

Spring Savings

COUPONS are BACK

5

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 33

WEDNESDAY, APRIL 28, 2021

NO. 17

INSIDE YOUR FORUM

NEWS



Annual Advisory
Rattlesnake sightings become more common around this time of year
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OUR TOWN



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LIVING



Bird is the Word
You can't go wrong with tried and true... roasted chicken is no exception
Page 4



A LATE APRIL SHOWER: Castro Valley photographer Debbie Tee captured raindrops splashing down on Lake Chabot as a weather system moved across Castro Valley shortly before 2 p.m. on Sunday. A nice treat, to be sure, but too little, too late to do much for May flowers.

Watching Our Reservoirs

By Linda Sandsmark
CASTRO VALLEY FORUM

East Bay Municipal Water District, which supplies water to our area, is closely watching its reservoirs to see if it's time to impose water restrictions on its customers.

"It's been a dry year throughout the state, and EBMUD is taking stock. We've been monitoring water supplies, and finding it drier in the East Bay," says Andrea Pook, the utility's Senior Public Information Representative.

A board meeting was underway on Tuesday afternoon to discuss the issue.

An announcement for the meeting read, "Due to persistent, dry conditions in EBMUD'S Mokelumne River watershed in the Sierra Nevada, the Board will decide if potential water shortage actions are necessary to serve EBMUD's customers this year



EBMUD PHOTO

Pardee Reservoir, the heart of EBMUD's drinking water supply in the Sierra foothills, is currently at 88 per-cent capacity.

— and ensure supplies for the next year."

Pook adds that we are very close to a Stage 1 drought threshold.

"Our board will be making decisions soon based on total runoff available from rain and snow. They'll be making a determination if some measures will be needed, and to what

degree."

Pook says the utility has drought management plans ready if necessary.

Gov. Gavin Newsom declared a drought emergency last week in two northern counties — Mendocino and Sonoma — in response to the arid conditions affecting most of the state.

J&J VACCINE

Bay Area Man Develops Blood Clot After Shot

A Bay Area man who developed a rare blood clot two weeks after receiving the Johnson & Johnson vaccine is recuperating at University of California, San Francisco.

The man, in his 30s, was admitted last Wednesday after suffering back and leg pains. UCSF said he is making good progress and is expected to be discharged in a few days.

This is the first case in which a man has experienced rare blood clots after being vaccinated with the J&J vaccine.

An 11-day pause on the single-shot vaccine was lifted this past Friday after scientific advisers decided its benefits far outweigh the rare risk of

blood clots, opening the way for resumption of the vaccine in California.

Eight Bay Area counties have issued a statement in support of local health providers resuming their use of the vaccine.

see VACCINE on back page

Alameda County
Vaccinations = 1,395,663
Confirmed Cases = 85,497
Deaths = 1,4785

California
Vaccinations = 28,798,648
Confirmed Cases = 3,710,170
Deaths = 61,479

as of April 27, 2021

MAC MEETING

CVSan Permit Denied

By Amy Sylvestri
CASTRO VALLEY FORUM

After years of preliminary discussions and three meetings this year alone, the Castro Valley Municipal Advisory Council (MAC) has denied a conditional use permit for the Castro Valley Sanitary District's (CVSan) proposed new facility on Center Street.

CVSan wants to build a two-story combination office space/ service and maintenance yard at 21195 Center Street on what was formerly see MAC on back page

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PHONE: (510) 614-1560

Castro Valley Weather Apr 28- May 2, 2021



Wednesday
Sunny
High 77° Low 49°



Thursday
Mostly Sunny
High 73° Low 49°



Friday
Partly Cloudy
High 68° Low 52°



Saturday
Partly Sunny
High 66° Low 47°



Sunday
Sunny
High 69° Low 50°

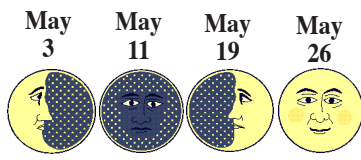
Almanac



Sun sets at 7:57 p.m. today, rises at 6:17 a.m. Thursday.

Past Week's Rain: 00.12
Season To Date: 10.21
Normal To Date: 18.76
Season Average: 21.22

Moon Phases



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

Annual Rattlesnake Advisory

By Ned MacKay
SPECIAL TO THE FORUM

With the advent of warmer weather as spring gives way to summer, it's time for the annual advisory about rattlesnakes.

Rattlesnakes are common in the regional parks and other Bay Area open space. I haven't seen any so far this season, though other people have reported sightings.

Snakes regulate their body temperature by moving back and forth between sun and shade. In general, the best way to avoid rattlers is to stay on official trails; don't take shortcuts through tall grass and brush. If you stop to rest, avoid the rock piles, logs and tall grass that are snake habitat.

If you do see a snake on a trail or fire road, take a wide detour. And please do not tease it or try to pick it up. That's how most bites result.

Rattlesnakes are not aggressive. They will avoid us



'TIS THE SSSEASON: Rattlesnakes are common in the regional parks and other Bay Area open space.

if possible; we're much larger than the small rodents and lizards that are their preferred diet. I once unintentionally walked within several feet of one. It rattled a warning, but did not strike.

Dogs can be a problem; curious by nature, they may run right up to a snake and get bitten. If it's a rattlesnake, the

result can be a very expensive vet bill. So keep your pet under control at all times. Keep an eye on your small children, too.

If you see a rattlesnake in a parking lot or picnic area, contact a park ranger and the ranger will relocate it.

Gopher snakes look a lot
see SNAKES on page 10

Trail Challenge Goes Virtual

The Castro Valley Sports Foundation is bringing back the 37th annual Lake Chabot Trail Challenge, but this time as a virtual event. A 10K has been added this year to allow for others who would like to do more than a 5K but less than a half marathon.

The half marathon course is a scenic, hilly loop, mainly on dirt fire roads. The ridge-line views look down on Lake Chabot, surrounding grassy slopes, and eucalyptus groves. Mt. Diablo and San Francisco Bay are visible along the route.

There will not be any support or water stations, so

participants should bring their own hydration.

The 10K loop is a figure 8. You will have one little loop of the Ten Hills Trail then into a bigger loop on East Shore Trail along the lake. The 5k (3.1 miles) course is an out-and-back that has gentle rolling hills and consists mostly of paved surfaces.

Pre-registered runners will be guaranteed a T-shirt if registered by Sunday, May 9. The price for the 5K is \$35; 10K is \$45 and Half Marathon \$50. You must register by Sunday, June 6.

Runners will have three weeks to complete the course

they are registered for. The race will take place rain or shine and there are no refunds. This is a virtual race event but the course is on-site.

The Challenge will begin Friday, June 4 and continue through Sunday, June 27. To register and get more information on the event, visit runsignup.com/Race/CA/CastroValley/LakeChabotTrailChallenge.

From the parking lot at 17404 Lake Chabot Road, just follow the signs to the registration and starting lines.

For questions, contact Rachel Lunt at teamlunt07@gmail.com.

Cornelius Receives Inner Wheel Leadership Award

JoAnn Cornelius of Castro Valley was recently honored with the "Inner Wheel Excellence Spirit Award" by the Inner Wheel Club of San Leandro, where she has shown outstanding leadership and dedication to community service for more than 30 years.

Cornelius serves as a Foundation Club Coordinator promoting information about the national Inner Wheel Foundation. Her never ending encouragement and friendship continues to inspire and make a difference. She and her husband Ivan are also very active in Rotary.



JoAnn Cornelius

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This year's format is a little different, but the goal is the same: to **raise \$100,000** for patient care and community programs, including grief support services, dementia education, and caregiver resources for local families.

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Saturday, May 29, through Saturday, June 5

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HOROSCOPE by Salomé

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ARIES (March 21 - April 19): Temper your typical Aries urge to charge into a situation and demand answers. Instead, let the Lamb's gentler self emerge to deal with a problem that requires delicacy.



TAURUS (April 20 - May 20): You are aware of what's going on, so continue to stand by your earlier decision, no matter how persuasive the counter-arguments might be. Money pressures will soon ease.



GEMINI (May 21 - June 20): By all means, have fun and enjoy your newly expanded social life. But don't forget that some people are depending on you to keep promises that are very important to them.



CANCER (June 21 - July 22): You need to wait patiently for an answer to a workplace problem and not push for a decision. Remember: Time is on your side. A financial matter needs closer attention.



LEO (July 23 - August 22): You now have information that can influence that decision you planned to make. But the clever Cat will consult a trusted friend or family member before making a major move.



VIRGO (August 23 - Sept. 22): Good news: You're finding that more doors are opening for you to show what you can do, and you don't even have to knock very hard to get the attention you're seeking.



LIBRA (Sept. 23 - October 22): Your gift for creating order out of chaos will help you deal with a sudden rush of responsibilities that would threaten someone less able to balance his or her priorities.



SCORPIO (October 23 - November 21): Congratulations. Your energy levels are coming right back up to normal -- just in time to help you tackle some worthwhile challenges and make some important choices.



SAGITTARIUS (Nov. 22 - Dec. 21): The sage Sagittarian should demand a full explanation of inconsistencies that might be cropping up in what had seemed to be a straightforward deal.



CAPRICORN (Dec. 22 - Jan. 19): A conflict between obligations to family and to the job can create stressful problems. Best advice: Balance your dual priorities so that one doesn't outweigh the other.



AQUARIUS (Jan. 20 - Feb. 18): Don't guess, speculate or gossip about that so-called mystery situation at the workplace. Bide your time. An explanation will be forthcoming very soon.



PISCES (Feb. 19 - March 20): Boredom might be creeping in and causing you to lose interest in a repeat project. Deal with it by flipping over your usual routine and finding a new way to do an old task.

Sweet Success in Uncertain Times

By Linda Sandsmark
CASTRO VALLEY FORUM

"In March 2020 I had no plans to start a cheesecake baking company," says Castro Valley resident Akilah Hill. "In fact, I was planning to head to Asia for a month-long trip."

Of course, like everything else that month, those plans were put on hold by COVID-19. She expected to defer the trip for two months, hoping the shelter-in-place would be temporary.

"But when that didn't happen, like a lot of people, I started baking to pass the time," says Hill. "In the beginning I gave away a lot of cheesecake, and started hearing great feedback."

The one drawback was that cheesecakes are really expensive to make. Always an avid baker — so enthusiastic she has taken cooking and pastry classes in Paris — Hill wondered if anyone would reimburse her for the quality ingredients that go into her New York-style cheesecakes. After asking that question, she was unexpectedly overwhelmed with requests.

"Over the holidays I had a ton of orders. It happened so quickly it surprised me," she says.

Word of mouth expanded her clientele around the Bay Area and beyond. Thus, The Excellent Cheesecake, LLC, was born. Hill is now marketing through a website (theexcellencecheesecake.com) and Instagram account (@theexcellencecheesecake) to promote her products.

The website states, "We



PHOTO COURTESY OF AKILAH HILL

SOMETHING TO CHEESE ABOUT: Akilah Hill of Castro Valley started a popular cheesecake company, The Excellent Cheesecake, during the pandemic.

bake our cheesecakes by hand in our private, certified kitchen in Castro Valley."

The cakes come in three sizes, and are particularly notable for their deep, rich graham cracker crusts. The Mini size serves one or two people, the 7-inch serves eight to 10, and the 9-inch serves 12 to 14 people. A gluten-free option is available. Gift cards may also be purchased online.

Hill's cheesecakes continue to get rave reviews. Pictures and more information are

available on her website and Instagram account.

"If there's anything I enjoy more than baking, and tasting cheesecake, it's giving. The joy for me is seeing the happiness when people receive it and then the delight when they taste what I've made," she says on her website.

As a delivery-only business so far, Hill offers free delivery within Castro Valley. Delivery within 10 miles is \$8, and delivery to San Francisco, San Jose, Richmond, etc., is \$11. To avoid delivery charges, purchasers from further out may arrange a pick-up location in Castro Valley. (Hill's clients have driven in from as far away as Tracy.)

Before this pandemic year, Hill worked in business rather than baking. A world traveler and graduate of Hampton University (Virginia) in Business Administration and Aviation Management, she earned her private pilot's license while studying aviation.

"The management part was useful when starting this business," she says. "I can fly small planes, but don't do that at the moment. I'm having a ball baking cheesecakes."

For more information, call or text 510-764-8894, or visit: theexcellencecheesecake.com

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER



Charged with Vandalism

Thursday, April 22: at 3:30 a.m., Sheriff's deputies arrested a 37-year-old CV man on suspicion of vandalism at a motel on the Boulevard near Stanton Avenue. The motel manager reported the man was damaging public property. Deputies took the man into custody.

Public Intoxication

Wednesday, April 21: at 8:15 p.m., a 39-year-old CV man from Castro Valley was arrested on suspicion of public intoxication. Deputies stopped the man for questioning in the parking lot of a business on Baker Road near the Boulevard. The man failed his field sobriety test and was taken into custody.

Drug Possession

Friday, April 23: at 3:00 a.m., deputies arrested a 29-year-old man with no permanent residence on suspicion of possession of illegal narcotics. The man was hanging outside a gas station on the Boulevard near Stanton Avenue when deputies stopped him for questioning and discovered his stash. Deputies took the man into custody.

Disruptive Motel Guest

Saturday, April 24: at 4:25 p.m., a 24-year-old man was arrested on suspicion of disrupting a business. Deputies were called to a motel on the Boulevard near Stanton Avenue. The motel manager called deputies after a disruptive guest refused to leave. The man was handcuffed and taken into custody.

Two Arrests at Gas Station

Saturday, April 24: at 6:46 p.m., deputies arrested two people with no permanent residence on suspicion of possession of illegal narcotics and related drug paraphernalia. A 50-year-old man and 24-year-old woman were parked in the rear of a gas station on the Boulevard near Anita Avenue when deputies stopped them for questioning and discovered their stash. The couple was taken into custody.

Robbery Attempt Results in Three Arrests

Saturday, April 24: at 10:00 p.m., three people were arrested following a botched robbery attempt at a drug store on Castro Valley Boulevard near see **REPORTS on page 11**

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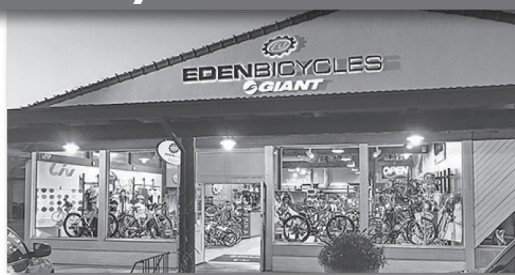
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Spring Chicken

We eat twice as much chicken today as we did just a few years ago. So much so that it has become the most frequently served meat on California's tables.

The popularity of poultry

isn't surprising when you consider that chicken and turkey are inexpensive and appeal to almost everyone. What's more, the white meats of both are low in fat and calories.

But since a chicken is about half white meat and half dark,

you shouldn't ignore the subtle flavors of the legs and thighs. Not surprisingly, it is because dark meat has more fat that it juicier and is—to many—better tasting than the drier, less flavorful breast meat. Keep in mind that the fat content is still

lower than in many cuts of red meat.

PERFECTLY ROASTED SPRING CHICKEN

- 1 (4-pound) chicken, washed and patted dry
- 3 large cloves garlic, minced
- 1 large shallot, minced
- 2 tablespoons minced fresh herbs (especially rosemary and thyme)
- 1 teaspoon Dijon mustard
- 1/3 cup white wine
- 1/4 teaspoon salt
- Freshly ground pepper
- Handful mixed fresh herbs

Separate the skin from the meat by inserting an inverted teaspoon between the skin and meat, starting at the breast and working down to the thigh.

Combine garlic, shallot, minced herbs, mustard and white wine in blender and process together. Spoon mixture under skin clear down to the thigh and massage skin to disperse the mixture evenly (easier than it sounds.)

Season the surface and cavity with salt and pepper. Place handful of herbs in the cavity and set chicken, breast side up, on a foil-lined shallow roasting pan. (The chicken can be baked immediately or covered with plastic wrap and refrigerated overnight.)

To roast, place pan on over rack set in the lower third of a 450°F oven. Roast until juice runs clear rather than pink when thigh is pierced with a knife, about 45 to 50 minutes. Let the chicken stand 10 minutes before servings. Makes 4 servings.

SPICY BAKED CHICKEN THIGHS

- 8 chicken thighs, with skin, pierced all over with a small knife
- 5 cloves garlic, peeled
- 1 (2-inch) piece fresh ginger root, peeled
- 1 small jalapeño pepper, seeded, or cayenne to taste
- Juice and zest of 1 lemon
- 2 tablespoons tomato paste
- 1/2 teaspoon salt
- 1 teaspoon cumin powder
- 1 teaspoon coriander

seeds or ground coriander

Heat over to 400°F.

Put chicken thighs in a bowl. Mince garlic, ginger and pepper. Toss with all remaining ingredients or put in food processor and grind into a paste. (It is OK if the coriander seeds are not fully pulverized.) Rub mixture thoroughly into the chicken. Put thighs, skin side up, in a roasting pan and roast for 25 to 35 minutes until done. Makes 4 servings.

BREADED CHICKEN BREASTS WITH PARMESAN CHEESE

- 4 skinless, boneless chicken breast halves (about 1-1/4 pounds)
- Salt to taste
- Freshly ground pepper
- 2 tablespoons flour
- 1 large egg, beaten
- 2 tablespoons water
- 1 cup fine fresh bread crumbs
- 1/4 cup freshly grated Parmesan cheese
- 2 tablespoons corn oil
- 4 tablespoons butter
- 1 tablespoon finely chopped fresh tarragon
- 2 tablespoon freshly squeezed lemon juice

Cut away and discard any white membranes or traces of fat from the breast halves. Sprinkle each with salt and pepper. Put the flour in a shallow dish. Dip the breasts in the flour. Coat well and shake off excess. Combine the eggs with water, salt and pepper in another shallow dish, and beat to blend. Combine the bread crumbs with Parmesan cheese in a third dish, and blend.

Dip the breast halves in the egg mixture, coating thoroughly. Drain off excess. Dip the pieces in the bread-crum mixture, also coating thoroughly. Pat the pieces lightly with the flat side of a large knife to make the crumbs adhere.

Heat the oil, preferably in a nonstick skillet, and add the breasts. Cook over moderately high heat until golden brown on one side, 3 to 4 minutes. Turn and cook 3 to 4 minutes or until golden brown on the second side.

Transfer the chicken to a

warm platter, pour the fat from the skillet. Add the butter to the skillet and cook until bubbling. Add the tarragon and lemon juice; blend. Pour the sauce over the chicken and serve immediately. Makes 4 servings.

CLASSIC CHICKEN & DUMPLINGS

- 1 roasting hen or two frying chickens, cut up
- 4 sprigs parsley
- 5 ribs celery with leaves
- 2 carrots, sliced
- 1 medium onion, cut up
- 2-1/2 teaspoons salt, divided
- 1/4 teaspoon pepper
- 1 bay leaf
- 1-1/2 cups flour, divided
- 2 teaspoons baking powder
- 1/2 cup milk
- 2 tablespoons melted shortening
- 1 tablespoon chopped fresh parsley
- 1 cup cold water

Place chicken in stock pot. Add enough water to cover. Add parsley, celery, carrot, onion, 2 teaspoons salt and 1/4 teaspoon pepper and bay leaf. Cover and bring to a boil; simmer for about 2-1/2 hours.

Combine 1 cup flour, baking powder and remaining 1/2 teaspoon salt in a medium bowl. Combine milk and melted shortening. Add to the dry ingredients, along with the chopped fresh parsley. Stir just to moisten dry ingredients and drop by tablespoon directly onto the chicken in the boiling broth. Cover tightly. Return to the boil. Reduce heat without lifting cover and simmer about 15 minutes. Strain chicken broth. Measure 4 cups of broth into saucepan. Bring to a boil. Combine remaining 1/2 cup flour with cold water; gradually add flour mixture to broth, stirring constantly. Cook, stirring, until thickened. Serves 4.

HONEY-BAKED CHICKEN

- 3 pounds chicken thighs and drumsticks
- 1/2 cup butter, melted
- 1/2 cup honey
- 1/4 cup prepared mustard
- 1 teaspoon salt
- 1 teaspoon curry powder

Preheat oven to 350°F. Place chicken in a shallow baking pan. Combine the melted butter or margarine, honey, mustard, salt and curry powder and pour the mixture over the chicken. Bake in the preheated oven for 1 1/4 hours (75 minutes), basting every 15 minutes with pan drippings, until the chicken is nicely browned and tender and the juices run clear. Serves 6.

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HEALTH & FITNESS

Hearing Loss: Tips to Consider

By Diane Nens
SPECIAL TO THE FORUM

While hearing aid sales reached nearly 3.5 million in 2020, that represents a significant decline compared to the previous year, which may be attributed to the fact that the average person with hearing loss waits seven years before seeking treatment.

Hearing loss is the third most common chronic condition among older Americans, affecting more than 48 million people nationwide. Hearing loss may become even more widespread in the future, in part because of an aging population and the frequent use of earbud headphones, which can contribute to noise-induced hearing loss.

Here are five tips to consider related to hearing loss during the pandemic and in the future:

- **Prevent Hearing Loss Before It Starts:** Our ability to hear declines naturally as we age, especially among people over 65. But exposure to loud



About 80% of people who could benefit from using a hearing aid do not actually use them

sounds – both one-time and cumulatively – can contribute to noise-induced hearing loss.

To help reduce your risk, consider limiting exposure to loud sounds and the use of earbud headphones, especially when listening to music or movies on a mobile device. Consider over-the-ear headphones – especially models with noise-canceling properties – as those are generally considered a better option.

- **Look for Signs of Hearing Loss:** For some people in the early stages of hearing loss, there is an expectation – and hope – the problem will resolve itself or improve eventually. The reality is hearing loss tends to gradually worsen over time without treatment.

Unlike a broken bone or other physical injury, hearing follicles don't regrow or repair themselves. Once someone has hearing loss, the most effective treatment is usually hearing aids.

- **Evaluate Testing Options:** Online hearing screeners can help people identify potential signs of hearing loss and start the process for accessing care. Meanwhile, some primary care physicians are starting to offer hearing testing, making it more convenient to follow recommended guidelines, which include being screened at least every decade through age 50 and then at three-year intervals thereafter.

- **Risks of Avoiding Treatment:** While some people may think diminished hearing is merely a nuisance or a sign of aging, it can have a significant impact on people's overall health and well-being. For instance, people with hearing loss are 32% more likely to be hospitalized and have a 300% greater risk of falling, according to the Better Hearing Institute. People who obtain

see **HEAR** on back page



"Monarch Magic," a photo by Claudia Schwalm is part of Sun Gallery's exhibit "Climate Change: a Compassionate Connection" which opened Friday at the Sun Gallery, 1015 E Street in Hayward.

Sun Gallery Opens First Indoor Exhibit Since Start of Pandemic

The Sun Gallery in Hayward has opened its first indoor exhibit since the Pandemic Shelter-in-Place orders began more than a year ago.

The 8th Annual Exhibit on Climate Change and the Environment, "Climate Change: A Compassionate Connection," opened on Friday and will continue through June 5.

An artists' reception will be held outdoors from 1-4 p.m. this Saturday, May 1. The public is invited and admission is free.

Guests are asked to please bring your masks and practice social distancing. Light pre-packaged snacks and beverages will be served, and all Alameda County health and safety regulations will be in place, along with hand sanitizer stations.

A Compassionate Connection is made up of a wide range of additional artists from the East Bay and beyond including Jon Kerpel, Linda Nygard, Hollie Adamic, Claudia Schwalm, Peter and

Maureen Langenbach, Ian and Sarah Sammis, Carrie King, Janet Brugos, Dottie Cichon, Anitta Toivio, Sharon DeVetter, Marjorie Lynne Wagner, Judith Rodriguez, Renea Turner and Dorsi Diaz.

Dragonflies and airborne creatures are a recurring theme in the show as are water, landscapes and disappearing habitat.

The inspiration for the show came from Director Dorsi Diaz, who has been reflecting see **GALLERY** on page 10

Awad to Honor Society

Munirah Awad of Castro Valley was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society.

Awad was initiated at University of the Pacific,

headquartered in Stockton. Membership is by invitation only and requires nomination and approval by a chapter.

Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership.

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REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Some COVID-19 Practices May Remain After the Lockdown

With Covid-19 restrictions loosening, many are beginning to question what real estate might look like post-lockdown.

Much has changed this past year, but not as many had expected. Instead of a pandemic-related slowdown with declining prices, the market reacted to the initial lockdown like a speedbump: there was a momentary slowing that quickly turned into a pedal-to-the-metal race to new highs.

Talking to other Realtors, many agree some changes have been for the better. As we begin moving into a relaxed phase, some are hoping some of the new practices stick for good.

ZOOM Meetings

While many real estate companies had virtual capabilities prior to the pandemic, clients frequently wanted in-person touches. The pandemic forbade most in-person visits, and so listing presentations moved online to ZOOM, along with updates, offer discussions and more.

Many clients now feel more comfortable with ZOOM, and it is anticipated that a higher percentage of future meetings will be online.

Scheduled Showings

In order to funnel as many buyers as possible through properties with COVID-guidelines in place, visits were limited to 15-30 minute tightly scheduled appointments. Additionally, a PEAD form had to be sent in advance.

Both listing agents and clients alike liked this approach, since it gave a very clear idea of activity and made sure full contact info was available for follow up. Buyers and their agents appreciated it as well since they knew no one else would be in the home with them. It has been suggested that this format be retained instead of returning to open houses.

Restricted Showings

Sellers, worried about excessive exposure with people touring their homes, limited access to those who were pre-approved and could actually buy the home. This meant that looky-loos just touring for fun were not allowed in. This trend may continue in the future, with curious non-buyer access being limited to their mobile devices.

No Children Allowed

One clear Covid directive was "No children allowed." If you ever attended an open house and experienced unattended children running rampant through the home, this rule is highly appealing and might be worth keeping in place going forward.

3D Tours

Considered a luxury item before the pandemic, usage has dramatically increased and has made virtual showings much more effective.

These are a few of the changes we have seen with Covid-19 – the jury is out to see which may become permanent practices.

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.

21278 Sweet Lane • Castro Valley • \$950,888 3 BR, 3 Bath, with a Den. 2008 Sq. Ft. Built 1955



Come visit this beautiful home with updates galore and space for everyone. The kitchen boasts custom cabinets, granite countertops, and stainless steel appliances. The remodeled hall bathroom has a hydro-jet bathtub and marble walls and floor tiles. The primary bedroom suite has a skylight, walk-in closet with shelving system, and a remodeled bathroom with granite shower walls with a bench seat, and porcelain floor tile. The attached in-law unit with its own separate entrance features a living room with a wet bar kitchen, a bedroom, and an updated bathroom. This charming home also boasts crown molding, canned lighting, led dimmer switches, dual paned windows, vaulted ceilings, a built-in desk, entertainment center, and bookcases, and French doors. Unwind in the low maintenance backyard with a deck that overlooks the multiple patio spaces, and also has custom pavers and sensor lightening. For even more usable space, the garage has been converted into 2 bonus rooms.



For more information call The Lovewell Team, Re/Max Accord, at (510)351-5555.



(DRE #00689931, #01912817, #01947503)

Change Tomato Plant Location

By Buzz Bertolero
Special to the Forum

We've been planting a vegetable garden for a long time, but the tomato plants have looked very sad in the past few years. The garden is in the same spot, but we always add fresh soil and mix it with the old soil. How often should we be watering the tomato plants?

The vegetable garden location doesn't need to change from year to year, but where you plant your tomatoes does.

Verticillium Wilt is a soil-borne vascular disease that can't be treated. Rotating the location of the plants and planting resistant varieties, are the two cultural practices recommend.

There is no simple answer as to how often to water tomato plants. There are far too many variables that influence the frequency, like temperature, size of the plants, soil type, and how quickly the soil drains.

This is compounded by the multitude of microclimates we have. Also, we fall into a rut and water our tomato plants in August as we did in May.

Since watering tomatoes is an inexact science, here is one method you can use to determine what is the best watering schedule for your tomatoes: Water your plants thoroughly like you usually would do, mark the date on a calendar, and record the afternoon temperature. The plants are not watered again until they begin to wilt. When the plant's wilt, you again mark the date and temperature on a calendar, water the plants, and wait for them to wilt.

You now take the data and average the length of time it took for the plant to wilt and the average temperatures. This information answers the question of how often do I water my tomato plants. I water my plants' X' (number of days before the plant's wilt) minus one day when the temperature



average is 'Y.' 'X' and 'Y' become the norm for your yard.

You then adjust the watering schedule based on the norm. When it gets hotter, you shorten up the frequency or lengthen it out when it gets cooler. In small vegetable gardens, combining tomatoes with peppers, squash, and cucumbers can be a problem. Tomatoes are overwatered more times than not.

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com.



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RECENT HOME SALES

Castro Valley

21468 Outlook Court	94546: \$508,500 4 BD - 2,321 SF - 1958
1718 Knox Street	94546: \$775,000 3 BD - 1,116 SF - 1941
22245 North 6th Street	94546: \$845,000
22243 North 6th Street	94546: \$850,000
19065 Carlton Avenue	94546: \$1,007,000 2 BD - 1,385 SF - 1960
3218 Lenard Drive	94546: \$1,025,000 3 BD - 1,508 SF - 1967
TOTAL SALES:	8
LOWEST AMOUNT:	\$508,500
HIGHEST AMOUNT:	\$1,025,000
MEDIAN AMOUNT:	\$847,500
AVERAGE AMOUNT:	\$838,187

San Leandro

1502 136th Avenue	94578: \$300,000 2 BD - 811 SF - 1970
14820 Wake Avenue	94578: \$650,000 2 BD - 1,018 SF - 1945
2439 Ranspot Drive	94578: \$750,000 1,959 SF - 1975
1999 Wayne Avenue	94577: \$765,000 3 BD - 1,115 SF - 1952
1838 Arena Street	94579: \$860,000 3 BD - 1,169 SF - 1956
2027 Gulfstream Way	94579: \$1,100,000 5 BD - 2,820 SF - 1997
2001 Clipper Court	94579: \$1,100,000 4 BD - 2,820 SF - 1996
972 Estudillo Avenue	94577: \$1,156,000 3 BD - 2,126 SF - 1939
965 Lee Avenue	94577: \$1,270,000 3 BD - 2,489 SF - 1927
TOTAL SALES:	9
LOWEST AMOUNT:	\$300,000
HIGHEST AMOUNT:	\$1,270,000
MEDIAN AMOUNT:	\$860,000
AVERAGE AMOUNT:	\$883,444

San Lorenzo

891 Videll Street	94580: \$650,000 3 BD - 1,034 SF - 1951
463 Crespi Place	94580: \$731,000 4 BD - 1,814 SF - 2004
765 Delano Street	94580: \$800,000 4 BD - 1,890 SF - 1952
TOTAL SALES:	3
LOWEST AMOUNT:	\$650,000
HIGHEST AMOUNT:	\$800,000
MEDIAN AMOUNT:	\$731,000
AVERAGE AMOUNT:	\$727,000

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No Soft Drinks for Plants

By Buzz Bertolero
Special to the Forum

Q Is it advisable to water plants with leftover soft drinks? Are there any beneficial nutrients for plants?

A Basically, sugary sodas do not aid in a plant's development and, in fact, high sugar content retards the absorption of nutrients and water. So, frequent applications are

discouraged. Diet sodas may help stimulate plant growth since the lack of sugar will easily allow the water molecules to move to the roots. However, the effects of diet soda and plants are generally negligible over tap water and far more costly.

Club soda and carbonated flavored water seem to benefit from their high concentration of nutrients favored for plant growth. While water is the best choice for

plants, carbonated water or soda will certainly not harm your plants and may even result in larger, healthier, and more vividly green plants. (The internet was helpful in answering this question.)

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com.

Mortgage Rates Dip Below 3%

Mortgage rates unexpectedly dropped last week for the third week in a row, this time dipping below 3% for the first time since February, according to Freddie Mac's weekly nationwide survey.

Thirty-year fixed-rate mortgages averaged 2.97 percent for the week ending April 22, down from the previous week when it averaged 3.04 percent. A year ago at this time, the 30-year rate averaged 3.33 percent.

Fifteen-year fixed-rate mortgages averaged 2.29 percent, down from 2.35 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 2.83 percent, up from 2.80 percent.

"The drop in mortgage rates is good news for homeowners who are still looking to take advantage of the very low rate environment," said Sam Khater, Freddie Mac's Chief Economist. "Our research suggests that lower income and minority homeowners have been less likely to engage in the refinance market. Low and declining mortgage rates provide these homeowners the opportuni-

ty to reduce their monthly payment and improve their financial position."

LEGAL NOTICES

FILED
MELISSA WILK
APRIL 19, 2021
County Clerk
ALAMEDA COUNTY
By _____, Deputy
FILE NO. 578239

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es):
Kumon of Castro Valley located at 20440 Redwood Road, Castro Valley, CA 94546, in Alameda County, mailing address 1047 Mangrove Lane, Alameda, CA 94502 is hereby registered by the following owner(s): (1) Eunha Stella Choi and (2) Yongsuk Andrew Choi, both at 1047 Mangrove Lane, Alameda, CA 94502. This business is conducted by a married couple. This business commenced 6/1992.

/s/ Eunha Stella Choi, Yongsuk Andrew Choi
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires APRIL 19, 2026
APR 28, MAY 5, 12, 19, 2021
344-CVF



Propagate Plants

This is a good time to root cuttings of carnations, fuchsias and geraniums in moist sand, or a mixture of sand and vermiculite. If you are pruning these plants, use the tips for new plants.



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LEGAL NOTICES

FILED MARCH 18, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 577328

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Jennifer's Pizza located at 5651 Gold Creek
Dr., Castro Valley, CA 94552, in Alameda
County, is hereby registered by the following
owner(s): Jennifer Keenan, 5651 Gold Creek
Dr., Castro Valley, CA 94552. This business
is conducted by an individual. This business
commenced 2/24/2021.

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

Expires MARCH 18, 2026

APR 7, 14, 21, 28, 2021
333-CVF

FILED MARCH 19, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 577416

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Dave's Doors & Interior Construction Special-
ist, 3525 Seven Hills Road, Castro Valley, CA
94546, in Alameda County, is hereby regis-
tered by the following owner(s): David Mer-
curio, 3525 Seven Hills Road, Castro Valley,
CA 94546. This business is conducted by an
individual. This business commenced N/A.

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

Expires MARCH 19, 2026

APR 7, 14, 21, 28, 2021
335-CVF

FILED MARCH 17, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 577277

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Nasatir School of Percussion, 17872 King-
ston Way, Castro Valley, CA 94546, in Ala-
meda County, is hereby registered by the
following owner(s): Cary Nasatir, 17872
Kingston Way, Castro Valley, CA 94546. This
business is conducted by an individual. This
business commenced 7/1/1999.

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

Expires MARCH 17, 2026

APR 7, 14, 21, 28, 2021
336-CVF

FILED APRIL 2, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 577878

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
C.V. Pizza Express located at 19573 Center
Street, Castro Valley, CA 94546, in Alameda
County, is hereby registered by the following
owner(s): Bikram Jit Singh, 5596 Jensen
Road, Castro Valley, CA 94552. This busi-
ness is conducted by an individual. This busi-
ness commenced March 1985.

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

Expires APRIL 2, 2026

APR 14, 21, 28, MAY 5, 2021
338-CVF

FILED MARCH 15, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 577169

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Boutique Seven81 located at 132 Callan Ave,
Apt #E, San Leandro, CA 94577, mailing ad-
dress 8495 Pardee Drive, #6472, Oakland,
CA 94603, in Alameda County, is hereby
registered by the following owner(s): Shatoya
McCall, 132 Callan Ave. Apt #E, San Lean-
dro, CA 94577. This business is conducted
by an individual. This business commenced
02/17/21.

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

Expires MARCH 15, 2026

APR 14, 21, 28, MAY 5, 2021
339-CVF

FILED MARCH 23, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 577488

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
(1) Dre Jams and Jellies LLC (2) Gomma's
Baked Goods located at 511 Simon Street,
Hayward, CA 94541, in Alameda County, is
hereby registered by the following owner(s):
Dre Jams and Jellies LLC, 511 Simon Street,
Hayward, CA 94541. This business is con-
ducted by a limited liability company. This
business commenced 2-1-2021.

/s/ Dre Jams and Jellies LLC
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.

Expires MARCH 23, 2026

APR 21, 28, MAY 5, 12, 2021
341-CVF

FILED APRIL 07, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 577984

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
ATABEY & OSCAR-RENE located at 3142
Brent Ct., Castro Valley, CA 94546, in Ala-
meda County, mailing address 29873 Clear-
brook Circle 147, Hayward, CA 94544 is
hereby registered by the following owner(s):
Atabey Ortiz, 3142 Brent Ct., Castro Valley,
CA 94546. This business is conducted by an
individual. This business commenced N/A.

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

Expires APRIL 7, 2026

APR 28, MAY 5, 12, 19, 2021
342-CVF

FILED APRIL 13, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 578090

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Solano EyeCare Optometric Professionals
located at 1051 Solano Avenue, Albany, CA
94706, in Alameda County, is hereby regis-
tered by the following owner(s): (1) Ruth Chen
Fruin, 18444 Vineyard Road, Castro Valley,
CA 94546 and (2) Patrick Harold Woodring, 43
Knight Drive, San Rafael, CA 94901. This busi-
ness is conducted by a general partnership.

This business commenced January 14, 2021.
/s/ Ruth Chen Fruin, Patrick Harold Woodring
This statement was filed with the County
Clerk of Alameda County on date indicated
by file stamp above.

Expires APRIL 13, 2026

APR 28, MAY 5, 12, 19, 2021
343-CVF



**Singer/songwriter James Bishop AKA
"Brother" will be performing along with Asher
Phoenix at this Friday night's Street Eats**

What's Up at Smalltown

● Friday, April 30: Castro Valley Street Eats

Smalltown Society and The
Chabot present: Castro Val-
ley's Weekly Street Eats, with
live music from local singer/
songwriters: Asher Phoenix
and James Bishop. Come
grab some food and support
The Chabot Theater reopen-
ing (10% of proceeds go to

support the Chabot's grand
reopening). Food Truck line-up
includes: Cielito lindo MSK,
Ampuli, Cali Cruisin and
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Street Eats is a weekly event
sponsored by Food Truck Ma-
fia and First Pres of Hayward.
5:30 p.m.-8:30 p.m., 2490
Grove Way, Castro Valley CA
(behind Trader Joe's).

Gallery: Mega-Disasters And Global Uncertainties

continued from page 5
on the disconnect of some
humans when considering their
own species in the context of a
changing climate.

"Tragically, our children
are the ones who are going
to suffer the brunt of climate
change, and will be the most
affected during their lifetimes,"
Diaz laments.

"We have not left them a
grand legacy but instead a
world full of uncertainties with

looming mega-disasters like
more powerful and increased
hurricanes, flooding, storms,
cyclones, typhoons, firestorms,
rising sea levels and abrupt re-
leases of methane, an extreme-
ly potent greenhouse gas that
lies beneath the ocean seas and
in permafrost areas around the
globe." Diaz said.

*The non-profit Sun Gallery
is located at 1015 E St. in Hay-
ward. Open Fri. and Sat., 11
a.m.-4 p.m. Admission is free.*

continued from page 2
like rattlesnakes, and will even
mimic rattlers by thrashing
their tails to create a rattle-like
sound. Their bite is painful, but
they do not inject venom.

There are posters at park
district trailheads that illustrate
the difference between the two.

In the unlikely event of a
rattlesnake bite, here are some
first aid recommendations:

- Remain calm and move
beyond the snake's striking
distance.

- Remove jewelry and tight
clothing before the affected
area starts to swell.

- Position the victim, if
possible, so that the bite is at or
below the level of the heart.

- Clean the wound, but
don't flush it with water. Cover
it with a clean, dry dressing.

- Minimize the victim's
movement. If possible, carry
a victim, or have him or her
walk slowly and get them to a
hospital as soon as possible for
anti-venom treatment.

COMMUNITY CALENDAR

● Today, April 28: School Board Meeting

The Castro Valley Board of Education will hold an open
virtual board meeting today, April 28 at 5:00 p.m. While the
meeting will be held remotely, public participation is encour-
aged. To observe the meeting by video conference, click on
LINK on the agenda at the noticed meeting time. The com-
plete board packet and more info available at: www.cv.k12.ca.us. For questions, contact Aimee Cayere, Executive As-
sistant to the Superintendent at acayere@cv.k12.ca.us

● Tues., May 4: Rotary: A Career in A Capella

Basso Profundo Eric Alatorre, with the world-famous a
Capella group Chanticleer for 28 years, will describe his car-
eer in conversation with Laryssa Sadoway, choir director at
Castro Valley High School via Zoom at 6 p.m. next Tuesday.
This event is co-sponsored by the Castro Valley Educational
Foundation. More info available at: castrovalleyrotary.org.

● Fri., May 7: Virtual Food & Wine Event

Spectrum Community Services will host a virtual cook-
ing and wine-pairing fundraiser on Friday, May 7, when tick-
et holders can join a Michelin Star Chef online to prepare a
decadent meal from ingredients that have been sent to them.
The "Show Your Love" event will help feed the ever-increas-
ing number of seniors who depend on Spectrum's services.
For more information on the "Show Your Love event" or to
find out how you can volunteer, visit www.SpectrumCS.org

● Sat., May 8: Hearing Loss Support Meeting

Dr. Margaret Wallhagen, PhD, Professor, Physiological
Nursing at University of California, San Francisco, will dis-
cuss "Hearing Loss and its Effect on the Brain, Cognitive
Function and Social Relationships" at the next meeting be-
ginning at 9:30 a.m. on May 8 via Zoom. Dr. Wallhagen's
research and publications focus especially on how older in-
dividuals and their families manage chronic illnesses as well
as changes that occur with age including hearing loss. Reg-
ister at <https://www.hearinglosseeb.org/> for greetings at 9:30;
the presentation and discussion from 10 to 12:30.

● Sat., May 29: Hike for Hope

Register now for the 2021 Hope Hospice Hike for Hope
Fundraiser for \$39 per hiker through April 30 (fee increases
to \$45 on May 1), Registration fee includes T-shirt. Children
12 and under participate for free, but must be registered.
Then follow the regular style of a single-day excursion on
Saturday, June 5, or accept the weeklong Champion Chal-
lenge by setting a mileage goal for the week of May 29-June
5 and log progress online at: TheHikeForHope.com.Hope.

● Fri.-Sun., June 4-27: Lake Chabot Trail Challenge

The Castro Valley Sports Foundation is bringing back the
37th annual Lake Chabot Trail Challenge Half Marathon,
10K and 5K Fundraiser, but this year it's going virtual. Run-
ners will have 3 weeks to complete the course they registered
for. It will begin Friday, June 4 and continue through Sunday,
June 27. To register and get more info, visit [runsignup.com/](http://runsignup.com/Race/CA/CastroValley/LakeChabotTrailChallenge)
Race/CA/CastroValley/LakeChabotTrailChallenge.

Snakes: Bites are Rare and Treatment is Effective

continued from page 2
like rattlesnakes, and will even
mimic rattlers by thrashing
their tails to create a rattle-like
sound. Their bite is painful, but
they do not inject venom.

There are posters at park
district trailheads that illustrate
the difference between the two.

In the unlikely event of a
rattlesnake bite, here are some
first aid recommendations:

- Remain calm and move
beyond the snake's striking
distance.

- Remove jewelry and tight
clothing before the affected
area starts to swell.

- Position the victim, if
possible, so that the bite is at or
below the level of the heart.

- Clean the wound, but
don't flush it with water. Cover
it with a clean, dry dressing.

- Minimize the victim's
movement. If possible, carry
a victim, or have him or her
walk slowly and get them to a
hospital as soon as possible for
anti-venom treatment.

The emergency phone num-
ber within the regional parks
is 510-881-1121. Using 9-1-1
works too, but it is routed
through the California High-
way Patrol, so there can be a
delay. For more snake safety
info, go to [www.ebparks.org/](http://www.ebparks.org/parks/safety/#Snakes)
parks/safety/#Snakes.

The district's brochure,
"Common Snakes of the East
Bay Regional Parks, has a nice
visual comparison of gopher
snakes and rattlesnakes. Go to
bit.ly/3da4vol.

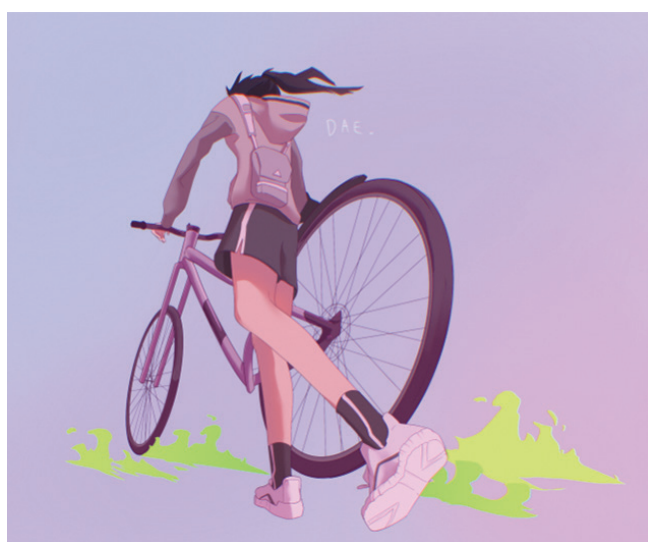
If you would like to see
a live rattlesnake under safe
conditions, there are specimens
in several park district visitor
centers.

Snakebites are extremely
rare and treatment is effec-
tive. So with a bit of caution,
common sense, and awareness
of your surroundings, you can
enjoy your outdoor experience
free from worry.

*Columnist Ned MacKay is a
retired East Bay Regional Park
District employee.*



2nd place winner Lily Flagg's entry



3rd place winner Dae Fernandes' entry

'Safe Routes' Art Contest

Two Castro Valley High School students were winners in Alameda County's "Safe Routes to Schools" Art Contest conducted during the month of February.

Lily Flagg and Dae Fernandes won 2nd and 3rd place respectively in the contest that drew thousands of entries. First place winners were Devin Kephart-Tongue and Sidney Tcha-noum from McClymonds High School in Oakland.

Students submitted art that addressed the impacts of different transportation choices that inspired their community to walk, bicycle, carpool and take transit. Winners were selected based on creativity and how their piece reflected their knowledge of and call to action to consider transportation choices as a way to improve their community through improved health, environmental justice, or community building.

Reports: Robbery, Drugs

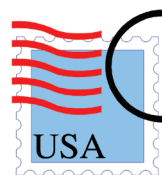
continued from page 3

Yeandle Avenue. Deputies responded to a call by managers after three people walked out demanding money with unpaid merchandise in their hands. A 54-year-old man with no permanent residence was charged with failing to register as a sex offender and possession of illegal narcotics. A 30-year-old

man from Castro Valley was charged with shoplifting, driving a stolen vehicle, and possession of illegal narcotics for sale. A 27-year-old woman with no permanent residence was charged on suspicion of robbery, assault with a deadly weapon, and possession of illegal narcotics. Deputies took the trio to Santa Rita Jail.

LETTERS TO THE EDITOR

FREDZ@EBPUBLISHING.COM



Emergency Food Distribution Funding Extended

Editor:

At the Alameda County Board of Supervisors meeting on April 20, they approved a 60-day extension of the COVID-19 Emergency Food Distribution funding, of which the DSAL (Deputy Sheriff's Activities League) is a vendor.

This is a federal funding program to assist food vendors in producing healthy food for distribution to those truly in need around Alameda County. The program makes a significant impact by providing both work and income for businesses and nonprofit organizations with the end result of providing food for those who are unable to get out of their homes as well as children and those who otherwise could not receive nourishing meals.

The program, operated by DSAL, is overseen locally by Alameda County Sheriff's Office (ACSO) Captain Martin Neideffer, and ACSO Senior Program Specialist, Hilary Bass, and DSAL staff members Patrick Eiser and Jasmin Castaneda.

Special thanks to our local Supervisors Nate Miley (District 4) and Wilma Chan (District 3) as well as Supervisors David Haubert (District 1), Richard Valle (District 2) and Keith Carson (District 5) for their support of this critical program.

DSAL is a valued member of the Castro Valley/Eden Area Chamber of Commerce working closely with the Chamber.

For more information about DSAL and their many programs, please visit www.acdsal.org and the CV/EA Chamber at www.edenareachamber.com.

—Bruce D. Johnson, Consultant

Castro Valley/Eden Area Chamber Board of Directors

Applauds MAC Pushback on CVSsan Project

Editor:

Couldn't agree more with Trish Deslover ("Opposes Sanitary District Development," Letter, April 14). There is no need for a new CVSsan building in our town. Make no mistake, we Castro Valley homeowners are paying for that with our increased rates and fees over the years, while the District tells us this money is in their "reserves."

Well, if the District has so much extra money, they need to use those funds to continue to repair our sewer lines throughout the city, and not build some cushy new office building that is not necessary. They have already passed on the cost of new lateral sewer lines to selling homeowners, so they should now focus on continued repair of city sewer lines.

I applaud our MAC for the pushback they have given on this project. This is my neighborhood, and I have not seen any outreach to attend virtual meetings to discuss the impact on the neighborhood.

Center Street traffic continues to increase, so there is no reason to add to that with a new building that is twice as large as the current one and will undoubtedly add additional traffic to the neighborhood.

Many CVSsan employees are now working from home successfully and will not need to return to an office space. If anything, the pandemic has taught large companies that there is no need for large office space any longer. Many companies are now downsizing their work space. All the more reason to reject the plan for this new CVSsan building.

We are talking about Castro Valley here folks, not some booming metropolis! We do not need a new multi-story sanitary district building in a busy residential neighborhood when the money could be spent better elsewhere!

Please consider speaking up against this project!

—Karen Robertson, Castro Valley

Proposed CVSsan Building Called 'Frivolous'

Editor:

The Castro Valley Sanitary District (CVSsan) has never, or will ever, experience a budget crisis. If it needs more money for frivolous projects, such as the proposed \$15 to \$20 Million office/corporation yard at Center Street, it simply raises our sewer service fees.

See Trish Deslover's April 14 Forum Letter to the Editor. New residential sewer service fees will be \$458 annually beginning July 1, 2021. Institutional and commercial fees

are much higher.

At the April 13th CVSsan Special Board Meeting, the Board of Directors approved the General Manager's compensation adjustment. The Board President would not tell me his new salary, saying that it was public record. The General Manager told me that his new yearly salary is now \$244,618, which is more than \$20,000 monthly, or \$1,000 daily, or \$125 hourly. On top of this base salary, his retirement, health benefits, and car allowance are well over \$50,000 per year. The ratepayers pay his salary through continually increasing sewer service fees.

The General Manager's compensation package is more than our Governor makes (Gavin Newsom is the highest paid governor in the United States at \$210,000). California state legislators make \$115,000 and federal legislators make \$174,000. The General Manager's compensation seems a bit excessive given that he only manages around 25 employees.

The employees also seem to be well paid costing the ratepayers well over \$2 million yearly in wages and retirement and health benefits (See State Controller's webpage).

Many of the employees make over \$100,000. Many of the employees now work from home and should continue to work from home thereby eliminating the excuse for a new \$15 to \$20 Million office/corporation yard.

That \$15 to \$20 Million should be spent on repairing/replacing CVSsan's dilapidated sewer mains. Something to think about when you flush your toilet.

—Ken Owen, Castro Valley

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

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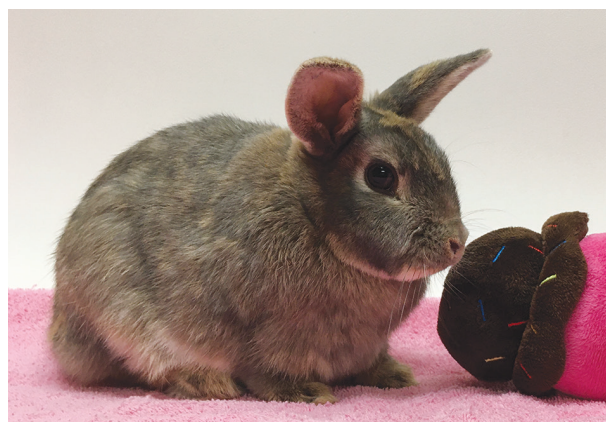
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Mary Hoppins is a quiet female bunny who keeps to herself. She enjoys basil and a once a week treat of one or two small banana slices. To adopt Mary Hoppins please call Hayward Animal Shelter (510) 293-7200.

Hear: Tips

continued from page 5
treatment experience a lower risk of falls, dementia and depression, as compared to individuals who delay treatment.

- Consider Virtual Care and Home-Delivery Options: Some new regulations and companies are changing the way hearing aids are sold, helping to bring down costs. Through home-delivery options, people may be able to purchase quality, custom-programmed hearing aids for less than \$1,000 per device – a potential savings of up to 60% compared to devices sold through traditional channels.

As technology has improved, people with hearing test results may be able to order custom-programmed hearing aids, have them delivered to their doorstep and then adjusted virtually through a smartphone, potentially avoiding the need for in-person appointments with hearing health professionals.

About 80% of people who could benefit from using a hearing aid do not actually use them, often because of cost, limited knowledge, or lack of access to a hearing health professional.

Diane Nens is Audiologist and Senior Clinical Director of UnitedHealthcare.

ATHLETE OF THE WEEK



Conner Chia

This week's Athlete of the week is Conner Chia. Connor is a Redwood Christian Schools homeschool student (Class of 2021) and competes in archery. Conner shot at the Arizona Cup (USAT) United States Archery Team Tournament earlier this month. This is where the U.S.A. men's team who had won the team silver medal for the U.S.A. in the past 2 Olympics – trying to qualify for the current U.S.A. team. On Friday, April 9, Conner participated in the qualifications for national ranking. It's his first year in the Junior division (18-20 years) shooting 70 meters, instead of 60 meters. But he ranked in 9th place. The next day, Connor won his first match against an 8th Place shooter but lost his second-round elimination match.

Register Now for 2021 'Hike for Hope'

Hope Hospice has opened registration for the 2021 "Hike for Hope," the non-profit's biggest fundraiser of the year. The 10th annual hike had to be called off last year because of the pandemic, shorting Hope of more than \$100,000 in anticipated revenue.

The 2021 event will have a different format to encourage physical distancing and health safety. Instead of gathering as a group at Del Valle Regional Park as in years past, participants will hike in a location of their choosing, but only with those in their household or social bubble.

The public can register now

at TheHikeForHope.com. The registration fee is \$45. Child hikers and 12-and-under participants for free, but they need to be registered. Registration fees include an event T-shirt.

The concept is to solicit support from one's friends and family, asking that they donate to the Hike for Hope in the participant's name. There are two ways to participate: (1) follow the regular style of a single-day excursion on Saturday, June 5 or (2) go the extra mile and accept the weeklong Champion Challenge. Set a mileage goal for the week of May 29-June 5 and log progress at TheHikeForHope.com.

An online closing party called The Jamboree will be held on June 5 from 4 to 6 p.m. offering live music and engaging activities via Zoom.

Proceeds from the annual hike raise support for hospice patient care and community programs, including grief support services, dementia-care education, and family caregiver resources.

Programs are available to the local public at no charge, and are made possible through donations, grants, and fundraising events.

For more information please visit www.hopehospice.com/

MAC: Votes Against CVS San Permit

continued from front page
Caltrans land. The MAC has continually asked CVS San to modify plans for the industrial use portion of the project, citing concern with noise, chemicals, heavy vehicles, traffic, and the precedence of having any type of industrial use on such a centrally-located and residential-adjacent site.

CVS San argued that they need the facility as they've outgrown their old one, that the use is not too different (and is an upgrade) from the previous Caltrans use, and that the facility will be an asset to the community as a whole.

The vote at Monday night's virtual meeting against the conditional use permit was 5-2, with MAC members Shannon Killebrew and Tojo Thomas not supporting member Chuck Moore's motion to deny the permit.

As the MAC authority is limited as an advisory council, CVS San will now likely bring

its proposal to the County Board of Zoning Adjustments (BZA) who could approve the plan without consideration of the MAC's comments.

MAC Chair Ken Carbone said he hoped that would not be the case.

"I'm just hoping the concerns of the MAC are carried with you," Carbone said to CVS San General Manager Roland Williams.

Williams thanked the MAC for their participation in the permit process, but made no promises to take the MAC's suggestions to the next level as the district appeals to the BZA (tentatively scheduled for next month).

"Thank you for your careful consideration of our project," said Williams. "Unfortunately, we couldn't come to a meeting of the minds, but I respectfully thank you for your consideration."

Carbone emphasized that the office use was appropriate

for the area and something he could support. He added that he was concerned that, years down the line, another operator might take the property over from CVS San and not be as responsible and that they'd have car wash ports and industrial infrastructure in place which could be "devastating" if misused in the future. He said an industrial use would have an "irreversible" effect on neighboring property values.

Moore agreed and also chided CVS San for being repeatedly sent back to the drawing board by the MAC over the course of many years and meetings and yet not making any significant design changes that were requested, such as eliminating roll-up bay doors.

"The applicant has really been unwilling to address the changes we've asked for," said Moore. "It's our duty to protect people's property values. I can't support it and I won't support it."

Vaccine: Stanford, Cal Requirements

continued from front page

Meantime, Stanford, the University of California and Cal State University announced last week that they will require Covid vaccinations for all on-campus students, faculty and staff this fall once the FDA gives for-

mal approval to the vaccines, and supplies are sufficiently available.

Currently, the Pfizer-BioNTech and Moderna vaccines are being distributed under emergency use authorization. Health experts expect full approval of at least one of them

by the fall.

CDC researchers have found no evidence to date that either the Moderna or Pfizer vaccines posed serious risks during pregnancy.

Vaccinations are 10% higher for women than men nationwide.

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