

SUMMER  
EDITION

# HOME IMPROVEMENT

PAGES  
6 & 7

# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 32

WEDNESDAY, JUNE 24, 2020

NO. 26

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Fireworks have been jolting neighborhoods for the past few weeks

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PHONE: (510) 614-1560



PHOTO BY FRED ZEHNDR

**DINING AL FRESCO:** Norman's Grill on the Boulevard was one of several restaurants that opened to outdoor dining on Friday.

## Outdoor Dining is Back

By Linda Sandsmark  
CASTRO VALLEY FORUM

Dining out is back — though it's still a work in progress in Castro Valley, with restaurants and customers adjusting to new social distancing rules.

As of Friday, groups of up to six are allowed to eat at restaurants with outside seating. Not all restaurants were immediately ready for the change, but some already had an advantage.

Norman's Grill on Castro Valley Boulevard was lucky to have had a large outdoor dining area in place.

"We've got our outdoor patio all set up for social distancing. We have eight tables out front with two heaters there for night time, especially for our seniors. We have two more tables on the side of the restaurant, for a total of ten," says Daniel Ehtesabi, Norman's manager.

see DINING on page 4

## Face Coverings Now Mandatory

By Michael Singer  
CASTRO VALLEY FORUM

Going out? Make sure you take and wear a mask. As of last Friday, Californians are required to wear a face-covering in high-risk settings such as standing in line for the grocery store, driving with passengers, or waiting for the bus.

California Governor Gavin Newsom issued a more stringent order saying he was seeing, "too many people with faces uncovered," in places where they should be wearing an appropriate mask.

The new mandate came after the state recorded a single-day high of 4,411 new cases last Wednesday. This past Saturday, hospitalizations in California reached a record high of 3,574.

A growing body of scientific research has shown that people with no or few symptoms of COVID-19 can still spread the disease. State health officials say wearing face coverings, combined with physical distancing and frequent hand washing will reduce the spread of COVID-19.

"Science shows that face coverings and masks work," said Newsom in a statement. "They are critical to keeping those who

are around you safe, keeping businesses open, and restarting our economy."

If you are caught ignoring the new rule, you may find yourself with a misdemeanor charge and possibly a fine.

Face coverings can be simple and homemade, made of cloth, fabric, or other soft or permeable material without holes, that covers the nose and mouth.

Alameda County Health Officer Dr. Erica Pan last week explained that a person engaged in walking, hiking, bicycling, running, and other physical activities is not required to wear a face-covering during the entire duration of their activity, but that person must carry a face covering that is easy to access so they can wear it once they are within 30 feet of other people.

see FACE on page 2

**Alameda County**  
Confirmed Cases = 5,140  
Deaths = 120

**California**  
Confirmed Cases = 184,428  
Deaths = 5,561

as of June 23, 2020

## PG&E Announces Power Shutoff Improvements

As part of its ongoing efforts to further reduce wildfire risks, PG&E has announced a number of new and enhanced wildfire mitigation efforts it has implemented as of the end of May.

PG&E officials say that its crews continue to work in the field as part of its Community Wildfire Safety Program, despite the coronavirus crisis, including:

- Installing stronger poles, covered lines and undergrounding lines across 105 miles;
- Inspecting, pruning and removing vegetation that poses a higher potential for wildfire risk along more than 900 mile of lines, with another 900 miles to go;
- Installing 116 weather stations and 50 more high-definition cameras, with targets of 400 and 200 for the year, respectively;
- Separating distribution grids

into smaller sections for operational flexibility;

- Installing more than two dozen line switches to redirect power and keep communities energized;
- Creating plans to locate temporary generators at up to 48 substations during a PSPS event to allow PG&E to safely energize thousands of customers and shrink the footprint of Public Safety Power Shutoff events.

The company's efforts this year are expected to reduce the number of customers affected by potential PSPS events by about one-third compared to a similar weather event last year. PG&E said it has nearly doubled the use of helicopter fleets during events and is using two airplanes with infrared cameras capable of inspecting transmission lines at night.

see PG&E on page 11



PHOTO COURTESY OF PG&E

PG&E lineman doing system hardening work in the Mt. Diablo area of the East Bay.



## Castro Valley Weather June 24-28, 2020



Wednesday  
Mostly Sunny  
High 70° Low 59°



Thursday  
Mostly Sunny  
High 80° Low 58°



Friday  
Mostly Sunny  
High 80° Low 58°



Saturday  
Mostly Sunny  
High 76° Low 56°



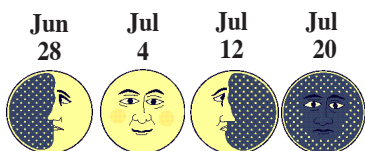
Sunday  
Mostly Sunny  
High 74° Low 56°

### 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 8:36 p.m. today, rises at 5:49 a.m. Thursday.

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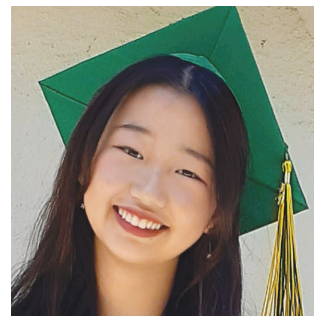
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# CASTRO VALLEY FORUM



Kyla Frias



Sungji Ahn



Reena Lee

## CV Rotary Scholarship Winners

The Rotary Club of Castro Valley has announced the winners of the four scholarships awarded annually to graduates of Castro Valley High School. They are:

- **Kyla Frias**, who plans to attend Cal State University Fullerton, received The Bob Waberski Scholarship. Kyla's dream is to become a dermatology nurse who "cannot wait to make an impact in the medical field."

She is the daughter of Hien Ho and Rosabelle Frias of Castro Valley.

A volunteer at George Mark Children's House, Kyla has been active in the Rotary youth service club, InterAct.

The award is named after the long-time Rotarian and former club president, who retired as Castro Valley's Fire Chief in 1993 and who left a rich legacy of community service.

- **Sungji Ahn** received the Castro Valley Rotary's Endowment Scholarship for her commitment to Rotary's "Service Above Self." She will be attending the University of California Irvine, majoring in psychology and pursuing a career that will "create an impact on others such as a teacher, counselor or therapist."

Sungji also has been in InterAct, and works at Kumon, tutoring kids in English as well as teaching Sunday School. She is the daughter of Pastor Jeong Hyun Ahn and Hyewon Lee of Castro Valley.

- **Reena Lee**, the daughter of Hyung Young Lee and Jenog

Sook Lee Hwang of Castro Valley, received The Owen Smith Scholarship named in the memory of the long-time CV Rotarian, who along with his wife Erma, actively promoted education, including understanding the principles of property rights, entrepreneurship, limited government, and free market.

Reena will be also be attending the U.C. Irvine majoring in Language Science to become a Speech Language Pathologist. She has been active in InterAct and volunteers with CityTeam, a non-denominational Christian service nonprofit.

- **Ayat Albanna**, the daughter of Basal Albanna and Kheria Shrooh of Castro Valley, received the Sunrise Scholarship and will be majoring in Business Administration with the goal of becoming a Criminal Justice Attorney, pursuing her passion for making a difference in the criminal justice system. She has been active

in DECA and has won numerous competitions, including placing in the Top 5 for Business Operations in Northern California.

Each scholarship recipient received \$2,500.

"The students who were selected all have marvelous stories," said Rotary Endowment Chair Bruce D. Johnson. "Some immigrated here as young children and all are involved in a variety of school activities and community service. We are confident all four of these students will have a tremendous impact now and in the future."

Castro Valley Rotarians John Aufdermauer, Heidi Hausauer, Bruce D. Johnson, Jim Negri, Dwight Perry, Ray Wallace and Dan Willitz serve on the Endowment Board. For more information on The Rotary Club of Castro Valley and the Endowment, visit [www.castrovalleyrotary.org](http://www.castrovalleyrotary.org).

(Photo not available for Ayat Albanna)

## Congratulations Graduates

**Emerald L. Coupe** of Castro Valley, graduated with a Bachelor of Arts, Cum Laude, in Education from Oregon State University in Corvallis.

**Karla J. Meyers** of San Lorenzo, graduated with a Professional Science Master Degree in Environmental Sciences from Oregon State University in Corvallis.

**Minnette D. Tiamsic** of San Lorenzo, graduated with a Bach-

elor of Arts in Anthropology from Oregon State University in Corvallis.

**Amelia Henderson**, a 2014 CVHS graduate, earned her Masters in Arts Management from Carnegie Mellon University in Pittsburgh, Penn. on May 17, 2020.

**Nathan Acebo** of Castro Valley graduated with a PhD in Anthropology from Stanford University last week.

## Nightly Fireworks Jolt Neighborhoods

*By Michael Singer*  
CASTRO VALLEY FORUM

It's not your imagination. There are more fireworks being set off in Castro Valley in the last few weeks.

Calls to the Alameda County Sheriff's Department have in-

creased this month with many calls coming in between 9 p.m. and 3 a.m., spokesperson Sgt. Ray Kelly confirmed.

"We know it is a nuisance for community members and we will send deputies to respond to those calls. We suspect many of these fireworks are coming from

neighboring states and overseas," Sgt. Kelly told the Castro Valley Forum. "This has been a problem for every agency in the Bay Area, not just Alameda County. Many departments have been so overwhelmed that we have not had our usual crackdown of fireworks  
*see FIREWORKS on page 11*

## Face: Wash Your Coverings Frequently

*continued from front page*

"My face-covering protects you and your face covering protects me," Dr. Pan said in a statement.

There are exceptions. Children two years old or younger should not wear a face covering. Someone with medical, mental health or developmental disability that prevents wearing a face covering is not required to wear a mask. The same goes for people who are hearing impaired or you can take

your mask off if they need to see your mouth to communicate.

One relatively new exception to the face-covering rule is how to manage a mask while eating. Newsom's instructions are that if you are seated at a restaurant or other establishment that offers food or beverage service, you don't have to wear a mask when you are eating or drinking, if you can keep at least six feet away from others not in your household.

State health officials say it's a good idea to wash your cloth face-covering frequently, ideally after each use, or at least daily. Have a bag or bin to keep cloth face coverings in until they can be laundered with detergent and hot water and dried on a hot cycle. If you must re-wear your cloth face covering before washing, wash your hands immediately after putting it back on and avoid touching your face.





CVSAN PHOTO

Castro Valley High School's custodian team, top row from left, Larry Kleinschmidt, Ninette Rico, Tony McNally, Manuel Pita, and Kenny Wong; bottom row, Aaron Ackerman, Bryan Fitzsimmons, Christian Fodor, and Vince Sly.

## CVHS Custodians Awarded

CVSan recently recognized Castro Valley High School custodians for going above and beyond to help schools reduce waste.

Led by Vince Sly, the CVHS team worked on installing 12 new organics and garbage stations, which CVSan had secured with a grant for the school.

"The high school is like a small city and it takes all of us to make it work," said Sly.

The team also worked to improve stations and the collection of organics in the classrooms with the support of students and teachers. As a result of their efforts, the high school was able to reduce garbage service by a third this past February, increasing its overall recycling rate to 83 percent and saving the school thousands of dollars in garbage fees.

At this year's 9th Annual Rec-

ognitions Ceremony, CVSan gave the Dan Curry Custodian Program of the Year Award to the custodial team at Castro Valley High School. The school's Leadership Class Teacher Tommy Maloney called the team the "unsung heroes of our campus."

"They are always willing to lend a helping hand and go that extra mile to make sure the campus looks amazing every day."

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



**Stolen Property and Drugs**  
Saturday, June 20, at 8:15 a.m., Sheriff's deputies arrested a 40-year-old man from Castro Valley on suspicion of possession of stolen property, illegal narcotics, and related drug paraphernalia. The man was stopped for questioning in the parking lot of a drug store on Castro Valley Boulevard near Marshall Street. Deputies report the man was hiding behind the building when they approached him and discovered his stash. The man was taken into custody.

**Assault and Battery**  
Sunday, June 21: at 12:42 a.m., a 28-year-old female from Castro Valley was arrested on suspicion of assault and battery in front of a medical building on Lake Chabot Road near Congress Way. Deputies responded to reports of an altercation at the address. The woman was separated from the other party and taken into custody. The victim was treated at the scene.

**Family Fight**  
Friday, June 19: at 3:15 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to an apartment on Center Street near Grove Way. There, they arrested a 36-year-old man from Castro Valley on suspicion of

assault on a family member, child endangerment, and assault with intent to seriously harm. The man was handcuffed and taken into custody. The victims were treated at the scene.

**Violated Restraining Order**  
Thursday, June 18: at 3:56 p.m., deputies arrested a 60-year-old woman from Castro Valley on suspicion of violating a court-issued restraining order. The woman had been instructed to stay at least 100 feet from a home on Seven Hills Road near Walnut Road. Deputies responded to a suspicious person call at the address and found the woman nearby. The woman was taken into custody without incident.

**Theft Suspect Caught at Eden**  
Thursday, June 18: at 6:55 a.m., a 30-year-old man from Castro Valley was arrested as part of a warrant issued for his capture. Deputies report the man had been previously charged with vandalism, theft, and possession of methamphetamine drugs. The man was spotted at Eden Medical Center on Lake Chabot Road and had his warrant confirmed. Deputies took the man into custody.

**Suspicious Person with Drugs**  
Wednesday, June 17: at 10:57 a.m., deputies arrested a 30-year-old woman with no permanent residence on suspicion of possession of illegal narcotics and related drug paraphernalia. The woman was spotted trespassing around a storage unit company on Grove Way near Redwood Road. Deputies found her stash during questioning and took her into custody.

**Tried to Break into Cars**  
Monday, June 15: at 9:55 a.m., a 24-year-old CV man on suspicion of petty theft and attempting to break into cars. Deputies were dispatched to an auto body store on the Boulevard after the manager noticed the man hovering over a vehicle on his lot. The man was handcuffed and taken into custody.

**Driving While Intoxicated**  
Monday, June 15: at 12:28 p.m., deputies pulled over and arrested a 44-year-old CV man on suspicion of driving while intoxicated. The man was spotted driving over the limit before trying to enter the Interstate 580 onramp on East Castro Valley Boulevard. Deputies report the man failed his field sobriety test and was taken into custody.

## End of an Era for CV Breakfast Lions Club

The Castro Valley Breakfast Lions Club will cease to exist as an active Lions Club next Tuesday, June 30.

The Club, chartered in September 1979, has had increasing difficulty over the past five years attracting new members. From a high of 30-plus members in the 1980s to a recent low of just 15 it was becoming difficult to plan

activities, according to longtime members Ann and Joe Farias.

Among the 15 members, only eight were able to participate extensively as many had health problems or other concerns that did not allow them to help out with club activities.

The Castro Valley Lions Club supported numerous community organizations during the past 40

years including SOS Meals on Wheels, Alameda Food Bank, Special Olympics, Spectrum Services, Ruby's Place, FESCO, the Salvation Army, Sorensdale, Castro Valley Schools, Kids Breakfast Club and many other local organizations.

The Club in recent years raised most of its funds through the popular Restaurant Walk that was held

in Castro Village for 21 years. Other significant events included numerous Comed Beef and Cabbage dinners at the Moose Hall and helping every year at the Rowell Ranch Rodeo.

In addition the Club helped collect and process thousands of eyeglasses over the past 40 years that were recycled and spread throughout the world.

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**Stay safe and healthy!**

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## Dining: Some Customers May Need a Bit More Time

*continued from front page*

"We serve everything outside, and it's beautiful because of all the greenery there on our deck patio. We have a really comfortable, family-friendly environment, and we have homemade soups every day and weekend dinner specials made from scratch."

Next to Norman's is another lucky location. JP's Family Restaurant has its own large parking lot where carefully-spaced tables and umbrellas are set up next to the restaurant's entrance.

"My husband and I have been ordering take out, as a once-a-week treat, from JP's during the pandemic," says Mary Triplett of Castro Valley. "Friday evening, as I drove into the parking lot to pick up our order, I was stunned to see people sitting outside at several socially-distanced tables. It was a welcome, though unexpected sight."

But I think we will wait two or three more weeks before trying it ourselves, to be sure there isn't another spike in COVID rates following this new opening," Triplett continued.

Other customers may also need a bit more time to be comfortable with the updated dining parameters.

"We're certainly ready to get out of the house for a change of pace to do something other than shop for necessities as quickly as we can," says Castro Valley resident Leti Mason. "But we also

want to make sure we don't expose ourselves to COVID-19 and get sick or pass it to anyone else." Mason says her family supports wearing masks to keep everyone safe.

Stan and Vicki Stadelman of Castro Valley are not quite ready for restaurants yet.

"Until there's a cure or a vaccine for COVID, it is take-out and the backyard," says Vicki. Her husband agrees. "Right now, my idea of outdoor dining is a picnic in an abandoned park," he says.

Castro Valley native Bonnie Hansen says that she misses eating out in restaurants with friends, but she thinks most of them aren't ready for that experience, just yet anyway.

On Sunday – Father's Day – the lunch crowds were thin at Castro Village, and most restaurants appeared to be limited to take-out. But change was slowly happening. Mod Pizza and Rigatoni's patrons sat at their existing outside patios, and along Castro Valley Boulevard some restaurants with extra-wide sidewalks had set out a few strategically-spaced tables.

Diana Gee-Calingo, who lives near the Village, used to dine often at its restaurants but is also holding back for now.

"I'm okay with ordering for pick-up and taking it home. I'm still hesitant about going to the grocery store. I will still support local business by doing take out."

## CVSan Qualified Plumbing Contractors List Requests

Plumbing contractors who wish to be listed as a "CVSan Qualified Plumbing Contractor" should submit a written request by Friday, July 10, to be eligible to provide quotations to local residents during the Castro Valley Sanitary District's Lateral Replacement Grant Program which begins Aug. 17.

Requests should be submitted to: Castro Valley Sanitary District, 21040 Marshall Street, Castro Valley, CA 94546.

Qualified contractors must:

- be California-licensed to work on sewer lines and work in the public roadway;
- have no outstanding matters or disputed work with the district;
- have not presented misleading or confusing print media to the community or property owners about the Lateral Replacement Grant Program.

Contractors that do not meet the criteria will be removed from the list for a period of 12 months. For additional info, call 510-606-1300.

## Spectrum Senior Lunches

Take-away lunches are available curbside for seniors 60 and over at United Methodist Church, 19806 Wisteria Street 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](http://www.SpectrumCS.org) (or, pickup a registration form on-site). Call 3 days in advance to 510-881-6768 and leave your name, phone number, the day(s) you want to reserve a meal and the location. For more information, visit [www.SpectrumCS.org](http://www.SpectrumCS.org).

### MENU

**Friday, June 26**

*Beef Chow Mein, Cabbage, Mixed Vegetables, Fresh Fruit*

**Tuesday, June 30**

*Ham with Mustard Sauce over Mashed Potatoes, Herbed orzo, Succotash, Fresh Fruit*



# SUMMER SALADS

The long, hot days of summer have finally arrived in the East Bay. So what could be more welcome than a crisp garden salad?

Depending on the ingredients, salads may be the main course of a meal or one of its accompaniments. You're sure to find a favorite among one of these.

### BASIC FRESH GARDEN SALAD

- 4 large handfuls of mixed garden lettuce and herbs, with equal amounts of red leaf lettuce and oak leaf lettuce, plus chervil if desired
- 2 to 3 tablespoons red wine vinegar
- 1/2 cup virgin olive oil
- Salt and pepper

Wash and dry lettuces and salad herbs. Mix 2 to 3 tablespoons red wine vinegar and virgin olive oil. Season to taste with salt and pepper. Toss salad with enough vinaigrette to lightly coat. Makes 4 servings.

### COBB SALAD

- 1/2 head iceberg lettuce
- 1/2 bunch watercress
- 1 small bunch curly endive
- 1/2 head romaine
- 2 tablespoons minced chives
- 2 medium tomatoes, peeled,

- seeded and diced
- 1 whole chicken breast, cooked, boned, skinned and diced
- 6 strips bacon, cooked, diced
- 1 avocado, peeled, diced
- 3 hard-cooked eggs, diced
- 1/2 cup Blue Cheese, crumbled
- Special French Dressing

Chop lettuce, watercress, endive and romaine in very fine pieces, using knife or food processor. Mix together in large wide bowl. Add chives. Arrange tomatoes, chicken, bacon, avocado and eggs in narrow strips or wedges across top of greens. Sprinkle with cheese. Chill. At serving time, toss with 1/2 cup Special French Dressing. Pass around remaining dressing. Makes 6 servings.

### Special French Dressing

- 1/4 cup water
- 1/4 cup red wine vinegar
- 1/4 teaspoon sugar
- 1-1/2 teaspoons lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon Worcestershire sauce
- 3/4 teaspoon dry mustard
- 1/2 clove garlic, minced
- 1/4 cup olive oil
- 3/4 cup vegetable oil

Combine water, vinegar, sugar,

lemon juice, salt, pepper, Worcestershire, mustard, garlic and oils. Chill. Shake well before using. Makes about 1-1/2 cups.

### JULIENNED VEGETABLE SALAD

- 8 cups shredded lettuce
- 1 cup julienned carrots
- 1 cup julienned celeriac
- 1 cup julienned jicama
- 1 cup julienned radishes
- 1 cup julienned green pepper
- 1/2 cup oil
- 3 tablespoons rice vinegar
- 1 tablespoon fresh oregano, minced
- 1 tablespoon fresh marjoram, minced
- Salt, pepper

Heap shredded lettuce in center of 4 salad plates. Arrange carrots, celeriac, jicama, radishes and green pepper spoke-fashion over lettuce.

Combine minced oregano and marjoram with oil and vinegar, shaking to blend well. Season to taste with salt and pepper. Serve on the side with salads. Serves 4.

### HOT SPINACH SALAD

- 3/4 pound bacon, diced
- 3 pounds spinach, washed, dried and stemmed
- 1 small onion, chopped
- 1/3 cup red wine vinegar
- Juice of 1-1/2 lemons
- 4 teaspoons prepared yellow mustard
- 1/2 cup sugar
- 1/4 teaspoon Worcestershire sauce

Place spinach leaves in bowl. Cook bacon in skillet over medium heat until crisp. Remove bacon from skillet with slotted spoon. Drain on paper towels and set aside.

Add onion to drippings in skillet

and cook until transparent, 3 to 4 minutes. Add vinegar, lemon juice, mustard, sugar and Worcestershire sauce and blend well. Quickly pour over spinach and toss lightly. Sprinkle with reserved bacon. Serves 6 to 8.

### CHINESE CHICKEN SALAD

- 1 (6-3/4 ounce) package rice sticks
- Oil for deep frying
- 3 cups diced shredded cooked chicken
- 1 head lettuce, chopped
- 6 tablespoons toasted and sliced almonds
- Dressing (recipe follows)

Deep-fry rice sticks, small handful at a time, in hot oil for a few seconds or until sticks rise to surface and puff.

Combine chopped lettuce, cooked rice sticks, chicken and nuts in large bowl. Add dressing to taste and toss. Serves 6.

### Dressing

- 2 cups mayonnaise
- 1-1/4 teaspoons Worcester shire sauce
- 2 teaspoons soy sauce
- 2 teaspoons oil
- 1 tablespoon plus 1 teaspoon prepared mustard
- 1/8 teaspoon lemon juice

Combine all ingredients, blending well. Yields 2 cups.

### LEON SALAD

- 1 head iceberg lettuce, finely chopped
- 1 head romaine lettuce, finely chopped
- 1/4 pound Italian salami, cut julienne
- 4 ounces mozzarella cheese, shredded
- 1 (15-1/2 ounce) can garbanzo beans, drained
- Leon Dressing (recipe follows)

Combine iceberg and romaine lettuces, salami, cheese and beans in bowl. Toss with Leon Dressing and serve. Makes 6 servings.

### Leon Dressing

- 1/4 cup oil
- 2 tablespoons wine vinegar
- 1 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup grated Parmesan cheese

Combine oil, wine vinegar, mustard, salt, pepper and Parmesan cheese and mix well. Yields 1/2 cup.

### TUNA SALAD

- 3/4 cup mayonnaise
- 3 tablespoons lime juice
- 1/2 teaspoon grated lime peel
- 2 (6-1/2 ounce) cans tuna, drained and flaked
- 1 medium red pepper, cubed
- 1 cucumber, peeled, seeded and chopped
- 1/3 cup sliced green onions

Combine first 3 ingredients. Stir in remaining ingredients. Cover and chill. Makes 4 cups.

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## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## Home Is Where the Action Is

While some have compared the cataclysmic effects of COVID-19 to a natural disaster, in reality, it is the opposite.

In the case of an earthquake, flood, hurricane or other disaster, dwellings are usually destroyed. The Coronavirus, on the other hand, while deeply impacting our nation's economy and our personal lives, has not physically affected our properties. What it has done, however, is shift our perceptions about how we think about "home."

Our residences have historically been the places to which we retreat when done with the activities of the day. Whether

work, school, play or other pursuits, the perception has been that we do the important stuff somewhere "out there" and then head home when done.

COVID-19 has dumped that idea on its head. As an example, whereas working from homes used to be a privilege enjoyed by a select few, many companies have been forced to reevaluate the practice in light of data reversing previously held beliefs.

Sharon Koifman, COE at DistantJob.com, a remote work recruiting firm that sources globally, states, "Before the pandemic hit, remote working was more of a niche that worked really well for those who did it, but most larger corporations were afraid of disconnecting from their offices."

She reiterates, "However, since being ordered to shelter in place, many are finding it's much better than they feared, and managers are changing their tunes on the practice, including major companies."

In fact, her research reveals that productivity and profitability both increased with workers sheltered-in-place during the crisis.

Major companies such as Google, Nationwide Insurance,

Morgan Stanley and Barclays have all announced plans to increase remote work. It's also good for the environment as less congested freeways mean fewer emissions hitting the atmosphere.

With workers not having to endure long commutes, the actual time spent working has increased. Companies are also discovering that the pool of exceptional talent expands dramatically if employees are not required to commute to a central location and can, in fact, live almost anywhere.

It is affecting real estate as well: as an example, our team currently has a member living in Oregon, another in Florida and four in the Philippines. Clients have also told us they love the convenience of online meetings.

While there will always be a need for "boots-on-the-ground," COVID-19 is metamorphosing the way we view our homes from "home is where our heart is" to "home is where the action is."

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.

## Divide Alstroemeria in Late Fall

By Buzz Bertolero  
Special to the Forum

*I'm in love with Alstroemeria and now have four plants. I want to share them with a few friends, so when is the best time to divide them?*

Alstroemeria is often called the Peruvian Lily, named after a Swede who collected seeds during a trip to South America.

He introduced them to Europe in the eighteenth-century, where they have been popular ever since as a cut flower. Today, the improved varieties are now being planted in Bay Area gardens and grown in containers.

Alstroemeria has a striking range of colors and a long flowering season from spring to late autumn; hence its popularity with today's gardeners. It grows in all kinds of soils as long as it's well-drained, so you need to be generous when amending our clay soil.

Typically, Alstroemeria flowers 10 to 15 weeks after being planted. They bloom well for three to four years, after which the stems begin to thin. This is when you should start to think about dividing the plants.

The plants are slow to reestablish themselves, so you don't separate them early. They should be divided in the late fall through April.

Handle the divisions carefully when transplanting as the roots or rhizomes are brittle.

The foliage should be cut back to six to eight inches above the ground about 10 days



to two weeks before dividing. When you dig up the rhizomes, make sure you get all the roots and the growing points as the rhizomes grow twelve to fifteen inches deep. It would help if you got 20 to 25 useful rhizomes from a mature plant.

*Where do tomato worms come from? I check my plants daily but so far I haven't seen any.*

The tomato hornworm is the larvae stage of the hawk moth. It's also known as the Sphinx or hummingbird moth. It over-winters in the soil as dark-brown pupae that emerge as adult moths in the late spring. The female moth lays smooth, single, green egg(s) on the tomato leaf's underside, and her life span is about a week.

Tomato hornworms are voracious eaters, munching entire leaves, small stems, and even parts of immature fruits. They do get quite large, and the horn-like structure on their posterior is where the name originates.

After three to four weeks of feeding, they will drop to the ground and enter the soil where they change into a two-inch-long pupae. Depending on the

weather, there may be from one to four generations per year.

While they're most commonly associated with tomatoes, hornworms are common pests of eggplants, peppers, and potatoes. Most likely, you'll notice the damage before you see the

hornworms because their color helps them blend in so well with the plant foliage.

You can also look for their black droppings on the foliage and around the base of the plant. Since you haven't seen any as yet, it suggests that they may not be a problem this year. The hornworm season runs through September and checking the plants weekly is sufficient

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is [www.dirtgardener.com](http://www.dirtgardener.com) and questions can be sent by email to [buzz@dirtgardener.com](mailto:buzz@dirtgardener.com).

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| 20340 Summercrest Dr  | 94552: \$790,000   | 3 BD - 1,435 SF - 1998    |
| 21662 Justco Lane     | 94552: \$870,000   | 3 BD - 1,541 SF - 1989    |
| 2836 Sydney Way       | 94546: \$900,000   | 3 BD - 1,500 SF - 1952    |
| 4801 Lodi Way         | 94546: \$900,000   | 3 BD - 1,570 SF - 1954    |
| 18007 Lamson Road     | 94546: \$950,000   | 3 BD - 1,927 SF - 1959    |
| 2971 Dominic Court    | 94546: \$1,045,000 | 5 BD - 2,999 SF - 1920    |
| 3133 Terry Court      | 94546: \$1,100,000 | 4 BD - 2,394 SF - 1966    |
| 5709 Gold Creek Drive | 94552: \$1,112,500 | 4 BD - 1,871 SF - 1996    |
| 4471 Hillsborough Dr  | 94546: \$1,193,000 | 3 BD - 2,738 SF - 1960    |
| 4633 Grenadier Place  | 94546: \$1,450,000 | 4 BD - 3,320 SF - 1999    |
| TOTAL SALES:          | 10                 |                           |
| LOWEST AMOUNT:        | \$765,000          | MEDIAN AMOUNT: \$925,000  |
| HIGHEST AMOUNT:       | \$1,193,000        | AVERAGE AMOUNT: \$962,550 |

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PS. If I am with another client, please leave your name and phone and I will get back to you



## Home Improvement Projects for Summer

For many Americans the warmer weather of summer means it's time to focus on all those home improvement projects that would be inconvenient during the cooler months.

Adding an extension, sanding wooden floors or replacing a roof are a lot easier when you're not worried about the weather and diminished day light. Also, contractors are less likely to have weather-related delays that blow timelines, making summer renovations run more smoothly.

Here are some home improvement projects you may want to start this season:

- **Replace the Roof:** If your roof is starting to leak or you notice dramatic increases in heating or cooling bills, it may be time to replace it. The best time to do so is when the weather is warm and dry. Keep in mind the U.S. Department of Energy recommends light roofing colors, which will keep down cooling costs and help reduce global warming. For more energy-saving home improvement tips, visit [www.energy.gov](http://www.energy.gov).

- **Check the Perimeter:** Inspect your home's exterior, making sure to check your siding. Mold and cracks can be a sign you need to re-paint or replace boards. Also, now may be a good time to repave

your driveway. Asphalt needs the right factors of temperature and moisture to set properly. Better weather leads to better driveways.

- **Tinker with Plumbing:** Because bathroom and kitchen renovations often require plumbing changes, the warmer months are the best for these projects. Now's the ideal time to expand that half-bathroom with a shower stall, or to upgrade your master bathroom with a whirlpool tub. And there are many choices of eco-friendly fixtures from such brands as Delta, Kohler, American Standard and others.

- **Install Skylights:** With longer days and clear, starry nights, it's the season for gazing at the sky. But allergens can make sky gazing difficult for some. Consider installing skylights in your home this season.

- **Sand the Floor:** Most people think of floor maintenance as a cool weather activity, but floor sanding kicks up incredible amounts of dust. In warmer weather, you can throw open doors and windows and set up fans to suck the dust outward.

The better weather makes almost all home improvement projects more enjoyable. So take advantage of the season to upgrade your home!

—StatePoint



**CAL FIRE** urges Californians to be extremely cautious, especially during periods of high fire danger. It's important all residents and visitors take steps to prevent wildfires.

Creating defensible space is essential to improve home's chance of surviving a wildfire.

## How to Create a Defensible Space Around Your Home

In January 2005 a new state law became effective that extended the defensible space clearance around homes and structures from 30 feet to 100 feet.

This is especially important in Castro Valley with its heavily wooded canyon areas.

Residents should make sure they have 100 feet of defensible space around structures. Clear dead weeds and vegetation. Remove leaves and needles from gutters. Trim branches 6 feet from the ground.

Creating defensible space is essential to improve your home's chance of surviving a wildfire. It's the buffer you create between a building on your property and the grass, trees, shrubs, or any wildland area that surround it.

This space is needed to slow or stop the spread of wildfire and

it protects your home from catching fire — either from direct flame contact or radiant heat. Defensible space is also important for the protection of the firefighters defending your home.

Two zones make up the required 100 feet of defensible space:

Zone 1 extends 30 feet out from buildings, structures and decks.

Zone 2 extends 100 feet out from buildings, structures, decks, etc.

Proper clearance to 100 feet dramatically increases the chance of your house surviving a wildfire.

### Fire Weather Watches

The National Weather Service issues Red Flag Warnings & Fire Weather Watches to alert fire departments of the onset, or possible onset, of critical weather and dry conditions that could lead to rapid or dramatic increases in wildfire activity.

A Red Flag Warning is issued for weather events which may result in extreme fire behavior that will occur within 24 hours. A Fire Weather Watch is issued when weather conditions could exist in the next 12-72 hours.

A Red Flag Warning is the highest alert. During these times extreme caution is urged by all residents, because a simple spark can cause a major wildfire. A Fire Weather Watch is one level below a warning, but fire danger is still high.

The type of weather patterns that can cause a watch or warning include low relative humidity, strong winds, dry fuels, the possibility of dry lightning strikes, or any combination of the above.

CAL FIRE urges Californians to be extremely cautious, especially during periods of high fire danger. It's important all residents and visitors take steps to prevent wildfires.

A few helpful reminders and safety tips include:

### Equipment Use

Never mow or trim dry grass on a Red Flag Warning Day. (Mow before 10 a.m. on a day when its not hot and windy). Never use lawn mowers in dry vegetation. Spark arresters are required in wildland areas on all portable gasoline powered equipment.

## Essential Summer Repairs

By Samantha Mazzotta  
SPECIAL TO THE FORUM

It's essential that certain home repairs (and maintenance items) be tackled right away before they develop into much bigger messes — even if the repair needs to be done by a professional.

Below are five tasks that should never be put off, provided courtesy of Angie's List ([angieslist.com](http://angieslist.com)).

1. **Change your air filters.** HVAC experts estimate that 60 percent of all service calls are the result of dirty filters. Changing air filters regularly (every month or so) can save you up to \$100 each year in energy costs.

2. **Repair leaky faucets and running toilets.** Doing so could save hundreds of dollars per year on your water bill.

3. **Check the caulking around your tub and shower** for moisture penetration, which can lead to mold. Bath fixtures can avoid premature replacement if the tile surface is kept watertight, and the subsurface, usually drywall, remains dry.

4. **Inspect electrical cords and outlets** for signs of distortion, discoloration or cracks in the insulation, and hire an electrician to replace tired outlets that no longer hold a plug. A defective receptacle, light switch or fixture replaced during a scheduled visit will save you hundreds of dollars over an emergency repair.

5. **Weatherproof windows and doors.** These are the two areas with the largest amount of air transfer in both cold and hot weather. Use a digital thermometer to check the seal quality and inspect the caulking for areas that have cracked or shrunk, which will allow water to damage siding and floors. Once sealed, use a programmable thermostat to help regulate air temperature, which could save you up to 10 percent on your monthly energy bill. Consider getting a home energy audit.

**Home Tip:** When hiring a contractor to make home repairs, always insist on a written estimate before any work begins.

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## Home Interior Updates To Create a Wow Factor

Creating a wow factor to enhance your living spaces is easy to achieve, if you know where to focus attention.

For starters, here are some easy ideas to give you the kind of home you see and admire in ads and architectural magazines:

### Ceiling-to-Floor Transformation

Totally transform a room top to bottom with decorative mouldings and millwork, starting with the ceiling. Add warmth with wood beams in a horizontal or criss-cross pattern, or simply accent the ceiling with stand-out crown mouldings.

Working your way down, frame windows with straight trim and rosettes in the corners. Throughout the room, add chair mouldings, mantels and floating shelves.

Remember, mouldings don't need to be plain, especially if you want to make an impact. So, replace any humdrum casing, crown, chair and base mouldings with elements that pop, such as those that feature leaves, grapes, vines or criss-cross ribbon patterns.

Consider the decorative millwork accents available from such outlets as Ornamental Moulding & Millwork, which are easy to install. New offerings dovetail nicely with the latest trends, and their craftsmanship means high-quality products that last. To learn more, visit Ornamental.com.

### Step Up Stairways

Often a focal point of a home interior, a stairway system is a crucial area where homeowners can step up their game, and doing so doesn't have to be overwhelming.



It's what's on the inside that counts: When taking your home interiors from ordinary to extraordinary, it's all in the details.

"There's a definite trend underway of people mixing metals and woods on stair systems and throughout the home," says Kelly Miller of L.J. Smith Stair Systems. "Rather than completely take down an existing wood stair system, many people are turning to the easy DIY project of replacing wood balusters with iron balusters. Then they're leaving the wood hand rails and newel posts for a stylish, upgraded look."

Defined by unique designs and durability, L.J. Smith products – including wooden and ornamental iron balusters, stainless steel cable and tube infills, metal panels, newel posts, hand rails and accessories, can help you transform your stairs.

Check out the "Stair Designer" tool to determine the best look for your home, as well as installation details and additional tips at [ljsmith.com](http://ljsmith.com).

—StatePoint

## Solar and Battery Storage Solutions Protect Against PG&E Black Outs

The market for energy storage is growing, and with good reason. With power disruptions driven by wildfires, storms, and wind gusts across California, homeowners have turned to new solutions to keep the lights on.

At the center of the upswing in interest, solar power continues to rank highly with energy-conscious homeowners. However, as residents in the East Bay have discovered through Public Safety Power Shutoffs in 2019, their current photovoltaic (PV) solar systems do not power their homes during utility outages, primarily because safety shut-off protocols are designed into the systems to protect utility workers. This has boosted the appeal of battery-based energy storage and software systems that can harness the sunlight and store it for later use.

The Public Safety Power Shutoffs were put in place to mitigate wildfire risks that could be caused by sparking power transmission lines when high winds and dry

conditions create dangerous circumstances.

The state of California recently earmarked \$675 million under a new round of its Self Generation Incentive Program (SGIP), one of the first state-level incentives for battery energy storage in the country.

The program – which now has a cumulative historic value of over \$1 billion – has helped California lead the nation in residential energy storage. The SGIP Equity Resilience incentive program could essentially offset the entire cost of a battery storage system by providing up to \$1/watt of backup power for qualified homeowners.

This program has helped backup generator giant Generac move into the clean energy arena with its PWRcell Storage System for resilience to power outages and a way to significantly lower energy bills by avoiding the utility company's peak rates.

Generac is the only company that offers both battery storage

systems and whole home backup generators that let homeowners make the best decision for their specific needs.

The PWRcell storage system is an all-in-one platform that offers 8 kilowatts of continuous power and a 10 kW surge capacity to start heavy loads such as 2-ton air conditioners and well pumps, but what sets this apart from other options is its ability to scale up to 17.1 kW of usable capacity.

The system is equipped with an energy monitoring technology called PWRview, which offers smart device linkage to track household energy consumption, monitor battery usage and track energy spending and savings.

Such residential clean energy solutions bring smart home energy storage and management into the mainstream for homeowners, cutting energy costs and providing protection from electric utility disruptions. As a result, people have more options when deciding where to get their power.

## Breathe Easier, Save Money this Summer

For healthy air in a healthy home and lower cooling bills, get your HVAC system cleaned.

The U.S. Department of Energy estimates 25 to 40 percent of the energy used for heating or cooling a home is wasted. Contaminants in the heating and cooling system cause it to work harder, and shorten its life. Even with filters, the HVAC system still gets dirty through normal use.

A clean system doesn't have to work as hard to maintain the temperature you prefer, it uses less

energy and you save money while breathing clean. So it pays to get your heating and cooling system cleaned regularly. More than just duct cleaning, this involves all the components the air stream touches throughout the system.

According to the National Air Duct Cleaners Association, proper cleaning of an entire system takes technical skill and attention to detail. That's why it's important to find a contractor specifically trained and experienced in this type of cleaning.

Association members possess general liability insurance, are trained and tested regularly, sign on to a code of ethics, and must clean and restore your heating and cooling system in accordance with NADCA standards.

To learn more, visit [www.BreathingClean.com](http://www.BreathingClean.com). To find a NADCA member nearby, visit [nadca.com/en/prosearch/all](http://nadca.com/en/prosearch/all). To see more money-saving ideas, watch the video at [youtu.be/hImvxVyZvQE](http://youtu.be/hImvxVyZvQE).

—North American Precip Synd., Inc

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LETTERS  
TO THE EDITOR  
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## Unemployment and Isolation

Editor:

I understand Mr. Percher ("Freedom at the Expense of Other Peoples' Lives," Letters, June 10)

has a difference of opinion with Mr. Hauer. However it seems he deliberately dismisses the validity of his argument.

Betsy McCaughey (chairwoman of Committee to Reduce Infection Deaths) sees the big picture. Unemployment and isolation result in fatalities.

Using a diversity of government and university-sourced data, she notes that a 1% increase in unemployment results in a 3.3% increase in drug overdose deaths, a 1% increase in suicides, and a significant increase in alcoholism and other self-in-

flicted maladies.

The death rate for an unemployed person is 63% higher than for someone with a job. Using her "middle" numbers results in a death toll of 77,000 – not due to the virus, but our reaction to it.

The Economist argued weeks ago for the re-opening of primary education. Why? Would some children get the infection, and some even die? When Ms. McCaughey wrote her mid-April article, one child under the age of 10 had died in her state. Tragically, yes. However, the Economist's well-researched opinion found that the long-term increase in morbidity and mortality due to the loss of education and long-term socio-economic status produced an even worse outcome. Mr. Percher may interpret this to say the Economist (and Mr. Hauer) are in favor of killing children. I sincerely doubt this.

Only hindsight is 20/20. All of our responses now are based on "what-if" scenarios, which means rampant speculation and a high degree of uncertainty. Our ultimate course of action will no doubt be crafted by a mixture of science and (unfortunately) local politics. Dismissing dissenting opinions can produce a dangerous zero-sum mentality and poor decision making which will cost all of us.

—Stacy Spink, Castro Valley

## A Problem for Congress to Solve

Editor:

Although Covid 19 has impacted the finances of many of us, those born in 1960 will suffer a large life-long financial penalty due to Covid nationwide job losses.

Although many may know much about social security there is a little known feature that few know, the benefit formula is fundamentally derived from one number, The Average Wage Index (AWI) in the year you turn 60 (1960 birth in 2020). This is based on the aggregate wage earnings of all.

This is done for a couple reasons and has previously yielded a fair result. Never before in history have so many wage earners lost wages in a year. The drop will be 15% this year. That means the average reader of this born in 1960 will receive 15% less than other equivalent social security recipients or about \$3000 per year less, about \$60000 in a lifetime.

There is not space in this letter but the bottom line will be a permanent penalty unless Congress solves the problem this year. I wrote Congressman Swalwell but his staff replied no interest. Perhaps too few voters have written.

Please write and educate your representative or you will have paid the same taxes as everyone else paid for the past decades but receive a Covid AWI permanent penalty of \$3,000 per year.

—John Zelinsky, Castro Valley

## One of Many Risks in Life

Editor:

Life is full of risks. We are willingly taking some risks to live a normal life. Each time we start driving a car, we risk an injury and death, and perhaps even a worse outcome, killing, crippling an innocent victim of our mistake.

People working in factories, builders etc. face a real danger of industrial accidents. Even office workers often experience stress that may cause stomach ulcers, cancer etc. People willingly take risk for pleasure, like skiers.

Some people believe that we should all take a vacation from life and stay at home until a vaccine is developed. But it may take years before such a

vaccine is developed, and even then, it may not be fully effective – each of us experiences flu from time to time, even if taking flu shots.

In the meantime there are real costs to the economy. People experience huge, unhealthy stress of losing job and being unable to pay bills. Divorces, depression, drug abuse, alcoholism follows.

So, some people want to stay at home indefinitely, that's fine, this is their choice. But others want to live a normal life, I want to go to the hair dresser and have a good meal in a restaurant, despite the risks.

—Slawek Smyl, Castro Valley

## Long Time No See

Editor:

Three months ago COVID-19 closed barber-shops. Here's what's happening. Alameda County shops have been closed since March 17th.

Most California counties have re-opened their shops, including nearby Contra Costa, but not Alameda County. Hopefully, we'll get to re-open soon. Our governor and county health officials have not yet given a date to re-open.

When an announcement is made, I plan to email you with: (1) a re-opening date, (2) phone number for appointments (for me, as well as appointment phones for Al Martinez and Kevin), (3) My hours of operation, and (4) protocols required by Health Dept. and Board of Barbering and Cosmetology.

I miss being at the barbershop and look forward to all of you who still need haircuts, although some I've talked to have adopted a head shave look during this Shelter in Place Pandemic...others, I've seen around town, have the hippie look going for them.

If you hear that Alameda County barbershops can reopen and have not received my email within a day or so, feel free to contact me. Cheers...be safe!

—Al Proietti, Castro Valley

## Why I Wear a Mask

Editor:

In all the fuss and fury  
That the virus is not the flu  
It's brought to mind the gift of life  
How precious is the view.

So in my car and carry-on bag  
No matter where I go  
I have some masks from thoughtful friends  
Whose crafts they have bestowed.

I've flowered ones and paper ones  
And the hearty N95  
And all of them are so designed  
To help us stay alive.

I don't wear masks for politics  
For Trump or Newsom, too  
I wear my mask to keep my germs  
From coming to visit you.

Each of us can play a part  
To ward off misery  
The path ahead is steep and long  
Toward herd immunity.

And you may not know someone sick  
Not you, your mom, or me  
But a bit of inconvenience  
Protects community.

So every day we get a chance  
For compassion in our plight  
To do for others and for ourselves  
What we know is wholesome and right.

—Kathy Padro, Castro Valley

## Obituaries

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FD 1168 CR49

Nosrat (Mansouri-Moayed)  
Salimi

August 19, 1918 ~ June 3, 2020

Longtime Castro Valley resident Nosrat (Nosy) Salimi, nearly 102 years old passed away with her daughter at her bedside on June 3, 2020 at Hayward Hills Health Care Center.

Nosy will be forever remembered by her children; Mike Ghahramani (Martha), Mehrzad Ghahramani, Firouzeh Salimi, Farzad Salimi (Leili), Margaret Salimi (Jose Alvarez). Nosy also be fondly remembered by her nine grandchildren; Khosrow, Termeh, Torange, Shery, Sergio, Shahzad, Sholeh, Shirin and Shayan, by her great-grandchildren; Monique, Jason, Colby, Mariah, Melissa, Sereena and her great-great-grandson Apollo. Nosy was preceded in death by her eldest daughter, Malihe (Vida) Ghahremani in 2018. Nosy was a generous woman whose love permeated all who knew her. She was happiest when surrounded by all her children and their families.

A celebration of life will be held at a later time.



## Kurt Efraim Nielsen

April 29, 1937 – May 12, 2020

Kurt was born the son of immigrants from Denmark and Sweden, Ejnar and Karin Nielsen, on April 29, 1937. Kurt, and his brother Ken, grew up on a farm in New York. Kurt would get up at 5 AM every day, a lifelong habit, to help with the crops and animals. Kurt's father died at the age of 44, when Kurt was just 16, and the family farm was sold.

Kurt went to the New York State Teachers College, now State University of New York in Albany, and graduated with an MS in Physics. While in Albany, Kurt met and fell in love with Ruth. "From the moment we met, I knew you were the one I would love forever." They were married on September 5, 1959. Kurt enrolled in the University of Wisconsin, in Madison, for a Ph.D. in Physics. There he worked with Professor Raymond Herb on accelerators and trying to find quarks for his Graduate Thesis. While there, Kurt and Ruth had a son David and a daughter Cheryl.

Upon graduation, Kurt moved his family to California. This was the start of Kurt's long and respected career in Pulsed Power. For the next 28 years Kurt worked at Physics International (PI) and Pulse Sciences Inc. (PSI). Kurt then worked for the Los Alamos National Laboratory (LANL) in New Mexico. At LANL, Kurt joined the Dual-Axis Radiographic Hydrodynamic Test (DARHT) facility. DARHT uses two axes to produce the world's most intense X-rays for radiographic research. Kurt led the team that redesigned Axis 2, addressing multiple problems. DARHT continues to be the envy of the international community.

There is an old saying, "Choose a job you love, and you will never have to work a day in your life." Kurt found that job. "Kurt was one of the most well-known, and well-liked members of the global Pulsed Power community. Kurt was at home in the lab running experiments, in the control room checking the performance of the accelerator, or in his office analyzing data." Kurt published and peer reviewed for the American Physical Society and IEEE. Kurt was still working at LANL for 22 years, and in Pulsed Power for 50 years, when he passed away.

Kurt and Ruth were married for 60 years in September 2019. Kurt was a great Dad, who loved doing things with his family. He loved travel, nature, and hiking. Over the years, Kurt took his family camping at many State and National Parks. Frequent destinations included Yosemite, Death Valley, the California Coast, and the Redwood Forests.

Kurt passed away on May 12, 2020, due to heart failure. Kurt is survived by his wife Ruth, his children David and Cheryl, and his brother Ken. We are comforted by knowing that he is now at home with God. Kurt was laid to rest June 6, 2020 in Los Alamos, NM. A Remembrance Service will be held at a later date.

In lieu of flowers we would like donations to the following groups: Prostate Cancer Foundation, <https://www.pcf.org/>, American Heart Association, <https://www.heart.org/>, St. Jude Children's Research Hospital, <https://www.stjude.org> and The Michael J. Fox Foundation for Parkinson's Research, <https://www.michaeljfox.org>

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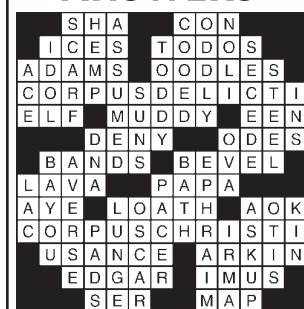
CROSSWORD  
PUZZLE  
ANSWERS





PHOTO COURTESY OF ALAMEDA COUNTY

County employees built imaginative displays of cans, boxes and bags of food during a two-month "Stone Soup" competition, resulting in more than nine tons of food and nearly \$46,000 in cash going to the Alameda County Food Bank.

## Tons of Food Bank Donations

Using the old fable of "Stone Soup," which celebrates generosity and collaboration in difficult times, 20 Alameda County departments competed with each other over a two-month period to collect and donate more than nine tons of food to the County Food Bank.

Employees built imaginative displays constructed with cans, boxes, and bags of donated food focused on the theme of "Have A Heart."

The competition ran from Jan. 13 to March 10 and also raised \$23,000 for the Food Bank.

In support of Stone Soup monetary donation, the Eat. Learn. Play. Foundation, founded by Stephen Curry and his wife Ayesha, will be matching the donation dollar for dollar, raising the total to \$45,868 for the Food Bank. The Eat. Learn. Play. Foundation helps to provide meals so that no child in the community worries about where

their next meal comes from while schools are closed.

The County and the Food Bank have strengthened their longstanding partnership during the current health emergency and have partnered to expand distribution sites, establish new direct purchase agreements and deploy County staff to assist with food distribution.

The Food Bank accepts donations at [www.accfb.org/](http://www.accfb.org/)

## Virtual School Board Meeting Tomorrow

The Castro Valley School Board will hold an open virtual meeting on at 5 p.m. tomorrow, June 25. The agenda and board packet are available at [www.cv.k12.ca.us/](http://www.cv.k12.ca.us/).

While the meeting will be held remotely, public participation is encouraged. Instructions on how to join a meeting by Zoom are

available at: [support.zoom.us/hc/en-us/articles/201362193](https://support.zoom.us/hc/en-us/articles/201362193)

To listen to the meeting by phone, call 1-669-900-6833 at 5 p.m., then enter the meeting ID on the agenda, then press #. Instructions available at: [support.zoom.us/hc/en-us/articles/201362663](https://support.zoom.us/hc/en-us/articles/201362663)

To make a public comment

at a meeting, visit [cv.k12.ca.us/publiccommentcard/](https://cv.k12.ca.us/publiccommentcard/) (The Google "Request to Speak Form") at 4:30 p.m. This form will take the place of the "Blue Public Comment Cards" available at meetings. For questions, contact Aimee Cayere, Executive Assistant to Superintendent, at: [acayere@cv.k12.ca.us](mailto:acayere@cv.k12.ca.us).

## PG&E: Customer Incentive Programs

*continued from front page*

The company said it will also improve customer alerts with earlier estimates of power restoration. PG&E is providing incentives to vulnerable customers and critical facilities as part of the California Public Utility Commission's

(CPUC) Self-Generation Incentive Program (SGIP). Through the program, vulnerable customers can access incentives from the CPUC to cover up to 100 percent of backup battery and installation costs, based on income, medical needs and likelihood to be impacted by a potential PSPS event.

ed by a potential PSPS event.

It is also hosting a series of county webinars through August about the Community Wildfire Safety Program.

For a full schedule of events and more on PG&E wildfire prevention, visit: [pge.com/wildfiresafety](http://pge.com/wildfiresafety)

## Fireworks: 'Sideshow' Gatherings

*continued from page 2*  
during this time of year."

The repeated loud explosions are concerning for certain members of the community including pets, the elderly, and people with post-traumatic stress disorder, or PTSD. There is also a danger of fire as we head into the tinder dry months, Sgt. Kelly added.

Fireworks are illegal in all but two places in Alameda County: Dublin and Newark. And even then you can only buy and set off "safe and sane" fireworks in those areas.

Outside of those two cities, the department will crackdown on illegal fireworks – ones that launch in the air, the cherry bombs, and the M-1,000 explosives.

The noise is not just coming from fireworks. For several days last week, neighbors reported a loud gathering of people in cars in the parking lot behind the Wells Fargo Bank on Castro Valley Blvd. and Redwood Road. The "sideshow" like atmosphere included cars revving their engines, people setting off fireworks and screeching out of the parking, and playing loud music, Sgt. Kelly says.

On Saturday night, six Alameda County Deputies in patrol cars stepped in to break up the parking lot party. No arrests were made.

The Sheriff is currently putting out an enforcement team to respond and address illegal fireworks. The California Highway Patrol is also aware of the fireworks and illegal vehicle gatherings and will be stepping up its efforts as well.

Those who are caught with fireworks can be cited and or fined up to \$10,000, and face imprisonment.

If you hear or see fireworks in your area, the Sheriff's Department asks you to please call the non-emergency number at: 510-667-7721.

### 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



Safiyah Hernandez's album release show at the Smalltown Space, watch her live on Sunday

## What's Up at Smalltown

● **Saturday, June 27:** The Chabot's Live Riff-Alongs: The fun continues with the 14th Installment of "Live Riff-Alongs" with the 1971 horror/anthology movie: 'The House That Dripped Blood!' These events are the rare moments when you're actually encouraged to talk during movies! Join the community poking fun at old, campy films. Free. 8 p.m. [Live from thechabot.com](http://livefromthechabot.com)

● **Sunday, June 28:** Quarantine Sundays with Safiyah Hernandez: Join Smalltown Society artist Safiyah Hernandez for her newest installment of Quarantine Sundays live and direct from her Instagram and Facebook account. Free, 2 p.m. IG: @safiyahhernandez/ FB: @SafiyahHernandezMusic

Support The Chabot Theater: Online Gift Cards and Merch available at [TheChabot.com](http://TheChabot.com). Donations to The Chabot can be made via PayPal/Venmo: @thechabot. Donations to Smalltown Society can be made via PayPal/Venmo: @smalltownsociety

**GOT A NEWS TIP?**  
Send it to  
[fredz@ebpublishing.com](mailto:fredz@ebpublishing.com)

### HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** Making things more complicated than they need to be can be a problem for the typically orderly Lamb. Try to look for a less intricate way to accomplish the same goals.



**TAURUS (April 20 - May 20):** Avoiding personal involvement in a troubling situation might be advisable at this time, especially since you probably don't have all the facts. The weekend brings a surprise.



**GEMINI (May 21 - June 20):** A problem with a colleague you thought had been resolved could recur. However, this time you'll be able to rely on your record to get a quick resolution in your favor. Good luck.



**CANCER (June 21 - July 22):** Giving your self-esteem a boost could be a good idea for the Moon Child, who might feel a bit daunted by the week's occurrences. Just focus on all your positive accomplishments.



**LEO (July 23 - August 22):** The "mane" attraction for the Lovable Lion this week is -- what else? -- love. New relationships move to new levels, while long-standing partnerships are strengthened.



**VIRGO (August 23 - Sept. 22):** A recent workplace problem will prove to be one of miscommunication, and once the matter is settled, you should have a better chance of getting your proposals approved.



**LIBRA (Sept. 23 - October 22):** Good news! After dealing pretty much in the dark with a matter that seemed to be taking forever to resolve, you should soon be seeing the light at the end of the tunnel.



**SCORPIO (October 23 - November 21):** A positive message should help lift that energy-draining sense of anxiety, and you should soon be able to deal with even the peskiest matter, whether at work or personal.



**SAGITTARIUS (Nov. 22 - Dec. 21):** Try to control that heated Sagittarian temperament while dealing with what you believe to be an unfair matter. A cool approach is the best way to handle things.



**CAPRICORN (Dec. 22 - Jan. 19):** Nursing hurt feelings could keep you from learning what went wrong. Ask your partner, a family member or a trusted friend to help you reassess your actions in the matter.



**AQUARIUS (Jan. 20 - Feb. 18):** Nature is dominant this week. Try to spend time outdoors with someone special. An act of kindness in the past might be recalled by a person you believed was out of your life.



**PISCES (Feb. 19 - March 20):** An upcoming career decision could be based on how well you might be able to apply your artistic talents. Be sure to use the finest samples of your work to make a strong impression.

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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](mailto:amy@canyonslaw.com)



## ATHLETE OF THE WEEK

### Makenzie Parajon

This week's Athlete of the week is Makenzie Parajon. The Castro Valley High School Senior received the Herculean Award with eight Varsity Letters including four with Varsity Girl's Waterpolo and four with Varsity Girls Softball.

Outside of school, she has been a member of various sports teams including Castro Valley Synergy Softball and the Castro Valley Crocodile Swim Team.

In the fall she will be attending UC Berkeley to play softball and major in Psychology.



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## Health & Fitness: Get the Care That You've Been Waiting For

By Monique Binkley Smith  
SPECIAL TO THE FORUM

California is slowly reopening, but like so many unknowns with COVID-19, it's unclear how long the return to routine will last.

"A surge in virus spread and infected patients could occur this fall or winter," says Dr. Bill Isenberg, chief quality and safety officer for Sutter Health. "If this happens, and overlaps with the normal flu season, there could be a significant strain on healthcare services."

With this in mind, if you had an appointment postponed or canceled due to COVID-19, now is the time to reschedule it.

Norma Lester-Atwood is a mammographer who knows the importance of catching breast cancer early. Lester-Atwood is typically right on schedule for her own mammogram, but this spring, shelter-in-place orders delayed her mammogram by two months.

As soon as she could, she had the screening procedure and she's glad she did, because her mammogram and a subsequent biopsy revealed a Stage 0 (non-invasive) tumor in one of her breasts. After a lumpectomy to remove the tumor, Lester-Atwood feels she is well on

her way to recovery.

"As a mammographer, I tell my patients that it's important to come in for a mammogram because I've seen patients who developed fast-growing tumors between screenings," she says.

As Lester-Atwood's experience shows, timing is everything when it comes to staying healthy. Getting cancer screenings at the recommended intervals can help spot early signs of tumor growth before it turns into advanced cancer.

"Some women don't realize that mammograms are needed regardless of your family history, because most women with breast cancer have no family history or other identifiable risk factors," says Dr. Mark Goldsmith, medical director of Breast Imaging at Eden Medical Center in Castro Valley.

Screening for colorectal, prostate and lung cancers are also vital. "Simply put, screening saves lives," says Goldsmith. "Delayed screenings can postpone detection of cancer, which may translate into needing more intensive treatment and a more difficult path for patients."

Eden's imaging center has resumed screening mammogram services while taking steps to pro-

tect patients by:

- **Mandatory Masking:** Staff, patients and visitors must wear masks at all times.

- **Isolation:** Anyone with COVID-19 symptoms is isolated from waiting areas, patient rooms, entrances and spaces the general population uses.

- **Cleaning:** Increased the frequency of cleaning and disinfecting in all spaces.

- **Screening:** Everyone is screened for symptoms of COVID-19 before entering.

Health insurance coverage can be disrupted by wage or job loss, but there are options available.

The Every Woman Counts program covers mammograms and cervical cancer screening for women with no or limited insurance who meet other eligibility criteria. Call 1-800-511-2300.

Other options include extending employer-based coverage through COBRA and CalCOBRA, shopping for plans and applying for premium assistance through Covered California or Medi-Cal. Charity care and financial assistance may also be available.

Monique Binkley Smith is Communications Manager of the SutterHealth News Bureau.

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