

JUNETEENTH

THIS FRIDAY TO COMMEMORATE
EMANCIPATION FROM SLAVERY IN
TEXAS ON JUNE 19 OF 1865



HELLO SUMMER

SUMMER BEGINS THIS SATURDAY,
JUNE 20. WILL IT BEGIN WITH A
HEATWAVE? SEE PAGE 2



CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 32

WEDNESDAY, JUNE 17, 2020

NO. 25

INSIDE YOUR FORUM

LIVING



Father's Day

Father's Day is this
Sunday. Make dad one
of his favorite dishes

Page 4

SENIORS



Lift Your Spirits

There are many ways to
keep your spirits up even
during lockdown

Page 5

NEWS



Food for Thought

Interactive online talk
Monday discussing gene
editing of agriculture

Page 12

INDEX

Classified Ads	8
Crosswords	9
East Bay Living	4
Homes	6
Horoscope	10
Obituaries	10
Opinions	10
Our Town	3
Seniors	5
Weather	2

PHONE: (510) 614-1560

CV Swimmers Rescue Cliff Diver

By Linda Sandsmark
CASTRO VALLEY FORUM

Four competitive swimmers from Castro Valley saved a young man's life last Wednesday, when he jumped into water off a 70-foot cliff and was knocked out by the impact.

The four swimmers, Jacklyn Scheberies, Lauren Francis, Malia Henry and Sarah Livingston sprang into adrenaline-fueled action to pull the teenager to safety.

"We went to Beale Falls in Grass Valley for a girls' day to relax," says Scheberies. "We drove three hours from here and then hiked two and a half miles to the falls. We were there about 10 minutes when a group of boys arrived. One of them was getting ready to jump, and we were yelling, 'No, that's dangerous, don't do it!'"

The young man jumped anyway, curled in a "U" shape with his face and feet hitting the water at the same time. He was knocked out cold and didn't resurface. His friends thought he was joking, but the girls knew better.

"Lauren was first in the water, looking for him from underneath. She couldn't see him, so I looked from on top and saw him face down in the water," says Scheberies. "His friends followed, but they weren't strong swimmers. I grabbed him by the t-shirt and turned him over, and Sarah and Malia told the boys to swim back."

It took all four girls to move the 200-pound victim to shallower water.



PHOTO COURTESY OF JACKLYN SCHEBERIES

CASTRO VALLEY HEROES: Local competitive swimmers (from left) Jacklyn Scheberies, Sarah Livingston, Malia Henry and Lauren Francis saved the life of a boy during a diving accident last Wednesday at Beale Falls near Grass Valley in Nevada County. Scheberies is a sophomore at University of Nevada in Las Vegas and is on the Rebels swim team. Friends Lauren Francis, Malia Henry and Sarah Livingston swam with Scheberies at Castro Valley High School on a summer swimming team.

Francis told KOVR-TV News that the rescue was powered by adrenaline. "There was no thought process... It was just a go-for-it moment," she said.

Livingston kept the victim's head back, and all four swam in unison, acting as a backboard to keep him stable. They estimated that he had been underwater for three minutes.

Once he was brought to the shallows he was breathing but not

see **RESCUE** on page 2



PHOTOS FROM TV COVERAGE BY KOVR CBS 13

A helicopter airlifted the diving victim to a trauma center.

MAC MEETING

The Local Impact of Pandemic

By Amy Sylvestri
CASTRO VALLEY FORUM

As Castro Valley and Alameda County gradually ease restriction that have been in place during the COVID-19 shutdown, the Castro Valley Municipal Advisory Council (MAC) heard an update from the Eden Health District (EHD) and the county Economic Development Department on some of the impacts the pandemic has had on the area—medically and financially.

Mark Friedman, EHD CEO, told the MAC that during the past few months, the district has been able to provide over 100,000 masks to frontline personnel, including firefighters, Meals on Wheels volunteers, and staff at the George Mark Children's House.

EHD has also given \$250,000 to the COVID-19 testing site located at Cal State East Bay in Hayward to keep it running. So far, they have performed over 15,000 tests with about 3.5 percent of those tested being positive.

Registered Nurse and EHD Board Member Pam Russo gave the MAC some local COVID-19 statistics: There have been 4,216 cases in Alameda County to-date, with 134 in Castro Valley.

see **MAC** on page 2

County Plans to Further Relax Restrictions this Friday

Alameda County plans to allow more activities under its Health Officer Orders this Friday, which will move the county further along its path to reopening the economy.

As of June 19, the Health Officer Orders will relax restrictions by reopening outdoor museums, outdoor restaurant dining, religious services, indoor/outdoor retail, and outdoor fitness classes.

The County announced it expects to loosen restrictions in 2-4 week increments per its Reopening Plan.

"The indicators we monitor to determine if we should continue moving forward through reopen-

ing are stable or improving," said Dr. Erica Pan, Alameda County Health Officer. "We will continue to have more cases, but the steady increase in hospitalizations and the steep increase in the case rate we were seeing in late May has slowed and the hospitalizations have stabilized."

"We are also making significant progress in expanding and improving the efficiency of our contact tracing teams."

Indoor and outdoor retail and outdoor dining will be allowed at reduced capacity to ensure physical distancing and safety plans are in place. Residents and businesses

are still strongly recommended to continue focusing primarily on pick-up and delivery options to limit lines and crowds.

Similarly, based on state guidance, limited religious services will be permitted to resume for up to 100 people or less than 25 percent building capacity, whichever is lower.

Faith partners are strongly recommended to continue virtual services, especially for their high-risk congregants, and to limit attendance to 25 people and provide services outdoors.

"I'm glad to see that we can take this step forward as a county," said

County Supervisor Scott Haggerty. "It's important to have parity across our small and large businesses, as well as across the region."

All businesses allowed to operate under the Health Officer Orders must complete the Site-Specific Protection Plan template and implement risk assessment and individual control measures, physical distancing, disinfecting and cleaning protocols, and employee training to prevent the spread of the coronavirus.

Additional local guidance to supplement that state guidance is available at www.acphd.org/2019-ncov/covid-recovery.aspx.

Restaurants will be expected to work with the county and their respective cities on their outdoor operation plans.

"We're balancing the economic and spiritual health of our community," see **PLANS** on page 3

Alameda County
Confirmed Cases = 4,373
Deaths = 112

California
Confirmed Cases = 155,809
Deaths = 5,116

as of June 16, 2020

Castro Valley Weather June 17-21, 2020



Wednesday
Sunny & Warm
High 85° Low 57°



Thursday
Sunny & Hot
High 89° Low 56°



Friday
Sunny
High 81° Low 56°



Saturday
Sunny
High 77° Low 57°



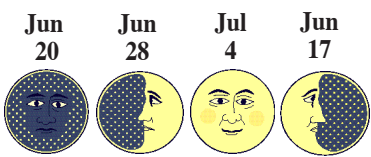
Sunday
Sunny
High 83° Low 59°

Almanac



Past Week's Rain: 00.00
Season To Date: 08.54
Normal To Date: 21.08
Season Average: 21.22

Moon Phases



Sun sets at 8:34 p.m. today, rises at 5:48 a.m. Thursday.

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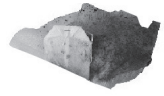
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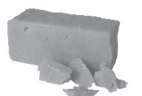
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cartons



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Rescue: Victim Thanks All Four Swimmers

continued from front page

talking, just moaning. Then after about 15 minutes he woke up.

"We explained who we were while we waited for the paramedics. We tried to keep a lighthearted conversation going with him," says Scheberies. He told them that he and his friends were going into their senior year in high school.

Henry, who is a lifeguard, used her additional training to help aid the injured teen until emergency crews arrived.

"I was ready to use my skills and put everything into action," Henry told the TV reporter.

"It was hard to believe what was happening but I'm glad we were there at that time to be able to help him," added Livingston.

The girls stayed with the victim until paramedics arrived about a half hour later. They helped them assess the boy, who was then placed on a backboard. He was airlifted by helicopter to a trauma center.

Additional rescuers included CAL FIRE, Penn Valley Fire, Sierra Nevada Ambulance, CALSTAR, the CHP, and the Department of Fish and Wildlife.

At first the girls thought the victim might be paralyzed, but they've been in contact with him and he's expected to make a full recovery. He did have a concussion, some brain bleeding, a sprained neck and sprained knee.



PHOTO FROM TV COVERAGE BY KOVR CBS 13

Rescuers from half a dozen agencies assisted in rescuing the teenage diver.

Scheberies says the victim thanked them over and over for saving his life.

All four girls are Castro Valley High graduates and were on the school swim team. Francis graduated just last month, and the others

in 2019. All are now college students and still swim competitively.

"We've been friends ever since we were six years old," says Scheberies. "We're a very tight-knit group, and I'd say we do great teamwork."

MAC: Unanimously Appoints Ken Carbone

continued from front page

Russo pointed out that the population of Castro Valley is fairly analogous to Dublin, but that city has just 30 positive residents, less than a quarter of the number of Castro Valley cases.

Russo said that Castro Valley's relatively high positive numbers may be in part because so many Castro Valley residents have been tested – they make up 8 to 10 percent of those showing up at the Cal State testing site. An outbreak at a local care home may have also contributed to the higher statistics.

EHD also reports that there have been 262 positive COVID-19 cases total in the unincorporated areas of Ashland, Cherryland, San Lorenzo, and Hayward Acres. Friedman offered to come back to a MAC meeting in a couple of

months with updated numbers and to answer any new questions.

Later, Alameda County Economic Development Director Eileen Dalton told the MAC how the outbreak and shelter-in-place order had affected the county's businesses and financial outlook.

Alameda County's unemployment rate is now 14.1 percent (112,500 people eligible for the workforce who are out of work) and the rate for Castro Valley is a bit lower at 12.9 percent.

Elsewhere in the unincorporated area, the unemployment rate is 21 percent in Ashland and 23.4 percent in Cherryland – the highest in the county.

Dalton said the top three challenges small business are currently facing are (1) reestablishing their client and customer base, (2) accumulated debt, and (3.) limited

cash flow.

To counter these issues, any small business can request financial counseling and help on receiving resources they are eligible for by calling 510-670-6506.

These resources may include help applying for grants and loans, legal and human resource assistance, and access to paycheck protection programs among others.

Dalton said the county also has funding for 50 to 60 \$5,000 grants for COVID-19 related business expenses (for example, outdoor furniture for a restaurant to increase distanced seating).

Finally, with little discussion and none of the drama of past MAC Chair elections, the MAC unanimously appointed Ken Carbone as Chair and Chuck Moore as Vice Chair of the council for a one-year term.

Deadline Extended for Public Comment On Local Shoreline to Rising Sea Levels

The deadline for public comment has been extended to Friday, June 26, for public input on current plans for adapting the local shoreline to rising sea levels.

Sea levels are anticipated to continue rising in San Francisco Bay and globally, a climate-change phenomenon caused by the warming of oceans and increased melting of land-based ice such as glaciers and ice sheets.

The East Bay Regional Park

District, Hayward Area Recreation District (HARD) and the City of Hayward are jointly seeking comment on strategies under consideration for adapting the Hayward shoreline to these rising levels.

Under consideration are strategies that would structurally alter the bay edge through a combination of nature-based designs, like gravel beaches and tidal-marsh restoration, and engineered strategies, like levee improvements and tide

gates. The nature-based approaches seek to enhance protective ecological features of the shoreline, while engineered solutions would aim to reduce risk to critical shoreline infrastructure, such as Hayward's wastewater treatment plant, the Hayward-San Mateo Bridge, the Bay Trail and the Hayward Shoreline Interpretive Center.

To learn more, go online to www.haywardshorelinemasterplan.com.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Felon with a Loaded Gun

Sunday, June 14: at 3:25 a.m., Sheriff's deputies arrested a 23-year-old man from Castro Valley on suspicion of illegal possession of a loaded gun and possession of illegal narcotics. The man, who was previously charged with a felony, was spotted outside a gas station on Grove Way near Center Street. Deputies stopped him for questioning and discovered the weapon and drugs in his jacket. The man was taken into custody.

Busted for Drugs

Sunday, June 14: at 9:13 a.m., a 28-year-old man with no permanent residence was arrested on suspicion of possession of illegal narcotics. Deputies stopped the man for questioning outside a home on Lorena Avenue when they discovered his stash. The man was handcuffed and taken into custody.

Illegal Narcotics

Sunday, June 14: at 1:21 a.m., deputies arrested a 22-year-old man from Castro Valley on suspicion of possession of illegal narcotics. The man was hanging outside a home on Sydney Way near Carlton Avenue when deputies stopped him

for questioning and discovered the drugs in his pockets. Deputies took the man into custody.

Stalker with Nunchuks

Friday, June 12: at 9:39 a.m., a 29-year-old man with no permanent residence was arrested on suspicion of possession of illegal nunchuks, methamphetamine drugs, and violating a restraining order. Deputies responded to a call about a suspicious person outside a home on Old Dublin Road near East Castro Valley Boulevard. The man fitting the description was handcuffed and taken into custody.

Public Intoxication

Friday, June 12: at 10:33 p.m., deputies arrested a 39-year-old man from Castro Valley on suspicion of public intoxication. The man was spotted hanging outside a gas station on Center Street near Grove Way unable to walk in a straight line. Deputies report the man failed his field sobriety test and took the man to a sobering center.

Caught with Burglar Tools

Saturday, June 13: at 3:44 a.m., a 29-year-old man from Castro Valley was arrested on suspicion of

illegal possession of burglar and lockpick tools. Deputies stopped the man for questioning outside a home on Somerset Avenue near Anita Avenue when they discovered the tools. The man was taken into custody.

Petty Theft and Resisting Arrest

Thursday, June 11: at 1:32 p.m., deputies arrested a 31-year-old man from Castro Valley on suspicion of petty theft and resisting arrest. The man was spotted leaving a gas station convenience store on Grove Way near Center Street with unpaid merchandise when the manager called the sheriff. Deputies report the man became aggressive when they tried to handcuff the man and take him into custody.

Stolen Property

Thursday, June 11: at 11:58 a.m., a 34-year-old man with no permanent residence was arrested on suspicion of possession of stolen property and property found under suspicious circumstances. Deputies were called to a drug store on Castro Valley Boulevard near Yeandle Avenue after the store manager spotted the man leaving with unpaid merchandise. Deputies stopped the man for questioning and found he had items from the store and other stolen items as well. The man was taken into custody.

Two Arrested for Drugs

Wednesday, June 10: at 4:11 p.m., deputies arrested two men from Castro Valley on suspicion of possession of illegal narcotics and related drug paraphernalia. The men were stopped for questioning outside a restaurant on Castro Valley Boulevard near Wilbeam Avenue when deputies discovered their stash. The men were handcuffed and taken into custody.



New Free Testing Site Opens

The Eden Health District and the City of San Leandro opened a new free COVID-19 testing site last week at the Marina Community Center at 15301 Wicks Blvd. in San Leandro.

It is available to all frontline and essential workers, seniors, persons with diabetes, hypertension and other health conditions making them vulnerable to the coronavirus even if they do not have any

symptoms.

Typical symptoms include cough, fever, shortness of breath or difficulty breathing, chills, muscle pain, headache, sore throat or a new loss of taste or smell.

Testing is free and no insurance is required. People will not be asked their immigration status. Testing is open to all Alameda County residents regardless of where they live.

Starting this week, the testing center is open Monday through Saturday from 8 a.m. to 7 p.m. and will likely continue through August 2020.

Testing is by appointment only and can be made by visiting the website lhi.care/covidtesting or by calling toll free 1-888-634-1123. Both the website and phone line provide information in English and Spanish.

Plans: Employers Play an Important Role

continued from front page
community with public health," said Supervisor Nate Miley. "These openings, including the services industries, may disproportionately affect our already burdened communities of color, and we will need to be mindful of protecting everyone's health while we're out and about."

Employers are advised to implement health screenings before employees enter a facility to start their workday and employees must complete a self-assessment to ensure they do not go to work

sick or during their infectious period after being exposed to or diagnosed with COVID-19.

Employers have an important role in slowing the spread of COVID-19 and should support their employees in staying home if sick, and should not require a negative test result or doctor's note to return to work if ordered to isolate or quarantine under the County's blanket Isolation/Quarantine order.

Residents who are exercising their right to protest are reminded to wear a face covering and to get

tested. A list of community testing sites are available at www.acphd.org/2019-ncov/testing.aspx. You don't need insurance and you won't be asked about your immigration status.

Residents planning to participate in the newly authorized activities are cautioned that the county in the first wave of a highly contagious pandemic an that it is critical to take precautions to protect people who are at high risk for health complications or who are working in settings that expose them to more people.

Drive-by Paintball Attacks

By Michael Singer
CASTRO VALLEY FORUM

A series of drive-by attacks using paintball guns has rankled neighbors and put Alameda County Sheriff's deputies on alert.

The latest incident was reported this past Sunday around 9:20 p.m. on San Miguel Avenue near Somerset Avenue. A homeowner who asked to remain anonymous says they were shot three times—once in the stomach and twice in the back—by a person or persons in a dark-colored convertible.

"The homeowner says the car raced loudly northbound from the Boulevard and then quickly slowed down before someone in the car fired a paintball gun several times."

Alameda County Sheriff's Department spokesperson Sgt. Ray Kelly told the Castro Valley Forum, "We suspect these are juveniles tormenting the neighborhood, so our deputies are keeping a watchful eye out for them."

Four separate people in the area last Wednesday reported being shot at and hit with paintballs that inflicted bleeding and bruises on unsuspecting victims.

The incidents occurred within a half-mile zone around Castro Valley High School where people are often out walking and jogging.

Pannir Marugus, the owner of the Sayang Holidays travel agency in the Castro Village, was injured after being hit by paint balls while walking past the high school on Santa Maria Avenue. Marugus

told deputies he was walking home on June 10 around 6 p.m. when a silver or gray sedan came up near him. While he says he was not seriously injured, Marugus was overcome with shock by the incident.

"I heard two sounds go 'POP-POP' and then realized I got hit in the back and back of the leg," Marugus says. "I could see it was a large white man wearing a black face covering staring at me as he drove by. I am not sure if there were others in the car because the windows were tinted."

A few minutes later, a vehicle matching the same description came up behind Ingo Richter who was jogging along Heyer Ave. wearing headphones. He says he didn't hear the car behind him, but he did feel the pain of the plastic paintballs hitting his upper thigh and behind his knee.

"It hit me so hard, it left a small hole in my shorts and I realized I was bleeding," says Richter, adding that he still has bruises a week later. "I continued running, but I was continuously looking around and behind me to see if they were coming again."

Two other people that same night reported the same silver-gray car firing orange paintballs and causing injuries. None of the victims reported hearing any additional verbal abuse during their attacks.

Deputies are asking anyone with information about these attacks to call the non-emergency number at 510-667-7721.

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Making Sunday Extra Special

Most fathers don't seem to pay much attention to Father's Day, or at least they pretend not to.

All the more reason to pull out the stops on Sunday morning and treat dear old Dad to an out-of-the-ordinary breakfast.

These recipes all fill the bill and take a minimum of preparation so the whole family can sit down to a leisurely meal

EGGS BAKED IN TOMATOES

4 large beefsteak tomatoes
Salt and pepper
1/2 cup fresh or frozen corn kernels
4 large eggs
2 teaspoons snipped fresh chives
1/4 cup grated Parmesan cheese

Preheat oven to 350°F.

Line a 9-inch baking dish or pie plate with parchment. With a serrated knife, cut off the top 1/2 inch from each tomato.

With a spoon or a melon bal-

ler, gently remove seeds and inner membrane, being careful not to break through flesh of tomato. Place tomatoes in dish and season with salt and pepper.

Divide corn among tomatoes. In a medium bowl, whisk together eggs and chives and season with salt and pepper.

Divide egg mixture among tomatoes and top with cheese. Bake until egg mixture is set, 45 to 50 minutes. Serve warm. Yields 4 servings.

ORANGE-PECAN WAFFLES

1/3 cup butter
2 eggs
1-1/2 cups cake flour
1/2 cup orange juice
2-1/2 teaspoons baking powder
1/2 cup milk
1/2 teaspoon salt
1/2 cup chopped pecans
2 tablespoons sugar

Begin heating the waffle iron. Melt the butter over very low heat. Sift together flour, baking

powder, salt, and sugar. Separate the eggs. Beat the whites in a small mixing bowl with an electric mixer.

Combine the yolks, milk and orange juice and mix with a wire whisk. Add the flour mixture and stir until blended. Add almost all the butter. Stir in the pecans. Fold in the egg whites using a rubber spatula.

Brush the waffle iron with some of the remaining butter. Add about 12 ounces of batter and close the iron. Cook until the waffle has turned a nice brown color. Makes 2 large waffles.

FRENCH TOAST BLT

8 slices bacon
4 large eggs, lightly beaten
3/4 cup heavy cream
1/4 cup chopped fresh chives, plus more for serving
Salt and pepper
3 tablespoons butter
4 slices crusty bread, cut 1 inch thick
4 lettuce leaves (romaine, Boston, or Bibb)
8 slices tomato



Eggs Baked in Tomatoes taste as good as they look

Preheat oven to 375°F.

Place bacon on a rimmed baking sheet; cook until golden and crisp, about 15 minutes, rotating sheet halfway through. Drain on paper towels.

Meanwhile, in a large shallow dish, whisk together eggs, cream, and chives; season with salt and pepper.

Lay bread in a single layer in egg mixture and soak 3 minutes on each side. In a large skillet, melt butter over medium heat.

When butter sizzles, add bread and cook until golden and crisp around edges, about 3 minutes per side, flipping once.

To serve, layer lettuce, tomato, and bacon on each slice French toast and sprinkle with chives. Serves 4.

CARAMELIZED ONION & PARMESAN OMELET

1 tablespoon vegetable margarine
1 tablespoon extra virgin olive oil
2 medium onions, halved and thinly sliced
4-1/2 teaspoons balsamic vinegar
Olive oil no-stick cooking spray
1/4 cup arugula
1/2 teaspoon minced garlic
3/4 cup egg substitute
1/4 cup shredded Parmesan cheese
1/4 teaspoon black pepper

For onions: heat margarine and oil in medium saute pan over me-

dium-low heat. When margarine has melted, add onions; stir to coat. Cook 10 minutes, stirring occasionally. When onions have softened and start to brown, add vinegar.

Cook onions an additional 20 minutes or until very soft and dark brown in color. Reserve 1/3 cup of the onions for omelet. Cool and store remaining onions in an airtight container for another use.

For omelet: lightly spray 10-inch nonstick skillet with cooking spray; heat over medium heat. Add the reserved onions, arugula and garlic to skillet. Saute 1 minute or until arugula has wilted.

Combine egg substitute, cheese and pepper; pour mixture into skillet. Cook untouched 1 minute or until edges begin to set. Gently pull edges towards center to allow uncooked portion to run beneath. Repeat twice; cover with lid. Continue cooking 1 to 2 minutes more or until center is set.

Fold omelet in half. Cut in half; serve immediately. Serves 2.

GOLDEN WAFFLES WITH STRAWBERRIES

2 cups flour
2 tablespoons sugar
1 tablespoon baking powder
1 teaspoon salt
1-1/2 cups fat free milk
1/2 cup egg substitute
1/4 cup melted margarine
1 teaspoon vanilla extract
No-stick cooking spray
2 cups sliced fresh strawberries, washed and hulled

Whipped topping, options

Combine flour, sugar, baking powder and salt in medium bowl with wire whisk to evenly distribute the ingredients. Add milk, egg substitute, margarine and vanilla. Blend with wire whisk until batter is smooth and lump-free. Batter should be thick but pourable.

Spray grids of hot waffle iron with cooking spray. Pour about 1/3-cup batter onto hot waffle iron. Cook according to manufacturer's suggestion. Place cooked waffles on wire rack while cooking more waffles. Divide strawberries over waffles. Serve with whipped topping or confectioners' sugar, if desired. Makes 8 servings.

MUSHROOM & BACON QUICHE

1 refrigerated pie crust (half of a 15-ounce package)
1 tablespoon vegetable margarine
1 cup sliced fresh button mushrooms
3/4 cup chopped yellow onion
3 slices fully cooked and drained bacon, chopped
1-1/4 cups (10-oz) Egg Beaters Original
1/2 cup fat-free half-and-half
3/4 cup shredded reduced-fat Mexican blend cheese
1/4 teaspoon black pepper

Preheat oven to 350°F. Unroll crust and place in 9-inch deep dish pie plate; pierce crust with fork. Bake 15 to 20 minutes or until light golden brown.

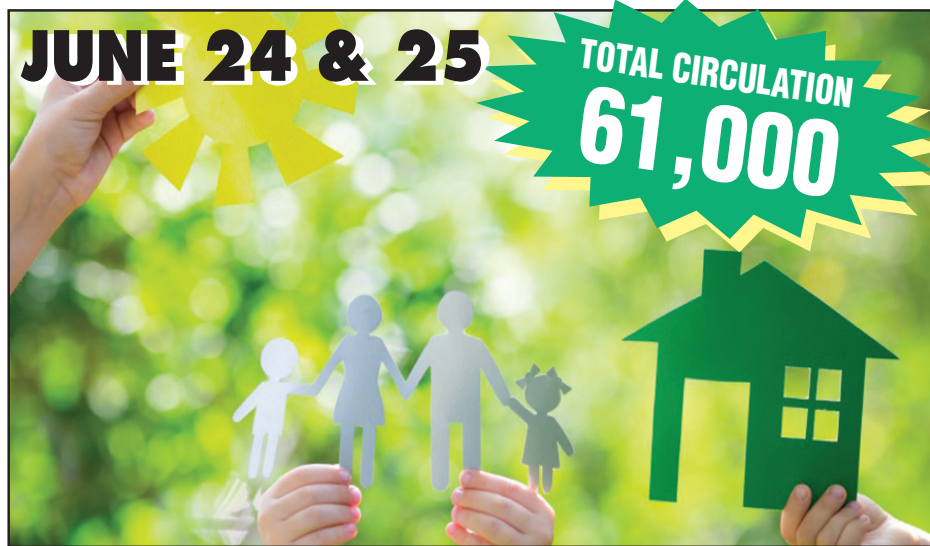
Melt margarine in medium skillet over medium heat. Add mushrooms and onion; saute 3 to 5 minutes or until softened. Remove from heat; set aside.

Combine bacon, Egg Beaters, half-and-half, cheese and pepper in medium bowl. Stir in mushroom-onion mixture. Pour into baked crust. Bake 40 to 45 minutes or until knife inserted near center comes out clean.

Cool 5 minutes on wire rack. Cut into wedges; serve immediately. Yields 8 servings

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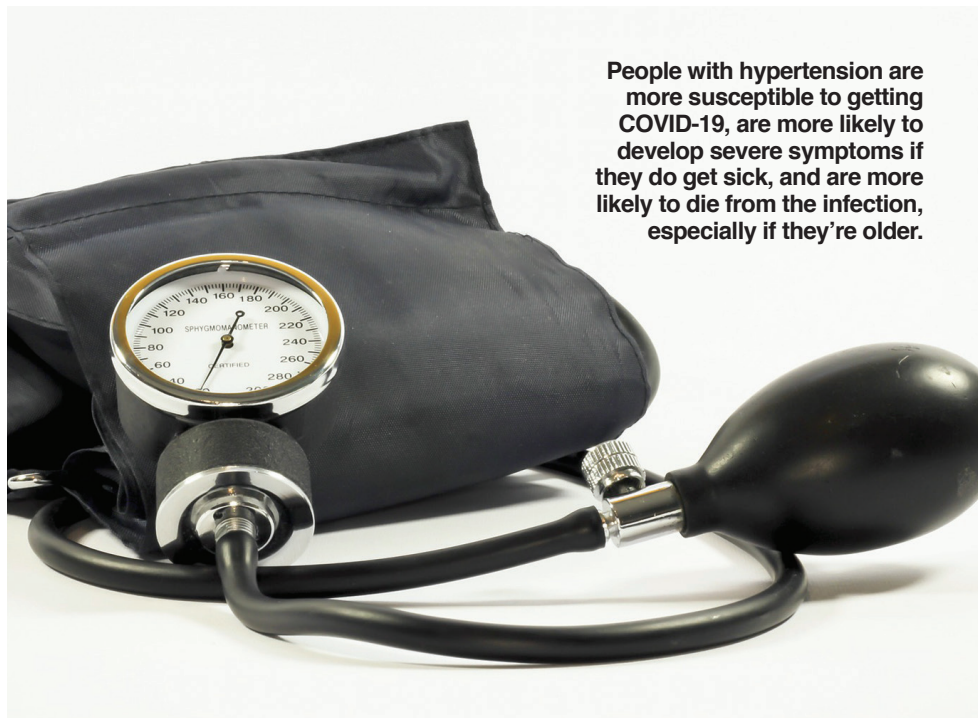
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People with hypertension are more susceptible to getting COVID-19, are more likely to develop severe symptoms if they do get sick, and are more likely to die from the infection, especially if they're older.

High Blood Pressure is More Dangerous During Pandemic

By Jim Miller
SPECIAL TO THE FORUM

If you have high blood pressure, you definitely need to take extra care to protect yourself during the coronavirus pandemic. Research shows that people with hypertension are more susceptible to getting COVID-19, are more likely to develop severe symptoms if they do get sick, and are more likely to die from the infection, especially if they're older.

High Risk Links

A weaker immune system is the key reason people with high blood pressure and other health problems are at higher risk for coronavirus.

Long-term health conditions and aging weaken the immune system so it's less able to fight off the virus. Nearly two-thirds of Americans over 60 have high blood pressure.

Another concern that has been circulating, but was put to rest last month, were theories that the med-

ications that are commonly prescribed to treat high blood pressure – ACE inhibitors and angiotensin receptor blockers (ARBs) – could make patients more vulnerable to contracting COVID-19, and more susceptible to severe illness if they did become infected.

But new research published in The New England Journal of Medicine last month found no risk linked to these medications.

COVID Complications

While pneumonia is the most common complication of the virus, it can also damage the cardiovascular system. That's why people with high blood pressure, heart disease, and heart failure are at risk.

High blood pressure damages arteries and reduces the flow of blood to your heart. That means your heart has to work harder to pump enough blood. Over time, this extra work can weaken your heart to the point where it can't pump as much oxygen-rich blood to your body.

Coronavirus can also damage the heart directly, which can be especially risky if your heart is already weakened by the effects of high blood pressure.

The virus may cause inflammation of the heart muscle, which

see *HIGH* on page 11

Medicare Eases Requirements For Nursing Home Coverage

Q: I hear that Medicare has announced that, due to the Coronavirus Pandemic, it will now be more generous in covering nursing home stays by relaxing some of its long-standing coverage requirements. Do you know anything about this?

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

A: Yes. A bit of background may be helpful.

Medicare has traditionally imposed three conditions as prerequisites to covering nursing home care, more properly known as Skilled Nursing Facility (SNF) coverage:

(1) *The 3 Midnights Rule*: The patient must have spent at least three nights in the hospital as an admitted patient before being discharged to a nursing home (aka a Skilled Nursing Facility, or SNF);
(2) *100-Day Cap For Single Spell of Illness*: The duration of coverage would not, in any event, last longer than 100 days for a "single spell of illness."

That 100-day limit could only be extended in the rare case where the patient established a new benefit period by "breaking" that single spell of illness. A break occurred where he or she was discharged from the SNF to either return home, or to a custodial care setting, for at least 60 continuous days.

In the rare case where that break occurred, only then could the individual requalify for another SNF benefit period of up to 100 days.

(3) *Must Need Skilled Care*: The coverage, in any event, would be for only for so long as the SNF patient needed skilled therapies (e.g. Occupational Therapy, Physical Therapy, Speech Therapy, wound care); when it appeared that the patient needed only custodial care, Medicare coverage would end even if before the 100 day limit.

Because of the Coronavirus Pandemic, the Administrator of the Center for Medicare & Medicaid Services, Seema Verma, recently announced major changes in how Medicare covers SNF level care:

On behalf of Medicare, she has now eliminated or substantially relaxed the "3 Midnights Rule" and

the "Single Spell of Illness" rule. Thus, to qualify for SNF level Medicare coverage now, an individual need not first spend three nights in the hospital.

Likewise, he or she can now receive a second benefit period of up to 100 additional days without first needing to return home for 60 days.

However, the requirement that the individual must still show the continued need for skilled care, as opposed to custodial care, remains in effect.

Thus, if the individual were granted a second 100 benefit period of coverage, but was unable



to fully participate in physical or occupational therapies during that new benefit period, then coverage would still end before the full 100 day coverage extension. Thereafter, if his doctor still felt that he still needed care in the nursing home, the individual would then have to either pay from his or her own funds or apply for Medi-Cal coverage.

Remember: Medi-Cal – unlike Medicare – will pay even for custodial level care for those who financially qualify, and for so long as needed, even if it be for the remainder of an individual's lifetime.

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

Keeping Your Spirits Up

By Matilda Charles
SPECIAL TO THE FORUM

In California, many of us are still in lockdown. Still, there are ways to keep our spirits up.

Plants can make all the difference in how we feel in our environment. Check your local nursery's website for small plants you can either have delivered or pick up at the curb.

Some of the easiest to grow are pothos, spider plant and philodendron. Beware, however, if you have pets. Be sure you can either hang up your plant or put it up on a bookcase where the pet can't reach it.

Books we enjoyed a long time ago can take us back to a time and place that was calm and safe. Look on your own bookshelves or consider getting an e-reader.

Baking can fill the house with lovely smells. If flour is hard to

get at your local supermarket, look online for hundreds of recipes that don't require flour. No-flour banana bread, flourless chocolate cake ... you can even make oatmeal muffins. Just be certain you can acquire all the ingredients before you set your heart on making a recipe.

Zoom is the online conference program that so many companies are using for business meetings. We can learn Zoom, too, and stay in touch with family and friends if we have a computer or device with a camera. Explore the basic free version of Zoom. You'll be limited to 40 minutes in group meetings, with no limit on one-to-one meetings.

Your first step will be to read online instructions and get comfortable with the steps to set up a connection. Your second step will be to tell family and friends you're ready to start Zooming!

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Spectrum Senior Lunches

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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REAL ESTATE GALLERY

REAL ESTATE REALITY
By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Flips Account for a Significant Segment of Current Market

A report by ATTOM Data* reveals flipping is alive and well and accounting for an increasing segment of the housing market, up to 7.5% for Q1, 2020 from 6.3% in Q4, 2019.

The idea behind flipping is simple: obtain a property for less than market value and sell for a higher price. The difference between the purchase and sales price minus expenses is profit. Simple.

Not so much.

The first issue is locating a property. There are currently hundreds of flippers in the Bay Area, each looking for potential homes. Some look for properties in pre-foreclosure, some go to foreclosure auctions on the courthouse steps, others search for unpaid taxes while many send letters to homeowners who may want to cash out as quickly as possible. Another

group posts signs that read, "We pay cash for houses."

Whatever the method for locating potential properties, the criteria is always the same: it must be purchased for substantially less than resale value. Therein is the rub: many sellers want to get as high a price as possible, frequently ruling out a flipping scenario.

Some flippers look for homes at bargain basement prices and, after the purchase is complete, immediately put it on the market at a higher price. The majority, however, looking to maximize their profit, will improve the property in some way.

While some will do a few renovations such as painting or flooring, others install new kitchens, baths and much more. The goal is always to maximize their profit. Flippers that do a significant volume can get good prices on their upgrades and

thus generate larger profits.

The quest for profit, however, has a few pitfalls. While some flippers play by the rules and obtain permits and use licensed contractors, many use unlicensed labor and fail to obtain permits of any kind. The reason is simple: permits and licensed contractors cost more and thus decrease potential profits.

It is a classic case of "Buyer beware." While some buyers do not care if the upgrades were permitted or done by licensed contractors, others are more risk averse and are not willing to buy so large an investment that may have potential issues lurking behind the sheetrock.

With flips making up a good percentage of the market, buyers must pay careful attention. While a home may seem great at the time, unforeseen issues could 'flip' it from great to ugly in a heartbeat.

*<https://www.attomdata.com/news/market-trends/flipping/attom-data-solutions-q1-2020-u-s-home-flipping-report/>
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.

The Esmeyer Team

James, Rosalyn, Rachel & Jamie

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RECENT HOME SALES

Castro Valley

2828 Sydney Way	94546: \$550,000 4 BD - 1,260 SF - 1952
23310 Canyon Terrace Dr	94552: \$575,000 2 BD - 918 SF - 1997
21228 Gary Drive	94546: \$640,000 3 BD - 1,263 SF - 1982
20028 Summercrest Dr	94552: \$719,000 2 BD - 1,282 SF - 1997
3668 Santa Maria Ct	94546: \$750,000 2 BD - 1,119 SF - 1953
3335 Jeanine Way	94546: \$820,000 3 BD - 1,039 SF - 1954
21110 Ashfield Avenue	94546: \$861,000 3 BD - 1,308 SF - 1955
2837 Chloe Court	94546: \$880,000 3 BD - 1,408 SF - 1963
4092E. Castro Valley Blvd	94552: \$950,000 3 BD - 2,354 SF - 1972
18466 Dominic Lane	94546: \$1,155,000 4 BD - 2,844 SF - 1993
17982 Beardsley Street	94546: \$1,160,000 4 BD - 3,456 SF - 1992
6113 Mount Olympus Dr	94552: \$1,215,000 4 BD - 3,022 SF - 1991
20952 Glenwood Drive	94552: \$1,295,000 4 BD - 2,857 SF - 1994
4633 Grenadier Place	94546: \$1,450,000 4 BD - 3,320 SF - 1999
TOTAL SALES:	14
LOWEST AMOUNT:	\$550,000
HIGHEST AMOUNT:	\$1,450,000
MEDIAN AMOUNT:	\$870,500
AVERAGE AMOUNT:	\$930,000

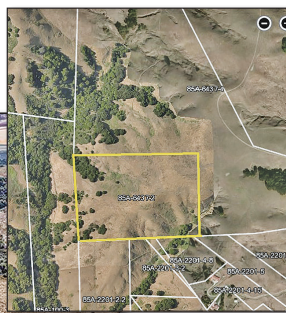
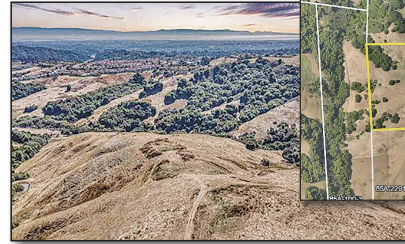
San Leandro

208 Caliente Drive	94578: \$430,000 2 BD - 1,060 SF - 1980
249 Castro Street	94577: \$440,000 2 BD - 1,089 SF - 1967
680 Fargo Avenue	94579: \$460,000 2 BD - 850 SF - 1965
1400 Carpenter Street	94577: \$500,000 2 BD - 1,176 SF - 1983
16320 Ria Drive	94578: \$650,000 3 BD - 1,380 SF - 1947
275 Bellevue Drive	94577: \$700,000 2 BD - 1,083 SF - 1938
1096 Mersey Avenue	94579: \$725,000 3 BD - 988 SF - 1950
934 Evergreen Avenue	94577: \$735,000 3 BD - 1,292 SF - 1945
1108 Bodmin Avenue	94579: \$750,000 3 BD - 1,156 SF - 1950
498 Mitchell Avenue	94577: \$797,000 3 BD - 1,485 SF - 1955
750 Dolores Avenue	94577: \$900,000 4 BD - 2,152 SF - 1952
748 Matoza Lane	94577: \$950,000 5 BD - 2,525 SF - 2002
3869 Wedgewood St	94578: \$1,351,000 2 BD - 896 SF - 1987
TOTAL SALES:	13
LOWEST AMOUNT:	\$430,000
HIGHEST AMOUNT:	\$1,351,000
MEDIAN AMOUNT:	\$725,000
AVERAGE AMOUNT:	\$722,153



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Japanese Maple Needs Sun

By Buzz Bertolero
Special to the Forum

Q I recently purchased a red leaf, Bloodgood Japanese Maple. My daughter says it should be planted in a shady area and will grow to 20 feet unless kept in a container. I want to plant it in a sunny location. Where should it be planted?

A Your daughter is correct about the size of a Bloodgood Japanese Maple as



they grow to 20-plus feet with a 10- to 12-foot spread. A container does limit the ultimate height, but so does an annual pruning for those planted in the landscape.

However, she's incorrect about the exposure. In the Bay Area, Japanese Maples are grown in full sun or part shade. It is typical for the red leaf maples, particularly Bloodgood, to lose their red color and turn green during the summer months. A sunny location extends the red coloring.

In the fall, the Bloodgood foliage reverts to a reddish-green color, but they defoliate before they turn completely red.

Red-leaved varieties get their

color from a pigment called anthocyanin, often displayed in the fall and winter months in other plants as the green chlorophyll pigment breaks down. The red pigment in maples disappears with warm temperatures and long days.

The initial site selection is key in maintaining the long-term foliage color. These trees shouldn't be crowded into a corner. Factor in how much more the landscape around it will mature in the next 10 years.

The location should provide some protection from hot, dry winds or salt carried by the afternoon marine influence. The hot, dry conditions cause the leaves to burn along the margins and tips, particularly in the lace-leaf varieties.

Another cause of tip burn is synthetic type fertilizers. A slow-release organic fertilizer or one specifically for Japanese Maples is desirable. You can protect the foliage from the hot conditions with Bonide Wilt Stop, which will protect the leaf from the hot conditions just as it protects plants from freezing temperatures.

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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WEEKEND GARDENER

• Thinning

Removing excess vegetable plants lets those that remain grow better. Thin young lettuce and carrot seedlings before competition for water and light makes them spindly. The ground will look bare at first, but the plants will grow rapidly and fill in once they have the extra space.

Thinning grape clusters produces fewer bunches but larger individual grapes. Leave at least 3 or 4 inches between apricots and plums, and 5 inches between peaches, nectarines, pears and apples.

You can also thin the shoots of plants, so that the remaining shoots produce larger vegetables and more spectacular flowers. For example, cut away all but one emerging flower spike of delphiniums for a dramatic blossom, or nip off the side flower buds of dahlias, leaving only the ones at the top of the shoots. Snap off side shoots on staked tomatoes for mammoth fruit.

• Chrysanthemums

Chrysanthemums bought in bloom this month can be cut back when flowering is finished for a second bloom in the fall.

Disappearing Plants

By Buzz Bertolero
Special to the Forum

Q This year I planted several cucumber plants as I've done for many years. After a couple of days, they just disappeared. Were they eaten up by birds or some animals? Should I have let them grow bigger before planting or buy bigger plants?

A I suspect that your problem is earwigs. They feed mostly at

night and devour young seedlings such as cucumbers and many other edibles, including basil. They also enjoy other herbaceous plants like petunias and marigolds. With larger plants, earwigs tend to chew holes that have ragged edges or are only partially rasped through and a light scattering of tiny black particles of earwig excrement. So the plants survive but look "beat up." I'd prevent the problem by baiting the area with Sluggo Plus, an organic slug, slug, and earwig

bait that's safe to use around edibles, pets, and kids. The most crucial period is the first 4 to 6 weeks, but it doesn't hurt to keep the area baited for 12 weeks.

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.



Fertilizer from seaweed

Nutrients in seaweed stimulate beneficial bacteria in garden soil, making it rich and healthy. You may want to collect some from a seashore to add to your own garden, but please check first if it is legal in your area to do so. Some experts suggest rinsing it to remove the salt, but others argue that the salt is minimal, and rinsing the seaweed removes valuable nutrients. Once dried, seaweed can be put directly into your garden soil, or chopped up and sprinkled into your potted plants.

—Brenda Weaver

Source: www.gardeningknowhow.com

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LETTERS TO THE EDITOR

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Herd Immunity Logic 'Beyond Absurd'

Editor:

I question some of Mr. Hauer's ("Shutting Down vs. Herd Immunity," Letters, June 3) conclusions. The first, that the current policy will lead to more deaths. If we take an "open the floodgates and create herd immunity as quickly as possible" approach, we should expect that at least as many people will become infected as under current protective measures.

We could also reasonably expect at least as many serious/critical cases. Therefore, the cumulative death toll should be at least equal. Should be. Unless one considers that if the health care system gets overloaded, and a precipitous rush to get everyone exposed at once is certainly going to do that (one only needs to look at New York City, Italy, or Spain), then facilities and equipment will become severely limited resulting in more fatalities.

At the same time, the health care workers on the front lines will be severely affected, resulting in loss of "human health care facilities," i.e., doctors and nurses. With our hospitals overloaded with COVID cases and fewer health care workers to attend to those in need, non-COVID cases will also be neglected, so we end up with more deaths from cardiac events, strokes, trauma.

It is not a matter of a "new excuse" as Mr. Hauer proposes. We flattened the curve with current measures. Remove them and the curve once again becomes exponential.

I'm not sure Mr. Hauer has had much training in epidemiology. As a veterinarian, I had numerous courses in school and have been, in effect, a public health professional ever since. Sorry to get too technical, but this virus has an Ro (R naught—the number of people each

infected person goes on to infect) of between 3 and 6 people, a pre-symptomatic period of 2-3 days where people are most contagious, and a "reproduction rate" that can be as little as 5 days.

The math is simple. Take the lowest Ro — one person infects 3 even before that person knows he or she is ill. Assuming we have just 100 current cases (Alameda is reported to have almost 4,000), and each infected person infects another 3 people every 5 days, then in one month, that's over 70,000 infections, in a month and a half it's well over a million people!

Mr. Hauer wants to compare that to bicycles and swimming pools. This level of "logic" is beyond absurd.

—René C. Gandolfi, DVM

Castro Valley Companion Animal Hospital

Fox News Must Be Happy

Editor:

I am consistently fascinated by the letters you publish from our right wing resident Peter Hauer. His friends at Fox News must be happy that in a community that has no room for hatred and racism, they have an audience of at least one.

The world has changed sir, and you can be part of it, or watch it pass you by.

—Richard Ackerman, Castro Valley

An Obligation to Recognize Racism

Editor:

The United States is awakening again to confront the fact that we have never overcome the deep-seated racism that started over 400 years ago when the first African slaves arrived at the Colonies.

Systemic racism that has kept people of color in poverty and living in our corporate commercial prison system is being exposed. Racism is being manifested partly by the relentless police violence against people of color.

The large majority of us condemn violence during these protests, though much of it is like-ly perpetrated by racists themselves who want

to start a race war. Some of the looting is by people desperate from ravages of lifetime poverty exasperated by the coronavirus pandemic that has disproportionately affected people of poverty and color.

Listen to them and you will learn they live in fear just to go to work or to the store that we think of as safe routine activities. People of color have been deprived of educational and employment opportunities. Blaming them for their rage and violence and even some crimes is to blame the victims of institutional racism.

We have allowed our taxpayer-funded police forces to become militarized and to act as violent bullies who can make their own rules of conduct. Note whenever there are financial problems police budgets are never cut, it is always mental health services and social services for the poor. Then we wonder why crime rates rise.

We need to look beneath the surface and understand the systemic racism in America is caused by — and has continued because of — all of us. We all have an obligation now to recognize the problem, to call our family and neighbors out, to further question the reasons behind the racism, and to make it so all lives, black, brown, Native Americans, etc. really do matter.

—David Siegel, Castro Valley

Disappointed by Forum's Protest Coverage

Editor:

I was very disappointed that the peaceful protests in Castro Valley to support Black Lives Matter was not given the front page on your June 10, 2020 issue.

This is the most significant news story in

our news cycle today in America, along with COVID-19. I would say that these protests are even more crucial to our town's paper since they were organized by our own high school students and those same students spoke to the community and shared their impassioned thoughts and experiences with racism.

There was not one quote from a participant regarding their stories or their plea for non-Black neighbors to stand with them and help with this cause in meaningful and immediate ways and not one picture showing these young people's efforts to unify.

The Forum instead chose to highlight CV Historian Lucile Lorge's 90th birthday. I would imagine that Ms. Lorge herself would have gladly waited a week for this recognition in favor of putting the spotlight on the future of Castro Valley instead of the past.

—Karen Dito, Castro Valley

Summer Band Concerts Delayed

Editor:

The Hayward Municipal Band will not be starting its Summer Concert Series on Fathers' Day in Memorial Park, as it has each year since 1957, due to the closure of Memorial Park.

All of the band members are very disappointed and we know that the people who have been attending our concerts for many years will miss their summer music programs.

Mayor Halliday hopes that the band can have two concerts later in the summer. For more information call 510-5569-8497 or visit www.haywardmunicipalband.com. We hope to see you later in this summer, and for a great season in 2021.

—Lolita Morelli, Manager
Hayward Municipal Band

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Obituaries

Karen Lou Gelender

April 20, 1949 ~ June 3, 2020

Karen Lou Gelender was born in 1949 in Paris, France where her parents, Herman D. and Charmion Kerr Stein, were supporting humanitarian efforts to reunite Holocaust survivors with their families. She grew up in Scarsdale, NY and particularly loved spending time in the Adirondack Mountains among the trees and wildflowers.

Karen's life was marked by her passion for teaching and social justice. She was a lifelong activist and community organizer, with her work beginning as a teenager in the 1960s when she traveled to the South to fight for racial justice and voting rights with the Student Nonviolent Coordinating Committee. Deeply committed to building a more equitable world, Karen never hesitated to lend a helping hand or stand up against injustice. She carried this mission into the communities in which she lived and the classrooms in which she taught.

Karen began her teaching career at the street academies in Philadelphia and then later in Cleveland. From there she became the Director of the Cleveland Urban Learning Community (CULC), an alternative high school program of St. Ignatius, where she met her future husband Mark, a teaching colleague. Karen married Mark in a backyard ceremony in Shaker Heights, Ohio in 1977, and drawn by the progressive political and social movements of the time, the pair took a cross-country road trip to relocate to the San Francisco Bay Area where they started a family. Karen's commitment to motherhood was unparalleled, and she worked to instill values in her children which echoed her own. She believed in kindness, fairness, speaking up in the presence of wrongs, and Tikkun Olam (a call in Judaism to "repair the world").

As an enthusiastic teacher of more than 50 years, Karen was beloved by students of all ages. She was the director of the Tennyson Parent Nursery School (TPNS) in South Hayward for over ten years, and, in the last part of her life, she taught English Learners and students in the "Adults with Disabilities" program at the Castro Valley Adult School. Karen's dedication to her students and her desire and ability to respond to their needs by developing meaningful curriculum made her a master teacher. Karen was a resilient force of life with a big, beautiful smile that lit up a room. Few who met her could forget her.

She is survived by her loving husband, Mark Gelender, sisters (Shoshana Bennett, Naomi Stein), adult children (Shayna, Jake, and Amanda Gelender), daughters-in-law (Clare LePell, Jill Dellich), her grandchild, Franklin Marley Gelender, and many relatives, friends, colleagues, and former students.

Donations in Karen's honor can be made to a memorial scholarship fund for graduating Castro Valley High School seniors working on racial and social justice. If you are interested in contributing, please contact karengelenderscholarship@gmail.com



Obituaries

Mary Jo Henninger

September 8, 1929 ~ June 7, 2020

Mary Jo Henninger "JoJo" passed away on June 7th surrounded by her family. Mary Jo touched all who knew her with her infectious smile and wonderful sense of humor. Mary Jo graduated from Fremont High in 1947 and later married the love of her life Eddie, June 18, 1949. They were married for 62 years and raised 3 beautiful children together. Mary Jo had many life highlights including 63 years of volunteer work at The Hill and Valley Women's Club in Hayward, 4 of which she served as President. She was honored with the "Mother of the Year" award in 1965. She also performed with the Golden Follies dance team for over 20 years, and enjoyed every minute of it. Mary Jo is preceded in death by her husband Eddie, and her 2 children, Gary and Sandy. She is survived by her son Craig, her adopted daughter Shawn, 6 grandchildren, 8 great-grandchildren, as well as many others that called her "Mom." JoJo will be remembered for the positive impact she made on so many lives during her 90 years. Her "Celebration of Life" will be held at a later date, due to the current Covid-19 situation. Donations in her memory can be made to: The George Mark Children's House.



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NEWS BRIEFS

Student Honors and Degrees

Aria Alokozai of Castro Valley has received a Master of Science degree in Physician Assistant Studies, one of 1,500 degrees conferred this spring to the newest graduates from University of the Cumberlands, the largest private university in Kentucky, located in the city of Williamsburg.

Emma Barrow of Castro Valley, graduated from the University of San Diego for the 2019-2020 school year. Barrow earned a bachelor's degree in Sociology.

Delaney Heller of Castro Valley graduated from the University of San Diego for the 2019-2020 school year. Heller earned a bachelor's degree in Business Administration.

Hannah Simpson has been named to the Dean's List at Saint Mary's College in Moraga for the Spring 2020 semester. To earn this academic honor at Saint Mary's, a student must achieve a grade point average of at least 3.6 on a 4.0 scale and have a minimum of 12 graded credit hours.

Sarah Dove of Castro Valley, a Theatre Arts Performance major, was named to the Dean's List for the Spring 2020 semester at Bradley University, a top-ranked university in Peoria, Illinois. To be eligible for the Dean's List, a student must achieve a minimum 3.5 grade point average for the semester on a 4.0 scale.

Stacy Shaw of Castro Valley, is graduating from UCLA with a PhD in Educational Psychology. She is a 2006 graduate of Castro Valley High School.

Youth Can Apply for Fall Leadership Academy

Applications are being accepted through Aug. 7 for Alameda County's 2020 Youth Leadership Academy, a free educational program for local 11th and 12th graders interested in learning about local government and developing leadership skills. Students will participate in five Saturday morning sessions this September and October that will teach them about County programs, engage with officials, and build skills to help solve community problems. To apply, or to learn more, visit www.acgov.org/youthleadership/.

Drive-In Movies Returning to Pleasanton

The Alameda County Fairgrounds will host pop-up drive-in movies this summer, featuring such classics as "Indiana Jones Raiders of the Lost Ark," "Grease," "Goonies" and many others. A new feature will show each Friday and Saturday through Aug. 1, starting at dark, but not before 8:45 p.m. A parking fee of \$25 per vehicle will be charged in advance online, which includes a free ticket to the 2021 Alameda County Fair. Purchase parking in advance and pick your featured classic at: alamedacountyfair.com.

Got a News Tip?

Send it to
fredz@ebpublishing.com

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): A plan you've kept on hold for a long time finally could be greenlighted. But in typical Aries form, you'll need to be sure that everything is in place before you hit the "start" button.



TAURUS (April 20 - May 20): Others might urge you to act more quickly on your ideas. But you'd be wise to follow your Bovine instincts and get more facts to bolster your position when you finally present it.



GEMINI (May 21 - June 20): You might be tempted to accept the well-meaning offer of a friend to act as an intermediary in a dispute. But you know best what it's about, and you can handle the challenge. Good luck.



CANCER (June 21 - July 22): Entertainment can play an important role this week. Enjoy some well-earned diversion with people you care about. Something especially wonderful might come from this well-spent time.



LEO (July 23 - August 22): Catnaps and playtime are in order for Leos and Leonas who need to take some time off from their hectic schedules to restore their energies and rebuild their mental muscles. Have fun.



VIRGO (August 23 - Sept. 22): Virgos will need to keep an open mind this week about choices that seem improbable. A closer study might well reveal possibilities that might have been overlooked. Stay with it.



LIBRA (Sept. 23 - October 22): A disappointing outcome of a well-intentioned effort should be seen as a lesson in how to do it right the next time. Note all your changes and have your new plan set up by week's end.



SCORPIO (October 23 - November 21): Creative projects might have to go on standby as you tackle other matters making demands on your time and energy. Things should ease by the middle of next week.



SAGITTARIUS (Nov. 22 - Dec. 21): Your honest approach to an unsettling experience draws admiration from others. Use their positive feedback to build support for your program to introduce needed changes.



CAPRICORN (Dec. 22 - Jan. 19): A workplace goal that suddenly seems out of reach is no problem for the sure-footed Goat, who moves steadily forward despite any obstacles placed in his or her way.



AQUARIUS (Jan. 20 - Feb. 18): A job-related situation could provide an opportunity you hadn't considered before. Look it over carefully and see where and how you can tailor it to fit your needs.



PISCES (Feb. 19 - March 20): Showing strength as well as sympathy helps you deal with a difficult personal matter. It also helps you set an example for others when it's their turn to get involved in the situation.



PHOTO BY FRED ZEHLDER

The East Bay Regional Park District is considering resuming normal operations at Lake Chabot in Castro Valley (above) in mid-July, including camping, picnicking, swimming and boating, depending on the status of the coronavirus pandemic.

East Bay Regional Park District Considering Normal Operations

By Ned MacKay
SPECIAL TO THE FORUM

In an effort to restore public access that has been curtailed because of the COVID-19 pandemic, the East Bay Regional Park District is reopening some park entrances and allowing resumption of some customary summertime activities.

The parking lot at the Otis Drive entrance to Crown Memorial State Beach in Alameda was reopened last Friday, partly in an effort to alleviate overcrowded street parking. Also reopened was the Tide-water staging area at Martin Luther King Jr. Regional Shoreline in Oakland.

Shadow Cliffs Regional Recreation Area in Pleasanton remained walk-in only. And there's still no picnicking or congregating in large groups.

Effective this week, the district is allowing outside day camp operators to host groups of no more than 12 at a time for three weeks for hiking and other activities. Social distancing of campers will be required.

Plans for Lake Chabot

And for mid-July, the park district is considering resuming normal operations at Lake Chabot, Del Valle, Shadow Cliffs, Castle Rock and Quarry Lakes regional parklands. This would include camping, picnicking, swimming and boating.

Of course all the above depends on the status of the Coronavirus pandemic as determined by the public health departments of Alameda and Contra Costa Counties.

The best source of up-to-date information on the status of your favorite regional park is still the website, www.ebparks.org. Links to all the COVID-19 information are right at the top of the home page.

Although various park entrances and visitor centers have been closed, most of the regional park trails, both within and connecting the parklands, have been open all along.

As part of the fight against the coronavirus, park visitors should remember to maintain social distance of at least six feet, keep dogs on leash at all times, carry face coverings for use when social distancing is not possible, and visit in

small groups consisting essentially of immediate household members.

Fire Danger

On top of everything else, the 2020 fire season is under way. District firefighters have already provided mutual aid at several East Bay fires outside regional parklands, and fought one at Point Pinole Regional Shoreline.

Park visitors can help prevent fires by being especially vigilant and careful while roaming the trails. All smoking, including vaping, is prohibited in the regional parks. And if you do spot a fire during your visit, call 9-1-1 to report it. If circumstances permit, report the fire's location, size, direction of burn and whether any people or structures are threatened. However, your own personal safety takes priority, so get away as quickly as you can.

The California Department of Fire and Forestry Protection (CAL FIRE) website has a wealth of information about how to protect your home and property from wildfires. It's worth a visit: www.fire.ca.gov.

Ned MacKay is a writer for the East Bay Regional Park District.

High: Blood Pressure and COVID-19

continued from page 5

makes it harder for the heart to pump.

If you also have plaque build-up in your arteries, the virus may make those plaques more likely to break apart and cause a heart attack. Studies have shown that people with heart disease who get a respiratory illness like the flu or earlier types of coronavirus are at higher risk for a heart attack.

What to Do

While everyone needs to take precautions to prevent coronavirus, people with high blood pressure and other health conditions need to be extra careful.

The best way to avoid getting sick is to stay home as much as you can. If you have to go out, wear a mask and keep at least 6 feet away from other people.

And every time you come home, wash your hands with warm water and soap for at least 20 seconds. Also, clean and disinfect all frequently touched surfaces like cell phones, countertops and doorknobs.

The CDC also recommends that you have enough medicine on hand to treat high blood pressure and other health conditions you are dealing with. And stock up on over-the-counter medicines to treat a fever and other symptoms if you get sick.

While a coronavirus vaccine isn't available yet, you should stay up to date on your other important vaccines. The pneumococcal vaccines – Prevnar 13 and Pneumovax 23 – will prevent you from catching pneumonia on top of coronavirus.

Also get a flu shot in September or early October. Its symptoms are easy to confuse with coronavirus, which could make it harder for doctors to diagnose you if you do get sick.

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

LEGAL NOTICE

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

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

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

/s/ Amy Coulter
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MAY 22, 2025

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

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In the Third Judicial District Court, Salt Lake County, State of Utah, In the Matter of the Estate of Roger Lee Vickers, Deceased, Case No. 193902692.

To Benjamin Nathan Vickers, a Petition for Formal Probate has been filed concerning the estate of Roger Lee Vickers. You can obtain a copy of the Petition from the Office of the Court Clerk. You must file an Answer to the Petition by the deadline with the court located at 450 State St., Salt Lake City, UT 84111 within 30 days. If you do not file and serve your Answer by the deadline, default judgment may be taken against you. You must also mail, email, or deliver a copy to Petitioner's attorney Amy L. Williamson, Canyons Law Group, LLC, 560 South 300 East, Suite 200, Salt Lake City, UT 84111 or amy@canyonslaw.com



ALAMEDA COUNTY FIRE DEPARTMENT

More than 40 firefighters arrived to fight the blaze that gutted the Lorenzo Theater.

Fire Guts Lorenzo Theater

By Jim Knowles
CASTRO VALLEY FORUM

Fire has gutted the abandoned Lorenzo Theater in San Lorenzo.

The fire broke out at 5:30 p.m. on Friday, June 5, in the 73-year-old theater as smoke billowed from the roof of the longtime landmark of San Lorenzo.

By 9 p.m. the Alameda County Fire Department reported that crews were in the mop-up stage, extinguishing hot spots, and firefighters would stay through the night to keep an eye on the building in case of any flare-up.

There were no injuries to either firefighters or the public, the fire department reported.

The theater at 16080 Hesperian Blvd. has been closed since 1982. Efforts to revive the theater have been going on for decades, but just recently a developer was found who plans to turn the Lorenzo into a restaurant and live theater venue.

Alameda County owns the theater and still plans to bring the theater back to life.

Developer Was About to Begin Remodeling

"We were working on the initial phases of a public-private partnership when the fire happened. It's very distressing," said Eileen Dalton, the county's economic development director.

The building has to be assessed by engineers before any work can begin. But for now the county is still planning on reviving the theater.

The county economic development department has recently selected a proposal by developer Matt DeLima, who grew up in San Lorenzo and is committed to the project, Dalton said.

An apartment complex planned across the street is an essential element to the revival of the Lorenzo Theater. The Village Green apartment complex was approved by the county board of supervisors last summer to fill the vacant lot where the Mervyn's store once stood.

The developer of the 163-unit complex agreed to contribute \$300,000 to help refurbish the Lorenzo Theater. So the two projects are linked.

The residents of the apartments

would also provide patronage for the theater, Dalton said.

The Lorenzo Theater opened in 1947 when houses were going up in San Lorenzo during the post-war boom. On opening night, viewers saw "Dark Mirror" with Olivia DeHaviland and everybody dressed up in the height of fashion.

Through the '50s and '60s all the Hollywood hits played and the Saturday kiddie shows were popular. Sometimes the theater was used for live entertainment.

United Artists bought the property from the Bohannon Organization to build the theater that originally had 700 seats. The theater's black-light murals, painted by Anthony Heinsbergen, were the first of the type in Northern California.

The assessment of the building will also determine whether the murals can be saved.

In 2002, the Alameda County board of supervisors declared the theater an historical preservation district.

An assessment in 2010 found the building to be in fair condition, despite the number of years it's been abandoned.

BART Unveils New Fare Gates

BART showed off a newly designed fare gate at its Richmond Station last week, a prototype that the district hopes will deter fare-evaders who cost the system millions in lost revenue every year.

The prototype gate, which went into service at the end of last month, includes two 5-foot high swing style barriers that discourage users from pushing through, jumping over, or maneuvering under the gates.

The first-of-its-kind pneumatic swing style barriers are operated with air pressure instead of a motor. There are fewer moving parts and the gates can apply as much pressure as necessary to discourage someone from pushing the barriers open.

The prototype can process a minimum of 30 riders per minute which is a required benchmark to ensure riders can quickly move through the stations.

The accessible fare gate is for riders who need extra space and time to tag their Clipper cards and pass through, such as people in wheelchairs or with strollers or bikes. The barriers remain open longer than non-accessible fare gates.

The BART Board of Directors, after considering a variety of designs, voted unanimously last September to adopt the swing style barrier gate design as the standard for new fare gates.

The new design is the result of months of innovation by BART staff that has reduced the cost estimate for replacing fare gates across the system from \$150 to \$90 million.



BART PHOTOS

BART unveiled a new swing-style fare gate designed to deter fare-evaders at the Richmond station last week. The fair gate gives riders extra space and time to pass through.



What's Up This Week at Smalltown Society

● **TONIGHT, June 17:** Smalltown IG Takeover - Local musician Graham Hill, is "taking over" the Smalltown Instagram page and will be performing his music live! Free, 7 p.m. IG: @SmalltownSociety

● **Saturday, June 20:** The fun continues with the 13th installment of "Live Riff-Alongs" with the 1964 movie "Evil Brain From Outer Space!" 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 21:** Quarantine Sundays: Join Smalltown Society artist Safiyah Hernandez for her newest installment of Quarantine Sundays live from her Instagram and Facebook account. Free, 2 p.m. IG: @safiyahhernandez/ FB: @SafiyahHernandezMusic

● **Now Playing** at The Chabot's Virtual Theater has just added a brand new film: "I Angry Black Man," the story of Mike Anderson, a senior at a New England liberal arts college, who is arrested for a crime he did not commit. When he returns to school after being released, he engages in a deeply re-

flective and existential discussion in his African-American Literature class. This film explores the racial, gender, and political tensions that lead to the ongoing protests currently taking place in our nation. Rated R. This is a paid viewing that supports both The Chabot, and the artists behind the film.

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

ATHLETE OF THE WEEK

Valery Piachonkina

Our Athlete of the week is Valery Piachonkina, a Women's Water Polo player from Austin College. The sophomore goalie was named honorable mention All-America selections by the All-American by the Association of Collegiate Water Polo Coaches. This year, Piachonkina tallied 87 blocks—12 of those against NCAA Division I opponent Brown University. The Castro Valley native was a two-time CWPA Defensive Player of the Week and added 23 steals and 14 assists to her season totals.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

Youth Baseball and Flag Football Programs

www.CVISPORTSLEAGUE.org

Interactive Talk Monday on Gene Editing

Gene editing is revolutionizing agriculture by changing how we design, produce, and consume food. But how is this technology being used, and what does this mean for farmers, consumers, and society at large?

You're invited to take a holistic journey at 8 p.m. next Monday, June 22, through the history of plant breeding to understand how this cutting-edge technology – and CRISPR gene editing, in particular – is being used to meet the needs of a growing human population and a warming world.

In popular usage, CRISPR (pronounced "crisper") is shorthand for "CRISPR-Cas9." CRISPRs are specialized stretches of DNA.

The speaker will be Evan Groover, a PhD candidate and researcher in UC Berkeley's Department of Plant & Microbial Biology. Evan will answer live questions during the presentations.

This event will take place online as a YouTube video "Premiere" with LIVE chat Q&A. Tune in to the Wonderfest Science YouTube channel at: youtube.com/channel/UC-755eqIqZRCfIOQTL-jOZg



Evan Groover