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KING DAY 2021
MONDAY, JAN 18

*“Injustice anywhere is a
threat to justice everywhere.”*

11

CASTRO VALLEY FORUM

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YEAR 33

WEDNESDAY, JANUARY 13, 2021

NO. 2

INSIDE YOUR FORUM

OUR TOWN



Local Business
Economic Development
Committee announced
by CV Chamber
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NEWS



Health is Wealth
It's more important than
ever to work on health
and find inner peace
Page 4

NEWS



Virtual Art Show
Four Castro Valley artists
featured in Pen Women's
2020 online art show
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PHONE: (510) 614-1560

DRY OUTLOOK FOR JANUARY



PHOTO BY KELLY M. GROW, CA DEPT. OF WATER RESOURCES

Sean de Guzman, chief of the state's Water Resources Snow Surveys and Water Supply Forecasting Section, conducts the first snow survey of the 2021 season at Phillips Station in the Sierra Nevada mountains. While the survey recorded a snow depth that's 93 percent normal for Jan. 1, the outlook for the rest of January is dismal as a high pressure area continues to push the storm track and jet stream far to the north. Total water storage in East Bay reservoirs is 73 percent of average. Castro Valley's unofficial rainfall total is just 3.19 inches for the season, less than half the 7-plus inches normal for this time of year.

Stay-at-Home Restrictions to Be Extended

By Michael Singer
CASTRO VALLEY FORUM

The temporary stay-at-home restrictions issued last month will linger around a bit longer as ICU bed capacity has steadily declined over the past several weeks.

Alameda County health officials along with their counterparts in the other Bay Area counties announced this past weekend that they would extend the restrictions past the current three-week grace period following another surge in COVID-19 cases.

“We are experiencing the biggest surge of COVID-19 cases since the beginning of the pandemic,” Public Health Department spokesperson, Neetu Balram said.

For the order to be lifted, Balram said the state's projections must show that our region meets or exceeds 15% ICU capacity in the next four weeks. Balram said health officials are stymied on the

next steps for Alameda County until the State formally announces the region's status.

As if the surge in COVID-19 cases were not enough, world health officials are concerned about a variation of the coronavirus that was first detected in the UK late last year.

In their update to Alameda County supervisors last Tuesday, health officials said this variant is more transmissible.

see **RESTRICTIONS** on page 11

Castro Valley
Confirmed Cases = 1,751

Alameda County
Confirmed Cases = 59,657
Deaths = 730

California
Confirmed Cases = 2,710,801
Deaths = 29,965

as of January 11, 2020

Local Congressional Representatives React to Storming of the U.S. Capitol

East Bay members of Congress Eric Swalwell and Barbara Lee were quick to respond to last Wednesday's breaching of the Capitol building in Washington D.C. by a violent mob of supporters of President Trump.

The rioters, who had been encouraged to march on the capitol by Trump at a rally earlier in the day, shattered windows and ransacked offices while lawmakers, visitors and members of the press sought shelter behind barricaded doors.

Five people, including a U.S. Capitol Police officer, lost their lives in the hours-long insurrection.

Congressman Swalwell, who has served as the U.S. Representa-

tive for California's 15th congressional district since 2013, released the following statement last Thursday:

“Democracy is under assault. Yesterday, the President and Republican seditionists in Congress incited a violent coup attempt on the U.S. Capitol. Because of brave law enforcement and military officers, the effort to stop the certification of the 2020 presidential election failed. But this terrorist attack has put our experiment in self-governance on life support.

“For the guarantee of our Republic's survival, President Donald J. Trump must be removed from office — either by the 25th Amendment or impeachment and removal in the Congress.



Rep. Eric Swalwell

“President Trump can no longer defend our country or her ideals. Every second he is in power is a risk to everyone's personal security and our country's democratic ideals.

“Further, there must be an extensive investigation of how the Capitol — a sacred symbol of free-



Rep. Barbara Lee

dom — was violently breached. Any Members of the House or Senate who incited or aided in the coup attempt should be expelled from their respective bodies.

“A new president will be sworn into power in just 13 days. That may seem like it will be here before you know it, until you put

into perspective that yesterday the Capitol's security fortress was penetrated within a matter of minutes. It's imperative that over the next 300 hours we show ourselves, and the world, that we can deliver a peaceful transfer of power.”

Congresswoman Barbara Lee, who represents the East Bay's 13th Congressional District, released the following statement last Wednesday:

“I am appreciative of all the support and fortunate that my staff and I are safe. I was swiftly rushed off the floor of the House and moved to a secure location following the riotous breach of the Capitol incited by Donald Trump.

see **REACT** on page 4

Castro Valley Weather Jan 13-17, 2021



Wednesday
Mostly Cloudy
High 58° Low 40°



Thursday
Partly Sunny
High 60° Low 44°



Friday
Partly Cloudy
High 59° Low 49°



Saturday
Partly Sunny
High 59° Low 46°



Sunday
Partly Sunny
High 58° Low 47°

Almanac



Sun sets at 5:13 p.m. today, rises at 7:24 a.m. Thursday.

Past Week's Rain: 00.00
Season To Date: 03.19
Normal To Date: 08.25
Season Average: 21.22

Moon Phases



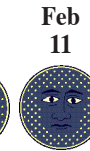
Jan 20



Jan 28



Feb 4



Feb 11

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Chick-fil-A Planned Location Shot Down by MAC Board

By Amy Sylvestri
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) shot down tentative plans for a Chick-fil-A restaurant at Castro Valley Blvd. and Norbridge Avenue.

The chicken chain wants to build a 98-seat, 59,773-square-foot restaurant with double drive-thru lanes at 2495 Castro Valley Boulevard, the location of the Castro Valley Lumber yard.

In order to open, a zoning variance would have to be granted and the staff report presented to the MAC indicated that a drive-thru was not a preferred use for the location.

Around 25 speakers on hand for Monday night's virtual meeting shared their opinions with the council. Most were not in favor of the fast food chain, at least in that particular location.

Several referred to the chain's controversial relationship with

the LGBT community. Chick-fil-A came under fire from LGBT advocates after the company's CEO Dan Cathy made comments opposing same-sex marriage in 2012. The company's charity also donated millions of dollars to organizations seen by some to be hostile to LGBT rights, including the Fellowship of Christian Athletes and the Salvation Army. In 2019, Chick-fil-A announced that it stopped contributing to those organizations.

"We cannot have an organization that doesn't align with progressive values if that is what we want to be known for," said speaker Vinay Radhakrishnan.

"I really fail to see how this project will benefit Castro Valley," said speaker Carey Pera. They serve antibiotic-free chicken, but I'd like them to serve anti-discrimination chicken with a side of tolerance.

And MAC member Shannon Killebrew also was critical of Chick-fil-A's stance on that issue.

"Chick-fil-A's non-inclusive values are counter to the School District's campaign that says 'All means all,'" said Killebrew.

Other speakers cited traffic concerns, particularly in an intersection that is so close to Eden Hospital. And some simply said that the last thing Castro Valley needs is more fast food restaurants.

Ed Hale, a consultant representing the chain's interest in building at the location, said that the area is suited for fast food and indeed there are other fast food restaurants in the immediate vicinity. He said the long dedicated lanes at the drive-thru would keep traffic off the Boulevard.

"While I understand people have questions and concerns, there are traffic engineers who do this for a living," said Hale. "It's not a major deviation from the present of future use of this location."

A handful of speakers supported a Chick-fil-A opening in town.

see MAC on page 11

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Bicycle Repair Virtual Discussion

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3:00 - 4:00 p.m.

Castro Valley Sanitary District (CVSan) will host an online Bicycle Repair Workshop in partnership with Bay Area Bike Mobile. Learn how to fix a flat tire and make other repairs. Ask questions about repairs your bike needs and get your bike working again!

Visit cvsan.org/ZeroWasteWeek to fill out the registration form and to receive a web link to access the discussion. For questions about how to register, email contact@cvsan.org or call (510) 537-0757.

For more information on CVSan's Zero Waste Week activities for 2021, visit cvsan.org/ZeroWasteWeek.

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CV Chamber Announces New Economic Development Team

Two local business leaders – Todd Anglin and Jim Phillips – were named this week as co-chairs of the Castro Valley / Eden Area Chamber of Commerce Economic Development Committee, dedicated to keeping members up-to-date on new development projects and businesses opening in the area.

Its role is also to provide helpful resources, loan programs, training workshops, and such other important services as the Federal Paycheck Protection Program and the State's Small Business Relief Grant programs.

Anglin, owner of Team Anglin State Farm Insurance, is a past president of the Castro Valley Rotary Club and is active in the School District Measure-G Oversight Committee.

Phillips owns a trust and estate law practice with his daughter, Katelyn, and has served in a number of community organizations including Rotary, the Eden Area Foundation, and the Eden Hospital Foundation. He is the founder



Todd Anglin



Jim Phillips

of the Castro Valley Track Club where he has coached for more than 20 years.

Chamber President David Gehrke described the new team as "experienced, creative and talented community leaders committed to the Castro Valley and Eden Area Community."

They will be assisted by Alameda County Economic Development Manager Susan McCue.

The first meeting with Anglin and Phillips will be held virtually via Zoom from noon to 1 p.m. on Wednesday, Jan. 27. Chamber members will receive a link to the virtual meeting and are urged to participate.

Anyone who wishes to make a positive impact on Castro Valley and the Eden Area can learn more about the Chamber by visiting www.edenareachamber.com.

Celebrate 'Jewish Earth Day' January 24

Tu B'Shvat has become a "Jewish Earth Day" focusing on the environment.

This year, a virtual Tu B'Shvat event will be held via Zoom, from 10:30 a.m. until noon on Sunday, Jan. 24. Leah Morrison will speak about her journey in making a ze-

ro-waste household, and will provide tips. In addition, there will be a short Tu B'Shvat seder. On Tu B'Shvat it is traditional to eat seven foods native to Israel, so participants are invited to make a dish that incorporates one or more of the following: olives, grapes (rai-

sins), figs, dates, citrus, almonds, and carob. Share what you make at the event. Recipes will be collected and distributed. Look for the invite or email culturaljews@gmail.com for the Zoom code.

A \$10 donation is suggested for each adult non-member.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Disruptive Guest Would Not Leave Hospital

Sunday, January 10: at 10:45 p.m., Sheriff's deputies arrested a 34-year-old woman from Castro Valley on suspicion of refusing to leave Eden Medical Center on Lake Chabot Road. Hospital staff called on deputies to intervene after the woman continued to harass nurses and other patients. The woman was taken into custody.

Man Exposed Himself on Cull Canyon Road

Friday, January 8: at 2:05 p.m., a 62-year-old man from Castro Valley was arrested on suspicion of exposing himself on Cull Canyon Road a mile north of Columbia Drive. Deputies were called to the scene after a passerby noticed the man on the side of the road. The man was taken into custody.

Assaulted Peace Officer at Eden Medical Center

Tuesday, January 5: at 2:11 p.m., deputies arrested a 22-year-old woman from Castro Valley on suspicion of assault on a peace officer. The woman was visiting a friend at Eden Medical Center on Lake Chabot Road but was disrupting nurses and other patients. Deputies asked the woman to leave the building but she became confrontational and threw punches. The woman was handcuffed and taken into custody.

Woman Arrested Following Loud, Aggressive Argument

Monday, January 4: at 9:11 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on James Avenue near James Place. There, they arrested a 53-year-old woman from Castro Valley on suspicion of spousal assault. Deputies took the woman into custody. The victim was treated at the scene.

Suspended License

Friday, January 1: at 5:42 p.m., deputies pulled over and arrested a 60-year-old man from Castro Valley on suspicion of driving with a suspended license. The man was traveling on East Castro Valley Boulevard near Crow Canyon Road when deputies spotted the man making an illegal turn and stopped him for questioning. Deputies took the man into custody.

School Board Meets Today

The Castro Valley Board of Education will hold an open virtual board meeting at 5:30 p.m. today, Wednesday, Jan. 13. While the meeting will be held remotely, public participation is encouraged.

To observe the meeting by video conference, click on LINK on the agenda at the noticed meeting time. Instructions on how to join a meeting by video conference is available at: support.zoom.us/jc/en-us/articles/201362193 -Joining-a-Meeting.

To listen by phone, call at the noticed meeting time 1-669-900-6833, then enter the meeting ID on the agenda, then press #. Instructions on joining a meeting by phone available at: support.zoom.us/jc/en-us/articles/201362663 -Joining-a-meeting-by-phone.

The complete board packet and other information is available at www.cv.k12.ca.us. For questions, contact Aimee Cayere, Executive Assistant to the Superintendent at acayere@cv.k12.ca.us

CV Schools to Honor MLK

The Castro Valley School District is inviting the public to a special celebration — "From Civil Disobedience to Anti-Racism" — in honor of Dr. Martin Luther King, Jr., featuring student speak-

ers and a short video followed by community discussion, from 11 a.m. to 12:30 p.m. on Monday, Jan. 18 via Zoom. The meeting ID is 883 0135 8671, the Passcode is Xjq3km.

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Burritos for Heroes

The Inner Wheel Club in San Leandro donated dozens of burritos to healthcare workers at Eden Medical Center and San Leandro Hospital on New Year's Eve. The burritos were prepared by Los Pericos Market in San Leandro. Earlier in December, the club donated more than two dozen containers of food and healthcare items to the Building Futures organization holiday gift drive. Learn more about Inner Wheel's philanthropic fundraising activities at jwclubofsanleandro@gmail.com.

Set Yourself Up for a Better Year **React: Stain**

By Linette Escobar
SPECIAL TO THE FORUM

Most of us were glad to leave 2020 behind. Given the continuing pandemic, we probably don't need the added stress of difficult new year's resolutions.

That said, it is more important than ever to work on your health and find joy and connection even as we continue to shelter in place.

Castro Valley Adult & Career Education (CVACE) is responding to this need by offering online classes that will keep you connected and fit.

• Build your Immune System

Nutritionist Susan Blanc says that we may be experiencing higher levels of toxicity due to the wildfires last year, which could undermine our immune resilience.

In her Detox with "Whole" Foods class, she will focus on the foods, herbs and habits that we can use to safely detox from the extra exposures of the year and also cover the kinds of testing that can be useful to assess our personal body burden. Blanc is an expert with great advice on maintaining health during Covid including recommendations on foods and supplements that boost immunity.

• Move Your Body

More time at the computer can make you stiff and achy. CVACE offers a variety of exercise classes for all fitness levels that help ease stress and keep you moving.

New this year is Tai Chi. This graceful form of exercise is excellent for stress reduction, fall prevention, and mitigating a variety of health conditions including arthritis. The adult school will also offer its popular pilates, gentle yoga and chair yoga classes. Stay motivated by exercising along with your instructor through zoom.



Castro Valley Adult & Career Education is offering a variety of online exercise classes, including its popular pilates, gentle yoga and chair yoga.

Additionally, CVACE is offering a new class, "Stay Fit for Life." This fitness class for active-agers will include an educational component covering topics like injury prevention and improving sleep while moving optimally for longevity and boosting the immune system.

• Make Friends and Engage Your Mind

Wouldn't it be great to come out of this time speaking a new language or creating something beautiful? CVACE offers a new watercolor series, Italian and Spanish. There are also a series of Apple/

Mac tech classes whether you want to organize photos, monitor your health or master Zoom before for your next online happy hour.

There are many more classes including career training and English as a Second Language. Make the most of your time during this challenging season.

Visit www.cvadult.org or contact Castro Valley Adult & Career Education at (510) 886-1000 to learn more or sign up for classes before they fill.

Linette Escobar is Marketing Chair of Castro Valley Adult & Career Education.

continued from front page

"The events of today are a stain on America. Donald Trump has spent months enraging his supporters with the lie that the election was stolen from them, despite the fact that every one of his wild allegations is demonstrably false. Today, he further incited that anger and inspired those supporters to march down Pennsylvania Avenue, attack police officers and break into the Capitol in what can only be described as a violent insurrection against the United States government.

"There was an armed standoff at the doors of the House chamber, tear gas deployed in the Capitol Rotunda, and people scaling the walls of the U.S. Capitol. Donald Trump is actively seeking to dismantle our institutions and our faith in democracy itself.

"Tonight, we are going back to the floor to fulfill our duty in Congress to certify the results of the 2020 election as a show of strength for our democracy. Republicans can and must turn the page away from the hate and violence spewed by Trump which incited this insurrection. Trump's attempt to sabotage our democracy will not succeed. Our democracy is bigger than any one person and it will prevail."

Congressman Swalwell is a member of the House Permanent Select Committee on Intelligence and of the House Judiciary Committee. His district includes Castro Valley, which is the location of his District Headquarters.

Congresswoman Lee is the Co-Chair of the Steering & Policy Committee and a senior member of the Appropriations Committee. As a member of the House Democratic Leadership, she is the highest ranking African American woman in the U.S. Congress.



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www.cvsan.org
Contact: Evan Choy
Evan@cvsan.org

INVITATION TO BID

Sanitary Sewer Cleaning Flusher Truck

Posted: January 14, 2021

Bids Due: Thursday, February 18, 2021 @ 2:00 PM PST
NOTICE INVITING BIDS

Notice is hereby given that sealed bids will be received by the Castro Valley Sanitary District in their main office located at 21040 Marshall Street, Castro Valley, CA 94546-6098, at any time prior to 2:00 p.m. (PST), on Thursday, February 18, 2021 to provide the following, with the minimum specifications attached thereto and, by this reference, made a part hereof:

One Sanitary Sewer Cleaning Flusher Truck

Through virtual video conference, bids will be publicly opened, examined, and declared on said day and hour, and will be referred to the CVSan Board of Directors for subsequent action. Please contact CVSan at 510-537-0757 ext. 109 for virtual video conference details. Sealed proposals or bids for the furnishing of all materials and delivery to the CVSan of a Sanitary Sewer Cleaning Flusher Truck is to be done in strict accordance with said specifications.

All bids shall include the completed attachments: Attachment 1 "Flusher Truck Bid Specifications", Attachment 2 "CRT Specifications", Attachment 3 "Bid Form".

Payments for said Sanitary Sewer Cleaning Flusher Truck so ordered by CVSan shall be 100% of the contract price upon delivery of said equipment to the specified point and after invoicing and acceptance by CVSan. All bids are to specify a firm delivery date.

If product on which bid is submitted varies in any detail from these specifications, special mention must be made of each variance.

Submit any questions by January 28, 2021 to evan@cvsan.org. CVSan reserves the sole right to reject any and all Bids and to waive any informality in a Bid.

The successful bidder shall, within fifteen days after written notice that the contract has been awarded to them, enter into a contract with CVSan. All proposals or bids shall be delivered to CVSan on or before 2:00 PM, February 18, 2021 at the office located at 21040 Marshall Street, Castro Valley, California.

Bids shall be submitted in a sealed envelope bearing the name and address of the bidder and plainly marked:

NOTICE OF INVITING BIDS

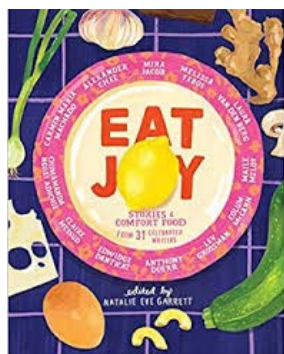
One Sanitary Sewer Cleaning Flusher Truck

A full version of the Notice Inviting Bidders is available online at 222.cvsan.org/oan for review.

By: _____

Roland P. Williams, Jr., General Manager
Castro Valley Sanitary District

Date: January 5, 2021



ALAMEDA COUNTY READS

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20 TRAILS TO CHOOSE FROM

Thousands of Hikers, Bikers Expected for Trails Challenge

By Ned MacKay
SPECIAL TO THE FORUM

With the arrival of the New Year comes another annual Trails Challenge in the East Bay Regional Park District. This is its 28th year.

Trails Challenge is the free, self-guided hiking and bicycling program offering everyone an incentive to explore new parklands or seek out new trails on familiar ones.

To enroll, all you have to do is visit the park district website at www.ebparks.org/tc. There you can download the Trails Challenge guidebook and maps of the 20 trails listed in this year's challenge.

Hike or ride any five of the listed trails, or 26.2 miles of trails within the park district. Submit your trail log online or by mail by Dec. 1 and receive a commemorative pin, while supplies last. The pins will be available in late June.

The park district also has scheduled free distributions of guidebooks and commemorative T-shirts from 10 a.m. to 2 p.m. on Saturdays and Sundays at tables set up in front of visitor centers.

One T-shirt per person and one guidebook per family will be available, while supplies last. The T-shirts are always popular, so supplies may not last long. Check with your nearest park district visitor center before you go.

All 20 featured trails are now available on the AllTrails app. First download the free app, sign-up and log in, then go to www.alltrails.com/lists/ebprd-trails-challenge-2021 and click on "Copy to my lists" followed by "Continue in App."

The featured trails will show under "Lists" in "Plan." The app indicates where you are on the trail, enabling easy return to the trail if you stray from it. You can also

record your hikes, and share your photos, comments etc. with others.

Trails Challenge is sponsored by the park district, the Regional Parks Foundation, and Kaiser Permanente HMO. Every year at least 10,000 people participate.

There's a challenge trail near you no matter where you live in Alameda or Contra Costa Counties. They range in difficulty from easy to strenuous, so there's something for every fitness level.

Some examples: there are easy challenge trails at Radke Martinez Regional Shoreline, Kennedy Grove Regional Recreation Area in El Sobrante, and Brushy Peak Regional Preserve near Livermore.

For a moderate hike, visit Coyote Hills Regional Park in Fremont, Reinhardt Redwood Regional Park in Oakland, or Wildcat Canyon Regional Park in Richmond.

see TRAILS on back page



PARK IT: Trails Challenge is the free, self-guided hiking and bicycling program offering everyone an incentive to explore new parklands or seek out new trails on familiar ones.

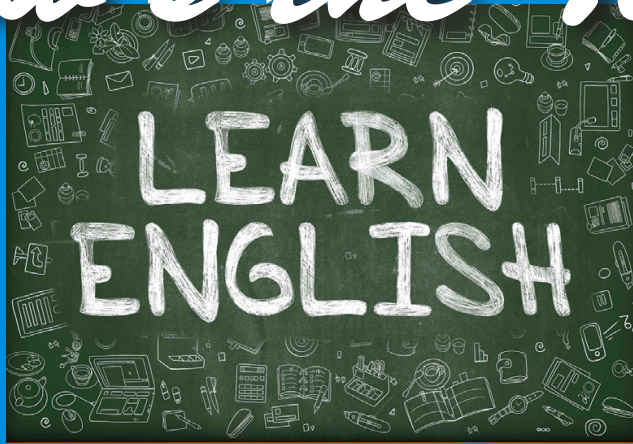
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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Housing Inventory at All Time Low

It is not your imagination: there are significantly fewer homes for sale than in recent years. In fact, according to a recent Realtor.com report,* we are down 39.6% nationwide over the same period last year.

The same report also reveals that, for the first time since the national numbers began being tracked, we have slipped under 700,000 homes for sale across the country. Total.

Those are shocking numbers and consistent with what we are seeing locally here in the Bay Area. In fact, it is safe to say that even with shelter-in-place guidelines, Realtors I have talked to cannot remember a December as busy as the one we just left.

With this mind, it is safe to say that we are still deeply entrenched in a seller's market. There is a critical difference, however, between this real estate market and the one we experienced just a few short years ago in the pre-COVID era.

Shelter-in-place and stay-at-home worker policies have ushered in a migration from urban centers such as San Francisco to the suburbs and beyond.

There is another significant change as well: given the opportunity to get more house for their money outside heavily populated city centers, migrating buyers are opting for single-family homes over condos and townhouses.

In fact, condos or townhouses that would have been very attractive to those commuting

into San Francisco a short while ago are now being overlooked. Translated: while the single-family housing market in the East Bay is as hot as it has ever been, the condo and townhouse market is ... not so much.

All of this means that buyers are out in hordes and prices for East Bay single family homes are continuing to soar. Interest rates also dropped this past week, adding more fuel to the fire.

Due to COVID-19 regulations, visits have been by appointment only: we were seeing 30-minute appointment slots to view homes, however, we are now seeing appointment windows dropping to 15 minutes for many properties. Even then,

time slots for nice, well-priced homes fill up fast and, in some cases, fill to capacity, leaving some buyer wannabes out in the cold.

I've even seen flaring tempers in cases where buyers either arrive late or take longer looking than their appointment allows.

We all hoped that with 2020 in the can, we might see saner days. If anything, 2021 is turning out to be even crazier.

*<https://www.realtor.com/research/december-2020-data/>

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.



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Root Prune from November to March

By Buzz Bertolero
Special to the Forum

I have a 10-year-old dwarf genetic peach in a large oak barrel. I want to relocate it while keeping it in the same container, but it's rooted into the ground. Should I cut off these roots or instead relocate them with the tree?

The simple answer is to cut off the roots that have grown into the ground at the soil line. But I have a couple of concerns. Ten years is a long time to be in one container. It's probably very root bound, so you're going to need to prune the roots also. If left untouched, the

peach will decline and eventually die from strangulation.

Hopefully, the oak barrel is still in good shape, as you'll need to remove the peach from the container to prune the roots.

I wouldn't be surprised that the barrel is deteriorating, so you may need a new container. Root pruning makes gardeners very anxious, as they're concerned that something negative will happen when pruning the roots.

The opposite is usually true, as plants benefit significantly from it. Its most significant benefit is that it allows you to keep a plant in the same size container indefinitely.

November through March is the best months to root prune plants. I'd tip the container over on its side to tug and pull at the tree until it comes free.

Next, reduce the root ball's size by removing four to eight inches from the sides and six to ten inches from the bottom. You'll need to use a pruning saw, or you can hack away at the root ball with a shovel.

The peach is then replanted in the container, adding new

potting soil to fill in the void.

In March, I'd reduce the top growth by a third in this case, to compensate for the root loss. Unfortunately, this will reduce the size of the crop. In the future, root prune every three to four years should keep the yield stable.

My second concern is that you're going to need to change your watering frequency this year. Before, the peach tree was sustaining itself in between watering from the moisture in the ground. Now, all the roots are contained within the barrel, so you'll need to water more frequently. Every day with temperatures over 75°F should be the norm. And finally, don't forget the nutrients; two applications of Osmocote in March and July should do the trick.

Note: Genetic dwarf peaches and nectarines began with the Flory Peach, now being called "Natural Dwarfs" to distance them from current "GMO" concerns. In the summer of 1939, a U.S. Army engineer in northern China obtained several peach pits, which he brought to Modesto. In the early 1960s,



fruit breeder Fred Anderson started making crosses with nectarines as well as did David Armstrong of Armstrong Nurseries. These trees are slow-growing, reaching a height of six to 10 feet. They're more a compact bush than the typical tree. An independent garden center is your best source for

these trees.

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



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Mortgage Rates Hit a New Low

Long-term fixed mortgage rates started the New Year with a new record low, according to Freddie Mac's nationwide survey.

The 30-year fixed-rate mortgage averaged 2.65 percent for the week ending January 7, down from the previous week when it averaged 2.67 percent. A year ago at this time, the 30-year FRM averaged 3.64 percent.

Fifteen-year fixed-rate mort-

gages averaged 2.16 percent, down slightly from a week earlier when it averaged 2.17 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 2.75 percent, up from 2.71 percent.

"Despite a full percentage point decline in rates over the past year, housing affordability has decreased because these low rates have been offset by rising home prices," said Sam Khater,

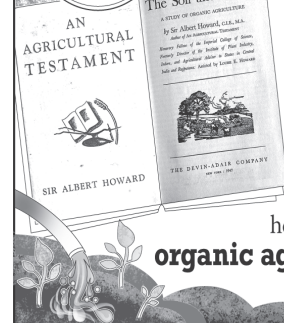
Freddie Mac's Chief Economist. "However, the forces behind the drop in rates have been shifting over the last few months and rates are poised to rise modestly this year.

"The combination of rising mortgage rates and increasing home prices will accelerate the decline in affordability and further squeeze potential homebuyers during the spring home sales season."

CROSSWORD PUZZLE ANSWERS



The Garden Bug



Sir Albert Howard was a British botanist who became an agriculture advisor in Indore, India in 1905. He studied the cultivation methods of the local farmers, such as composting, that returned nutrients to the soil, and observed that healthy people, healthy animals and healthy food all benefited from the effects of recycling earth-based materials. His influential 1940 book, *An Agricultural Testament*, is a classic organic farming text and helped develop wide-spread adoption of organic agriculture techniques. - Brenda Weaver

Sources: ifoam.org, inthevintagekitchen.com

WEEKEND GARDENER

Rainy-Day Chores

Though it hasn't been very rainy so far this January, more wet weather is likely this next week. Take this time to reassess your garden's "grand plan." Take a look at your yard in the winter grayness. If it looks too bleak, visit your local garden center to get ideas for what plants and shrubs look good during the winter season. And, if you enjoy growing plants from seed, this is the perfect time to get out those seed catalogs and start ordering. Spring will be here before you know it. Catalogs generally offer a greater variety of flowers and vegetables that you'll find on store racks.

Lawns

On dry days, rake up leaves and debris from the lawn so a buildup won't flatten the grass. Be careful about walking on the grass too much during downpours.

January Planting

This is the time to plant artichokes. Fill a hole with one part humus and two parts soil. Plant with the buds the surface of the soil and add mulch after growth starts. All other bare-root flowers, shrubs and berries can be planted now.

Bare-Root Plants

Artichokes, asparagus, rhubarb and strawberries are all available as bare-roots for planting now through February. Artichokes—Green Globe is the principal variety grown in California. Choose roots that feel solid, not mushy. Plant in full sun or partial shade, in rich well-drained soil. Give them plenty of space as one plant can grow five feet wide. If you don't harvest the 'chokes, they will turn into beautiful thistle-like blossoms.

Asparagus—Choose a variety that tolerates fusarium disease, (such as UC 157) with firm, pliable roots that are brown but not dry or brittle. Work the soil a foot or more deep, mixing in large amounts of compost. Dig a trench 8 inches deep and 12 inches wide. Spread some 5-10-10 fertilizer in the bottom, cover with an inch or two of soil, then set the roots 18 inches apart in the row and cover them with two inches of soil. As the new shoots come up, gradually fill in the trench with additional soil. Wait until the second year to harvest.



After 16 years as an agent in Castro Valley, I'm proud to announce the launch of my boutique team, Evolve Real Estate. I've had the good fortune to excel in this industry through a combination of hard work and empathy for my clients. It's always been my intention to provide stellar service and guide my buyers and sellers toward decisions that improve their lives.

Evolve Real Estate builds upon this ethos. Our name comes from our passion for the leading-edge, personally and professionally. After every success, we aim higher. We know there's no limit to how much we can grow. We also know that real estate is as emotional as it is financial, and we treat each with equal importance. It's our goal that our clients enjoy the security that comes from making a smart investment and the emotional fulfillment of making a milestone purchase. That's what has made us one of Castro Valley's top producing Real Estate Teams and it's what continues to drive us to succeed.

To learn more about Evolve Real Estate, please visit our new website at evolvereca.com

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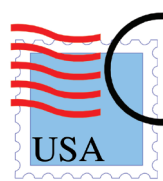
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LETTERS
TO THE EDITOR
FREDZ@EBPUBLISHING.COM**Diversity on the MAC**

Editor:

We applaud the honorable Alameda County Supervisor Nate Miley for recently appointing a South East Asian member to the Castro Valley MAC board.

With an open seat on the MAC, we have an opportunity to continue to diversify our representation. With that, we ask Supervisor Miley to do the right thing and appoint Monica Lee.

Not only would she be the only black representation on the MAC,

she also deeply cares about this community and her qualifications precede her. She is a lawyer with 35 years of experience practicing law, has a BS in business and law degree from UC Berkeley, is a former CVUSD board member, and a long time CV resident.

Her unique perspective and experience would help create a community we all are proud of and want to live in.

Our great community has grown to be richly diverse. This diversity has helped us become a more dynamic and beautiful place to live. Currently as the world, the nation, and our community grapple with Covid-19 and the systematic racism that still exists in our society, we have a lot of work to do.

As allies, we think it is important to have diverse leaders to ensure that all perspectives are taken into account, and benefits from policies are equitable for all.

As an unincorporated community, we do not have a local city government that takes into account the needs of our community.

There are only three governing bodies that focus solely on Castro Valley; the CV Sanitary District that is responsible to manage our waste and sanitary services, the CVUSD who is responsible for our schools, and the CV MAC who advises Supervisor Miley on matters concerning the government and community development in CV.

Please join us asking for Supervisor Miley's support in selecting a qualified woman, Monica Lee, to the CV MAC at 510-272-6694.

—Lavender Whitaker & Dolly Adams, Castro Valley

No More Fast Food Restaurants?

Editor:

I listened in on the MAC meeting Monday evening. The hot topic of conversation was the proposal to have a Chic-Fil-A fast food restaurant built at the corner of Stanton Ave. & Castro Valley Blvd. at the CV Lumber site.

The majority of the objections were because of traffic congestion both off of 580 west and entering 580 east. Emergency access to Eden Hospital along Stanton was also cited as a serious concern.

A few approved of the proposal stating that it would provide job opportunities and that they personally like the chicken sandwiches.

Here's my take as a 46 year resident of this community: We do not need another fast food restaurant in this town!

Chik-Fil-A had a drawing in front of their place on CV Blvd that said "Welcome to Castro Valley." Seriously... is that what we want? Chik-Fil-A to welcome people to our community?

How many years did it take for the Blvd. renovation? How many businesses went under because of it?

The MAC says their goal "...To enhance and create pedestrian oriented businesses, keep a distinctive small town charm, attract and retain small local retail and restaurant businesses.

How does a Chi-Fil-A at the corner of Stanton & Castro Valley Blvd. work towards that goal?

Are these goals just a platitude on paper or are you really looking after the community that you serve?

If Chic-Fil-A is allowed to build their establishment, you, the MAC will have failed your community in a most profound way!

—Katy Wright, Castro Valley

Concern Over Vaccine Distribution

Editor:

A presentation (furnished upon request) to the Alameda County supervisors on January 5 said the county (except Berkeley) received 60,075 doses of covid vaccine, has used 3,695 doses as of January 3, and expects to vaccinate 4,000 more on the week of January 5 (ie, last week).

Meanwhile, Governor Newsom, according to press reports, is opening sports stadiums in Southern California to administer the vaccine.

I have two questions: (1) What is Alameda county doing with the remaining 52,380 doses which it received? (2) Why does Southern California get special attention from the Governor, but not Alameda County?

—Joseph Grcar, Castro Valley

'An Orchestration of Lies'

Editor:

The frat party begun by Donald Trump and the Republican Party came to an ignominious crescendo last week. The agent provocateurs of these last four years now distance, and recoil in disbelief, at this culmination of a Presidency that had not wavered from its outset.

Mitch McConnell, Lindsey Graham, Kevin McCarthy, Mick Mulvaney, Ted Cruz, Mike Pence, et al, now want to rewrite the history for which they are all so complicit.

Adolph Hitler, Benito Mussolini, Slobodan Milosevic, Robert Mugabe, along with others, enjoyed the same stripe of bootlickers on their ascent to power.

The attack on the Capital, perpetrated no less than by some of my fellow USAF veterans, was an assertive demonstration of Republican leadership. Those wreaking havoc in the halls of Congress were not patriots, but frightened lemmings of information terrorism perpetrated by the executive and legislative branches of our Republic.

Scared of a true America that is inclusive and allows every adult to participate in democracy, the attempt to disenfranchise millions of voters continued at the hands of a sitting U.S. President, enabled and encouraged by the Grand Old Party.

Let's be crystal clear, ignorance is not at play here. Until it finally blew up in their faces, the orchestration of lies was carefully fomented

by those in the highest positions of public service. They have obfuscated the privilege to serve, and should pay the price at the ballot box. Those from California are McCarthy, D. LaMalfa, J. Obenolte, D. Nunes, M. Garcia and K. Calvert.

I helped put Ronald Reagan in the White House, and I can assure you he is spinning in his grave now. But, know one thing. If you are black, brown, LGBTQ, female, or disabled, this old white guy will defend your vote until my dying breath.

—Brian Smith, Castro Valley

Trump's Social Media Ban

Editor:

I believe that Trump being banned from major social media (especially Twitter) has hurt him as much as, if not more than, losing the election. Too bad it took so long.

—Chris Ackerman, Castro Valley

Recruiters Violating the Rules

Editor:

Military recruiters, love them or hate them, are an essential part of military readiness across all branches.

As a concerned citizen I ask: how is it acceptable for local military recruiters to work in a shared office space without masks, shields, or the most basic of safety precautions?

At all hours of the day, recruiters at the office located across the street from Chabot College can be seen conducting business with members of the public. These meetings are held indoors, with no masks, and zero responsibility.

This blatant disregard for public health and safety is unacceptable. How can we expect them to protect us when they cannot seem to protect themselves with something as basic as a mask? I'm sure wearing a piece of cloth over the face is nothing compared to a full combat kit overseas.

I expect the military to hold themselves to a higher standard, given that they have sworn to protect the United States against all enemies, foreign and domestic. COVID-19 is a global enemy, and it's time they uphold their oath.

—Lyn Miller
Castro Valley

LETTERS TO THE EDITOR must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. Not all letters are published. We do not publish anonymous or unsigned letters.

Email Letters to:

fredz@ebpublishing.com, or mail to:

The Forum, P.O. Box 2897, Alameda, CA 94501.

Newsom Recall Petition Drive

There will be an opportunity to sign the Governor Newsom Recall Petition this Sunday, Jan. 17, from noon to 4 p.m. at the corner sidewalk area at Castro Valley Blvd. and Redwood Road, near Safeway. For more information, visit recallgavin2020.com/

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Karen Patricia Wehrman

November 5, 1945 ~ December 26, 2020

Karen and her younger brother David were born to Rayma and Evalee Perdew in Oakland California. She attended Hayward High School and earned an early childhood development degree at Chabot College which she put into practice when she became the owner of Avenue Pre-schools in San Leandro in 1972, eventually retiring in 2012.



Karen will be remembered for her curiosity about the world she inhabited. Her love of family and friends. And her love of animals and nature. She fed that curiosity with books, travel, lectures, plays, art and music. She read every day, traveled to over 35 countries, many of them multiple times. And never missed the chance to see an art exhibit or a concert.

More than anything she enjoyed the time spent with family and friends. Always making plans to get together, never forgetting a birthday or anniversary.

If she was walking at Lake Chabot or trekking in the Himalaya she would always stop to watch a bird or animal she encountered. Always disappointed that she did not have her binoculars with her to get a better look.

Karen was active in her community as Past President of both the Rotary Club of San Leandro and the Castro Valley Ski Club.

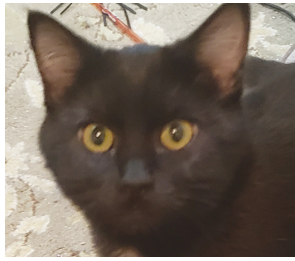
Karen had 2 sons Brian and Greg with her late husband George Wehrman and found love again with her husband James Silva. They had been together for 35 years. Grandmother to Alexandria, Kylie, Tyler, Tavia, Kenzie and Kaylee.

She was a beloved friend and confidante. Her passion for life will be greatly missed.

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MISSY is a pretty 4 month old dilute Tortoiseshell with a sweet, innocent face. She's shy initially, but warms up with a little TLC. Missy is spayed, vaccinated, microchipped and FIV/FELV negative. For more information, please email: Loveall-pawzrescue@gmail.com.



LAGUNA is an active, 6 month old beauty with sleek black fur and amber eyes. She'd love a home with another young cat to play with. Laguna is spayed, vaccinated, microchipped and FIV/FELV negative. For more info, email: Loveallpawzrescue@gmail.com.



PRIMROSE is a sweet 3 year old girl who enjoys attention. She has some vision loss from an infection she suffered as a kitten and would like a calm indoor-only household where she can live as a companion cat. To adopt call Hayward Animal Shelter (510) 293 - 7200.



CHARLEIGH is a spayed 4 year old friendly girl who loves tennis balls and squeaky toys. She also likes getting back scratches and loves attention. She would like a home with older children and to be the only dog. To adopt call Hayward Animal Shelter (510) 293 - 7200.

Restrictions: Extended

continued from front page

Despite the dire warnings, County Public Health said the vaccines being distributed are potent enough to tackle the new COVID-19 variant.

The first round of 13,000 injections delivered to the County was distributed based on the state guidelines. The first grouping (Phase 1a) included first responders, frontline healthcare workers, and those in long-term care facilities.

"Optimistically, we hope to complete Phase 1a by the end of January, but this will depend on vaccine availability, logistics, and uptake," Balram said adding that adults aged 75 and older are in Phase 1b along with educators, childcare workers, and those in the food and agriculture industry.

People who aren't high risk for exposure or severe illness may expect to be vaccinated in spring to summer, but many will be in Phase 1b because of their occupations, Balram said.

"We will directly contact people through various channels, including employers, community-based organizations, health plans, and through public announcements," Balram said.

Meanwhile, businesses and schools are in a state of flux while their plans to reopen continue to readjust.

In an open letter to parents last week, Castro Valley School District Superintendent Parvin Ahmadi recognized the tremendous effort needed to support student academic, social, and emotional needs while in distance learning.

Governor Gavin Newsom outlined a plan on Monday to help schools return students to in-person learning faster. However, much larger districts such as San Leandro and Castro Valley say they will wait until more people are waiting until the Bay Area has achieved "moderate" status where no more than 3.9 daily new cases (per 100,000) are reported.

Spectrum Virtual Discussion

Caryl Mahar, Development Director of Spectrum Services in Hayward, will speak to the Castro Valley Women's Club at 1 p.m. next Wednesday, Jan. 20, via Zoom.

Mahar will discuss how Spectrum, which was established in 1971, enables seniors and low-income families to live healthy lives

in Alameda County by enhancing their quality of life and helping them age at home with dignity.

The public is invited to join the meeting online by calling 510-461-7692.

For more information, visit www.castrovalleywomensclub.weebly.com.

MARTIN LUTHER KING, JR. DAY

Monday, January 18, 2021

● Holiday Schedules

Martin Luther King, Jr.'s Birthday (Jan. 15, 1929) is observed on the third Monday in January and is a federal, state, county and city holiday. Except for emergency services, all government offices will be closed, as will stock exchanges, banks and other financial institutions. Most other business offices, stores and restaurants will operate on a normal schedule.

BART will operate on a Saturday schedule. AC Transit will operate on a Sunday schedule.

Garbage pickup service by ACI will be normal, but Castro Valley Sanitary District offices will be closed. Call 510-506-5821 for sewer emergencies.

● MLK Day Events

In a normal year, a number of organizations would be sponsoring rallies, marches, readings and other events in the East Bay to celebrate Civil Rights Leader Rev. Martin Luther King, Jr. For a list of volunteer actions from your home for MLK 40 Days of Service January 15 to February 28, 2021, please visit www.oaklandca.gov/topics/mlk-40-days-of-service-at-home-actions.

MAC: Chick-fil-A Discussion

continued from page 2

Speaker Benjamin Passui said his religion prohibits him from eating beef, so he'd like another chicken option in Castro Valley. Others said that Chick-fil-A has a quality product and the business would bring decently paying jobs for young people in the community.

"They employ a lot of young people at a competitive wage," said a man named MG. "The area is already in use for fast food. I think it would be an absolute improvement from what is currently

in that intersection."

The discussion was for informational purposes only and no vote was taken. In the end, MAC member Chuck Moore told the Chick-fil-A representatives that he'd like the restaurant to open somewhere in Castro Valley, but that exact location would not be ideal and it would be doubtful a variance would be granted in the future there.

"It's a quality product," said Moore. "It's the In-n-Out Burger of chicken."

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NOW OPEN 7 DAYS! 8am-8pm

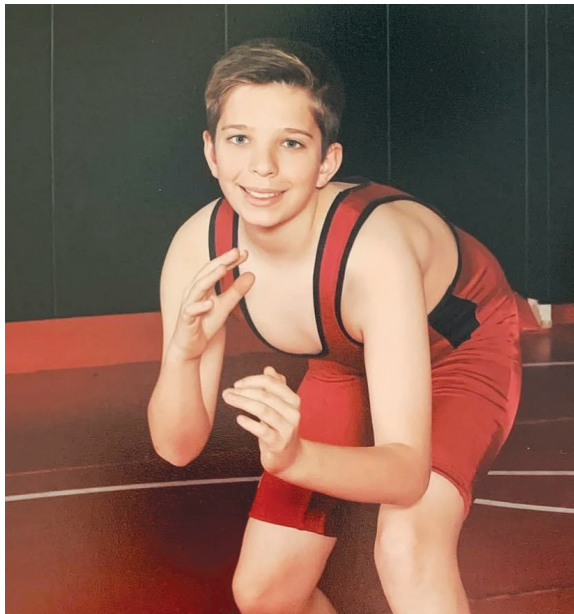
ATHLETE OF THE WEEK

Erik Greene

Our Athlete of the Week is Erik Greene. The 8th Grade wrestler at Canyon Middle School is a leader on the team on and off the mat since first competing for the Condors back in 6th Grade.

His coaches say, Erik is a warrior— battling through injury and shortened seasons while never losing focus on his personal and his team's goals.

Currently, Erik is fighting a much tougher opponent. He is fighting against Stage 4 Metastatic Alveolar Rhabdomyosarcoma. Erik's family has set up donation pages on MealTrain.com and GoFundMe.com to help support Erik's battle.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



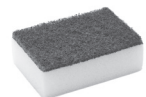
**Youth Baseball and
Flag Football Programs**
www.CVSPORTSLEAGUE.org



DON'T FLUSH THESE DOWN THE DRAIN



Disposable Wipes:
Baby, Sanitary, & Antiseptic



Cleaning Rags
& Sponges



Towels, Wash Cloths,
& Underwear



Diapers & Disposable
Undergarments



Feminine Sanitary Napkins,
Tampons, & Applicators



Cotton Balls, Swabs,
& Makeup Pads



Facial Tissue &
Paper Towels



Hair



Bandages &
Bandage Wrappings



Prescription & Over-the-
Counter Medications



Toys



Kitty Litter &
Aquarium Gravel

Toilets are only meant for one activity, and you know what we're talking about! When things other than **pee, poop, and toilet paper** are flushed down the toilet, it causes problems in your home's lateral and the public sewer main. Results can include costly backups causing damage to private property and CVSan's wastewater collection system.

CASTRO VALLEY SANITARY DISTRICT

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Trails: Hikes To Consider

continued from page 5

Challenging hikes are available at Black Diamond Mines Regional Preserve in Antioch, Las Trampas Regional Wilderness in San Ramon, and Tilden Regional Park near Berkeley.

The guidebook also has lots of good information on safety, equipment, and hiking with kids and pets.

Unfortunately we are all still contending with the effects of the Coronavirus pandemic. So the park district urges everyone to visit the parks only with immediate family or household members. Also please observe social distancing of six feet, and have masks available for use when social distancing is impossible, such as on narrow trails or at park gates.

Please pack out your trash; do not leave trash or dog waste bags on the trail.

The good news is that although all visitor centers remain closed to the public, several parks that were initially closed have now reopened. These include Round Valley south of Brentwood, Shadow Cliffs in Pleasanton (with boat launch by hand only), and Sunol Regional Wilderness in southern Alameda County.

For up-to-date information on what's open or closed, click on "COVID-19 Closures" at the top of any page at the park district website.

Here's a retraction of sorts. I've been recommending the Stage Road Trail at Diablo Foothills in Walnut Creek as a good, relatively mud-free place to hike.

However I was out there recently after light rains, and a lot of the trail is pretty soft under foot. The mud isn't deep, but it is slippery. Not to mention the four stream crossings within the park. Pine Creek has been bone dry, but will likely be wet now that it has rained.

This time of year, a good tactic is to have a cardboard box and a pair of dry shoes in your vehicle. After the hike, you can put your muddy boots in the box and wear the spare shoes home.

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



"Feather" by Debra A. Collins

Pen Women's Art Show Features Four CV Artists

The National League of American Pen Women is the oldest profession organization for women artists, writers, musicians, and allied professionals in the U.S.

Organized in 1897 by Marian Longfellow O'Donoghue, who wrote for newspapers in Washington D.C. and Boston, it began with just 17 members. Professional credentials were required and the women determined that Pen Women should always be paid for their work.

A year later, the organization counted more than 50 members from New York to California.

Today its members work for equity, promoting the creative efforts of women, arts education for all, and mentoring emerging female artists.

The local branch holds an art show each year, generally at the Hayward City Hall. This year, the Pen Women Diablo-Alameda Art Show is online. It includes works by Castro Valley artists Winifred Thompson, Ruey Syrop, Debra A. Collins and Ann Maloney-Mason. It also includes a second video of artists' talks by all the contributors to the show.

These videos can be accessed through YouTube via search for Pen Women Diablo-Alameda Art Show 2020 or using these links: debra.artist.collins@gmail.com (contact by email) youtu.be/M3J3PK56hpQ (direct youtube link)

FILED DECEMBER 11, 2020
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 575171

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Becky Rich Coaching located at 3460 Remco Street, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Rebecca Rich, 3460 Remco Street, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A.

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

Expires DECEMBER 11, 2025
DEC 30, 2020, JAN 06, 13, 20, 2021
307-CVF

FILED DECEMBER 3, 2020
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 574967

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Eden Music & Arts located at 4962 Vannoy Avenue, Castro Valley, CA 94546, mailing address 3056 Castro Valley Blvd #57, Castro Valley, CA 94546 in Alameda County, is hereby registered by the following owner(s): Marcella P. Schantz, 4962 Vannoy Avenue, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A.

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

Expires DECEMBER 03, 2025
DEC 30, 2020, JAN 06, 13, 20, 2021
308-CVF

FILED DECEMBER 3, 2020
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 574969

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business(es):
Siena Music located at 4962 Vannoy Avenue, Castro Valley, CA 94546, mailing address 3056 Castro Valley Blvd #57, Castro Valley, CA 94546 in Alameda County, is hereby registered by the following owner(s): Marcella P. Schantz, 4962 Vannoy Avenue, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced 07/12/1999.

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

Expires DECEMBER 03, 2025
DEC 30, 2020, JAN 06, 13, 20, 2021
309-CVF