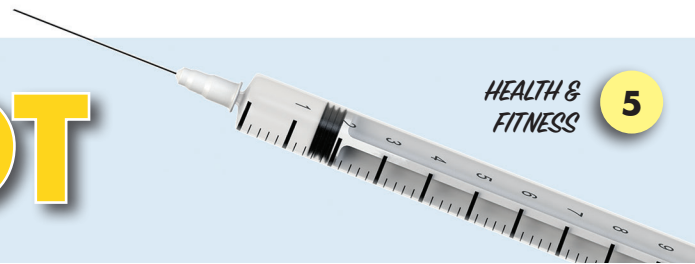


FLU VACCINE MORE
IMPORTANT NOW IN
THE ERA OF COVID

TAKE A SHOT

HEALTH &
FITNESS

5



CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 32

WEDNESDAY, AUGUST 26, 2020

NO. 35

INSIDE YOUR FORUM

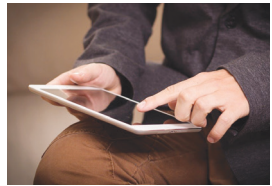
NEWS



Zoom, Zoom

Rotary partners with
Moose lodge to present
2020 CV Virtual Car Show
Page 2

OUR TOWN



Virtual School

Redwood Christian
Schools kicks off their
school year virtually
Page 3

LIVING



Berry Tasty

Both nutritious and
delicious, berries can be
more than just a snack
Page 7

INDEX

Classified Ads	8
Crosswords	9
East Bay Living	7
Health & Fitness	5
Homes	6
Horoscope	10
Obituaries	10
Opinions	10
Our Town	3
Weather	2

PHONE: (510) 614-1560



PHOTO COURTESY OF RICHARD PARDEE

The Alameda County Fairgrounds in Pleasanton became the Incident Command Center for area wildfires as firefighters from across the state are work to organize, staff, and mitigate the SCU Lightning Fire Complex. During the pandemic and area wildfires, the Fairgrounds is also providing space for a regional drive-through COVID-19 Testing Facility, a drive-through Food Bank, and a safe haven for livestock and horses evacuated by area wildfires.

CV Blanketed in Smoke

By Michael Singer
CASTRO VALLEY FORUM

Smoke from wildfires inside and outside of the Bay Area caused elevated levels of bad air throughout Castro Valley, pushing air quality to near very unhealthy levels for sensitive groups earlier this week.

"If you have a lung condition such as asthma, emphysema or heart disease, that makes you more susceptible to wildfire smoke, and the type of mask you wear becomes more important," says doctor Ronn Berrol, the medical director for Alta Bates Summit Medical Center's emergency department in Oakland.

To filter out particulates, Dr. Berrol suggests wearing an N95 mask. However, N95 masks can be more difficult to breathe through and lead to more overheating when it's hot out.

"So my advice is to stay indoors, keep doors and windows closed and use air conditioning and an

see **SMOKE** on page 4

COVID-19

Hair, Nail Salons To Reopen Friday With Restrictions

By Michael Singer
CASTRO VALLEY FORUM

Ready to shed your shelter-in-place hairstyle? What about a professional mani-pedi?

Alameda County Public Health Department issued new guidance last Friday allowing personal salon services like barbershops, waxing services, skincare, and non-medical massages to now openly operate, but only if they can do so outdoors with appropriate social distancing and personal protection guidelines.

The health order comes more than 160 days since state and local health authorities prohibited personal services in reaction to the coronavirus outbreak.

The restrictions will not lift until this Friday, Aug. 28, due to wildfire smoke which is contributing to unhealthy air quality across Alameda County.

"These Orders exclude services that may require clients to remove their face covering, as well as eyebrow threading and waxing and eyelash treatments," the Health Department said in its statement. The order does not include tattoos,

piercings, nor electrolysis.

Public Health also authorized the reopening of outdoor swimming pools and local wineries can offer outdoor tastings by appointment without needing to provide food. But this change does not apply to bars, breweries, pubs, or brewpubs.

Such indoor activities as sitting in a restaurant, going to a movie, or working out in a gym continue to be off-limits.

Schools Remain Virtual

While hairdressers can get customers in the chair, teachers will remain separated from students for the time being.

see **REOPEN** on page 5

Castro Valley
Confirmed Cases = 431

Alameda County
Confirmed Cases = 16,733
Deaths = 234

California
Confirmed Cases = 663,669
Deaths = 12,134

as of August 24, 2020

SOCIALLY DISTANT BUT TOGETHER IN PROTEST



PHOTO BY GERALD THOMPSON

Some three dozen protesters rallied in front of the Castro Valley Post Office on Santa Maria Avenue Saturday, part of a National Day of Action sponsored by MoveOn. Protesters say they have seen a slowdown in mail delivery because of directives given by President Trump and Postmaster General Louis DeJoy, and are seeking to have Congress and the White House fully fund the Postal Service in the next stimulus bill.

Castro Valley Weather Aug 26-30, 2020



Wednesday
Mostly Sunny
High 76° Low 58°



Thursday
Mostly Sunny
High 78° Low 57°



Friday
Mostly Sunny
High 82° Low 58°



Saturday
Mostly Sunny
High 80° Low 55°



Sunday
Mostly Sunny
High 85° Low 57°

Almanac

Moon Phases



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



Aug 25



Sep 1



Sep 10



Sep 17

Sun sets at 7:47 p.m. today, rises at 6:35 a.m. Thursday.

Got Your Castro Valley Forum, Got Your Coffee, Life is Good!

PUBLISHED EVERY WEDNESDAY
DELIVERED TO OVER 20,000 HOMES - TOTAL CIRCULATION 22,500

To advertise call

Mary Florence: 510-861-3270 or Linda Nakhai: 510-915-1513
2060 Washington Ave. • San Leandro, California 94577



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



This 1936
Chevrolet Sedan
Delivery is owned by
Cliff Sherwood of the
Castro Valley Rotary Club.

The 2020 Castro Valley Virtual Car Show

The Rotary Club of Castro Valley has partnered with Hayward-Castro Valley Moose Lodge and Dolphin Graphics to present the 2020 Castro Valley Virtual Car Show.

More than 110 entries are on

display at: castrovalleycarshow.com Categories include hot rods, street rods, pre-1948; trick trucks pre-1987; classic and custom cars and cruisers pre-1976; muscle cars and street machines 1954-1987; and modern machines 1973-2020.

Planning for the 2021 Car Show is already underway. Hopefully with the pandemic in the rear-view mirror, the Castro Valley Car Show will return to the Boulevard. In the meantime, check out the virtual car show!

County Citizens Academies Postponed

The Alameda County Citizens and Youth Leadership academies that were scheduled to meet on five Saturdays beginning Sept. 12, have been postponed because of the County Health Officer's shelter-in-place order.

Officials say they will reassess the feasibility of conducting the programs in the spring.

The academies were founded to provide a forum for the community to learn and become engaged with county government,

providing tours of several county facilities and conducting demonstrations of specialized equipment. The programs have grown year after year.

For the most recent info, visit: www.acphd.org/2019-ncov.aspx

After Serving Our Community for 75 Years,
Connolly's Furniture and Mattress is
CLOSING THE DOORS FOREVER!

2 STORES CLOSING!

**SAVE
UP TO 70%
AT OUR STORE
CLOSING TOTAL
LIQUIDATION
EVENT!**
WHEN IT'S GONE,
IT'S OVER!



CONNOLLY'S
since 1945
FURNITURE & MATTRESS

20600 Redwood Road
Castro Valley, CA 94546
510.362.7794

2193 First Street
Livermore, CA 94550
925.273.7871



www.connollysfurniture.com

*Sale prices do not apply to previous purchases. Advertised items at cash price plus tax. Limited stock Furniture photographs for illustration purposes only. EXCLUDES CLEARANCE ITEMS, ADVERTISED ITEMS, SUPER BUY PACKAGE DEALS & CASH PRICES. *All financing offers with no interest and/or no payments require credit approval, a minimum purchase, and a down payment. SEE STORE FOR DETAILS. Sale offer not in conjunction with any previous offers or sales.

ASH20-29-001

WE BELIEVE: "It is the right of every pregnant woman to give birth... and the right of every child to be born."

A non-profit **CRISIS PREGNANCY CENTER** helping women to identify life-affirming resources and receive guidance in planning for her and her baby's future.

Free Pregnancy Tests
Volunteer Opportunities
Medical Referrals
Housing Referrals
Free Maternity / Baby Clothes (as available)
Friendship for Life

24-HOUR HELPLINE
1-800-550-4900

1048 GRANT AVENUE • SAN LORENZO • 510-481-9677
Check us out at: www.birtherightofsanlorenzo.com
Text and Email: info@birtherightofsanlorenzo.com

CASTRO VALLEY FORUM

CASTROVALLEYFORUM.COM

ESTABLISHED: 1989 • CIRCULATION 22,500
© 2020 EASTBAY PUBLISHING CORPORATION - ALL RIGHTS RESERVED

Published every Wednesday by EastBay Publishing Corp.
2060 Washington Ave., San Leandro, CA 94577
Corporate Address: P.O. Box 2897, Alameda, CA 94501
Tel: 510-537-1792 • Fax: 510-814-9691

Fred Zehnder, Editor & Publisher
fredz@ebpublishing.com

Howard Morrison, Assoc. Publisher
howardm@ebpublishing.com

Kayla Steinorth, Advertising Design Mgr.
kayla@ebpublishing.com

Moxie Morrison, Layout Design
moxmore@yahoo.com

Claudette E. Morrison, Business Mgr.
cm@ebpublishing.com

Patrick Vadnais, Classified Ads / Obituaries
patrickv@ebpublishing.com

Mary Florence, Advertising Sales
861-3270 Mpominville4582@aol.com

Linda Nakhai, Advertising Sales
lnakhai@comcast.net

Contributors:

Linda Sandsmark

Michael Singer

Amy Sylvestri

Jim Knowles

Gene Osofsky

Carl Medford

Terry Liebowitz

Debbie Tee

Linette Escobar

Thomas Lorentzen

Buzz Bertolero

Bruce Roberts

DAVE'S TAVERN TAXI SERVICE

Mon - Sat Airports & Amtrack
7am - 7pm Transportation
Off Sunday Open 24 Hours

With Prior Notice

TO OAKLAND AIRPORT Only \$30
TO/FROM BART \$600 - \$12
TO SF or SJ AIRPORT \$60
510-303-3478



PHOTO COURTESY OF REDWOOD CHRISTIAN SCHOOLS

Redwood Christian Elementary School 4th Grade Teacher Mrs. Lisa Francis conducts lessons via Zoom from an empty classroom on the first day of the new school year.

Redwood Christian Schools Kick Off Their Year Virtually

Redwood Christian Schools kicked off its 51st school year, welcoming 655 students via Zoom web conferencing software on Monday, Aug. 17.

Kindergarten through 12th grade students met virtually with their teachers for subject-matter lessons and even PE!

Alameda County is currently on California's Data Monitoring list for COVID-19 and state health officials require that a county be off that list for 14 consecutive days before students can attend classes (under strict gathering guidelines) on campus.

Redwood Christian's faculty, staff, and administrators began their pre-season which included various Zoom meetings from Biblical teaching to technology training to online curriculum development.

RCS Superintendent Dr. Al Hearne said the faculty was energized, focused, and ready for the new adventure that awaits them.

"They worked diligently for the past two weeks to get ready to start teaching on Zoom and then immediately transition to teaching a small cohort of students once RCS is allowed to open," said Hearne.

"After 10 days of preparation, faculty kicked off the first day of school virtually, achieving a feat no teacher has had to accomplish before."

Families and students reacted positively to the new school procedures.

RCS's middle and high school Principal Ben Warner said the best part of the day was that students and teachers were together again, despite internet glitches caused by overheated servers at Comcast.

"It was an amazing virtual family reunion for all involved!" he said.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Throw a Brick, Bite a Deputy, Go to Jail

Saturday, August 22: at 7:13 p.m., a 37-year-old man with no permanent address was arrested on multiple charges stemming from an altercation outside a mobile home park on the Boulevard near Forrest Ave. Deputies were called to the scene after reports of a man throwing a brick—causing damage—and agitating a neighbor's dog into a frenzy. The man resisted arrest and managed to bite the hand of a deputy, taking a small chunk of his palm. The man was additionally charged with assault and battery on a peace officer, assault with a deadly weapon, cruelty to an animal, and resisting arrest. Deputies took the man to Santa Rita Jail. The injured deputy was treated at the hospital.

Wanted Man

Sunday, August 23: at 6:24 p.m., Sheriff's deputies pulled over and arrested a 53-year-old man from CV as part of a warrant issued for his capture. The man was traveling on Palo Verde Road near the Boulevard when deputies stopped him. The man had been previously charged in a hit-and-run incident, driving under the influence of alcohol, damaging public property, and assault and battery. Deputies took the man to Santa Rita Jail.

Stolen Property & Illegal Drugs

Friday, August 21: at 10:30 a.m., a 49-year-old woman from Castro Valley was arrested on suspicion of possession of stolen property and illegal narcotics. Deputies stopped the woman for questioning outside a business on Castro Valley Boul-

vard near Chester Street when they discovered her stash. The woman was taken into custody.

Drunken Fight in Hospital Parking Lot

Thursday, August 20: at 11:30 p.m., deputies arrested two men from CV on suspicion of public intoxication, fighting in public, and possession of illegal narcotics for sale. A 25-year-old man and a 21-year-old man were spotted in an altercation in a parking lot of Eden Medical Center on Lake Chabot Road near Somerset Avenue. Deputies broke up the fight and took the men into custody.

Resisted Arrest

Friday, August 21: at 12:20 a.m., a 19-year-old man from Castro Valley was arrested on suspicion of resisting arrest. Deputies were called to Eden Medical Center on Lake Chabot Road to intervene with a visitor who was causing a commotion. The man was accused of interfering with hospital staff and would not leave a restricted area. Deputies handcuffed the man and took him into custody.

Busted for Drugs

Wednesday, August 19: at 11:15 p.m., deputies arrested a 30-year-old CV woman on suspicion of possession of illegal narcotics and drug paraphernalia. The woman was hanging outside a business on Redwood Road near Grove Way when deputies stopped her and discovered her stash. Deputies took the woman into custody.

Spousal Assault

Thursday, August 20: at 1:00 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Grove Way near North 5th Street. There, they arrested a 34-year-old woman from Castro Valley on suspicion of spousal assault.

Public Nuisance

Tuesday, August 18: at 6:56 a.m., deputies arrested a 26-year-old man on suspicion of creating a public nuisance. The man was spotted in the parking lot of the Castro Village parking lot blaring loud music. After he refused to turn it down, deputies took him into custody.

Successful Financial Education Workshops

Tom Nohr CFP®

Comprehensive Financial Planning for Your Lifestyle in Retirement since 1986

20632 Redwood Road Ste. E, Castro Valley
www.tomnohr.com
510-888-7171

Securities offered through Registered Representatives of Cambridge Investment Research, Inc., a broker-dealer member FINRA/SIPC. Advisory services through Cambridge Investment Research Advisors, Inc., a Registered Investment Adviser. Cambridge and Successful Financial Education Workshops are not affiliated.



Family Caregiver Education CLASSES NOW ONLINE!

If you're caring for an elderly family member, Hope Hospice is here to help with a free education series, now offered as interactive classes through Zoom video conference.

- 9/10 Dementia Basics
- 9/16 Dementia Care in the COVID-19 Era
- 10/15 Legal and Financial Issues
- 11/12 Medicare Overview
- 12/10 Dementia Behaviors as Communication

Register at HopeHospice.com/family



RENEW
ALAMEDA COUNTY
Making Home Improvement Affordable

AFFORDABLE RENOVATIONS WITHIN ARM'S REACH

Renew Alameda County helps homeowners make renovations necessary to stay, grow, and thrive in their homes. Renew AC can make your home improvement plans come to life-- without breaking the bank. Renew AC provides 1% interest loans from \$15,000 to \$150,000 to qualified homeowners. Simple interest is accrued annually, with total interest never to exceed 50% of amount borrowed, and payments are deferred until the homes is sold.

LEARN MORE AT RENEWAC.ORG

WHO QUALIFIES?

Renew Alameda County is for low-income homeowners. Qualifying homeowners must:

- | | |
|--|--|
| Own and live in an insured Alameda County home | Meet credit requirements focusing on the security of your home |
| Have an annual income of no more than 80% of Area Median Income* | Have a loan-to-value ratio of no more than 90% including the Renew AC loan |
| Have no more than \$150,000 in assets | Have only one existing lien on the home |

Funded by
MEASURE A1
HOUSING BOND

Administered by
Habitat for Humanity
East Bay/Silicon Valley



✉ HomeRepair@HabitatEBSV.org

Habitat's Home Repair Hotline

510-803-3388

TTY/TDD Services 800-735-2929

Smoke: Bay Area Fires

continued from front page

air purifier if you have them,” he said. “I also recommend changing your home’s air filter and running the air conditioner in your car on recirculate so you’re not pulling outside air in.”

Three large fires in the Bay Area including the eastern part of Alameda County are contributing to the heavy amounts of smoke and fine particulate matter that lingers throughout the day.

Smoke can irritate the eyes and airways, causing coughing, a dry scratchy throat, and irritated sinuses. Even short-term exposure to smoke in the air can trigger wheezing in those who suffer from asthma emphysema.

“Air quality in the Bay Area is being heavily impacted by smoke from wildfires that continue to burn throughout the region,” said Jack Broadbent, executive officer of the Bay Area Air Quality Control District. “In the midst of a pandemic, it is more important than ever for residents to limit time outdoors to protect their health.”

By Monday, the SCU Lightning Complex fire had already burned more than 375,000 acres in areas stretching from the Livermore wine region south through Henry Coe State Park outside of Gilroy, with only 10 percent containment, according to Cal Fire. Smoke from that fire and those burning north of Vacaville and in Santa Clara and San Mateo counties added to the local unhealthy air quality.

Stanford Health Care suggests people can protect themselves by staying indoors as much as possible and limiting physical exertion. Keep doors and windows closed, use air filters, and air conditioning depending on the power recommendations for your area.

If you go outside, continue to follow COVID-19 precautions of wearing a face covering, washing your hands frequently, and maintaining a 6-foot distance from others whenever possible.



Songwriter Michael Kim-Eubanks performs live tonight

What's Up at Smalltown

● **Tonight! Wednesday, August 26:** Smalltown Takeover: Michael Kim-Eubanks, a local musician, songwriter, and pastor, writes music informed by his experience as a Black man in America, often through the lens of his faith. Join us for an evening of soulful music tonight at 9 p.m. on our IG page: @smalltownsociety

● **Thursday, August 27:** Smalltown Takeover: Uthman Ames, a Filipino American musician living and working as a nurse in the East Bay who has traveled internationally, performing with various spiritual artists in the Islamic tradition, will be performing live from the Smalltown Society Instagram page: @smalltownsociety

● **Friday, August 28:** Smalltown Takeover: Local artist and emcee, Clean, part of The Black Excellence Band, a collective of black musicians who have performed together all over the Bay Area, will perform solo this Friday night at 9 p.m. from the Smalltown Society Instagram page: @smalltownsociety

● **Saturday, August 29:** The Chabot is hosting its weekly Live Riff-along. Watch a free movie, and also make fun of it in the comments! This week’s film is the 1940 black and white horror film “The Devil Bat,” about a disgruntled chemist who creates a technology that turns ordinary bats into massive ones. Head to thechabot.com or to The Chabot’s Facebook page this Saturday at 8 p.m.

● **Monday, August 31:** Smalltown Takeover: Father/Daughter duo “Imminent Green,” who’ve been releasing music videos they’ve created during shelter-in-place, are excited to perform live taking over our Instagram page at 9 p.m. IG: @smalltownsociety

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

FROM THE BOULEVARD

A Really Big Man – Big John

By Thomas E. Lorentzen
SPECIAL TO THE FORUM

When death occurs, we mourn. When death occurs at the age of 105, we celebrate more than we mourn.

This is what is expressed in this column – one about “Big John” Zebratski. He was a Castro Valley resident since 1946. He was as true an American as one can be.

His recent death was preceded by a public celebration of his life on his 105th birthday on May 20th. As Big John sat on the porch of his home, cars drove from the Highway Patrol and Alameda County Sheriff to pay their respects. Sirens sounded. Local scouts were there as well, along with a couple of hundred people in their cars. As people saluted and flags waved, John waved back in return.

So – who was Big John? He was a man born into poverty. He was beaten up by local thugs. The local KKK came after them as Catholics.

His mother had been a slave in Poland (the term “slave” has origins that are Slavic), and was property of farm owners. She manumitted herself at age 15 and came to America. She had no money and spoke no English.

Traveling under unsanitary conditions with other poor people in steerage on a ship, she arrived in New York. Hopeless in Europe, she knew that some hope resided in America. She struggled with making a new life.

Eventually she married and birthed seven children. Her husband died in a coal mining accident when John was 5 years old. They lived in poverty in a small rural town in Pennsylvania. For sustenance they grew vegetables and fruits in their backyard.

They raised rabbits and chickens and bartered for other items with those in juxtaposition. Each child had chores. They had no plumbing

or electricity and there was no government support. To make it in life, they had to do it themselves. With discipline and hard work, they used human alchemy to make hope out of nothing into something.

In 1934 John joined the Navy. When war came, he spent all his time on a ship in the Pacific Theater. The ship was in major combat at sea. John did his duty. After 20 years in the Navy he retired and then worked here locally for Coca-Cola.

He married a lady named Mary. After 76 years of marriage she passed. John continued to live in his home here in Castro Valley and raise vegetables in his garden. He flew the American flag every day on his porch.

This story is told – about “Big John” Zebratski – not because of his physical size, but because his size as a person. Character and courage created nobility to his life. Overcoming poverty and prejudice, he served his family, community and nation with dignity for the deserved.

When interviewed at the age of 100 his concern for the future of our nation was that we take too much for granted. It took a lot to build our nation. If we pronounce our bad more than we recognize our good, we debilitate what has been achieved and threaten future hopes and dreams.

Merit must be practiced in order to be achieved. These are not things granted or given. He knew that art is created from within, as is a good and proper life. John Zebratski was a good and noble man. CV was his home for three-quarters of a century, and he was grateful for his home and his life. He came to CV and resided quietly within our community. His prideful life is acknowledged less for its length than for the poetry of purpose for which he lived.

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

Castro Valley Breakfast Lions Club Extends Charter

The Castro Valley Breakfast Lions Club has extended its charter for six months as a result of receiving a significant bequest from the estate of longtime Lion Suzanne Thomas, who passed away last September.

Ms. Thomas, a retired educator, devoted much of her life to helping others. She received many honors from Lions International where she served on a number of committees and was also awarded a Life Membership in the Lions organization for her involvement.

The Club was notified of the generous bequest in June and agreed to keep meeting through December 2020.

In July and August the Club donated over \$50,000 in Suzanne Thomas’ name to FESCO, Kids Breakfast Club, SOS Meals on Wheels, Spectrum, Alameda County Food Bank, Salvation Army, Ruby’s Place, Project Outreach, CV VFW, Building Futures, Castro Valley Adult Handicapped Program and many other local community organizations. Donations ranged from \$500 to \$5,000.

In December, the Club will hold a final celebration and meeting to expend any remaining funds, according to Lion President John Lewis. The next organization to be funded will be the Alzheimer’s Association.

FURNITURE FOR EVERY ROOM IN YOUR HOME

INSTANT REMODELING!
Give your home a new look today.

SAVINGS IN ALL DEPARTMENTS!

BEDROOMS

DINING ROOMS

LIVING ROOMS

“Make your house a Dupree’s home”

Dupree’s FURNITURE
47 Years Experience
1900 E. 14th St. • San Leandro
357-3000
www.Duprees-Furniture.com
OPEN TUESDAY - SATURDAY 10AM-5PM • CLOSED SUNDAY & MONDAY

Virtual this Year!

FESCO Shuffle

It’s easier than ever to help homeless kids like Amy and their families.

Everything you need is at FESCOShuffle.org

Visit now to make a difference that matters

FESCO

FREE In-Home Consultation!

We help you improve your home entertainment and home automation systems one step at a time.

“Quality Home Theater at a Reasonable Price”

510-473-2887
Castro Valley
brian@nextstepae.com | www.nextstepae.com

NextStep
AUDIO ENHANCEMENT

Alan D. West
Attorney at Law
Specializing in Estate Planning

LIVING TRUSTS
...Avoid probate
...Eliminate or significantly reduce estate taxes

510-889-6692

19992 Redwood Rd., Castro Valley, CA 94546

Allstate
You’re in good hands.

SAVE UP TO \$600 ON YOUR COMMERCIAL AUTO INSURANCE

*Home *Auto *Life *Commercial

G & L Insurance Services
Allstate Insurance Agency
19845 Lake Chabot Rd. Castro Valley, CA 94546
510-200-7456

Angel Lax
CV Resident

Reopen: Schools

continued from front page

Dr. Nicholas Moss, Alameda County's Interim Health Officer, noted schools must not open for classroom instruction while the county has high numbers of COVID-19 cases and remains on the State's County Monitoring List. Dr. Moss added that Alameda County is not accepting elementary school waivers currently.

"We recognize the vital importance of classroom learning for children and youth, but we must take a slow and measured approach," said Dr. Moss. "All schools should actively prepare for when students, teachers, and staff return."

When schools do reopen, he said strong safety measures will be necessary to help prevent the spread of COVID-19.

Guidelines will be issued in coming weeks on after-school programs. Dr. Moss said the thinking so far is that the County will allow groups of no more than 14 children to come together for extracurricular activities.



PHOTO BY MIKE KADY

Deputy Sheriff's Activity League's Drumline, one of last year's Rotary grant recipients.

Rotary Club of Castro Valley Now Accepting Applications for Grants

The Rotary Club of Castro Valley will be awarding grants ranging up to \$1,000 this year in its continued support of outstanding community programs that align with Rotary goals.

"We are thrilled to be able to support some of the terrific organizations that are working to make

Castro Valley an even better community," said Grants Chair Dan Willits.

The due date for applications is Sept. 15, 2020.

Another round of grants will be funded in March 2021.

For more information about the grants program, Rotary's weekly

meetings, or the Club, please visit the Rotary website at www.CastroValleyRotary.org.

The Rotary Club of Castro Valley meets online at noon on Tuesdays and is always searching for individuals who want to make a positive impact locally, nationally and internationally.

HEALTH & FITNESS

Flu Shot Importance In Era of COVID-19

By Mark Finch, M.D.
SPECIAL TO THE FORUM

COVID-19, the pandemic coronavirus currently devastating our national health, like flu is a virus that predominately attacks the respiratory tract destroying cells of the lung and in some cases injuring other organs of the body.

Emerging evidence in the scientific literature also points to potential long-term injury to our health from some cases of COVID-19 that could last months to years.

The fatality rate for coronavirus is much higher than flu; however, flu affects millions of people every year, causing several hundreds of thousands of hospitalizations, and, in a bad year, up to 60,000 deaths.

We also know that patients can get both infections in sequence or simultaneously. Although studies

have not definitively quantified the added mortality risk of both infections, many medical experts fear that getting both infections in a single season will increase risk of hospitalization and death.

The good news is that in contrast to COVID-19, there are safe and readily available vaccines for flu, which are effective at reducing infections, hospitalizations, and deaths. Currently the CDC recommends that everyone over the age of 6 months be vaccinated against flu every year starting in August and continuing through the Fall.

Persons with chronic illnesses and those over the age of 65 receive the greatest benefit from a flu vaccine. If one fails to get vaccinated in the Fall, getting vaccinated during the Winter months is still recommended as flu season can last until late April and early May.

see COVID-19 on page 11



18th Annual Independent Watchdog Committee Report to the Public FY2018-19

Measure B and Measure BB Sales Tax Activities

In November 2000, Alameda County voters approved Measure B, which extended the County's 1986 half-cent transportation sales tax to 2022 and set forth a 20-year Expenditure Plan to enhance the County's transportation system. 2000 Measure B also established a Citizens Watchdog Committee (CWC) to review all Measure B expenditures for compliance with the Expenditure Plan.

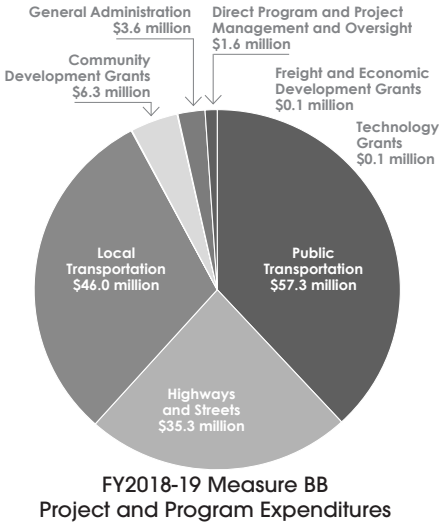
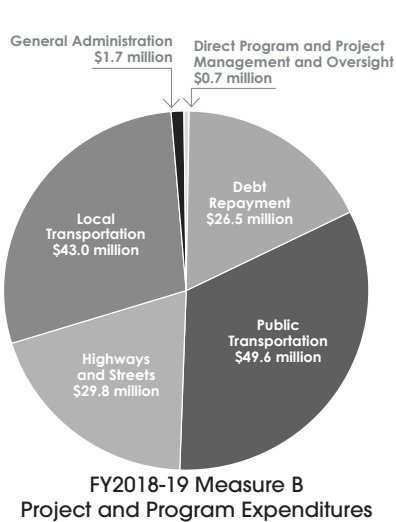
The IWC concludes that 2000 Measure B and 2014 Measure BB tax dollars were spent in accordance with the intent of the two measures during FY2018-19, **except as noted on the last page of the full report.** However, opportunities for improvement remain.

In November 2014, Alameda County voters approved Measure BB, which increased the County's half-cent transportation sales tax to one full cent, extended the tax through 2045 and set forth a 30-year Expenditure Plan for essential transportation improvements in every city throughout the County.

The 2014 Measure BB established an Independent Watchdog Committee (IWC) that reports its findings annually to the public to ensure appropriate use of sales tax funds and provides oversight by reviewing Measure B expenditures and Measure BB expenditures and performance measures. The IWC replaced and assumed responsibility for CWC activities in July 2015. The IWC does not opine on other funds the Alameda CTC manages and/or programs. This 18th annual report reviews expenditures and IWC activities during the fiscal year ended June 30, 2019 (FY2018-19). The full report is available at www.AlamedaCTC.org/IWC2020Report.

Summary of Revenues and Expenditures

The Alameda County Transportation Commission (Alameda CTC) is responsible for administering the Measure B and Measure BB transportation sales tax measures. In FY2018-19, Measure B revenues for Alameda CTC totaled \$167.2 million, and audited expenditures totaled \$151.3 million. Measure BB revenues totaled \$166.8 million, and audited expenditures totaled \$150.3 million in FY2018-19.



Measure B and Measure BB Funded Programs

Alameda CTC allocates approximately 60 percent of Measure B and 65 percent of Measure BB funds on a monthly basis to programs by formula and through competitive grants to Alameda County, cities and transit agencies for allowable transportation needs.

In FY2018-19, Alameda CTC expended \$90.9 million in Measure B funds and \$94.5 million in Measure BB funds on programs, including local streets and roads, mass transit, special transportation for seniors and people with disabilities, bicycle and pedestrian safety and other investments, and freight and economic, community, and technology development.

Measure B and Measure BB Funded Projects

Alameda CTC allocates approximately 40 percent of Measure B and 35 percent of Measure BB funds to capital projects. In FY2018-19, Alameda CTC expended \$31.6 million of 2000 Measure B funds and \$51.3 million of 2014 Measure BB funds on capital projects for transportation infrastructure improvements, such as BART rail extensions, highway and transit improvements, local street and road enhancements, intermodal projects and other local projects.

Independent Watchdog Committee Activities

IWC members performed the following activities from July 1, 2018 through June 30, 2019.

- Ongoing Programs and Capital Projects Monitoring:** The IWC monitors specific programs, capital projects and issues of concern.
- Independent Audit of Alameda CTC:** The IWC reviews the independent auditor's plan for the audit before it begins and reviews the draft audited Comprehensive Annual Financial Report regarding Measure B and Measure BB revenues and expenditures.
- Audit and Compliance Report Review:** The IWC members review audited financial statements and compliance reports, including performance measures, received from Measure B and Measure BB direct local distribution (DLD) recipients to ensure expenditures comply with the requirements in the applicable Expenditure Plan.
- Issues Identification Process:** IWC members may request and receive information if they have concerns regarding Measure B and Measure BB expenditures. In FY2018-19, the topics of Measure BB implementing guidelines and Measure B and Measure BB annual revenues and expenditures were addressed using this process.
- Annual Report to the Public:** Each year, the IWC establishes a subcommittee to develop the annual report to the public regarding Measure B and Measure BB expenditures and to discuss distribution and outreach for the annual report.

How to Get Involved

Independent Watchdog Committee meetings are open to the public. If you are interested in vacancies on Alameda CTC's advisory committees, contact Alameda CTC. Visit www.AlamedaCTC.org or contact the IWC at IndependentWatchdog@AlamedaCTC.org to learn more.

REAL ESTATE GALLERY



This gorgeous upper valley home in the desirable Proctor neighborhood features 4 bedrooms, 2 baths in approximately 1588 sq. ft. of living space. Plantation shutters, newer dual pane windows, updated kitchen with granite counters, gas stove, stainless appliances, breakfast bar, recessed lighting and solar tube. Light, bright spacious great room overlooking the tranquil backyard is perfect extra living space. Use your imagination with all the extra space on the downstairs level. Relax on the backyard deck against the hillside, great for playing, gardening and entertaining. Nearby award winning schools, parks, walking trails, recreation, shopping, downtown, BART and freeway access make this an extra convenient location.



**18334 Joseph Dr., Castro Valley
Offered at \$949,000**

**LESLIE
PETERSON
TEAM**

Call the Leslie Peterson Team
for more information!

Leslie Peterson
510-697-1208
CAL BRE #01452724



leslie@lesliepetersonteam.com • www.lesliepetersonteam.com

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Schools Reopen with Distance Learning In the Midst of a Housing Crisis

With COVID-19 still a viable threat, Bay Area schools are opening in distance-learning mode only. Parents are scrambling to accommodate the new realities and hoping that things will go smoother than the end of the last school season.

It is safe to say no one was prepared for the sudden changes foisted upon students and parents by the closing of schools, and considerable effort has been made by school officials on all levels to ensure that the student experience will be better as schools reopen.

While school districts are making efforts to improve their offerings, many parents are struggling to accommodate their children and still be effective in their own jobs. This is most difficult for families in smaller homes where it is much harder to provide private space conducive to learning.

Some families, confronted by the difficulties, have actually been out looking for larger homes.

There could not be a worse time to do so: we are currently facing a critical shortage of homes as the available inventory of properties for sale is at a record low. Propelled by low interest rates and fear of getting priced out of the market, buyers are out in droves looking for homes that will meet their needs at a price they can afford.

Pickings are low. As of this writing, there are only 37 single family homes available in Castro Valley, a drop of 45.61% over same time last year. At 36 homes, San Leandro is showing a 29.27% reduction while San Lorenzo has only 13 available single-family properties, a reduction of 30.77%. Hayward has 71 homes currently, but also shows the largest drop in inventory from last year, coming in at a whopping reduction of

65.5%.*

This is not just a local phenomenon: home sales are soaring across the country as buyers, desperate to get their piece of the America pie while interest rates remain low, are breaking record-after-record.

According to the National Association of Realtors, sales across the country jumped 24.7% from the previous month of June. Correspondingly, the national supply of homes dropped 21.1% year-over-year as inventory of available homes nationwide shrunk to 1.5 million properties at the end of July.* These astonishing numbers come on the heels of a 20.7% increase one month earlier in June.

With forecasters loudly declaring we are headed for a coronavirus-related recession, it appears the housing markets have not yet received the memo.

*<https://www.nar.realtor/newsroom/existing-home-sales-continue-record-pace-soar-24-7-in-july>

**Date from Trendgraphix.com

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.

Bamboo Problems, No Easy Solution

By Buzz Bertolero
Special to the Forum

My neighbor planted bamboo in his yard right next to our fence. We chopped out some of the roots, but the sidewalk is bulking and raising up. I understand a metal barrier can be placed in the ground to prevent this from happening again, but wonder how deep it should be. Is there a type of root killer we can use? Is it legal for people to grow bamboo, and is the neighbor liable for the damage to my sidewalk?

Bamboo runners are a massive problem with no

clear-cut answers. When planting a tree, shrub, or vine on or near a fence, little or no consideration is given to whether or not it will intrude into another yard.

Desirable or not, plants do not respect property lines. It's not illegal to grow bamboo in California. Bamboo spreads aggressively from above and below ground rhizomes. The longer you do nothing, the more severe the problem becomes.

A metal barrier, the deeper, the better, is a solution. The minimum depth would be 18 inches and should be stainless steel, so it doesn't rust.

Unfortunately, this is only a band-aid, as the bamboo will

return in the future as it has deep roots. Another band-aid is cutting the roots out and resetting the sidewalk. There is an excellent chance this problem will reoccur sooner than later.

Treating the area with a non-selective herbicide, such as Ortho Ground Clear or similar product to kill the roots may be an option, as long as there are no desirable plants nearby.

Before applying any herbicide, get a clear understanding of the pros and cons. Again, spot treating is a band-aid because you don't know where all the underground roots are located. Treating the bare ground, especially next to the fence, is marginally

successful.

Your neighbor has to be proactive in solving this problem as you can't solve it by yourself. This is a separate problem in itself, especially if it's a renter. To assess the liability issues for the damage, I'd get a copy of the book, Neighbor Law from Nolo press to help sort out those answers: (Neighbor Law - Legal Books- Fences, Trees, Boundaries & Noise)

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



Mortgage Rates Inch Up

Though remaining near all-time lows, long term mortgage rates increased slightly last week, according to Freddie Mac's nationwide survey.

The 30-year fixed-rate mortgage averaged 2.99 percent, up from 2.96 percent the week before. A year ago at this time, it averaged 3.55 percent.

Fifteen-year fixed-rate mortgages averaged 2.54 percent, up from 2.46 percent.

Five-year hybrid adjustable-rate mortgages (ARMs)

averaged 2.91 percent, up from 2.90 percent. A year ago at this time, the 5-year ARM averaged 3.32 percent.

"Purchase housing demand continues to accelerate, ultimately providing support to an economy that otherwise has stagnated," said Sam Khater, Freddie Mac's Chief Economist. "The surge in sales led to a rapid increase in the demand for remodeling and home furnishings as consumers look to renovate while adjusting to home life during COVID."

RECENT HOME SALES

Castro Valley

2500 Miramar Ave	94546: \$499,000 2 BD - 1,148 SF - 1982
20282 Forest Avenue	94546: \$530,000 2 BD - 1,014 SF - 1981
20960 Chester Street	94546: \$585,000 2 BD - 1,072 SF - 1920
2257 Reading Avenue	94546: \$690,000 2 BD - 1,018 SF - 1948
3718 September Court	94546: \$700,000 4 BD - 1,504 SF - 1958
3604 Christensen Ln	94546: \$735,000 3 BD - 1,459 SF - 1951
5476 Greenridge Rd	94552: \$850,000 4 BD - 1,842 SF - 1960
21296 Highland Drive	94552: \$917,000 4 BD - 1,900 SF - 2006
18217 Carmel Drive	94546: \$950,000 3 BD - 1,814 SF - 1962
5674 Shadow Ridge Dr	94552: \$1,115,000 3 BD - 1,723 SF - 1973
4596 Ewing Road	94546: \$1,315,000 4 BD - 2,229 SF - 1966
17627 Whisper Lane	94546: \$1,430,000

TOTAL SALES: 12

LOWEST AMOUNT: \$469,000 MEDIAN AMOUNT: \$792,500

HIGHEST AMOUNT: \$1,430,000 AVERAGE AMOUNT: \$859,666

San Leandro

16904 Los Reyes Ave	94578: \$478,000 3 BD - 984 SF - 1944
499 Estudillo Avenue	94577: \$500,000 2 BD - 1,263 SF - 1981
1063 Billings Blvd	94577: \$580,000 2 BD - 895 SF - 1941
1482 Jean Way	94577: \$677,000 3 BD - 1,131 SF - 1942
1897 Sundberg Ave	94577: \$705,000 3 BD - 1,092 SF - 1953
1436 Trojan Avenue	94579: \$740,000 3 BD - 1,241 SF - 1952
1958 Vining Drive	94579: \$750,000 3 BD - 1,100 SF - 1958
636 Maple Court	94577: \$830,000 3 BD - 1,411 SF - 1923
791 Victoria Avenue	94577: \$871,000 3 BD - 1,252 SF - 1926
552 Mitchell Avenue	94577: \$940,000 4 BD - 1,438 SF - 1924
1476 Scenicview Drive	94577: \$1,230,000 3 BD - 2,804 SF - 1972

TOTAL SALES: 11

LOWEST AMOUNT: \$478,000 MEDIAN AMOUNT: \$740,000

HIGHEST AMOUNT: \$1,230,000 AVERAGE AMOUNT: \$754,636

HELPING YOU FIND YOUR DREAM HOME

While giving you quality service



Kimberley Alexander, Realtor
DRE# 02058621

(510)388-7673

kimberley86@kw.com

www.kimberley-alexander.com



THERE IS NO SUBSTITUTE FOR EXPERIENCE

Let my 35 years of success
work for you!



Kremer & Company

REALTORS®

Ken Kremer, CRS, GRI, e-Pro, ABR, SRES
510-301-1957

Ken@KremerCompany.com
BRE# 00550782



Shamrock Realtors - Going Above and Beyond
James Esmeyer, Broker Associate - DRE#01363681

(510) 909-8344

Berries Get a Boost from Health Studies

Look on any list of highly nutritional foods and you'll likely find berries near the top.

Blueberries, blackberries, raspberries and strawberries are powerful superfoods rich in antioxidants and phytochemicals which may help prevent (and, in some cases, reverse) the effects of aging, cardiovascular disease, arthritis, diabetes, high blood pressure and certain types of cancer.

And because they are delicious they make healthy eating a pleasure.

BLUEBERRY BUTTERMILK PANCAKES

2 eggs, separated
1-1/2 cups sifted flour
1-1/2 teaspoons baking powder
1/2 teaspoon baking soda
3 tablespoons sugar
3/4 teaspoon salt
1/2 cup milk
1/2 cup buttermilk
3 tablespoons butter, melted
1 cup fresh blueberries, rinsed
and let dry

In a small bowl, beat egg whites until stiff; set aside.

In a separate bowl, sift together flour, baking powder, sugar and salt. Beat egg yolks in a medium mixing bowl; add milk, buttermilk, and melted butter.

Stir egg mixture into dry ingredients; mix until batter is smooth and stir in blueberries. Fold in beaten egg whites until blended. If batter seems too thick, add a little more milk. Bake on hot greased griddle. Makes about 10 to 12 4-inch pancakes. Serves 4.

WILD BLACKBERRY PIE

3/4 cup white sugar
3 tablespoons all-purpose flour
1 teaspoon cinnamon
1/8 teaspoon salt
4 cups fresh blackberries, rinsed and drained
1 tablespoon lemon juice
2 tablespoons butter
Pastry for 9-inch double-crust pie

Combine sugar, 3 tablespoons flour, cinnamon, and 1/8 teaspoon salt. Mix with the berries. Place



Blueberry Buttermilk Pancakes – a breakfast treat that provides a boost of antioxidants to your day.

berry filling in an unbaked pie crust. Sprinkle with lemon juice and dot with butter or margarine. Fit and seal upper crust. Bake on lower shelf in a 425°F oven for 30 to 40 minutes.

ULTIMATE STRAWBERRY SHORTCAKE

4 pints strawberries, rinsed and hulled
1/4 cup sugar
10 Shortcakes (recipe follows)
2 cups whipping cream, whipped

Cut strawberries in half and toss with sugar. Set aside 1/2 hour.

Split each Shortcake while still warm. Spoon plenty of strawberries over bottom of each Shortcake, top with generous spoonful of whipped cream and set top half of Shortcake on top. Makes 10 servings.

Shortcake

2 cups flour
1 tablespoon baking powder
3 tablespoons sugar
Dash salt
1/2 cup chilled butter, cut into 8 pieces
3/4 cup whipping cream

Note: It's important that your baking powder be fresh for the recipe to work, as there is no other leavening.

Sift flour, baking powder, sugar and salt into medium mixing bowl. Rubbing between

fingers or with pastry cutter, work butter into dry ingredients until mixture forms consistency of cornmeal with a few larger lumps of butter left intact. Add half of cream and stir into dry ingredients with fork. Add remainder of cream, bit by bit, until mass forms that pulls cleanly away from bottom and sides of bowl. (You may not use all of the cream.)

On lightly floured board, quickly and lightly knead dough until smooth and cohesive. Gently roll out 1/2-inch thick.

Cut out biscuits with 3-inch biscuit cutter. Gather leftover dough together, knead again briefly and roll out again. Cut remaining biscuits.

Place biscuits on unbuttered baking sheet and bake at 400°F until light-brown and slightly crusty, about 10 to 15 minutes. Remove from oven and cool slightly before splitting and serving. Makes 10 Shortcakes.

RASPBERRY SAUCE

2 pints raspberries
1/2 cup water
3/4 cup sugar
2 tablespoons cornstarch

Crush the raspberries with water in a saucepan. Add sugar and cornstarch. Bring to a boil, stirring constantly. Reduce heat and simmer 2 minutes. Push through a foodmill or strainer.

Serve over pancakes or ice

cream. Makes about 6 servings.

BLACKBERRY COFFEE CAKE

2 cups sifted flour
1/2 cup sugar
1/4 teaspoon salt
2 teaspoons baking powder
1/4 cup melted butter
1 cup milk
1 large egg
1/2 teaspoon almond extract
1/4 teaspoon ground nutmeg
2 cups fresh wild blackberries
1/3 cup brown sugar
1/3 cup chopped walnuts
1/3 cup shredded coconut

Glaze:

1/2 cup confectioner's sugar
2 teaspoons milk

Preheat oven to 375 degrees. Grease a 9 inch fluted pastry pan and set aside.

Combine all dry ingredients in a bowl. Add melted butter, egg, milk, almond extract and beat until smooth. Spread 2/3 of the mixture on the bottom

Making a Better Fruit Pie



Although baking a fruit pie is rather straightforward, a few tips can only help to make your pies come out looking and tasting perfect.

1. For easier handling, refrigerate the dough at least 30 minutes before rolling it out for the pie.
2. Always preheat the oven. Most fruit pies bake at a temperature of between 350°F and 450°F.
3. Baking a pie containing raw fruit takes at least 30 minutes total cooking time. Berry and apple pies bake for about 45 minutes. If the pie is not quite done but the top or edges are becoming too dark, loosely cover the top of the pie with aluminum foil to shield it from the heat.
4. As soon as the pie is done, carefully remove it from the oven and let it cool to room temperature. The filling will settle, the top will flatten out a bit, and it will be much easier to serve.

of the pastry pan. Sprinkle the shredded coconut across the top.

Scatter 1 cup of the blackberries over the coconut. Press the berries lightly into the top of the batter. Pour the remaining batter on top of the cake and smooth out toward the edges. (Note there will not be enough to cover the entire cake.) Scatter remaining berries over the

top. Scatter with the brown sugar. Top with chopped walnuts.

Bake on center rack in the oven for 40 to 45 minutes or until tests done with toothpick. Cake will take longer if frozen berries are used. Cool.

Mix glaze and drizzle over top in a spiral swirl starting from center and working out. Garnish cake with berry leaves. Yields 8 servings.

Realtors - Advertise in our Monthly

Agents in Action



How would you like your image and message to be delivered to households and news racks in Castro Valley and San Leandro?

This Could Be You!



Your Name
Real Estate Company
Email address
Phone number

The Next Issue of Agents in Action is September 2 & 3

If you would like to be a part of this exciting advertising opportunity, call your Account Executive today!

Mary Florence
510-861-3270
Castro Valley
mpominville4582@aol.com

Linda Nakhai
510-915-1513
Castro Valley
lnakhai@comcast.net

Claudette Morrison
510-614-1559
San Leandro
ClaudetteM@ebpublishing.com

CROSSWORD PUZZLE ANSWERS

E	G	G	P	L	E	D	S	H	E	D		
V	I	A	A	U	R	A	T	O	R	E		
E	R	G	S	P	I	N	I	B	I	S		
S	T	A	R	T	I	N	G	B	L	O	C	K
		E	O	N	L	O	T					
R	E	F	E	R	S	E	X	B	E	D		
A	M	O	K	J	U	D	L	I	E	U		
T	U	B	H	E	M	L	A	D	L	E		
		B	A	R	B	A	M					
H	E	A	R	T	S	T	O	P	P	I	N	G
A	L	G	A	E	R	O	S	C	O	O		
U	S	E	S	Y	A	L	E	O	P	T		
L	E	S	S	S	P	A	S	N	E	O		

The Entire line of
Now Foods
Supplements

25% OFF

On Sale in August

now
Live Happy. Live Healthy. Live NOW.



Since 1969

HEALTH UNLIMITED

NATURAL FOODS
San Leandro
182 Pelton Center
(510) 483-3630

Castro Valley
3446 Village Dr.
(510) 581-0220

LETTERS
TO THE EDITOR
FREDZ@EBPUBLISHING.COM**Break the Stalemate in Congress**

Editor:

A global pandemic requires a global response. Congress and the White House are indifferent to the world's cry for relief. The U.S. must support low-income countries to deal with the immediate crisis and to strengthen healthcare systems. About 80 percent of tuberculosis, HIV and malaria programs worldwide have reported disruptions in services.

Public health experts warn the coronavirus is likely to set back years of painstaking progress against TB, HIV and malaria. Many kids are already missing out on life-saving vaccines. Food insecurity and starvation are also rising fast in Africa and Asia due to severe lockdowns. Whether it's COVID-19

or other ongoing global health emergencies, we need a strong response from Congress here and around the world. Our allies include Sen. Feinstein and Sen. Harris, who support global responses and the Global Fund's vaccine programs.

I'm counting on Congress and the White House to break the current stalemate and pass an emergency response package that includes no less than \$20 billion for international development, including \$4 billion for the Global Fund to fight AIDS, TB and Malaria, \$4 billion for GAVI, the Vaccine Alliance and \$2 billion for anti-hunger relief. We must act now.

—Pat Payne, Castro Valley

A Troubling Arrest

Editor:

On Saturday evening we were pulling into JP's Restaurant when we witnessed an Alameda County Sheriff punch a man he was attempting to handcuff. The man was not cooperative, and was struggling with the officer who kept yelling at him to put his hands behind his back. The deputy was also beating

the man with his nightstick.

With the help of several bystanders, including my husband, the man was finally cuffed. He had bitten the officer's hand in the course of their altercation. After he was subdued and on the ground, the deputy continued to hit him with his baton until my husband protested, saying, "You don't need to hit him anymore."

By that time several other officers had arrived, and we parked and sat down. The sheriff's deputies strapped the man to a board and loaded him in a patrol car as he was saying "I didn't do anything."

I cannot speak to the reason for or validity of the arrest, as I wasn't there at the start. The man was clearly resisting, and some force was warranted. This man is familiar to our friends, who frequently see him walking around town, and may be homeless.

I am not anti-police but I am anti-brutality, and while I understand the deputy's frustration and adrenaline in that situation, I feel that excessive force was used after the man was subdued.

The officers who protect and serve our community have a difficult and sometimes thankless job, but to maintain the public trust they must hold themselves to a higher standard than to take a cheap shot on a subdued man. I certainly hope that is the exception and not the rule in the sheriff's department.

—Molly Cain, Castro Valley

'Defund Police' Called Insane

Editor:

BLM means "Big Liberal Myth." The myth is that cops are targeting black men for death. "Progressives" deceptively claim, "The average black man is more likely to be killed by police than the average white man." Police are actually more hesitant to shoot a black suspect, probably because they fear sparking a riot. Yes, according to USDOJ figures, cops are more likely to kill any white arrestee, compared to any black arrestee.

Wrongful killings by police are very rare. American cops make about ten million arrests per year. And in less than 100 of all those arrests, an unarmed suspect gets killed. And even many of those cases are deemed justified.

According to Johns Hopkins, incompetent doctors kill 250,000 Americans every year. Your average doctor is far more dangerous than your average cop. But if an incompetent doctor kills a black man, do we riot and scream "Defund the hospitals!"? No. That would be insane. Well that's exactly how white "Progressives" think. If an incompetent cop kills a black man, progressives riot and scream, "Defund the Police." And that type of thinking is so irrational that it is truly insane. The BLM movement is irrational plus anti-police bigotry.

—Mark Poland, Castro Valley

An Enthusiastic Endorsement

Editor:

We enthusiastically endorse Monica Lee for re-election to the Castro Valley Board of Education.

For the last nearly 4 years, we have watched Monica as no one else has. Monica has been a positive addition on the Board and has brought a perspective that has long been missing.

Without fanfare, Monica has been highly effective where it counted, and she has dedicated countless hours of behind-the-scenes work that was critical to the success of the District. Her expertise as a practicing attorney, her experience on her Home Owners Association, and her experience as a parent of students in this school district has been invaluable.

Finally, her perspectives and life experiences have been critical to our efforts to translate "all means all" into reality within the District. Her love for this district, her connections with parents and her deep respect for teachers and staff are evident in every decision.

We encourage you to support Monica by voting for her for the Board of Education this November.

—Dot Theodore, Gary Howard, Castro Valley

The Stresses of COVID-19

Editor:

I agree with Slawek Smyl ("Just One of Life's Risks?" Letters, Aug. 12) that it would be lovely to return to our lives of August 2019. I also agree that everyone needs to make a decision regarding their

own safety in the present state of Covid. I agree that one should be able to roll the dice and suffer the consequences of that decision. The problem, however, is that by living a "normal life" today, one is threatening the life of everyone who comes in contact with him.

There are many people who are required to go back to work even when it would be unsafe for them or their family members: a hairdresser, nail salon worker, restaurant server or essential worker. Until everyone wears a mask, practices social distancing and listens to the science, we will all be prevented from living a "normal life." The stresses of Covid life will not go away until everyone feels safe.

—Gail Lawton, Castro Valley

Have COVID Rules Made a Difference?

Editor:

Some people attempt to rebut the argument by characterizing reverting to "normal" as a wanton disregard for safety or akin not buckling seatbelts. That is absolutely not the correct analogy. Buckling your seatbelt does not take more than a second, and does not eliminate your ability to drive.

The demands of those literally deathly afraid of coronavirus is that all of us upend our vital daily activities of work, worship and education, never mind recreation, for their unobtainable goal of perfect "safety."

This is more akin to demanding that you do not drive, period, because you might be in, or cause an accident (by the way, an American has a 1% lifetime risk of dying in a car accident). Americans take the risk of driving because banning driving would diminish our quality of life, much like banning work, worship, education and recreation have diminished our quality of life during this pandemic.

It's past time to ask whether the risk is worth it, and whether any of the demands put on us have actually made a difference. After all, California was one of the first states to "lock down" and here we are, with the most cases in the country, while other states like Texas, Florida, Georgia with fewer and later restrictions have had roughly the infection spread.

—David Nierengarten, Castro Valley

Living vs. Existing

Editor:

I wish to thank Slawek Smyl for boldly stating the obvious – albeit politically incorrect – perspective regarding our current state of affairs. I am writing in advance to those who would condemn her under the generalization of "think about everyone else!"

If the new norm for 2020 is our mutual obligation to change our behaviors for the welfare for others – great, I approve 100%.

Historically, the most dangerous, destructive behavior we can engage in is driving a motor vehicle. In March I recounted a series of local collisions and deaths (sadly involving a Creekside student) asking, "How high does the environmental cost need to be, or how high does the body count have to go, before we start changing our behaviors?" The question went unanswered. Nothing changed.

For the many who have recently adopted the virus-inspired attitude of "we must change our behaviors for the greater good," I really look forward to seeing a decrease of motor vehicle traffic of nearly 50% on the boulevard next week as the young, healthy adults ditch their smogmobiles in our 6-mile-long town in favor of something less destructive and less lethal. Plus the exercise will remove a plethora of underlying conditions and make our community more virus-resistant. Win-Win.

Since we will in fact not see this, let us not condemn Smyl's perspective. I too prefer to actually live (which involves risk from the moment one steps out of bed) as opposed to merely exist.

—Stacy Spink, Castro Valley

Curtailling Wild Animal Food Trade

Editor:

Senate Bill 1175, introduced by Sen. Henry Stern (D-L.A.), has passed the State Senate, and now all 80 California Assemblymembers need to hear from their constituents. The bill would prohibit the importation of the spoils from African trophy hunts, and help curtail the brutal trade in wildlife destined for the state's many live animal food markets.

Letters continue on next page

Obituaries

CASTRO VALLEY FORUM OBITUARIES may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209. Include a phone number. For help, call Patrick Vadnais at 510-614-1558

Margaret T. Gaxiola

October 15, 1930 ~ June 6, 2020

Margaret T. Gaxiola, a long time resident of Castro Valley, went to be with the Lord on June 6th at age 89. She was surrounded by her loved ones. Margaret was born to Elisa and Samuel Torres in Artesia, New Mexico.

She is survived by her four children; Cindy Goodman and Bruce, Daniel Gaxiola and Reyna, Connie LeRette and Jerry, of Castro Valley, and Susann Burke and Robert of Brentwood, and by her brother, Samuel Torres of Stockton, CA. She leaves eight grandchildren, Matthew, Daniel, Rina, Christopher, Nicholas, Grace, Vanessa, and Christina, nine great-grandchildren and her faithful friend of 14 years, her dog Mandee.

Margaret's greatest joy in life was her family, giving many of them nicknames. She was a loving and devoted Mother. Growing up during the Depression those experiences shaped her life with an incredible work ethic and legacy. Family came first for Margaret. She was fiercely protective, loyal, a fabulous cook, loved to entertain. She had an incredible sense of humor, loved to tell jokes and laugh, but mostly she was selfless.

Margaret loved music and loved to dance and sing. An avid reader, she enjoyed watching Joel Olsteen, and her favorite shows Dancing with the Stars, Family Feud, and Seinfeld. She left her family with countless memories, traditions, and a deep appreciation of their heritage.

Margaret was known to her family and friends as "Nana." Her grandchildren and great-grandchildren always came away from a visit with "goodies." No one left her home without a care package. Known as "the ginger lady" she always had a piece of ginger candy to share with everyone.

Worshipping at Our Lady of Grace in Castro Valley and All Saints in Hayward. She had tremendous faith in God and lived by His teachings. She made it her mission in life to always look out for the less fortunate. Known to stop homeless people on cold winter days to give them a coat, hat, and gloves. She provided support for needy children and donated to numerous organizations. She was loved dearly and will be missed by all who knew her.

Margaret's ashes will be interred at Holy Sepulcher in Hayward, California

"A Celebration of Margaret's Life" held at a later date for family and friends.

DEERCREEK
TOP RATED
CREMATION
& BURIAL
SERVICES

JC Spencer Jr.
Director
The Old Yellow House
Castro Valley
510-317-7890
FD 1505 FDK 651

SARA L. ENNOR
LAWYER

- Wills & Trusts
- Benefits, ERISA
- QDROs

510-633-9985

Since 1965
Jess C. Spencer
Mortuary &
Crematory
21228 Redwood Rd.,
Castro Valley
581-9133

Offering
Personalized
Memorial and
Cremation
Services.



FD 1168 CR49

Letters to the Editor *continued from page 10*

California annually imports two million American bullfrogs and an estimated 300,000 freshwater turtles for human consumption. Most of the bullfrogs are commercially-raised in China and Taiwan. All the turtles are taken from the wild, depleting local populations in states East of the Rockies. All are diseased and/or parasitized.

None of these animals are native to California, and they cause major damage to our natives species when released into local waters, a common though illegal practice. Worse, the majority of the bullfrogs carry the dreaded chytrid fungus (Bd), which has caused the extinctions of 200+ amphibian species worldwide in recent years. This brutal commerce needs to end. Email pattern for all: assemblymember.lastname@assembly.ca.gov

—Eric Mills, Coordinator, Action for Animals, Oakland

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

HOROSCOPE by Salomé

© 2019 King Features Synd., Inc.



ARIES (March 21 - April 19): This could be the time to try soothing whatever bad feelings might be lingering 'twixt and among colleagues, friends or family members. But be sure you do so without favoring any side.



TAURUS (April 20 - May 20): An idea is only an idea until you put that clever Bovine mind to work to develop it from concept to substance. This could lead to something rewarding, both emotionally and monetarily.



GEMINI (May 21 - June 20): The early part of the week could have some disconcerting moments, but approaching them with a calm, unruffled attitude goes a long way toward helping to get things nicely settled down.



CANCER (June 21 - July 22): Getting used to change continues to mark much of the week. But accepting what you have to do makes adapting that much easier. A welcome visitor could turn up sooner than expected.



LEO (July 23 - August 22): Learning how to live with a decision is a challenge, but one you Leos and Leonas could really enjoy. You'll also be pleased to see your social life take that upsurge you've been hoping for.



VIRGO (August 23 - Sept. 22): Use your perceptive Virgo instinct to help you see the positive aspects of what, at first, appears to be a disappointment. You could find that it proves to be quite the contrary.



LIBRA (Sept. 23 - October 22): Your ability to maintain a balance between sense and sentiment once again helps you sort through apparently conflicting choices and ultimately arrive at the right decision.



SCORPIO (October 23 - November 21): Before you seek the advice of colleagues about a potential career move, you might be better off getting counsel from someone who won't be affected by the choices you make.



SAGITTARIUS (Nov. 22 - Dec. 21): It can be a challenging week for some relationships if the normal give-and-take flow changes with one side doing most of the giving and the other the taking.



CAPRICORN (Dec. 22 - Jan. 19): A new opportunity could bring with it much anticipation along with some anxiety. Take time to sort out your options as well as your emotional considerations.



AQUARIUS (Jan. 20 - Feb. 18): Are you sure you have all the facts you need to let that matter move to another level? Don't be rushed into a decision unless and until you feel it's the right thing to do.



PISCES (Feb. 19 - March 20): Pace yourself as you prepare to take on that more demanding project. Be careful not to let your energy reserves drain away. Take time to relax with people close to you.



"Gulls Over the Lake, a watercolor painting by local artist Rita Sklar is part of the current "Wild Things" exhibit available online.

'Wild Things' Art Show Presented Online

Award-winning local artist Rita Sklar, a Signature member of the California Watercolor Association, is presenting an online show of paintings of birds.

The show, "Wild Things," features an exploration of the wonders of nature and the decline of many of our beautiful creatures. The compositions resonate with

color and vibrant shadows, and Sklar's unique style imparts a sense of weight and structure to the paintings, not usually associated with watercolor.

An avid birder, Sklar is the recipient of awards that include a special prize from The San Francisco Flyway Festival for her "Winged Migration in Black and

White." The American Association of University Women selected two of her bird paintings to feature on greeting cards. She received a Distinguished Artist award from the National Museum of Women Artists.

You can see Sklar's paintings at haywardartscouncil.org or visit her website at: www.ritasklar.com.

COVID-19: Important to Get Flu Vaccine

continued from page 5

There are several versions of the flu vaccine and all are recommended by the CDC; however, two types are specifically recommended for people over age of 65. One has a higher doses of the flu antigens, the other has an extra agent known as an adjuvant, added to the vaccine. Both are designed

to boost the amount of protective antibodies generated by the vaccine in older individuals.

Side effects from the flu vaccine such as sore arm and a low-grade fever for a few days may occur but are minimal especially compared to how ill one will be if infected with flu virus.

Allergy to eggs is not consid-

ered a reason to forgo flu vaccine. Consult with your primary care physician or local pharmacist to determine which vaccine is for you and your family. Don't procrastinate, vaccinate!

Dr. Mark Finch is a member of the California Immunization Coalition and a Fellow of the American College of Physicians.

—Sherry Mattson

NOTICE OF PUBLIC HEARING

Fairview Area Specific Plan Update

NOTICE IS HEREBY GIVEN that the County of Alameda Planning Commission will hold a virtual public hearing to consider an update to the Fairview Area Specific Plan. The Fairview area is located in the unincorporated area of Alameda County. The plan update includes a series of new policies and development standards affecting properties located in the Fairview Area. For purposes of the California Environmental Quality Act (CEQA) a Mitigated Negative Declaration has been prepared. The Planning Commission will consider both the updated Plan and the CEQA document in their action to recommend approval to the Alameda County Board of Supervisors.

Interested parties are hereby noticed of the public hearing on this matter and can view materials on-line at <http://www.acgov.org/cda/planning/landuseprojects/fairview-update.htm> or also contact the Planning Department at (510) 670-5400 for more information.

SAID PUBLIC HEARING WILL BE HELD on Tuesday, September 8th, 2020, beginning at 3PM, using the virtual meeting information below.

IN OBSERVANCE OF THE SHELTER IN PLACE THIS IS A VIRTUAL MEETING USING THE "ZOOM WEBINAR" PLATFORM. MEMBERS OF THE PUBLIC WANTING TO ATTEND THIS MEETING AND SPEAK ON AN AGENDA ITEM CAN FIND OUT HOW TO DO SO BY REFERENCING THE COUNTY'S TELECONFERENCING GUIDELINES POSTED ON-LINE AT

<http://acgov.org/cda/planning/documents/TeleconferencingGuidelinesforPublicHearings.pdf>

AT THE NOTICED DATE AND TIME LISTED ABOVE THE ZOOM WEBINAR IS ACCESSIBLE AT THIS WEB ADDRESS: <https://us02web.zoom.us/j/95946946292>

NOTICE OF PUBLIC HEARING

Castro Valley General Plan Implementation

NOTICE IS HEREBY GIVEN that the County of Alameda Planning Commission will hold a virtual public hearing to consider a series of zoning district and map amendments as part of the Castro Valley General Plan implementation. Various new zoning districts have been created including Hillside Residential, Residential Medium Density Family, Mixed Density Residential, Small Lot Residential, Public Facilities, Community Commercial, Open Space-Natural, Open Space-Public, and Schools. CEQA Exempt pursuant to §15183 - actions that are consistent with an adopted general plan for which an environmental impact report (EIR) was prepared.

For zoning changes, including map changes affecting large portions of Castro Valley, interested parties are hereby noticed of the public hearing on this matter and can view materials on-line at <http://www.cvgpimplementation.com/> or also contact the Planning Department at (510) 670-5400 for more information.

SAID PUBLIC HEARING WILL BE HELD on Tuesday, September 8th 2020, beginning at 3PM, using the virtual meeting information below.

IN OBSERVANCE OF THE SHELTER IN PLACE THIS IS A VIRTUAL MEETING USING THE "ZOOM WEBINAR" PLATFORM. MEMBERS OF THE PUBLIC WANTING TO ATTEND THIS MEETING AND SPEAK ON AN AGENDA ITEM CAN FIND OUT HOW TO DO SO BY REFERENCING THE COUNTY'S TELECONFERENCING GUIDELINES POSTED ON-LINE AT

<http://acgov.org/cda/planning/documents/TeleconferencingGuidelinesforPublicHearings.pdf>

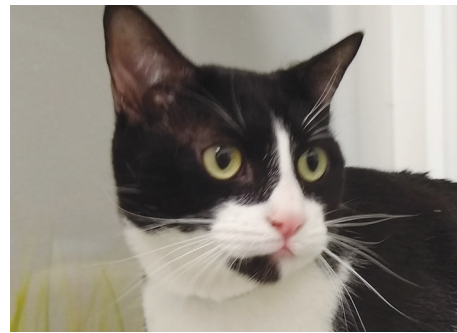
AT THE NOTICED DATE AND TIME LISTED ABOVE THE ZOOM WEBINAR IS ACCESSIBLE AT THIS WEB ADDRESS: <https://us02web.zoom.us/j/95946946292>

BY PHONE ONLY: (669) 900-9128 or (346) 248-7799 **WEBINAR ID#** 959 4694 6292

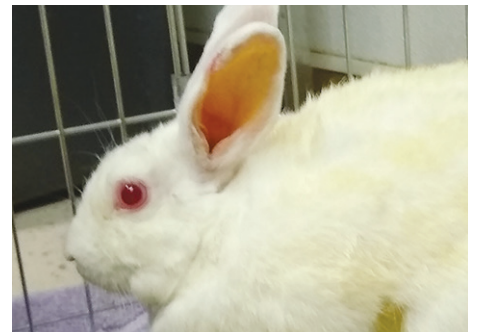
ATHLETE OF THE WEEK

Lindsey Lavine

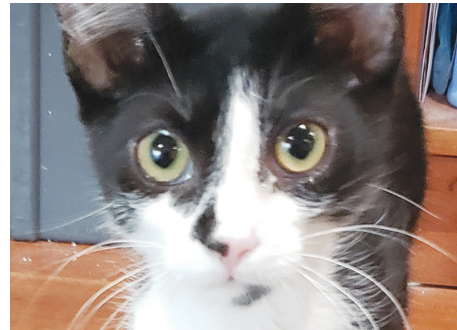
Our Athlete of the Week is Lindsey Lavine, a senior who has been a member of the Castro Valley High School Spirit Squad on the Dance Team all four years as well as the Canyon Middle School Cheer Team. Lindsey also dances at Michelle's Dance Explosion in Castro Valley and has been on the competitive dance team for 10 years. Lindsey will be attending Arizona State University, on a partial academic scholarship in the Fall.



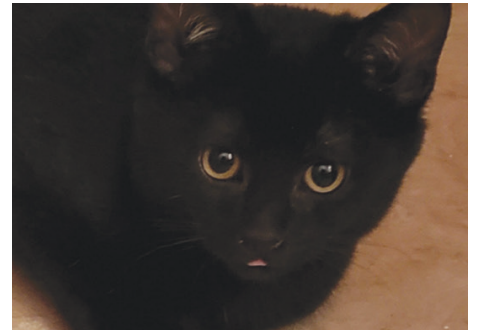
Franklin is a 4-year-old tuxedo cat. When he first came in he was scared but he grew strong, and learned to get along. Now he's got a whole new life to live. Hayward Animal Shelter. (510) 293-7200.



Roger is a 2-year-old rabbit who is a little shy, but comes out of his shell a little more each day. He's looking for a loving forever home, can it be yours? Hayward Animal Shelter. (510) 293-7200.



Ketch is an active and friendly 4 month old black and white tuxedo. She's a super affectionate girl. Spayed, vaccinated, chipped and FIV/FelV negative. Email Loveallpawzrescue@gmail.com.



Warren is a 4 month old sleek black kitten with topaz eyes. He's quite playful and friendly. Neutered, chipped, vaccinated and negative for FIV/FELV. Email Loveallpawzrescue@gmail.com.

CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



Youth Baseball and Flag Football Programs
www.CVSPORTSLEAGUE.org



HELP A 4R STAR EMPLOYEE SHINE!



During the month of October, Castro Valley Sanitary District (CVSan) will award 4R Star Business employees for their outstanding efforts to reduce waste, and we need your help!

What is a 4R Star Business?

A business that is certified by CVSan for completing ongoing activities in each of the 4R categories - Reduce, Reuse, Recycle, and Rot (Organics).

Here's where you come in!

We want to hear from you. Have you seen a "star" employee implementing the 4Rs in the workplace? Nominate them to receive an award! Use any of these methods:

- Comment on our 4R Star Employee Recognition posts on Facebook or Twitter @cvsan.
- Fill out a nomination form at cvsan.org/4RStar.
- Send an email to contact@cvsan.org.

If you submit a nomination by September 25th, you will be entered into a raffle for a prize from CVSan.

CASTRO VALLEY SANITARY DISTRICT
Effective Environmental Services since 1939
510-537-0757 | www.cvsan.org
This ad was funded by Measure D



Support Your Local MERCHANTS

DON'T MISS THE NEXT

Castro Valley Forum's Merchant's Page Sept. 9th

Deadline for space reservations and ad copy is the Thursday prior to the following Wednesday's publication.

To Advertise On The Merchants Page Call:
Mary Florence: 510-861-3270

CASTRO VALLEY FORUM
DELIVERED TO OVER 20,000 HOMES — TOTAL CIRCULATION 22,500
www.castrovalleyforum.com