

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 32

WEDNESDAY, JUNE 3, 2020

NO. 23

INSIDE YOUR FORUM

NEWS



Back on Track

BART's 15-step plan to welcome riders back and regain their confidence

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NEWS



Read All About It

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Social Security

Recipients now allowed to name Representative Payee in advance

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PHONE: (510) 614-1560



PHOTO BY DEBBIE TEE

UNITED WE STAND

More than 200 people, many carrying signs and banners, gathered for a peaceful demonstration at the intersection of Castro Valley Blvd. and Redwood Road Monday afternoon, joining thousands of others across the nation protesting the killing of George Floyd by a police officer in Minneapolis a week ago. The Alameda County Sheriff's Office issued a county-wide curfew that went into effect Monday evening after several nights of rallies, marches, looting and vandalism rocked a number of East Bay cities. County residents were ordered to remain inside their homes from 8 p.m. to 5 a.m. each day through Friday, June 5. Exceptions included first responders, people traveling to and from work, those needing medical care, and the media.

CVHS's Drive-Through Graduation

By Linda Sandsmark
CASTRO VALLEY FORUM

Despite the disappointment of graduating during the coronavirus pandemic, Castro Valley High School's Class of 2020 participated in joyful, socially-distanced ceremonies this past week.

Creative and generous folks around town helped make graduation memorable for the high school's 672 graduates.

"The whole school and community have come together and just done incredible things for the students," said CVHS Principal Blaine Torpey.

Diploma pick-up was done live in a socially-distanced, party atmosphere last Thursday and Friday. A

virtual graduation ceremony was shown online Friday night.

For their diplomas and awards, graduates and their families walked, or drove by car through balloon arches at the school, passing multiple groups of cheering teachers, staff and board members.

Each graduate's name was announced over a loudspeaker, cowbells were rung, and diplomas were presented to each graduate, while bubble machines, streamers, posters, and music added to the festive atmosphere.

"It's going incredibly well," said Torpey. "We had two days of diploma pick-up, separated alphabetically by last names. All sorts of district personnel helped out, and see GRADUATION on page 15



PHOTOS BY LINDA SANDSMARK

Diploma pick-up was done live in a socially-distanced, party atmosphere last Thursday and Friday at CVHS.

COVID-19

County Sees Rise In Cases

By Michael Singer
CASTRO VALLEY FORUM

We get it. Parents want to go back to work, kids want to play, and many could probably benefit from a backyard barbecue or religious service. But even after practicing social distancing and staying at home for 80 days, Alameda County has the highest rate of COVID-19-related infections in the Bay Area as well as a large increase in hospitalized cases.

Alameda County has even surpassed Santa Clara county as recording new cases in the Bay Area.

Officials are most concerned about a three-day spike in novel coronavirus infections starting this past Thursday, Friday, and Saturday, each with around 110 new cases reported per day. That's the largest jump in daily reported COVID-19 incidents since tracking began back in late February.

Because of the spike in confirmed infections, Alameda County Public Health District officials say they will proceed with caution before lifting shelter-in-place orders or allowing in-person gatherings at this time.

"While a small gathering outdoors with a few friends is a lower risk than a large house party, which is still lower risk than a crowded sporting or concert venue, there is always the risk of infection from a highly contagious virus when people outside of a single household come together," Alameda County's Public Health Department said in a statement this week. "Risk increases as people move about more, interact in large groups—especially indoors, or share surfaces and space in close proximity to one another."

see COVID-19 on page 15

Alameda County
Confirmed Cases = 3,515
Deaths = 97

California
Confirmed Cases = 115,192
Deaths = 4,222
as of June 2, 2020

Castro Valley Weather June 3-7, 2020



Wednesday
Sunny & Hot
High 89° Low 58°



Thursday
Mostly Sunny
High 82° Low 55°



Friday
Windy, Cool
High 65° Low 56°



Saturday
Poss Showers
High 69° Low 53°



Sunday
Mostly Sunny
High 66° Low 49°

Almanac

Moon Phases



Past Week's Rain: 00.05
Season To Date: 08.54
Normal To Date: 19.88
Season Average: 21.22



Sun sets at 8:27 p.m. today, rises at 5:48 a.m. Thursday.

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MAKE TAKE-OUT LESS WASTEFUL

Lately, as more people are ordering take-out food from restaurants, more waste is being produced from all the packaging. A typical take-out meal is packaged in single-use food containers with utensils, napkins, sauce/condiment packets, lids, straws, and a bag.

Here are some easy ways to reduce waste when ordering take-out:

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



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CVSan



BART PHOTOS

AGGRESSIVE CLEANING OF STATIONS: BART cleaning crews use electrostatic foggers on train cars that spray disinfecting mist that coats and clings to surfaces.

BART Unveils 15-Step Plan To Welcome Back its Riders

Facing its worse financial crisis in its history, BART last week unveiled a 15-step plan to welcome riders back and regain confidence in public transit following the precipitous 90% drop in ridership due to the coronavirus epidemic.

The steps include aggressive cleaning of stations with hospital grade disinfectant, using electrostatic foggers that spray disinfecting mist inside cars, and wiping down touchpoints multiple times each day. BART will also continue to offer hand sanitizer at every station.

Riders will be offered personal hand straps to use and take home for cleaning after each trip. A limited supply will be handed out inside stations to welcome riders back and then will be offered for sale.

Longer trains will run all day to allow for six-foot social distancing and no more than 30 people per car, or three-foot distancing with no more than 60 people per car. A new seat configuration will be tested that could potentially help create more space between riders.

Riders are encouraged to check BART's real time departures feature online and on the official BART app before heading to the station as the Trip Planner will show a 30-minute base schedule and may not always reflect 15-minute service the day it becomes available. Added trains will show on real time departures.

The current 30-minute schedule and 9 p.m. closure will continue for the time being. Train frequency will scale up when the recovery creates demand.

BART will continue to require face coverings at all times for all riders ages 13 and older, even if county restrictions are relaxed. BART Police will enforce the face covering requirement and be positioned at fixed posts near the faregates at many stations. Officers will have extra masks to hand out if necessary.



BART Police will enforce face-covering requirements and be positioned at fixed posts near the faregates at many stations.



Personal hand straps will be offered to riders to use and take home for cleaning after each trip. A limited supply will be handed out inside stations and then will be offered for sale for \$5.

Police personnel will increase staff presence on-board trains and inside stations and conduct more frequent fare checks.

BART will continue to post daily ridership numbers at www.bart.gov/covid showing what percentage ridership is at compared to ridership before the health crisis.

BART is using this time of re-

cord low ridership to accelerate infrastructure rebuilding projects facilitated by the extra work hours made available due to an earlier closing time. Later this month, the BART Board will vote on a \$915 million budget proposal favored by a majority of directors that avoids cuts in staff and layoffs and depends on uncertain federal aid.



PHOTO COURTESY OF SOROPTIMIST EAST BAY

President of Soroptimist East Bay Billie Knight (at right) presents a \$2,500 check to Ruby's Place Hayward Women's Shelter Manager Helen Ayala. Ruby's place, headquartered in Castro Valley, provides crisis and children's services, shelter and counseling, as well as educational training and technical assistance to law enforcement and providers.

Soroptimist East Bay Presents \$2,500 Check to Ruby's Place

Soroptimist East Bay, a small local group of 12 volunteer members, recently presented a check for \$2,500 to Ruby's Place, a Hayward charity that provides shelter and support services to women and their children, who are victims of family problems.

Soroptimist East Bay holds various fundraising events throughout

the year in order to support local organizations that embody the Mission of Soroptimist International of the Americas. Fundraising events included a Holiday Boutique in November, a Crab Feed and Silent Auction in February, yard sales and other efforts.

The coronavirus pandemic poses challenges for our future fund-

raisers, even though community programs continue to need help.

Please consider joining this dynamic group of volunteers and bring your ideas on how we can continue to support our community. Contact membership chair Lynn Levin, at 510-593-7377 or send an e-mail to sieastby@soroptimist.net.

CV Marketplace Among Topics of MAC Virtual Meeting Next Monday

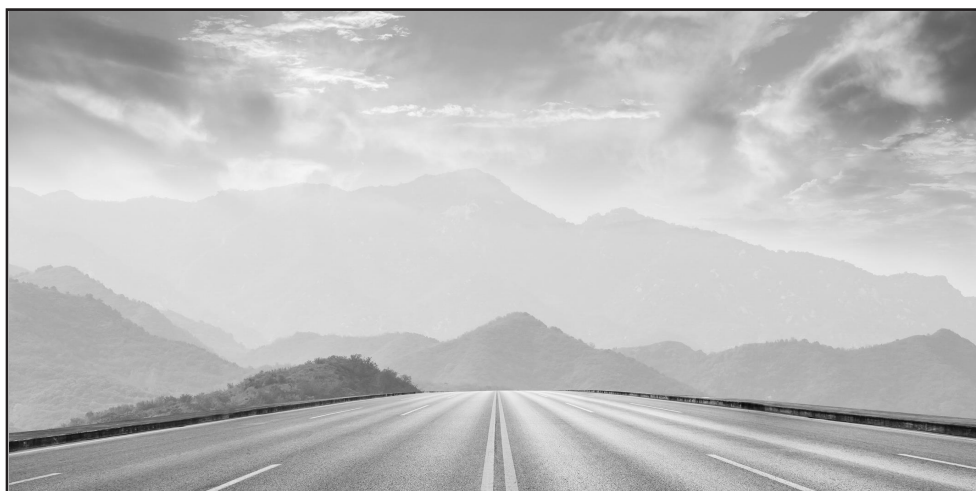
The Castro Valley Municipal Advisory Council will hold a virtual meeting using the Zoom webinar platform at 6 p.m. next Monday, June 8.

The land-use agenda includes

updates on the Castro Valley Marketplace Project, the CVSan Corporate Yard Proposal, the City of Hayward/Hwy 238 parcels, and a site development review of a proposed four-story, 72-unit low and

very low income apartment building on 6.3 acres on the west side of Ruby Street.

For complete agenda and participation instructions, visit: acgov.org/cda/planning/agendas.htm.



Congratulations Class of 2020!



Live with life.
Be courageous, adventurous.
Give us a tomorrow, more than we deserve.
Maya Angelou

The Governance Team of Castro Valley Unified School District
President Lavender Whitaker, Vice President Monica Lee, Trustee Gary Howard,
Trustee Jo A. S. Loss, Trustee Dot Theodore, Superintendent Parvin Ahmadi

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



CVHS Vandalized

Saturday, May 30: at 7:19 a.m., Sheriff's deputies arrested a 22-year-old man with no permanent residence on suspicion of possession of illegal methamphetamine drugs and related drug paraphernalia, possession of a stolen property, possession of a concealed knife with a blade longer than 4-inches, and vandalism of public property. The man was spotted on the Castro Valley High School campus on Mabel Avenue near Redwood Road defacing the property. Deputies handcuffed the man and took him into custody.

Family Assault

Thursday, May 28: at 12:11 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Gem Avenue near Emerald Court. There, they arrested a 63-year-old man from Castro Valley on suspicion of assault on a family member. Deputies took the man into custody.

Two Arrests Following Assault

Thursday, May 28: at 1:40 p.m., deputies arrested two people from Castro Valley following an altercation in the parking lot of a drug store on Castro Valley Boulevard near Marshall Street. A 33-year-old woman was charged with battery of a 43-year-old man. Deputies separated the couple and discovered that each was in possession of illegal narcotics. Both were handcuffed and taken into custody.

Spousal Assault, Battery

Wednesday, May 27: at 9:03 p.m., two people from CV were arrested for assault and battery at a home on Bellingham Drive near Hallmark Court. Deputies responded to a domestic assault report to find a 36-year-old man and his 37-year-old partner engaged in a shouting and hitting fight. The man was charged with spousal assault and the woman was charged with battery. The couple was handcuffed and taken into custody.

Violated Restraining Order Ends in Assault

Wednesday, May 27: at 4:35 p.m., deputies arrested a 62-year-old man from Castro Valley on suspicion of violating a court-issued restraining order and spousal assault. The man was reportedly lurking outside a home on San Carlos Avenue near Stanton Avenue prompting deputies to respond. When they arrived, the man had confronted his spouse and was charged with assaulting her. Deputies took the man into custody. The victim was treated at the scene.

Can't Stay Away from Pub

Monday, May 25: at 8:10 p.m., a 59-year-old man from Castro Valley was arrested on suspicion of violating the terms of a court-issued restraining order. Deputies responded to a suspicious person report outside a bar on Rutledge Road near Castro Valley Boulevard. The man had previously

see **REPORTS** on page 6

Castro Valley
10 Years of
Pride

CASTRO VALLEY PRIDE

**10 YEAR ANNIVERSARY
PRIDE FLAG GIVEAWAY
DRIVE THRU EVENT**

Date: Saturday, June 6th



Time: 10 to 1



**Location: Faith Lutheran Church /
20080 Redwood Rd.**



A still from the film 'Sunrise/Sunset', featured on The Chabot's virtual theater

What's Up at Smalltown

● **Saturday, June 6:** The Chabot's Live Riff-Alongs: "The Phantom Planet," the 11th installment of the 1961 movie: "The Phantom Planet!" The Chabot has moved its riff-alongs from Facebook to its website where you can still comment live along with your community. Free, 8 p.m. Live from thechabot.com

● **Sunday, June 7:** 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. IG: @safiyahhernandez/ FB: @SafiyahHernandezMusic

● **Ongoing:** Chabot's Virtual Theater, showing new films that would currently be in theaters under different circumstances. The library of films includes: "Bacurau," "The Hottest August," "Sunrise/Sunset," "Vitalina Varela," and "Capital In The 21st Century." Proceeds from viewings support both The Chabot and the artists behind the films. Visit thechabot.com to find their virtual theater.

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

Chanticleers Postpones its 2020 Shows

Chanticleers Theatre in Castro Valley has rescheduled its remaining productions for the current season to 2021 due to the COVID-19 pandemic.

"The Bridges of Madison County," previously rescheduled to open this fall, will now be presented from April 16 through May 16.

"Mamma Mia," previously rescheduled to open in February 2021, is now set for July 16 through Aug. 15, 2021

"The Foreigner," which was scheduled to open this July, will now be presented Oct. 15 through Nov. 7, 2021.

The new schedules are pending approval by the royalty houses and the situation with the coronavirus.

"The health and safety of the entire Chanticleers' family — audience members, staff, creative teams, performers, and volunteers — are of the utmost importance to us," said Chanticleers' Board President Jacklyn L. Wilferd. "All theatre companies are struggling to get back on our feet and we all need your support now more than ever."

"If possible, we do plan to create some art for you during the remainder of 2020 and early 2021," Wilferd continued. "We are exploring some options to present a small cast, one-act show and/or a cabaret style show likely offered via online streaming."

Season ticket holders and individual ticket holders are encouraged to visit chanticleers.org/ regarding ticket and refund policies.



PHOTO COURTESY OF THE OLYMPIAN

Castro Valley High School Journalism Award Winners

CVHS Journalists Win 32 Awards

CVHS journalism students, overcoming challenges including the pandemic that closed the campus for the entire fourth quarter, won 32 awards for writing, photography, videos and general excellence in the 2019-2020 school year.

The journalism class of 27 students publishes The Olympian newspaper, web site, and social media pages.

Leading the pack in more ways than one were editors-in-chief Katy Siler and Derek Neyer who combined for 17 honors from California News Publishers Association, California Press Women and Journalism Education Association. The two seniors also oversaw production of The Olympian and shared its Editor of the Year award.

Siler's highlights included first place honors from CNPA for both column writing and sports writing and interviewing Gov. Gavin Newsom in Sacramento.

"I'm insanely grateful for the last two years," said Siler, who's heading to UC Santa Cruz in the fall. "Journalism is special in that it gives us real-life people skills ...

It's the most passionate I've ever been about any class I've taken."

Neyer claimed multiple awards for editorial writing, feature photography and sports photography. A three-year veteran of the program, he'll study at UC Davis.

Other notable winners include senior Milagros Aquino, another three-year journalism student who has served as business manager and opinion editor. She won two photography honors and the newspaper's Hall of Fame award.

Senior Myla Ogle, the paper's sports editor and a star soccer athlete, won three sports writing awards including a first place from JEA.

Senior Michael Tam developed great prowess at breaking news

coverage, earning the paper's Reporter of the Year honor.

Sophomore Megan Baldwin took quick control of the program's video productions, earning five honors and a Rookie of the Year award.

In addition, the staff won CNPA general excellence honors for its print and online editions and a JEANCC commendation for its "Straight Outta Sacramento" news package.

Even after the pandemic forced schools to close, The Olympian published more than 25 coronavirus-related stories, a special edition devoted to community volunteers and its annual graduation issue.

Readers can find the students' work at www.cvhsolympian.com.

LIST OF WINNERS:

- Milagros Aquino: JEA, feature photo; CNPA, feature photo; Olympian Hall of Fame
- Megan Baldwin: JEA, feature video; JEA, news video; CPW, video interview; CPW, video feature; CPW, news video; Olympian Rookie of the Year
- Miguel Bernas: CPW, graphics
- Brittany Bin: CPW, editorial writing
- Kayla Craft-Williams: CNPA, sports photo
- Tiffany Ho: CNPA, writing; CPW, opinion writing
- Leo Lin: JEA, news video; CPW, video interview; CPW, news video
- Elena Lottich: CNPA, feature photo; CPW, feature photo
- Derek Neyer: CNPA, feature photo; JEA, editorial writing; JEA, sports photo; JEA, news video; CPW, sports photo; CPW, video interview; CPW, news video; Olympian Editor of the Year
- Myla Ogle: JEA, sports writing; CNPA, sports writing; CPW, sports writing
- Katy Siler: CNPA, column writing; CNPA, sports writing; JEA, feature video; JEA, news video; CPW, sports writing; CPW, opinion writing; CPW, video interview; CPW, video feature; CPW, video interview; CPW, news video; Olympian Editor of the Year
- Alex Tam: CPW, feature writing
- Michael Tam: CPW, opinion writing; Olympian Reporter of the Year
- Jeanette Wallis: CNPA, column writing
- Andrew Watanabe: CPW, editorial writing

CVSan Contractors Meeting Going Virtual

The Castro Valley Sanitary District will host its annual Contractors virtual meeting from 8:30 to 10 a.m. on Tuesday, June 30, to discuss a number of topics, including an Emergency Response Plan, COVID-19 Safety Measures and

Protocol, an Online Permit Portal, Changes to the Lateral Replacement Grant Program, and the List of Qualified Contractors.

The finalized agenda is available at www.cvsan.org/acm or by request to cvsan@cvsan.org.

Space is limited and CVSan encourages all contractors to pre-register to secure a spot. To observe the meeting, email Engineering Technician Evan Choy at evan@cvsan.org. For more info, call Evan Choy at 510-537-0757 ext. 131.

LEGAL NOTICE

FILED
APRIL 08, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 569723

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Chabot Collision Inc. at 20736 Lake Chabot Road, Castro Valley, CA 94546 in Alameda County is hereby registered by the following owner(s): Chabot Collision Inc., 20736 Lake Chabot Road, Castro Valley, CA 94546. This business is conducted by a corporation. This business commenced 8/26/2005.

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

Expires APRIL 08, 2025

MAY 6, 13, 20, 27, 2020
260-CVF

FILED
APRIL 17, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 569959

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): JOVI Worldwide located at 5290 Camino Alta Mira, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Alison Thornberry, 5290 Camino Alta Mira, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A.

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

Expires APRIL 17, 2025

MAY 6, 13, 20, 27, 2020
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Tips from the Produce Aisle



One sure sign that summer is right around the corner is an abundance of fresh asparagus in the produce aisle.

This favorite vegetable can be eaten raw, steamed, boiled, grilled, roasted or incorporated into casseroles and salads.

Choose bunches with tightly closed tips and no flowering. Stalks should be bright green and firm (or pale ivory for white asparagus).

It's best cooked the day it's purchased, but it can be kept in the refrigerator for up to five days by standing the bundled stalks in a bowl with about an inch of water.

Devotees like its unadorned flavor, but it's nice to have a few recipes that add a note or two.

SCALLOPED ASPARAGUS

- 1 pound fresh asparagus
- 4 tablespoons butter
- 1 tablespoon flour
- 1 cup milk
- 4 eggs, hard-cooked and finely chopped
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 2 tablespoons fine dry bread crumbs
- 1/2 cup grated Swiss cheese

Bring non-aluminum saucepan of salted water to boiling. Grease 1-1/2 quart shallow baking dish. Boil cleaned asparagus until fork-tender. Drain and transfer to paper towels.

Melt 1 tablespoon of the butter in small saucepan. Stir in flour; cook 1 minute. Gradually stir in milk. Cook stirring constantly until sauce

thickens, about 3 minutes. Remove from heat; reserve sauce.

Arrange half of asparagus in a layer in prepared baking dish; sprinkle with half of the chopped egg; dot with 1 tablespoon butter; season with salt and cayenne pepper. Arrange another layer with remaining asparagus. Sprinkle center portion with remaining chopped egg. Pour cream sauce down middle of casserole. Sprinkle sauce with bread crumbs and cheese. Dot uncovered portions of the asparagus with remaining 2 tablespoons butter to prevent drying during baking.

Bake covered in preheated 400°F oven for 15 minutes. Uncover and take 2 to 3 minute until top is browned. Serves 4.

ASPARAGUS SAUTEED WITH BACON

- 2 slices bacon, cut into 1-inch pieces
- 2 pounds asparagus, trimmed and cut into 1-inch pieces
- Salt and ground pepper
- 2 teaspoons Dijon mustard

- 3 tablespoons chopped fresh parsley

In a large skillet, cook bacon over medium heat, stirring occasionally, until browned and crisp, 8 to 10 minutes.

With a slotted spoon, transfer to paper towels to drain. Add asparagus to skillet and season with salt and pepper.

Cook, stirring, until asparagus is tender, about 10 minutes. Remove from heat and stir in bacon, mustard, and parsley. Yields 4 servings.

FRIED ASPARAGUS IN BEER BATTER

- 1-1/2 pounds asparagus
- 1 cup flour
- 1 (12-ounce) can of beer
- Salt, pepper, garlic powder, seasoned salt and Italian seasoning to taste
- Olive oil

Mix flour and seasonings together. Add beer to dry ingredients, mixing slowly until thick enough to

cling to asparagus. Cut asparagus into 2-inch pieces. Heat olive oil. Deep fry the coated asparagus in 2 inches of olive oil until golden brown, turning once. Serves 4-6.

GRANNY'S 1940 ASPARAGUS ON TOAST

- 2-1/2 pounds asparagus, trimmed of coarse stems
- 3 cups water
- Salt
- 3 tablespoons butter
- 4 tablespoons flour
- 1/2 cup milk
- 1/4 teaspoon ground mace
- Black pepper
- 4 slices warm, toasted and buttered bread

Cut asparagus into 1/2-inch pieces, put in saute pan and cover with 3 cups lightly salted water. Cover and simmer 6 to 8 minutes, or until tender when pierced with knife. Remove asparagus from pan and set aside. Reserve 1-1/2 cups cooking liquid and set aside.

Melt butter in pan until golden. Stir in flour and cook, stirring a couple of minutes. Slowly add vegetable liquid, stirring constantly. Cook about 5 minutes, until sauce is thickened. Add milk. Season to taste with mace and pepper.

Stir to blend and cook, stirring, 1 more minute.

Put 1 slice of buttered toast on each plate. Divide asparagus between 4 plates and place on toast. Spoon hot cream sauce over each serving. Serves 4.

ASPARAGUS SALAD

- 1 pound California asparagus
- 1 papaya, peeled, seeded, and halved
- 1/3 cup light sour cream
- 1/4 cup mango nectar
- 1-1/2 tablespoons bottled mango chutney
- Peel of 1/2 lemon, grated
- 3 cups cooked curly pasta
- 1/3 pound small shelled and cooked shrimp
- 1/4 cup green onions
- 8 bibb lettuce leaves

Break off asparagus spears at the tender point, rinse and cook in a skillet until tender-crisp, 3 to 5 minutes. Drain and rinse under cold water. Chill and set aside 12 spears; cut remaining asparagus into 1 inch pieces.

Cut half of papaya into eight thin, lengthwise slices and chill. Cut remaining half into bite-size pieces.

In large bowl, combine sour cream, nectar, chutney and lemon

peel. Add cooled pasta, mix well. Stir in asparagus and papaya pieces, shrimp and green onions. Chill briefly.

To serve, spoon pasta mixture on lettuce leaves and arrange papaya and Asparagus spears.

Garnish with lemon twists or wedges and fresh mint, if desired. Makes 4 servings.

ASPARAGUS STIR-FRY

- 1 pound fresh asparagus
- 1 teaspoon cornstarch
- 1 tablespoon water
- 1 tablespoon soy sauce
- 1 tablespoon vegetable oil
- 4 green onions, sliced
- 2 tomatoes, cut into chunks
- 2 cups mushrooms, sliced
- 2 cups cooked rice

Slice washed and prepared raw asparagus into 2-inch lengths. In small bowl, blend water and cornstarch. Stir in soy sauce and set aside.

Stir-fry asparagus and green onion in oil for about 4 minutes. Add mushrooms and cook another minute. Stir and push vegetables to the side and add cornstarch sauce. Simmer for a minute then stir in vegetables. Heat through and serve with rice. Makes 4 servings.

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ATHLETE OF THE WEEK

Hannah Stirling

Our Athlete of the Week is Hannah Stirling, a three-sport Varsity performer in her Senior year at Redwood Christian.

Hannah came out for Girl's Volleyball her Senior year only and earned Most Inspirational honors from her teammates.

In Girl's Basketball, Hannah was team captain and team MVP and All-League honorable mention in the BCL-EAST. In Swimming, she was voted the most improved swimmer in her Junior year.

Hannah plans to attend Grand Canyon University in the Fall.



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County Fair's 'Fun Run' Will Be Held Virtually

The Alameda County Fairgrounds and Sunflower Hill will hold a virtual "Fun Run, Sun's Out, Fun's Out," a 5K or 1-mile walk/run to support a great cause.

Even though the charity run cannot take place on the Fairgrounds to kick off the 2020 Fair which has been canceled, members of the community are still encouraged to take part at their own pace. Choose your own local trail.

Proceeds will benefit Sunflower Hill, an organization that helps to create spaces where adults with developmental disabilities can thrive in their own community.

The Fun Run is for all abilities and ages; participants may walk or run. Adult registration is \$25; children age 17 and younger are \$10.

Each registration includes one free single-day admission to the 2021 Fair. Participants are able to choose their distance, trail, and date. The Virtual Fun Run will oc-



cur between June 19 and June 28, 2020.

On top of the free general admission ticket for the 2021 Fair, each participant will receive free virtual classes before the event from Joya and Dragonfly Yoga + Wellness.

Runners and walkers are encouraged to download their own Race Bib, Finisher Certificate and a DIY Medal.

Inspirational Signage will be available for download to help motivate participants through their distanced run.

Reports: Family Fight; Resist Arrest

continued from page 3

been instructed to stay away more than 100 feet. Deputies made a positive identification of the man from the description and took him into custody.

Resisting Arrest

Monday, May 25: at 12:06 a.m., deputies arrested a 31-year-old man with no permanent residence for resisting arrest. The man was stopped for questioning outside a mobile home park on Castro Valley Boulevard near Marshall Street. Deputies report that during questioning, the man became confrontational and began to physically try to get away from deputies. The man was handcuffed and taken into custody.

Family Fight

Monday, May 25: at 8:08 a.m., a 21-year-old woman from CV was arrested on suspicion of assault on a family member. Deputies were dispatched to a home on Jensen Road near East Castro Valley Boulevard following an anonymous tip of a loud and aggressive-sounding argument. The woman was taken into custody. The victim was treated at the scene.

Gaffney on Dean's List

Sean Gaffney of Castro Valley was named to the University of Utah's Spring 2020 Dean's List. Gaffney's major is listed as Psychology BS and Criminology BS.

To qualify, students must earn a GPA of 3.5 or higher in at least 12 graded credit hours during any one term. The University of Utah is located in Salt Lake City.

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A representative payee is a person or organization appointed to receive funds for someone, who is unable to manage their own money or pay their own bills.

Name Social Security Rep Payee in Advance of Need

Q: I hear that there is some news from Social Security, in that it will now allow recipients to name a Representative Payee in advance of actual need. Is this important and do you know about it?

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

A: Yes, and it is considered a major change for Social Security. So, first, let's address what a Representative Payee is:

In the Social Security system, a representative payee is a person or organization appointed to receive funds for someone, who is unable to manage their own money or pay their own bills.

A representative payee (RP) would have the power and the responsibility to manage those funds for the beneficiary's benefit, whether they be Social Security Retirement, Supplemental Security Income (SSI), or Special Veterans Benefits.

The RP is essentially a fiduciary for the beneficiary and must be careful about handling the beneficiary's money, must keep good records, and make annual accountings to social security as to how the money was spent.

Up until now, anyone could apply to be the RP for a beneficiary who was deemed unable to manage his or her funds, which could encourage "bad actors" to get involved.

Further, there was no mechanism for a competent recipient to make an advance designation as to who should be his or her RP. In this respect, the situation has always been very unlike the advance designation that one could always make in one's estate planning documents as to who would be his or her Trustee, Executor, Agent Under Financial Power of Attorney, and Agent for Health Care.

But now you can! This new right stems from the "Strengthening Protections for Social Security Beneficiaries Act of 2018", and now allows you to choose an individual to manage your benefits whom you know has genuine concern for your well-being, should the need later arise.

The advance designation can be made by competent adults and emancipated minors. You may select up to three individuals, in the order that you designate.

see PAYEE on back page

Senior Q&A: How Can I Make the Most of Telehealth Appointments?

Q: I manage a large doctor's clinic that treats hundreds of seniors each month. We are moving to more telehealth visits to help keep our patients safe at home during the coronavirus pandemic, but this new way of seeing a doctor is befuddling to many of our elder patients. Can you educate patients on how to prepare for a telehealth appointment?

By Jim Miller
SPECIAL TO THE FORUM

A: I'd be happy to help! To help keep patients safe and at home during the coronavirus crisis more and more doctors and other health care providers are turning to telehealth (a.k.a. telemedicine) appointments, which are remote e-visits using a digital communication device like a smartphone, tablet or computer.

Although telehealth has been around for a few years now, recent updates to regulations and a surge in demand has made it the easiest way to get many different types of medical care.

Most telehealth appointments today tend to be primary care or follow-up visits that can assess symptoms or check on people who have had a medical procedure.

Telehealth also works well for some specialties like dermatology or mental health care (counseling/therapy) services.

So, what can patients expect from a telehealth visit, and how should they prepare?

The first step is to call your doctor's office to find out whether telemedicine visits are available and whether you will need to set up an account or install special software on your computer, phone or tablet.

Until recently, doctors were required to conduct telehealth visits

through platforms such as Doxy, Thera-Link or MyChart that were compliant with the Health Insurance Portability and Accountability Act, or HIPAA.

But some of those requirements have been relaxed in the current crisis, so many providers are using popular apps such as FaceTime, Skype and Zoom to conduct visits.

Once you know what technology you will be using, get familiar with it. You don't want to spend the first 10 minutes of your visit trying to figure out how to unmute the audio.

For older patients that aren't familiar or comfortable with technology, ask a relative or friend with a smartphone, tablet or laptop to assist you.

Take the time to clarify the purpose of the televisit before it begins. Prioritize a written list of three or four issues you want to discuss with your doctor and make a list of the medicines you're taking, along with the dosages.

Also, have relevant medical devices or logs on hand, such as a penlight or smartphone flashlight for viewing a sore throat, a blood-pressure cuff and thermometer (or recent readings), blood-sugar logs if you're diabetic or a food log if you have gastrointestinal problems.

If you've received medical care at different places, such as an urgent care facility or another doctor's office, have your latest medical records with you during the telemedicine visit.

Wear loose clothing that will allow you to show your medical provider what is concerning you.

The length of the appointment may depend on the problem. A routine visit could be very quick,

while others, such as a physical-therapy appointment, may last as long as a session at a clinic. Waiting rooms are sometimes replaced by virtual waiting rooms.

Before the visit ends, make sure you know the follow-up plan. Do you need to schedule an in-office visit, fill a prescription or get a referral to a specialist?

Right now, Medicare and Medicaid are covering the cost of telehealth visits (see medicare.gov/coverage/telehealth for details), and most private insurers are following suit.

If, however, you don't have a primary care physician or need urgent care, you can get help through virtual health care service like Doctor on Demand (doctorondemand.com) or TeleDoc (teladoc.com).

These services currently do not accept original Medicare, but they may be covered by private insurers including some Medicare Advantage plans – be sure you check.

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

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

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By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



COVID-19 Opening the Door for Potential Lawsuits

When I bought my first California home, the contract was one page. Today the California Association of Realtors (C.A.R.) residential contract is 10 pages with six pages of disclosures tacked on. Additionally, sellers are required to provide over 70 pages of disclosures.

While the witticism is, "Every paragraph in the contract and disclosures has been added as the result of a lawsuit," it is no laughing matter.

Litigation between a buyer and seller is never a desirable

outcome and primary amongst the functions of Realtors is to ensure transactions close without the need to meet again in court.

In fact, the Code of Ethics and Standards of Practice of the National Association of Realtors includes the statement: "When representing a buyer, seller, landlord, tenant, or other client as an agent, Realtors pledge themselves to protect and promote the interests of their client."

It goes without saying that there are those in the legal profession who opportunistically

seek to file lawsuits on behalf of those whom they perceive have been harmed in some way. While barratry per se is illegal, "ambulance chasers," as their nickname indicates, seek opportunities in disasters and other circumstances that have caused personal harm.

COVID-19 is no exception and the lawsuits have already started pouring in.

With the potential of legal action in mind, C.A.R. has crafted extensive documentation designed to protect both buyers and sellers in the midst of this

See MEDFORD on page 9



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MEDFORD: Buyers, sellers must follow the rules, no shortcuts

continued from page 8
pandemic. It is critical that both buyers and sellers follow the rules as outlined in the COVID-19 disclosures and do not attempt to take shortcuts or circumvent the necessary steps.

For those looking to sell their homes, an addendum to the listing agreement has been added that delineates the level of access a seller is willing to provide during the crisis and necessary steps required

to adhere to the California Departments of Public Health (CDPH) and Industrial Relations (Cal/OSHA) COVID-19 Directives for showing properties.

There is also a new 8-page "Coronavirus Property Entry Advisory and Declaration" (PEAD) that must be signed by buyers, sellers and both sets of agents prior to allowing access to any home for sale. It includes Real Estate Best Practices Guidelines and Pre-

vention Plan for Showings During COVID-19 - Stage 2 Expansion.

While no one likes filling out forms, it is important to follow C.A.R. rules. At the end of the day, the goal is simple: stay healthy and out of court.

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.



• Using Shade

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

establish themselves.

• Vegetables

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

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

• Flowers

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

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

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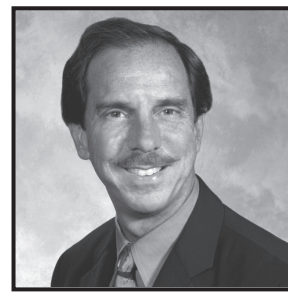
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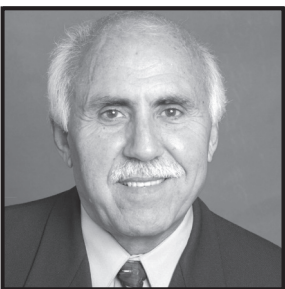
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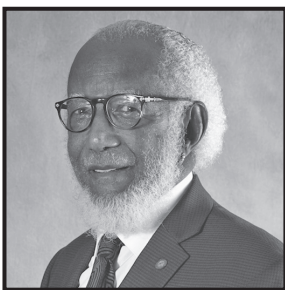
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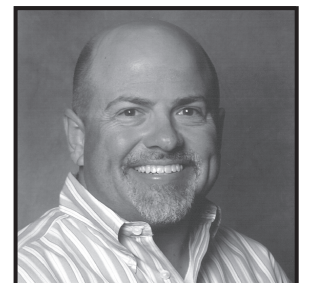
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Obituaries

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Craig Michael Gonsalves

Craig Michael Gonsalves, a resident of Castro Valley, passed away at his home on April 28, 2020. Born on April 5, 1955, he was a retired UPS driver who had a route in Downtown San Leandro for many years. He is survived by his sister, Linda Fino and her family. There will be a private burial at Holy Sepulchre Cemetery in Hayward where he will be laid to rest with our Mom and Dad.



PHOTO BY LINDA SANDSMARK

BOARDED UP: Windows in shops all around Castro Valley have been boarded up over the past few days following outbreaks of vandalism and looting in many East Bay cities during demonstrations by protesters, touched off by last week's death of George Floyd, a black man, at the hands of a white Minneapolis police officer.

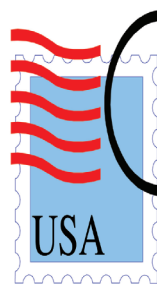
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LETTERS

TO THE EDITOR
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Such a touching and meaningful tribute that highlights the importance of education in Castro Valley. To all in our "Village" helping to raise our children, our family says *Thank You!*

—Alex McMurray, Teacher, Castro Valley

Shutting Down vs. Herd Immunity

Editor:

There are two conflicting ideas about how to get over the "Wuhan Fever."

The first is to "shut down" the economy, close schools, stop working, and force people to wear masks.

This "shut down" policy will probably lead to more deaths in the long run, because it will indefinitely postpone our "herd immunity." As a result, people at high risk of death will always remain in danger of getting exposed to this virus...indefinitely.

The second idea is to quickly achieve herd immunity, by isolating only those people who are at high risk, so the rest of us can develop natural immunity to the virus. This "herd immunity," will then prevent the virus from spreading to people at high risk. This policy is rational, time-tested, and will save more lives in the long run.

So for most of us, wearing masks and staying home isn't just pointless. It's also counter-productive.

The "shut-down" supporters claim that we don't know yet if people will develop immunity to this virus after getting it once. Well, we humans have developed natural anti-bodies to every other virus we have gotten. Why should this one be different? And I have not heard of any case where a person got sick twice from Wuhan Fever.

Remember when all these state-wide shutdowns started? The governors all told us it was to "flatten the curve," so hospitals would not be overwhelmed. Well we did that. Hospitals are mostly empty, and ventilators sit unused.

Their new excuse is, "If it saves one life, it's worth it." That's an absurd basis for any policy. Using that logic, why not ban all cars? And swimming pools? And guns? And bicycles? These things kill people every year. It's also an ironic excuse, coming from governors who support killing unborn babies.

—Peter Hauer, Castro Valley

Banning Importation of Wild Animals by Live Food Markets

Editor:

Some good news, for a change! Senate Bill 1175, by Senator Henry Stern passed out of the Senate Natural Resources & Water Committee on May 26 by a vote of 5:1. It would ban the importation of the spoils of African trophy hunts.

It would also ban the importation of wild animals for the state's many live food markets. California annually imports some two million American bullfrogs for human consumption, plus an estimated 300,000 freshwater turtles. Most of the bullfrogs are commercial-raised in China and Taiwan.

All the turtles are taken from the wild in states East of the Rockies, depleting local populations. None of these animals are native to California, and they pose major threats to the environment, animal welfare, and the public health.

Dozens of necropsies on the market frogs and turtles document that all are diseased and/or parasitized. Worse, the majority of the frogs carry the dreaded chytrid fungus (Bd), which has caused the extinctions of 200-plus amphibian species worldwide in recent years.

SB 1175 now goes to the Senate Appropriations Committee for consideration, chaired by Senator Anthony Portantino. Other members are Patricia Bates, Steven Bradford, Jerry Hill, Brian Jones, Connie Leyva and Bob Wieckowski. Support letters are needed. All legislators may be written c/o The State Capitol, Sacramento 95814. Email pattern for all Senators: senator.lastname@senate.ca.gov

—Eric Mills, Action for Animals, Oakland

LETTERS TO THE EDITOR

must include writer's first and last names, phone number, city of residence, and must be under 300 words. Not all letters can be published. We reserve the right to edit as necessary. We do not withhold names or publish unsigned letters. Email letters to: fredz@ebpublishing.com or mail to: The Forum P.O. Box 2897, Alameda, CA 94501.

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): Still operating under a full head of self-esteem makes you want to tackle a matter you had shied away from. OK. But be sure to arm yourself with facts before you make a move.



TAURUS (April 20 - May 20): That smart move you recently made caught the attention of a lot of people, including some with financial deals to offer. Use your Taurean wariness to check them out thoroughly.



GEMINI (May 21 - June 20): Shyness might keep you from asking for more information on a potentially important matter. But your curiosity grows stronger by midweek and gives you the impetus for data-gathering.



CANCER (June 21 - July 22): Taking on too many tasks may not be the wise thing to do at this time. You might overspend both your physical and emotional energy reserves, and have to miss out on some upcoming events.



LEO (July 23 - August 22): Try to keep your spending at an affordable level. Splurging now -- especially on credit -- could create a problem if your finances are too low for you to take advantage of a possible opportunity.



VIRGO (August 23 - Sept. 22): You might not approve of a colleague's behavior during much of the week. But don't play the judgmental Virgo card here. As always, check the facts before you assume the worst.



LIBRA (Sept. 23 - October 22): Coping with an old issue that has suddenly re-emerged could take a big toll on your emotional energies. Decide whether you really want to pursue the possibilities here.



SCORPIO (October 23 - November 21): For all your skill in keeping your secrets safe, you could be unwittingly letting one slip out by the way you're behaving in that new relationship. Are congratulations soon to be in order?



SAGITTARIUS (Nov. 22 - Dec. 21): Good old-fashioned horse sense could help you get around those who unknowingly or deliberately put obstacles in your way. Ignore the confusion and follow your own lead.



CAPRICORN (Dec. 22 - Jan. 19): A puzzling attitude change in a colleague from friendly to chilly might stem from a long-hidden resentment suddenly bubbling up. An open and honest talk should resolve the problem.



AQUARIUS (Jan. 20 - Feb. 18): This week, many ever-generous Aquarians might find themselves feeling an acquisitive urge. If so, indulge it. You've earned the right to treat yourself to wonderful things.



PISCES (Feb. 19 - March 20): Expect to get a lot of advice on how to go about implementing your plans. But once you've sorted it all out, you'll probably find that, once again, your way will be the best way.

Ruby Meadow: "a Long, Worn Out Argument" on Housing

Editor:

Addressing Bruce King's opposition to Eden Housing's proposed development ("Save Ruby Meadow and Riparian Corridor," *Letters*, May 27), I think his argument isn't novel or unique but rather a long worn out argument used to inhibit the production of new housing in California for decades now.

Faster growing metro areas in other states have continuously been able to produce new *market* rate housing that is affordable to working class families because they see right through the feigned concern for the loss of natural habitat by homeowners who try to put up roadblock after roadblock to new developments in their neighborhoods.

Responsible civic leaders in other states understand that as populations grow, the need for housing grows with it and respond by allowing development to occur to accommodate that increase in population.

I believe the real reason Bruce King and other concerned (or rather, greedy) homeowners are dead set against the construction of new housing in Castro Valley is because they want the price of homes *they own* to continue to increase to the detriment of working class families in the area.

I'd be curious to know whether Bruce King knows about how many native and heritage trees were destroyed to develop the (probably single family residence) neighborhood he lives and owns a home in.

—Michael Zacharia, Castro Valley

Virus Spread Not "Tapering Off," But Increasing

Editor:

Paragraph 4 of the May 27 front-page article, "County Ramps up Contact Tracing to Fight COVID-19" states: "The spread of the novel coronavirus in Alameda County has tapered off ..." Nothing could be more misleading.

It has not "tapered off" and, in fact, is increasing. The weekly case increase on May 3 was 268, but today May 31 it is 522.

There may be a number of reasons for the increased opening of businesses, but a "tapering off" of the spread of the virus in Alameda County is not one of them.

—Matt Porter, Castro Valley

Honoring This Year's Remarkable Graduates

Editor:

This year is a big year for our family with our three children graduating from CVHS, Creekside, and Proctor.

The end-of-year ceremonies and all the anticipated events look much different this year, but our community has come together to find ways to honor these remarkable students.

For example, as a teacher in the district for nearly 20 years, I know how hard I worked to keep my students and their families engaged. I want to express my gratitude to the dedicated professionals who taught my children for the 47 days of distance learning. It was no small feat!

Lastly, I want to thank Mr. Christian Carr and everyone involved in posting flags along CV Blvd to honor all of our students in every school in town: Castro Valley Unified School District, Our Lady of Grace, and Redwood Christian.



Graduation: ‘This is Our Time to Celebrate What We Have Accomplished Together’

continued from front page
we also got a lot of support from local community groups.”
Supporters included parents, businesses, school officials, Castro Valley Rotary, and the Castro Valley/Eden Area Chamber of Commerce.
The unexpected reality of finishing school without actually being in school hasn’t been easy, but

parents and students were pleased that this special milestone was celebrated.
“They made students feel special. CVHS did a fantastic job,” said parent Yogita Acholkar, whose daughter Rucha graduated with several scholarships and awards. “We got to take her picture in cap and gown, solo and with family.”

Earlier last week awards ceremonies were shown online, which were viewable later on YouTube. including the first-ever Senior Awards Night online.
“Our extended family from around the world was able to celebrate the momentous occasion virtually, during these challenging times,” added Mrs. Acholkar.
Another parent observed, “It’s

not quite how we envisioned graduation, but it was great nonetheless.”
The virtual graduation ceremony began with the traditional “Pomp and Circumstance” and National Anthem performed virtually by students.
Student Body President Devin Green recorded a message to the students at his home, urging his

classmates to remember the good times, and thank friends, family, teachers and anyone else who helped them drive their story forward.
“This is our time to celebrate what we have accomplished together,” he said.
In a message recorded in her back yard, Senior Class President Kalei Stambaugh told the gradu-

ates, “This pandemic took a way a lot, but it can not take away the memories and achievements of the past four years.”
Superintendent Parvin Ahmadi, School Board President Laverde Lee Whitaker, and Principal Torpey offered recorded encouragement and congratulations, and declared the students officially graduated.

COVID-19: Hotspots of Positive Cases Identified in Oakland, Hayward, San Leandro

continued from front page
County health officials report more than 3,470 cases of coronavirus infections – up 28% from last week – with 93 related deaths. San Leandro reported 157 infections. Castro Valley reported 118 cases while the rest of the unincorporated area saw 223 cases.
Health officials are also fo-

cused on specific ZIP codes where hotspots of positive COVID-19 cases have been identified especially in Oakland, Hayward, and parts of San Leandro.
Hispanic, Pacific Islander, and African American demographics have the highest rates of infection. Seniors older than 80 and those with underlying health issues are

also most at risk of contracting COVID-19.
The jump in reported cases is only slightly relative to the opening of new testing sites in the county, official say as more sites open up.
What is Open?
The following types of activities are permitted under the current County directive: essential busi-

nesses, outdoor businesses and activities, curbside, and delivery retail, and outdoor vehicle-based gatherings.
In the next week or so, Public Health officials say they will issue new guidance and opening timelines for moderate risk activities, including summer camps and child care, outdoor museums,

outdoor restaurant dining, and religious services.
Higher risk settings where people are in close contact, like hair salons and barber shops, gyms, bars, and indoor museums will be considered at a later date.
“We are grateful that the large majority of our residents, faith organizations, and local businesses,

large and small, are complying with the Health Officer Orders,” Public Health Department said. “We know variations among counties can be confusing and frustrating. For our vibrant retail and restaurant industries, in particular, this has been a trying time. We appreciate your patience and ongoing collaboration.”

A Dangerous Time for Teens to Hit the Road

The combination of curtailed recreational activities, summer jobs canceled, and coronavirus restrictions being lifted, could prove deadly as teens take to the road this summer.

Now is the time for parents to both model safe driving behaviors and help ensure their teens practice them too, says Sergio Avila, spokesperson for AAA Northern California.

"Our data shows that for every mile driven, new teen drivers, ages 16-17 years old, are three times more likely to be involved in a deadly crash compared to adults," says Avila.

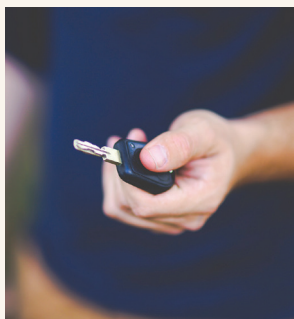
Between Memorial Day and Labor Day, 610 people were killed in crashes involving teen drivers in California in the 10-year period from 2008 and 2018.

The start of summer marks an important time for parents to be extra vigilant. Due to their inexperience, teen drivers are at a higher risk of crashes because of such risky behaviors as speeding, red-light running, texting, failing to use a seatbelt and drowsy or aggressive driving.

Parents are urged to talk with teens early and often about abstaining from such dangerous behaviors behind the wheel, as impairment and distracted driving.

AAA is providing a free four-page guide to coach teens on how to drive safely at TeenDriving.AAA.com. For parents, the guide can be beneficial as they coach their teens on a variety of routes, building on their formal behind-the-wheel training.

The online AAA StartSmart Parent Session also offers excellent resources for parents on how to become effective in-car coaches as well as advice on how to manage their teen's overall driving privileges.



Donate Art to Arts Program

Hope Hospice in Dublin is inviting local amateur and professional artists to create or donate existing artwork for distribution to hospice patients in homes and nursing facilities in the East Bay.

The public can participate by making or donating a piece of art that can be displayed on a wall or tabletop and delivering it to Hope Hospice in Dublin, according to Nikki Tildesley, Hope's Manager of Volunteer Services.

"When a person is facing the end of his or her journey on this Earth, the patient and family experience a range of emotions that vary from day to day," says Tildesley. "Our volunteers play a significant role supporting the patient and family in whatever ways are needed."

"Often, it's just being a comforting presence at the bedside. But with face-to-face visits from volunteers being suspended in light of the coronavirus pandemic, this new art program is a creative way to continue brightening our patients' surroundings."

For questions or more information regarding submissions and artwork delivery to our office, contact Josephine Fealy in the Volunteer Services Department at josephinef@hopehospice.com or by calling 925-829-8770.

FROM THE BOULEVARD

The Light to Brighten the Dark

By Thomas E. Lorentzen

Nobody needs to tell us that we are in hard times. It is what we are all experiencing and talking about.

Hard times have ways of expressing themselves that are not normally experienced in more normal times. They capture a painful poetry of their own making and march to their own cadence.

The pandemic of 2020 is not the pandemic of 1918 – the worst of recent centuries. Yet, none of us can compare the past bad with our current bad. Bad is bad. And, now, we have bad.

Yet, in this moment of darkness, we know, yet cannot see, the light to brighten the dark. It is there and will come. As we reflect and

look back and address the present, the future will write its own lyrics. With that, other lyrics come to mind. One is from the ballad "Stormy Weather:"

Life is bare, Gloom is everywhere

Stormy weather, Just can't get my poor self together

I'm weary all the time, the time. So weary all the time

As we unite, in the dark of the night, to help our family, friends, community and nation, we look for where we want to be when the storm has passed. With that, the lyrics of a famed song sung by a young girl named Annie come to mind.

*The sun will come out tomorrow
Bet your bottom dollar that tomorrow*

row.

There'll be sun

Just thinking about tomorrow

Cleaves away the cobwebs, and the sorrow

Til there's none!

When I'm stuck in a day that's gray and lonely,

I just stick out my chin and grin and say,

Oh, the sun will come out tomorrow

So you gotta hang on 'til tomorrow

Come what may

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

Payee: Make an Advance Designation

continued from page 7

If the need later arises for an RP, social security will contact those individuals on your behalf, but will still verify that they are suitable to serve. In addition, Social Security will send an annual reminder to you of your designations, so that you can update their identities and contact information as necessary.

You can make an advance des-

ignation in one of the following ways:

1) Online using your personal "mysocialsecurity" (www.ssa.gov/myaccount);

2) By telephone at 1-800-772-1213 (TTY: 1-800-325-0778);

3) In Person by going to your local field office, but only after it reopens following the COVID-19 closures.

So, along with your estate planning designations, you can now also do so as to your social security benefits. This is an important change. Further, the process on line is simple and can usually be completed in less than 10 minutes.

Gene L. Osofsky is an estate planning and elder law attorney in Hayward. Visit his website at www.LawyerForSeniors.com

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RECENT HOME SALES

Castro Valley

21314 Gary Drive	94546: \$551,500 2 BD - 1,025 SF - 1991
5404 Briar Ridge Drive	94552: \$605,000 2 BD - 1,397 SF - 1978
2235 Farley Street	94546: \$675,000 2 BD - 917 SF - 1948
22024 Queen Street	94546: \$700,000 3 BD - 962 SF - 1947
20294 Woodbine Ave	94546: \$720,000 3 BD - 1,287 SF - 1949
19159 Crest Avenue	94546: \$790,000 2 BD - 1,624 SF - 1948
18195 Crest Avenue	94546: \$917,000 3 BD - 1,434 SF - 1960
17901 Beardsley St	94546: \$930,000 3 BD - 1,899 SF - 1965
19866 Carnation Lane	94546: \$985,000 3 BD - 2,114 SF - 1976
19367 Langan Place	94546: \$1,010,000 3 BD - 2,482 SF - 1987
3910 Boulder Canyon Dr	94552: \$1,165,000 4 BD - 2,266 SF - 1997
5922 Charter Oaks Dr	94552: \$1,300,000 4 BD - 2,272 SF - 1985
TOTAL SALES:	112
LOWEST AMOUNT:	\$551,500
HIGHEST AMOUNT:	\$1,300,000
MEDIAN AMOUNT:	\$853,500
AVERAGE AMOUNT:	\$862,375

San Leandro

14443 Doolittle Drive	94577: \$450,000 3 BD - 1,060 SF - 1979
16518 Russell Court	94578: \$608,000 2 BD - 1,164 SF - 1971
2225 Heathrow Place	94577: \$646,000 1,723 SF - 1978
556 Tudor Road	94577: \$700,000 3 BD - 1,224 SF - 1948
2150 Hillside Drive	94577: \$700,000 3 BD - 1,956 SF - 1975
14983 Crosby Street	94579: \$705,500 2 BD - 1,344 SF - 1949
14599 Juniper Street	94579: \$720,000 3 BD - 1,076 SF - 1953
15284 Hardin Street	94579: \$745,000 3 BD - 1,613 SF - 1952
1550 Randy Street	94579: \$760,000 3 BD - 1,418 SF - 1955
1551 Burkhart Avenue	94579: \$775,000 3 BD - 1,427 SF - 1957
416 Cape Cod Drive	94578: \$788,000 1,614 SF - 1979
2319 Spinnaker Court	94579: \$800,000 3 BD - 2,225 SF - 2000
534 Dahlia Court	94578: \$890,000 2,741 SF - 1978
319 Napoleon Drive	94577: \$930,000 5 BD - 2,403 SF - 2000
TOTAL SALES:	14
LOWEST AMOUNT:	\$450,000
HIGHEST AMOUNT:	\$930,000
MEDIAN AMOUNT:	\$732,500
AVERAGE AMOUNT:	\$729,821

ADOPT-A-PET



HARPER is a rambunctious, 4-month old kitten with expressive green eyes. She loves to play with toys and watch chirping birds through the window. She'd be a wonderful addition to your family. Info: Hayward Animal Shelter, 510-293-7200.

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