how to join a meeting by video conference is available at: support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting. Instructions on joining a meeting by phone are available at: support.zoom.us/hc/en-us/articles/201362663-Joining-a-meeting-by-phone. The agenda and board packet are available at www.cv.k12.ca.us. For questions, contact Aimee Cayere at acayere@cv.k12.ca.us

● Thursday, February 25: Peregrine Falcons of the Bay

You think humans were the only ones that had it rough in 2020? The Peregrines of Pine Canyon did too! Join FSLC for a free online close up look at the Falcons of Pine Canyon, and experience their drama and heartbreak that was 2020. Peregrine Falcons on San Leandro Creek? Not exactly, but their well-being is manifestly connected to ours. To sign up, go to EventBrite: Peregrines of Pine Canyons, Friends of San Leandro Creek; or call 510-577-6069.

● Saturday & Sunday, Feb. 27-28: Newsom Recall Petition

Come sign the Newsom Recall petition this weekend from 11:30 a.m. to 3 p.m. both day, at the northwest corner of Castro Valley Blvd. & Redwood Road. Only three weekends left to sign. Visit recallgavin2020.com/

● Tuesday, March 9: CV Parent Nursery School Open House

If you have a 3- to 5-year-old child and are committed to working with other parents in a hands-on co-op environment, the Castro Valley Parent Nursery School may be just what you are looking for. The school is now enrolling for the 2021-2022 school year. Attend a virtual open house to learn more about this child-centered, play-based, cooperative model at 6:30 p.m. on Tuesday, March 9. RSVP to forms.gle/M9JA6xQeuMyN84xX6 to receive the zoom link. Attendees eligible to win a bag of kid projects as a door-prize! Email to membership@cvpns.org with questions.

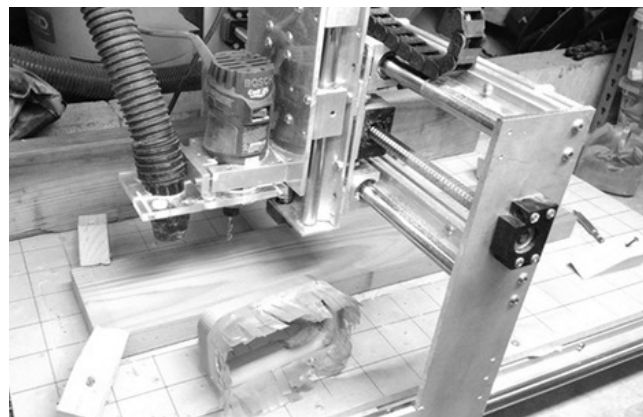
Doors: In The Wilds of Castro Valley

continued from page 5

The painted doors were returned to him, and Coleman then attached them to the bottom of telephone poles, trees and other locations where kids might see them. To add to their mystery, these are not always easy to spot. Many are along residential streets, some are in parks.

"My friend and I drive around town and glue them on with a waterproof adhesive," he says. "It can be a lot of driving, but it's a kick. Sometimes the people who paint them specify where they want them. We had one from someone named Dominic, so we put it on Dominic Drive."

A lot of community creativity has gone into these little gems. To view a map of Castro Valley's Fairy Doors, Google "Fairy Doors in the Wilds of Castro Valley." The first listing should be local realtor Maria Shlychkova's Facebook page, with a link to the map.



PHOTOS BY DAVE COLEMAN

ABOVE: The Fairy Doors are carved, still part of a redwood plank. **BELOW:** Dave Coleman's Computer Numeric Control router (carving machine) gives shape to the little doors.



LETTERS TO THE EDITOR

FREDZ@EBPUBLISHING.COM



Concern Over Livermore Power Plant

Editor:

Everyone in Castro Valley should raise their voice against the north Livermore valley (so-called Aramis) power plant which the supervisors will consider at their Thursday, March 4 zoom meeting.

If the supervisors allow a developer to get rich quick by destroying protected open space in Livermore, then the hills and valleys around Castro Valley are at even greater risk. There are plenty of places in the state (which is mostly undeveloped land) for power plants that are not built on designated scenic corridors or protected Measure D agricultural land. And wherever the plant goes it will hire the same number of temporary construction workers.

Eighty percent of the electricity is planned for San Francisco, according to the developer. Alameda county already trashed the Hayward shoreline building a power plant for San Francisco, and here we go again.

When will the supervisors stand up for Alameda county?

—Joseph Grcar, Castro Valley

Some Biblical Advice

Editor:

Billy Bradford ("Tired of Being Told Our Relationships are Immoral," Letters, Feb. 17), you need to stop beating around the bush!

Seems the truth is you are tired of being "reminded" that homosexual conduct is immoral rather than being told. However, your beef isn't with your local church, i.e., Redwood Christian,

or any other Christian Church/group for that matter. Your beef is with their Leader (and, you know it!).

So, let's not beat around the bush regarding this, i.e., Christianity and homosexuality. The fact is, Christian Ministries are directed to follow these Biblical mandates (or at least they are supposed to); as ambassadors of God, their Leader/Author of the Bible.

You are taking the easy way out by cleverly trying to disguise the true intent of your accusations, directing them at the messengers of the Covenant, instead of at the Leader and Writer of the Covenant (i.e., God).

But, if I may, let me give you a word of advice, if you are set in your ways. Try and find a Christian organization that is *not* faithful to God's Word and maybe there you will have a brief respite from your endeavors. For what you are proposing to accomplish can *never* come to pass. Heaven and earth will pass away - God's Word will *never* pass away!

Lastly, it should be noted that the Bible clearly states that homosexuality is grave sin (like many other sins as well), therefore it doesn't matter at all what I say, or the local Pastor, or the Bible teacher, or the guy next door - it only matters what He says!

The Bible is also clear that homosexuals are to be loved as human beings, and they can also certainly repent, and then become a spiritual part of the church.

However, because it's sinful, an un-repent homosexual will *not* be allowed in church - not now, not ever. This edict is instituted by God, not the messengers! (but, you can probably find a fake church that does allow it.)

So, if you have a problem with this Biblical provision take it up with the "Author," not the Church.

—Michael Teves, Castro Valley

What's OK for 'Public Display'

Editor:

Regarding the letter titled, "Left-Wing Indoctrination in CV Schools" (Letters, Feb. 17)...really?

When I was a youngster, parents warned us about the unstable members of our community. Something like, don't go near that person, they aren't right in the head.

But here in the Forum, you've put their rantings on public display, lending credence to viewpoints and opinions commonly attributed to the proverbial crazy uncle. Especially now, when so many are calling for a coming-together of people of disparate viewpoints, wide distribution of poisonous vitriol is not something to take pride in.

—Frederick Zankowsky, Castro Valley

Task Force on Alzheimer's Needed

Editor:

Asking Representative Swalwell to join bipartisan Congress-

sional Task Force on Alzheimer's Disease

As the new Congress begins its session, Rep. Eric Swalwell has the opportunity to help ensure our future health against the ravages of Alzheimer's disease.

My late wife suffered from the debilitating effects of this terrible illness for more than 10 years. The pain of watching a loved one's mental acuity slowly deteriorate leaves a lasting scar.

My fervent hope is that my children can be spared the worry of becoming its next victim. It is imperative to find a cure so that all future generations are spared the pain my wife and I experienced living with this disease.

Thankfully, Rep. Swalwell can play an important role in addressing this critical issue. Please join me in encouraging him to lead in the fight to end this illness by joining the bipartisan Congressional Task Force on Alzheimer's Disease.

—Robert Taylor, Castro Valley

Thanks for Supporting Burrito Drop-Off to Hospitals

Editor:

Inner Wheel of San Leandro thanks all the supporters of our Second Burrito Drop-Off Event honoring our Healthcare Heroes at San Leandro and Eden Hospitals. A total of 175 burritos, prepared by Los Pericos Market in San Leandro, were enjoyed by very dedicated and compassionate Healthcare Providers. Thank you for your generous support.

—P. Johnston, San Leandro

Happy Birthday to Elisabeth Hartman

Editor:

The Castro Valley Women's Club would like to recognize a member who has been contributing to our community and our club.

Elisabeth Hartman is celebrating her 80th birthday this month. We are fortunate that she has been in the club for 21 years. She has been our treasurer for most of the time with the exception of a four year period as president.

She served as treasurer in the Garden Club. She is an avid bridge player, loves the opera, and is an excellent cook. She has prepared dinners for upward of 75 people.

She has traveled the world and is always ready to pitch in; the first one to ask, "What do you need?"

The Castro Valley Women's Club will have a drive by celebration next weekend to honor our own Elisabeth Hartman..

—Carolyn Willkie, President
Castro Valley Women's Club

Obituaries

Gloria Jean Dalpino

Resident of Castro Valley
May 13, 1938 ~ February 14, 2021

Gloria passed early morning February 14 very peacefully at home with her family.

She was born in Pocatello, ID, later moved to San Leandro and graduated High School there, then ended up in Castro Valley for the last 50 years. Worked 45 plus years for Bank of America.

Gloria is survived by 2 daughters Kimber Keefe, and Nicole José. One grandson Ryder José-Feliciano, and she had many nieces and nephews. She was the most loving mother and grandmother (Magoo) and friend to many. Her kind heart and loving spirit will be forever missed.



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ARIES (March 21 - April 19): Whatever decisions you're faced with this week, rely on your strong Aries instincts, and base them on your honest feelings, not necessarily on what others might expect you to do.



TAURUS (April 20 - May 20): Your sensitive Taurean spirit is pained by what you feel is an unwarranted attack by a miffed colleague. But your sensible self should see it as proof that you must be doing something right.



GEMINI (May 21 - June 20): More fine-tuning might be in order before you can be absolutely certain that you're on the right track. Someone close to you might offer to help. The weekend favors family get-togethers.



CANCER (June 21 - July 22): The week continues to be a balancing act 'twixt dreaming and doing. But by week's end, you should have a much better idea of what you actually plan to do and how you plan to do it.



LEO (July 23 - August 22): Changing your plans can be risky, but it can also be a necessary move. Recheck your facts before you act. Tense encounters should ease by midweek, and all should be well by the weekend.



VIRGO (August 23 - Sept. 22): You might still be trying to adjust to recent changes. But things should improve considerably as you get to see some positive results. An uneasy personal matter calls for more patience.



LIBRA (Sept. 23 - October 22): Congratulations. Your good intentions are finally recognized, and long-overdue appreciation should follow. Keep working toward improvements wherever you think they're necessary.



SCORPIO (October 23 - November 21): Try to look at your options without prejudging any of them. Learn the facts, and then make your assessments. Spend the weekend enjoying films, plays and musical events.



SAGITTARIUS (Nov. 22 - Dec. 21): Someone might want to take advantage of the Sagittarian's sense of fair play. But before you ride off to right what you've been told is a wrong, be sure of your facts.



CAPRICORN (Dec. 22 - Jan. 19): You might be surprised to learn that not everyone agrees with your ideas. But this can prove to be a good thing. Go over them and see where improvements can be made.



AQUARIUS (Jan. 20 - Feb. 18): After taking advice on a number of matters in recent months, expect to be called on to return the gesture. And, by the way, you might be surprised at who makes the request.



PISCES (Feb. 19 - March 20): Reassure everyone concerned that a change of mind isn't necessarily a change of heart. You might still want to pursue a specific goal, but feel a need to change the way you'll get there.

ATHLETE OF THE WEEK

2020 CVHS Grad Gabriella Vinciguerra

Gabriella Vinciguerra is our Athlete of the Week. The 2020 graduate from Castro Valley High School is currently a defensive player on the Women's soccer team at Hastings College in Nebraska.

In her first season, Gabriella was effective on defense having prevented key goals in Hastings' defeat of Doane University 4-0 back in October. She also helped secure a crucial, 1-0 road victory against the Midland Warriors in November. In addition to sports, Gabriella excelled in her studies and made the Dean's List for the Fall 2020 semester.

While playing for the CVHS Trojans, Gabriella was chosen to the West Alameda County Conference All-League Second Team in her senior year. She was also named Defensive Player of the Year by the CVHS Coaching staff.

In addition to playing for CVHS, Gabriella was also a player on the San Ramon FC (Football Club). She was one of six players on the Girl's team that participated in the club's first group of student-athletes in 2019 to sign their letters of intent to play collegiate soccer.



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KNOW WHAT TO
FLUSH?

WIPES CLOG PIPES

From medications and kitty litter, to deceased pet fish and cigarette butts – if it fits, people flush it. There are even some cleaning products that claim to be “flushable.” **Body waste and toilet paper should be the only items flushed down the toilet.**

CVSan is asking residents and businesses to help us keep our sewer system clog-free and working efficiently! **Remember, the only items that belong in the sewer system are body waste and toilet paper.** All other items, including “flushable” wipes, rags, diapers, and other hygiene products, clog sewer pipes and damage sewer pumps and equipment. Discard these items in your garbage cart. Know what to flush!

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Castro Valley Adult School Now
Offering Online, Hybrid Classes

By Linette Escobar
SPECIAL TO THE FORUM

It's been a long year. Most people are struggling with the restrictions the pandemic has made on normal life.

Castro Valley Adult & Career Education (CVACE) has pivoted its in-person model to offer virtual and hybrid classes that will help you to stay healthy, relax, start a new hobby or up your career skills.

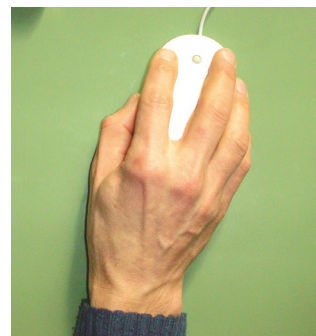
We've been given the gift of time; how will you use it?

Gain career skills.

If you've been dreaming of a career in the medical field, our Medical Academy is offering a hybrid program where you learn online then come to school with every precaution in place to practice hands-on skills.

Registration is open now for the mandatory orientation March 10; go to the website or call the office.

CVACE also offers many online skill-building classes from Microsoft Office Skills to the basics of bookkeeping that begin in March. There's even a one-day class on Zoom basics.

*Prepare for your future.*

If you've been meaning to get around to getting your estate or trust in order, now is the time. In addition to a class on Living Trust and Estate planning, there is a similar class on the unique considerations in estate planning when you have a special needs child of any age.

Parent for peace.

CVACE is offering a free class, “Parenting for Peace.” Explore how racism and other forms of discrimination appear in the community and how to teach your young people about them. Build communication skills to connect across differences and address discrimination.

For your health.

Now more than ever, we are aware how important it is to be physically and mentally healthy. If you're looking to stay limber and relax, CVACE offers an array of yoga classes for every fitness level including “Stay Fit for Life” geared to active agers.

There's also Gentle Yoga, Tai Chi, Pilates and more. This is a fun way for you to take a class “together” with a far away friend by meeting on Zoom and staying fit.

Engage your brain.

Have you already watched Netflix A to Z? How about learning a language instead? Learn Italian or Spanish while you are waiting to travel again. Or, take Watercolor to feed your creativity.

Whatever your interest or motivation, there is an affordable class that helps you make the most of your time during this difficult season. Visit www.cvadult.org or contact Castro Valley Adult & Career Education at (510) 886-1000 to learn more or sign up for classes before they fill.

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

Tips: Control Your High Blood Pressure

continued from page 5

4. Positive lifestyle changes

While medications may be prescribed to help control your high blood pressure, lifestyle changes may also help. Boost your physical activity; Start small, like adding a daily walk and eat a heart-healthy diet. Include more vegetables, fruits and whole grains.

Watch your salt intake. Read food labels and choose foods with less sodium (salt).

5. Reduce your stress

Taking care of yourself is always important, especially during challenging times. Stress can contribute to health conditions like high blood pressure, heart disease, diabetes and other illnesses. To reduce stress levels for better health:

- Be aware of stress. Do you have headaches, muscle tension or other symptoms? Observing what causes you stress and how your body responds is the first step.

- Move more. Physical activity can help reduce stress, whether intense exercise or a walk around the block.

6. Quit smoking

If you smoke, now is the perfect time to quit. According to the CDC, smoking increases your risk of heart disease and stroke.

Visit CDC.gov/heartmonth for health tips, blood pressure logs and more.

—BrandPoint

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