

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 32

WEDNESDAY, JULY 22, 2020

NO. 30

INSIDE YOUR FORUM

NEWS



Fresh and Glean

Gleaners harvest nearly a ton of citrus which was donated to food pantries

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HEALTH



This Bites

Mosquito season means people are vulnerable to other serious illnesses

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NEWS



Out of This World

Catch a glimpse of the Comet Neowise before it zips away into space

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PHONE: (510) 614-1560



PHOTO BY LINDA SANDSMARK

Krystie Gomes of Castro Valley enjoyed a 12th birthday parade of over 100 cars and several Alameda County fire engines past her home, where she is recovering from bone cancer.

A Special Birthday Parade

By Linda Sandmark
CASTRO VALLEY FORUM

Over 100 vehicles paraded past a Castro Valley girl's home to help celebrate her 12th birthday on July 14.

Young Krystie Gomes has been sidelined for the past six months by her battle against osteosarcoma bone cancer, in addition to quarantines for COVID-19.

"She had no idea this was going to happen," says Krystie's mom Kathy Feder. "I want to say thank you to the community for coming out to help Krystie celebrate her 12th birthday. They really rallied around her, as they have ever since her diagnosis January 24."

Krystie's dad, Kenny Gomes, helped her to the driveway of their Crow Canyon Road home, where she was able to see and wave to her friends and relatives — using social distancing and masks.



Krystie Gomes

The parade of well wishers included several fire trucks, a UPS delivery van, jeeps, passenger cars and a "party truck" that brought music and a mobile bubble machine.

Krystie is a Castro Valley native and the youngest of four children. She attended Canyon Middle School as a sixth-grader and was a fierce competitor in club soccer and club volleyball.

In August 2019 she had some leg pain, which everyone attributed to a sports injury. When the pain didn't improve and she started losing weight, her physical therapist suggested an MRI. This led to the January diagnosis that no parent wants to hear: cancer.

Chemotherapy has kept Krystie hospital-and-homebound ever since.

Krystie had a round of chemo the week before her birthday, and another shortly after her birthday. She has been through a nine-hour leg salvage surgery, and there are an anticipated six more chemo treatments in her future.

"Krystie has been nothing short of amazing through all this," says Kathy. "She continues to stay positive and smile through the toughest of times. She has taught me to be grateful and enjoy every day and not worry about the little things."

see BIRTHDAY on page 3

Castro Valley Schools to Start Year in Virtual Mode

By Michael Singer
CASTRO VALLEY FORUM

Castro Valley students will return to school this year in the same way they left it back in June: at home behind a computer screen.

Castro Valley Unified School District announced last Thursday that students will start the 2020-21 school year on Aug. 13 with a virtual learning model.

Virtual learning means that students will work online at home while the teacher assigns work and checks in digitally. There is no in-person interaction between teachers and students during virtual learning. Instead, the instruction would include a combination of video conferencing, web-based activities, and potentially discussion boards for the older grades.

"I know that families have had

to make tremendous sacrifices including continuing to do their work and fulfilling many of their responsibilities as well as helping their children with distance learning," Superintendent Parvin Ahmadi said in a statement. "We want nothing more than to have you back in school, we really do miss you."

Under the District's plan, students will enroll in either the

CORONAVIRUS

Hair, Nail Services Resume Outdoors

By Michael Singer
CASTRO VALLEY FORUM

Need a haircut? How about a manicure?

California Governor Gavin Newsom announced this week that personal services like hair, nails, and massage can now operate if they are conducted outside.

The revised July 20 guidance includes counties that have been on the Monitoring List for 3 consecutive days, such as Alameda and Contra Costa.

As California reopens, the governor reminded people that every business will need to create a safer, low-risk environment to protect workers and customers.

Employers are asked to keep workers home if they exhibit symptoms of COVID-19, such as a fever or chills, cough, shortness of breath or difficulty breathing. Employees without symptoms who have been diagnosed with COVID-19 can return to work only if 10 days have passed since the date of the first positive COVID-19 test, according to the State's guidelines.

"It is important to recognize what is self-evident, which is it is our decisions that will determine our fate and future as it relates to the spread of this virus," Newsom said during his Monday press conference. "It is our decisions that will determine how quickly our children go back to school. It is our decisions that will determine what kind of activities we will enjoy with our friends and family. It is our decision, personal and in total, that will determine how quickly our business sector can reopen

with some semblance of the way things used to be."

Oakland Zoo to Reopen, Al Fresco Dining Resumes

Late last week, Alameda County Supervisors asked for a few exceptions to the state's shelter-in-place orders. State health officials will again allow outdoor dining and certain venues like the Oakland Zoo to operate.

The announcement comes after a week of setbacks in the Bay Area where increases in the number of people infected by — and dying from — COVID-19 hit more than 200 new cases five out of seven days, the highest point since March. This week, fewer than 40 new cases were reported.

"While Alameda County remains on California's Monitoring List because local case rates remain higher than 100 per 100,000 per day, we will remain paused in our reopening plans and will continue to align with the State's orders for Monitoring List counties," Alameda County Health Services spokesperson Neetu Balram said in a statement.

see RESUME on page 4

Castro Valley
Confirmed Cases = 265

Alameda County
Confirmed Cases = 9,256
Deaths = 162

California
Confirmed Cases = 391,538
Deaths = ???

as of July 20, 2020

Castro Valley Weather July 22-26, 2020



Wednesday
Mostly Cloudy
High 74° Low 58°



Thursday
Mostly Cloudy
High 74° Low 58°



Friday
Mostly Sunny
High 71° Low 57°



Saturday
Mostly Sunny
High 76° Low 54°



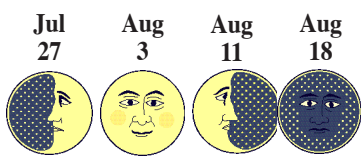
Sunday
Mostly Sunny
High 78° Low 57°

Almanac



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

Moon Phases



Sun sets at 8:26 p.m. today, rises at 6:06 a.m. Thursday.

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

Schools: Erring on the Side of Caution

continued from front page

the District's application page. "If a student commits to participate in virtual learning then decides to transfer back to a more traditional model of instructional delivery, school placement cannot be guaranteed and will be dependent upon space availability."

CVVA was already being used as part of Redwood High School's alternative program before the COVID-19 pandemic. The Virtual Academy is Western Association of Schools and Colleges (WASC) accredited for high school instruction and everything taught helps students go straight to a 4-year university.

The District says concurrent enrollment means that if there are specific classes that CVVA doesn't offer, students can take those classes at CVHS.

Castro Valley's virtual approach is a quick pivot from last month when the Board was ready to adopt a hybrid model—a combination of in-person and distance learning that included small group instruction, or cohorts.

But with the uptick in COVID-19 infections in Alameda County, and California Governor Gavin Newsom's directive for schools, Castro Valley will not return to in-person instruction until it is safe to do so. The District says it is still negotiating with teachers unions and other groups on a blended teaching model if the County Health Department allows for in-classroom instruction.

"We recognize that this is incredibly complex, and the stakes are high so erring on the side of caution is the best approach. We are pleased that CVUSD will be

starting with 100% distance learning," Castro Valley Teachers Association President Mark Mladinich told the Forum. "The safety of our community is paramount. We met with and will continue to meet with our teachers. We met with parents, we regularly meet with other teachers' unions and attend weekly CTA meetings to see what our teachers and community's concerns are and, in every discussion, it circles back to the safety of our community."

The District says all classes will be taught by district Teachers. Elementary students (Grades TK - 5) will meet virtually with a teacher multiple times a week.

Secondary students (Grades 6 - 12) will work more independently with teacher check-ins once or twice a week, with multiple opportunities to receive support from their teacher during virtual office hours.

To keep instruction consistent, every student will be provided a *see SCHOOLS on page 4*

Work Still Fruitful for Gleaners

Gleaning, the harvesting of extra fruit or vegetables for those in need, has been around for centuries and today has become a great way to work outside and give back to the community.

During its annual Zero Waste Week in February, Castro Valley Sanitary District (CVSan) organized some 40 volunteers into a two-hour gleaning event, harvesting nearly a ton of citrus, which was donated to Castro Valley food pantries.

Three of those volunteers were inspired to continue gleaning for Castro Valley food pantries, so they contacted CVSan. With a little information and two fruit pickers donated by CVSan, Grazyna Fedorowicz, her daughter Agata and son Adam were anxious to glean on their own.

Since March, the family has gleaned grapefruit, lemons, loquats, and oranges from authorized back yards and donated the fruit to Feed the Flock Program at Faith Lutheran Church, Tiny Homes at First Presbyterian Church, and the Farm-acy Program at the Dig Deep Farms Food Hub in San Leandro.

see GLEANERS on page 4



PHOTO COURTESY OF CVSAN

Grazyna Fedorowicz and son Adam reaching high on a lemon tree while gleaning in Castro Valley in June.

CVSan Directors Unanimously Vote to Provide Financial Relief to Customers

Directors of the Castro Valley Sanitary District have unanimously voted to waive rate increases for sewer service charges that were to have taken effect two weeks ago.

By passing the COVID-19 Emergency Rates Relief Act (CERRA) last week, CVSan became the only one of 19 local sanitary districts to truly waive the planned rate increase this year.

The district will accommodate the reduction in revenue of \$500,000 for the 2020-2021 fiscal year by making one-time budget cuts, and accessing cash reserves

in the event cost-cutting measures do not cover the loss in revenue.

"As members of the community, CVSan Board Members and staff understand the challenges both personally and economically COVID-19 has brought into all our lives," stated CVSan General Manager (GM) Roland Williams. "CVSan customers should know that this rate

waiver will not impact the services we provide and that we will continue to provide the essential wastewater services that you rely on."

The decision to waive the rate increase will result in approximately \$20 in savings for the average residential customer.

"Unprecedented times call for unprecedented measures. Fortunately, due to our long-standing history of financial responsibility, we can help our community in its time of greatest need," Williams said.



Roland Williams

A FREE WEBINAR

FIVE WISHES

A unique approach to end-of-life planning



HOPE
Hospice & Palliative Services

Preparing for the eventuality of the time when you will pass on is a priceless gift you can leave your loved ones. But pondering medical what-ifs and choices may not be easy conversations to have with your family. Join Hope Hospice as we discuss *Five Wishes*, an easy-to-understand advance healthcare directive that helps you evaluate and record your desires in critical areas of concern.

July 29, 10-11:30 a.m.
August 5, 4:30-6 p.m.
(same program, offered twice)

Register at [HopeHospice.com/townhall](https://www.HopeHospice.com/townhall).
This is a free webinar.

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PHOTO COURTESY OF HAYWARD CHAMBER OF COMMERCE

Hayward Mural Project Brings a Touch of Rome to the Former Bank of Italy Building at B and Main Streets in downtown Hayward.

A 'Touch of Rome' in Hayward

A team of accomplished mural artists is bringing a touch of Italy back to the historic former Bank of Italy building at the northeast corner of B and Main streets in downtown Hayward.

The outside north wall of the iconic structure opens onto a small parking lot and at the top the muralists are painting the scene of a piazza in Rome.

Leading the team is Hayley Ferreira of The Bay Area Muralist and her group of helpers includes Julia Rose Morgan of Aerose Art, Hayward resident Glenn Case, and Gustavo Camargos.

Inspiration for the design comes from the building owner, Al Antonini. The project is funded by Cookies Hayward, expected to open as a cannabis dispensary in the former bank later this summer.

According to the Hayward Area Historical Society, The Bank of Italy celebrated its grand opening on Feb. 14, 1928 and was built at a cost of about \$120,000 by San Leandro contractor George Peterson.

The Bank of Italy was in place until the fall of 1930, when the corporation became the Bank of America that would occupy the building until July 1950.

see ROME on back page

County Fire Chief David Rocha to Retire

Chief David Rocha of the Alameda County Fire Department will retire effective Saturday, Aug. 15, after a 33-year firefighting career.

Rocha had informed the Alameda County Board of Supervisors of his plans to retire last fall, saying he would stay on until a successor was named. He will be replaced by Las Vegas Fire Chief William McDonald, effective Aug. 17.

Rocha started his firefighting career in 1987 in San Leandro. He served in several capacities – fire inspector, engineer, captain, battalion chief, and deputy fire chief

before being appointed fire chief in 2014. He previously worked for a private ambulance company.

Rocha played a key role in the fire department's consolidation efforts including the implementation of the Alameda County Regional Emergency Communications Center, which dispatches fire apparatus, ambulances and fire and rescue mutual-aid resources for 16 California counties.

Rocha was named the California Fire Chiefs Association's Ronny J. Coleman Fire Chief of the Year in 2019.



Alameda County Fire Chief David Rocha

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Joy Ride Ends in Arrest

Saturday, July 18: at 5:10 a.m., Sheriff's deputies pulled over and arrested a 33-year-old man from Castro Valley on suspicion of driving a vehicle that had been reported stolen, possession of stolen property, and resisting arrest. The man was traveling on Robey Drive near 170th Avenue when deputies caught up with him. The man was taken into custody.

Found in Contempt of Court

Saturday, July 18: at 2:24 p.m., a 65-year-old man with no permanent residence was arrested on suspicion of failing to register with authorities on his status as a transient. Deputies stopped the man for questioning outside a convenience store on Redwood Road near Grove Way when they identified him as having a court-issued requirement. The man was taken into custody.

Two Arrested Following Argument with Manager

Thursday, July 16: at 9:19 a.m., two men from Castro Valley were arrested after they got into a screaming match with the manager of a convenience store on Redwood Road near Grove Way.

Deputies were called to the scene after the manager called to complain that a 23-year-old man who had been barred from the store was back with a friend, a 34-year-old man. The younger suspect was charged with violating a court order to stay away from the business while the older suspect was charged with possession of illegal drug paraphernalia. Deputies took both men into custody.

Wanted Man

Wednesday, July 15: at 3:20 p.m., deputies served a warrant at a home on Knoll Way near Gail Drive. The suspect, a 43-year-old man from Castro Valley, had

violated the terms of his parole. Deputies also found the man to be in possession of illegal drug paraphernalia. The man was taken to Santa Rita Jail pending bail.

Refused to Stay Away

Monday, July 13: at 2:58 p.m., a 58-year-old woman was arrested on suspicion of violating the terms of a court-issued restraining order. Deputies were called to a home on Theresa Court near Grove Way to investigate a suspicious person report. The woman fitting the description had been asked to stay at least 100 yards away from the home. Deputies took the woman into custody.

Birthday: Donations for Osteosarcoma Awareness

continued from front page

Osteosarcoma is the most common type of bone cancer. It is usually found at the end of long bones, often around the knee. Most people diagnosed with osteosarcoma are under the age of 25.

As part of Osteosarcoma Awareness month, the family requests that donations be made to UCSF

Benioff Children's Hospital Foundation in Oakland, in the name of Krystie Gomes.

Unfortunately, insurance will not cover all of the cost of Krystie's treatment.

Anyone wishing to support the family is welcome to donate at <https://www.gofundme.com/f/campaign-for-krystie>

NOTICE INVITING BIDS

Notice is hereby given that sealed bids will be received by the Castro Valley Sanitary District in their office located at 21040 Marshall Street, Castro Valley, CA 94546-6098, at any time prior to 2:00 p.m., on Tuesday, August 18, 2020 for furnishing all labor, materials, equipment, and services for the construction of improvements designated as:

AERIAL PIPELINE AND PUMP STATION REHABILITATION PROJECT, CVSan PROJECT NO. 94 (2019-01)

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.

A pre-bid conference will be held at 2:00 p.m. on Thursday, July 30, 2020 through virtual video conference. Please contact CVSan at 510-537-0757 ext. 109 for virtual video conference details.

All of said work is to be done in accordance with the Contract Documents, at the places and in the particular locations, of the form, sizes and dimensions and of the materials, and to the lines and grades and at the elevations as shown on the Plans and Specifications made and approved by CVSan.

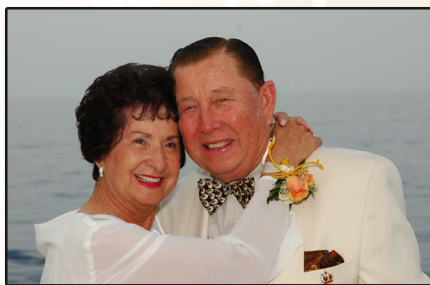
Physical copies of the Contract Documents will be available by mail from the Castro Valley Sanitary District, 21040 Marshall Street, Castro Valley, CA 94546 where they may be obtained for a non-refundable \$85.00 charge. Contract Documents mailing charges will be waived for this project.

Each Bid must conform and be responsive to the invitation, the Plans and Specifications, and all documents comprising the pertinent Contract Documents. Each Bid shall be presented under sealed cover and shall be accompanied by a certified check, cashier's check, cash or bidder's bond, made payable to CVSan, in an amount not less than ten percent (10%) of the bid. The said check shall be given as a guarantee that the Bidder will execute the Contract in conformity with the form of agreement contained within the Contract Documents and will furnish bonds and insurance policies as specified within five days after notification of the award of the Contract to the successful Bidder.

CVSan reserves the sole right to reject any and all Bids and to waive any informality in a Bid.

No Bidder may withdraw its bid for a period of 60 days after the date set for the opening thereof.

At the successful Contractor's option, securities may be substituted for the required retention, in accordance with the provisions of Section 22300 of the State of California Public Contract Code.



Jim and Bobbie Knappe Celebrate 66 Years!

Castro Valley residents, Jim and Bobbie Knappe, celebrated their 66th wedding anniversary on July 11, 2020. In the presence of a few family members and friends, they received a wedding blessing by their son-in-law followed by a song to Bobbie "Girl of my Dreams". It concluded with an outdoor luncheon. They were married in 1954 at the Saint Louis Bertrand Catholic Church located in Oakland. They have 3 children, 10 grandchildren and 9 great grandchildren. How blessed they are to have been touched by God's grace, with support & love of family and friends. Congratulations!

HEALTH & FITNESS

Don't Forget that Mosquitoes Are Spreaders of Disease Too

As the weather heats up and we spend more time outside, mosquito experts encourage community members to protect themselves from mosquitoes and the diseases they can spread when they bite.

While COVID-19 remains in the front of everyone's mind, the mosquito season means that both people and animals are vulnerable to other serious illnesses.

West Nile virus is the most prevalent mosquito-borne disease in the U.S. according to the CDC. California had the highest number of West Nile virus disease cases (225) in the nation in 2019. Comparatively, Texas had 32 cases, Florida had two.

There is no human vaccine for West Nile virus, a disease that can cause debilitating cases of meningitis, encephalitis, and even death.

However, West Nile virus isn't the only mosquito-borne threat in California. Newly established invasive Aedes mosquitoes can transmit viruses such as chikungunya, dengue, and Zika, all of which are costly to treat and can have long-term health and financial consequences.

These mosquitoes are established in many areas of California and are steadily expanding their range.

"While COVID-19 is not transmitted by mosquitoes, infected mosquitoes pose other public health threats," said Peter Bonkrude, president of the Mosquito and Vector Control Association of California.

"The best way to protect yourself from mosquito-transmitted diseases is to prevent mosquito



While COVID-19 remains in the front of everyone's mind, the mosquito season means that both people and animals are vulnerable to other serious illnesses.

bites. Wearing insect repellent is important as is eliminating all standing water which can create mosquito breeding sources."

Californians can take easy actions to prevent mosquito breeding and protect themselves from mosquito bites. To help prevent mosquito bites:

- Apply insect repellent containing EPA-registered active ingredients, including DEET, picaridin, oil of lemon eucalyptus, or IR3535, according to label instructions. Repellents keep mosquitoes from biting. It is important to follow EPA and CDC guidelines for the safe use of repellents on children.

- Dress in long sleeves and pants, especially if outside at dawn and dusk when mosquitoes that can spread West Nile virus are most active.

Install screens on windows and doors and keep them in good repair to keep mosquitoes out of your home.

- Eliminate all sources of standing water on your property, including in flowerpots, old tires, buckets, pet dishes, and trash cans because mosquitoes lay their eggs in very small amounts of standing water.

Repair leaking faucets and broken sprinklers.

- Clean rain gutters clogged with leaves.

- Report neglected swimming pools and day-biting mosquitoes to your local mosquito and vector control agency.

For additional information on mosquitoes and mosquito-borne diseases please visit the Mosquito and Vector Control Association of California at www.mvcac.org.

COVID: Cope with Stress, Protect Health

By Dr. Nammy Patel, DDS
SPECIAL TO THE FORUM

The millions of infections and hundreds of thousands of deaths that the COVID-19 pandemic has brought globally are creating stress over everything from personal health to employment, lifestyle, and finances.

Given these difficult circumstances, it's more important than ever for people to know about coping mechanisms to better manage stress, protect their immune system, and increase their chances of staying healthy.

COVID is maximizing stress for so many people. It has a far-reaching impact into every part of our

lives, and if we don't manage the stress, it severely affects our bodily systems – causing burned-out adrenals, high cortisol, and thyroid issues, to name a few consequences of high-stress levels.

Thus, the immune system is lowered, and we are more vulnerable to illness.

This era we are living in is very traumatic, and it's very concerning. In dentistry, gum disease, sleep disturbances or apnea, and teeth breakage can all be evidence of stress.

Poor oral health, as studies show, can be a gateway to medical issues. People often don't identify how much stress they're under, and how it's affecting them physically, until they actually get sick.

Incorporate these suggestions into your daily life to better deal with stress:

- Adhere to a healthy diet. While in quarantine or a new normal in which people are spending the vast majority of their time at home, having healthy foods at home and not over-snacking are vital considerations.

see COPE on page 11

ATHLETE OF THE WEEK

Kris Darrin

Kris Darrin is our Castro Valley Athlete of the Week. Kris graduated from Castro Valley High School with honors and played four years on the Boy's Wrestling Team.

Kris spent a total of eight years in wrestling programs and will continue his career at the NCAA D2 program in West Virginia where he will be attending Wheeling University with an engineering degree.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

Youth Baseball and Flag Football Programs
www.CVISPORTSLEAGUE.org

Gleaners: Will Continue as Long as Residents Donate

continued from page 2

What they have done is impressive.

"Healthy foods are medicine and by gleaning we are diverting vitamin-rich food from going to waste, while also providing nutrition to our community," says Grazyna. "This is especially important now due to the hardships the pandemic has caused. Through this activity, we've been meeting wonderful neighbors who donated their fruit."

Some of them expressed interest in helping with future harvests, she says, calling it a "win-win effort" and promising to continue as long as local residents are willing to do

nate their extra produce.

When it comes to reducing waste, Grazyna does not stop at gleaning – she has started a communal organics bin program at the Homeowner's Association community where she is President. In addition she is leading recycling efforts and substituting chemicals and plastics with greener products at both work and home, a shining example of how to reach higher to reduce waste on the path to zero waste.

If you have any trees or plants that you would like Grazyna and her family to glean fruits and vegetables from, email her at gleaning-cv@gmail.com.

Schools: CV

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personal Chromebook. Families without internet access can apply to receive a wireless access device.

Students that require Individualized Education Program services will continue to be provided those services to the greatest extent possible, based on current county health guidelines, the District said in its materials.

In preparation for its virtual school year, the District is hosting a 3-hour presentation tomorrow, July 23, that will review the plan for parents and students: Elementary (CVVPE) 4-5 p.m., Middle School (CVVA) 5-6 p.m., and High School (CVVA) 6-7 p.m.

Please visit: us02web.zoom.us/j/85785918817

Resume: Outdoor Businesses Favored

continued from front page

With fewer visitors since March, the Oakland Zoo faced permanent closure. Zoo officials reported losing \$2 million per month because of the shelter-in-place rules. The Zoo will reopen on July 29 to the general public. Donors and members will get access to the zoo on July 27 and 28. The Zoo will limit daily visitors to 2,500 to provide social distancing.

In addition to helping the Oak-

land Zoo reopen, County Supervisors also worked to resume outdoor dining in the area. On June 19, the Alameda County Public Health Office relaxed shelter-in-place restrictions by permitting the reopening of outdoor restaurant dining. That order was rescinded after the July 4 weekend when health officials noticed an increase in the number of COVID infections.

The relaxed restrictions favor

those businesses with outdoor seating where diners can maintain a safe distance. Face coverings are required at all times and may only be removed during the physical act of eating or drinking, the Public Health Office said in a statement.

Many indoor activities continue their shutdown including indoor religious services, shopping malls, tattoo parlors, card rooms, and movie theatres.

Food Bank Partners with Choicelunch

The Alameda Food Bank has partnered with Danville-based Choicelunch to provide 5,000 boxes of food per week for needy county residents.

The boxes typically contain peanut butter or canned tuna, canned fruits, juices, vegetables, soups, and pasta.

Choicelunch, a family-owned school meal company, delivered 25,000 lunches to 300 California

schools prior to the coronavirus crisis.

Due to the pandemic's rippling effect, more people are requiring assistance, but the numbers of volunteers at the Food Bank have been down, and the organization was having a difficult time consistently securing quality product. So a partnership made sense because Choicelunch had shown it can manage a large food supply chain

and has the workforce needed to meet the new delivery demands.

Due to the pandemic, the food bank only accepts donations from commercial or retail food businesses and the food industry, but not from individuals. Individuals today are asked to make monetary donations instead of food donations.

For more information, visit www.accfb.org.

Spectrum Senior Lunches

Take-away low-cost lunches are available curbside for seniors 60 and over at United Methodist Church, 19806 Wisteria St. in Castro Valley on Tuesdays and Fridays from noon to 12:30 p.m. A donation of \$3.75 per meal is suggested. Participants must be registered for the program at www.SpectrumCS.org (or, pickup a registration form on-site). Please call 3 business days in advance to 510-881-6768 and leave a message with your name, phone number, the day(s) you want to reserve a meal and the location. Other distribution sites are listed at www.SpectrumCS.org.

MENU

Friday, July 24

Sweet & Sour Chicken, Chow Mein Noodles, Baby Carrots, Green Beans, Seasonal Fresh Fruit

Tuesday, July 28

Creole Baked Fish over Rice Pilaf, Vegetable Blend, Green Beans, Banana



Step Up to the Plate!

Baseball's finally back and this year it means more time in front of the TV with plenty of easy-to-eat food at the ready.

Unlike typical armchair munchies, these sandwiches aren't loaded with the extra fat and salt found in party mixes, chips and fried foods.

ALL HANDS SANDWICHES

A little imagination can turn a platter of sandwiches into a tasty assortment of unexpected combinations of meats and cheeses, lettuces and vegetables pictured above.

- 1 sesame roll
- 2 slices seeded rye bread
- 2 pieces baguette, cut on an angle and sliced in half
- Wholegrain roll
- 4 slices 8-grain bread
- 1/4 pound each of salami, pepperoni, roast beef, low-fat bologna, all thinly sliced
- 1/4 pound each pepperjack, American, Cheddar and Swiss cheese, thinly sliced
- 1/2 cup shredded lettuce
- 1/4 cup deli coleslaw
- Russian dressing
- 1/2 red onion, thinly sliced
- 1/2 tomato, thinly sliced
- 1/2 pound each sliced roast turkey and baked ham
- Assortment of fresh lettuces, greens and basil
- Red and yellow peppers

Building the sandwiches:

Layer sesame roll bottom with lettuce, add three slices pepper-jack cheese, folded turkey slices, pepper slices; cover with top half of sesame roll.

Cover baguette half with shredded lettuce, shingle with salami, add three slices American cheese, then shingle with pepperoni. Top with remaining baguette half.

Spread rye bread slice with coleslaw, add folded slices roast beef; drizzle with Russian dressing, top with two slices red onion. Cover with remaining rye bread slice.

Cover wholegrain roll half with three slices American cheese. Fold and add bologna, cover with shredded lettuce and top with remaining roll half.

Place several basil leaves on bottom half of second baguette. Fold turkey and place on sandwich. Top turkey with three cheddar slices. Add several more basil leaves and cover with remaining baguette half.

Layer green leaf lettuce on slice of 8-grain bread. Add three slices Swiss cheese. Fold ham and layer on sandwich. Top with tomato slices and remaining slice of whole grain bread.

Garnish tops of sandwiches with olives, cherry tomatoes and pickles skewered with toothpicks. Serves 6, or...maybe 3.

LOW FAT TURKEY REUBENS

- 1/4 cup fat-free thousand island dressing
- 8 slices dark rye bread
- 8 ounces thinly sliced cooked turkey
- 1/2 cup sauerkraut, drained
- 4 slices low-fat Swiss cheese
- Vegetable oil spray

Spread salad dressing on one side of each slice of bread. Top 4 slices of bread with turkey, sauerkraut and cheese. Top with remaining bread slices, dressing side down, of course.

Spray a large skillet with vegetable oil. Cook 2 sandwiches over

medium heat 4 to 6 minutes or until bread toasts and cheese melts, turning once. Repeat with remaining sandwiches. Serves 4.

ROASTED VEGGIE SANDWICH

- 1/4 cup red wine vinegar
- 2 tablespoons olive oil
- 1/4 cup chopped fresh basil leaves
- 1 each, small eggplant, small squash, small zucchini, all sliced into thin rounds
- 1 medium red bell pepper, cut into strips
- 1 small red onion, thinly sliced
- Salt, pepper and cayenne, to taste
- Low-fat mayonnaise
- 8 slices multi-grain bread

Preheat the oven to 450°F. In a large mixing bowl, combine the vinegar and oil. Add the basil and the vegetables and toss to coat. Spread the vegetables on a baking sheet or shallow roasting pan. Sprinkle with salt, pepper and cayenne to taste.

Bake, stirring occasionally, until the vegetables are tender and lightly browned, about 30 minutes. Remove from the oven and let cool.

Spread the mayonnaise on four slices of bread and arrange the vegetables on the other four slices. Close, cut diagonally and serve. Makes 4 sandwiches.

AVOCADO BLT

- 4 slices bacon or lean bacon substitute
- 2 slices sourdough bread
- Balanced-style vegetable margarine
- Low-fat mayonnaise
- Thin slices of tomato
- 1 avocado, peeled, pitted and sliced
- Salt, to taste
- Lettuce or sprouts

For each, fry or microwave bacon until crispy; drain well on paper towels. Lightly toast the bread, spreading margarine on one slice and mayonnaise on the other. Top mayonnaise slice with tomato slices and then layer on the bacon.

Slice or smash avocado and place on margarine slice of toast. Sprinkle with salt. Add lettuce or sprouts last. Sandwich it all together and cut in half. Makes 1 sandwich.

TUNA ON FRENCH

- 1/4 cup drained pitted olives
- 1 medium green onion, cut into 1-inch lengths
- 1 small clove garlic
- 1/4 cup Sherry or white wine vinegar

- 2 teaspoons drained capers
- 1 teaspoon Dijon mustard
- Salt, black pepper
- 3/4 cup mild olive oil
- 2 (6-1/2 ounce) cans chunk light tuna, well drained
- 4 French rolls
- 4 to 8 leaves lettuce
- 2 small tomatoes, thinly sliced

Insert metal blade in dry food processor. Coarsely chop olives and green onion with 1-second pulses. Transfer to mixing bowl.

With motor running, drop garlic through food chute, then slowly pour in vinegar. Sweep container side, add capers, mustard, 1/8 teaspoon salt and 1/4 teaspoon pepper. With motor running, add oil to machine in thin stream.

Stir dressing over chopped ingredients. Break up tuna and mix into dressing. Slice each roll in half, then remove some of soft insides. Place roll bottoms on dinner plates and spoon 1 teaspoon dressing on each. Moisten inside of roll tops with 1 teaspoon dressing. Divide tuna mixture evenly over roll bottoms.

Place 1 to 2 lettuce leaves and tomato slices over tuna. Cover

with roll tops and serve.

GRILLED ONION & CHEDDAR SANDWICH

- 1 large onion
- 3 tablespoons soft butter,
- 4 (4x4) slices Cheddar cheese
- 4 slices wholegrain bread

Cut onion into 1/4-inch thick slices. Melt 1 tablespoon butter in 10-inch nonstick skillet over medium heat.

Separate onion slices into rings and add to skillet. Sauté until softened and browned, turning as needed and pressing down into pan with spatula for 10 to 15 minutes.

Place cheese between unbuttered bread slices to make 2 sandwiches. Spread outside lightly with softened butter. Grill sandwiches in separate skillet over medium-low heat until browned on underside, 4 to 5 minutes. Remove top slices of bread and add sautéed onions. Replace bread, turn sandwiches and press down with spatula. Grill until cheese is melted and second sides are browned, 4 to 5 minutes. Makes 2 servings.

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REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Some Real Estate Practices May Go the Way of the Dinosaurs

Man kind has long pondered the extinction of the dinosaurs and postulated countless theories over the years.

A scenario gaining credence after the discovery of the 110-mile diameter Chicxulub Meteor Crater is that a massive meteor impacted with such force it obliterated the earth's existing ecosystem. While still a theory, it postulates that the life that survived was radically different than preceding lifeforms.

It has been suggested that COVID-19 will have the same impact on real estate.

As the pandemic erupted and shelter-in-place mandates were instituted, Realtors and homeowners alike despaired as it became obvious open houses would not be allowed for the foreseeable future.

At the beginning, access

was forbidden to occupied homes and showings of vacant properties were relegated to "appointment only." Extensive coronavirus disclaimers were required to be signed by all parties prior to visits.

Only 2 adults from the same household were allowed entry with their agent, and children were forbidden access.

While it was hoped restrictions would continue easing, the current resurgence of COVID-19 cases is retightening constraints. Bottom line, buyers still face difficulty viewing prospective listings, and open houses as we knew them may not return.

You might think this would slow the sale of homes. In fact, the opposite is true.

We are currently facing a nationwide inventory crisis as many of the factors prompting home sales are on hold. Job transfers have slowed to

a trickle, many retirees are sheltering-in-place instead of relocating and other potential sellers, concerned about allowing access to their homes, are hunkering down and waiting for things to calm down.

Inversely, there is a large pool of buyers who want to purchase homes and, coupled with the lowest interest rates in over 50 years, are out en masse writing multiple offers on almost everything in sight.

Real estate is changing dramatically and agents must adapt. As an example, those who focused on deploying countless open house signs are having to learn other means of marketing homes.

More change is coming.

As the economic effects of the current layoffs take hold, the resulting economic upheaval will change things again. Some will be unable to repay their loan forbearance payments and many jobs will disappear completely.

While not yet readily visible, it is widely believed a financial tsunami is coming which will change everything yet again. Those Realtors who cannot adapt will not make it through the next wave of change.

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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Critters Eating Lemons

By Buzz Bertolero
Special to the Forum

This past year some bug or animal has been feeding on my lemons. It is an extraordinary sight to see the lemons still attached to the tree with some or no white pith, exposed to the air. And there is lots of debris on the ground under the canopy. Have you ever heard of such a thing happening?

Yes, this is an increasingly common occurrence with lemons, along with other types of edibles.

Later this summer, tomatoes will be victimized. It's highly unlikely for a bug or insect to be the cause of the problem. Their mouthparts are not large enough to do this type of damage. It's more likely that the culprit is a nocturnal rodent or larger animal.

Raccoons, possums, or maybe squirrels come to mind; however, my number one suspect is roof-rats, which are a different species from a sewer rat.

They can nest in structures such as an attic or crawl spaces but are more likely to nest outdoors in dense, thick, shrubby ground covers.

Ivy, Cotoneasters, Junipers, and Ceanothus are excellent hiding places for roof rats as they protect them from predators such as feral cats.

They're very mobile so that they may be nesting elsewhere. The lemons are not a stable part of the diet, but instead, they're used as a water source. I live next to a creek, so I'm not bothered by these kinds of animals



as I live next to a water supply.

Unfortunately, there isn't one ideal solution. Netting the lemon tree or bush isn't viable because of its size and year-round maturity of its fruit. Poison Baits are not advisable unless there is some bait station to protect the domestic animal, aka dogs, and cats from it.

You might trim the foliage back so the access from some type of structure is reduced along with trimming up the lower branches. Adopting a hungry cat to roam at night is not a bad idea; otherwise, you'll need to contact a commercial exterminator for a second opinion.

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 or on Facebook at Facebook.com/Buzz.Bertolero



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RECENT HOME SALES

Castro Valley

22086 Young Avenue 94546: \$665,000 2 BD - 905 SF - 1948
18667 Crest Avenue 94546: \$670,000 4 BD - 1,562 SF - 1950
19109 Santa Maria Ave 94546: \$970,000 4 BD - 2,206 SF - 1990
17060 Sabina Court 94546: \$1,015,500 4 BD - 2,102 SF - 1960
25757 Cloverfield Ct 94552: \$1,090,000 4 BD - 2,092 SF - 1999
3270 Hertlein Place 94546: \$1,120,000 4 BD - 2,363 SF - 1998
18608 Alcorn Place 94546: \$1,275,000 3 BD - 2,880 SF - 2009
5725 Medallion Court 94552: \$1,275,000 2,308 SF - 1981
TOTAL SALES: 8

LOWEST AMOUNT: \$665,000 MEDIAN AMOUNT: \$1,052,750
HIGHEST AMOUNT: \$1,275,000 AVERAGE AMOUNT: \$1,010,062

San Leandro

1519 Oriole Avenue 94578: \$411,000 3 BD - 852 SF - 1945
1400 Carpentier Street 94577: \$490,000 2 BD - 1,112 SF - 1983
660 Fargo Avenue 94579: \$530,000 3 BD - 1,180 SF - 1965
2070 Reynolds Street 94577: \$640,000 3 BD - 1,111 SF - 1989
15353 Mendocino St 94579: \$750,000 3 BD - 1,419 SF - 1960
TOTAL SALES: 5

LOWEST AMOUNT: \$411,000 MEDIAN AMOUNT: \$530,000
HIGHEST AMOUNT: \$750,000 AVERAGE AMOUNT: \$564,200



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Hydrangea Issues Bay Area Home Sales Surge in June

By Buzz Bertolero
Special to the Forum

Q For the past two years, my hydrangeas haven't bloomed. Is there something special I need to do for this plant in order for it to flower? Also, why do the leaves turn brown, get brittle, and curl?



A Hydrangeas fail to bloom primarily because they are pruned too severely either in the winter or early spring. The old flower stalks and spent flowers are pruned as close to the ground as possible. The old flowers can be removed anytime after the flower fades. The rest of the plant is lightly pruned for shape.

Here you would remove maybe a foot or two of the growth. The next flowering cycle comes off these stems. Hydrangea leaves get brittle, brown and curl from water stress and sunburn. Those plants exposed to morning sun can burn on those

very hot days.

Mulching the plants helps with some additional watering when the temperatures soar into the high 90's and above. The good news is that the plants do recover. I'd pick off the worst of the leaves and let the new growth cover over the rest.

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 or on Facebook at [Facebook.com/Buzz.Bertolero](https://www.facebook.com/Buzz.Bertolero)



After falling to the lowest level since the Great Recession, California's housing market rebounded in June with the largest month-to-month sales increase in nearly 40 years, while the median home price set another record high.

Reversing a two-month consecutive drop below 300,000 units caused by the coronavirus pandemic, June's sales total climbed more than 42 percent from May, according to a report last week from the California Association of Realtors (CAR).

The month-to-month increase was the largest since CAR began reporting monthly sales in January 1979.

"Home sales bounced back solidly in June after hitting a record bottom in May, as lockdown restrictions loosened and pent up demand driven by record-low interest rates roared back," said CAR President Jeanne Rad-sick. "While the momentum is expected to be sustained as we kick off the third quarter, the resurgence in coronavirus cases

remains a concern and may hinder the market recovery in the second half of the year."

A strong surge in home sales in June provided support to home prices, as the statewide median price set a new record high after dipping briefly below \$600,000 in May. California's median home price reached \$626,170 in June, improving 6.5 percent from May and 2.5 percent from June 2019.

The monthly price increase was higher than the historical average price change from May to June and, in fact, was the highest ever recorded for a May-to-June change.

Homes priced below \$500,000, which made up 48 percent of total sales in the California market in May 2020, only comprised 44 percent of all sales in June. Sales of million-dollar properties, on the other hand, increased in market share to 18.1 percent in the most recent month compared with 15.6 percent in May 2020.

Reflecting the uncertainty in

market conditions, a monthly Google poll conducted by CAR earlier this month found that 44 percent of consumers said it is a good time to sell, up from 40

percent a month ago, but down from 49 percent a year ago. Meanwhile, low interest rates continue to fuel the optimism for homebuying.

Mortgage Rates Fall Below 3%

Thirty-year fixed-rate mortgage dipped below 3 percent last week for the first time in 50 years, according to Freddie Mac's nationwide survey.

The benchmark home loan rate fell to 2.98 percent, down from 3.03 percent a week earlier and the lowest rate in the survey's history dating back to 1971.

It was the most recent drop in a series of record lows over the past few weeks, leading to increased homebuyer demand and a surge in mortgage applications — most for refinancings

which allow homeowners to cut their monthly housing payments.

The average for 15-year fixed-rate mortgage last week was 2.48 percent, down from 2.51 percent.

Five-year adjustable-rate mortgage (ARM) averaged 3.06 percent.

A year ago at this time, the 30-year mortgage averaged 3.81 percent.

Learn more at [FreddieMac.com](https://www.FreddieMac.com), Twitter @FreddieMac and Freddie Mac's blog [FreddieMac.com/blog](https://www.FreddieMac.com/blog).

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Obituaries

Dennis Allen Vanderbilt

May 21, 1940 - July 3, 2020

Dennis (Dan) Vanderbilt had multiple health problems and died peacefully in his home on July 3rd, after a lengthy illness. He was born to Annette and Richard Vanderbilt in Illinois and was one of five sons. At the age of two, his family moved to Castro Valley. Dennis was drafted into the Vietnam War in 1965. Due to the fact that he was a journeyman mechanic, he was stationed at The Presidio in San Francisco. He was a Battalion Wheeled Mechanic and a Battalion Motor Maintenance Sergeant. His performance earned him a "Certificate of Achievement" award which highlighted his dedication and skill. Dennis worked for 40 years at Franks Garage in Castro Valley. His passions were his family and cars. When he wasn't working at Franks, he was working at "the barn" behind his parents' home fixing cars for his family and friends. His life was truly centered around helping those he knew. He was an extremely loving and kind man.



Dennis is survived by his two daughters, Nina Vanderbilt and Amy Vanderbilt-Fessa, his son in law, Paul Fessa, granddaughter, Madeline Fessa and his brothers, Ron, Larry, and Jack Vanderbilt, and numerous nieces and nephews. Dennis was predeceased by his wife, Sharon Vanderbilt, and his brother Dick Vanderbilt. A private service will be held on July 26 using the app ZOOM.

If you would like information on how to attend this service, please contact 510-600-3504.

Lawrence "Larry" Vittoria

Lawrence "Larry" Vittoria, 87, of San Leandro, California, died Sunday, May 24. Born in Canonsburg, PA, Larry was a Korean War Veteran where he served in the US Air Force. He is survived by his wife of 63 years, Francesca "Fran" Vittoria née Abate. A long-time resident of San Leandro, Larry moved to California in 1959, where he was an employee of the US Post Office for 31 years and a member of St. Leander's parish. Survivors in his immediate family include their children Vincent, Linda, Nancy, Cathy and Samuel. Also surviving are brother Robert and sister-in-law Vivian Vittoria. Larry enjoyed family gatherings, picnics, gardening, and his grandchildren Joe, Victoria, and Natalia, and great-grandson Julian. He was laid to rest on Tuesday, June 2 at Holy Sepulchre Cemetery in Hayward.



Ronald E. Ingram

Ronald E. Ingram, age 81, passed away peacefully at home surrounded by his family on July 9, 2020. Ron was born on August 17, 1938 in Duluth, MN to Earl and Angeline Ingram. He graduated from Denfeld High School and attended the University of Minnesota, Duluth. In 1959 the Ingram family moved West, settling in Castro Valley, CA. Ron served in the U.S. Army and was stationed at Fort Ord where he fell in love with Carmel and the Central Coast. He was a loyal employee of Allstate Insurance, finishing his 37-year career as a Division Manager in the SF Metro Region. Ron was a faithful parishioner at Our Lady of Grace Catholic Church. He enjoyed cooking, gardening, traveling, and quality time with his family. Ron is survived by his wife of 37 years Natalie, son Christopher, daughter-in-law Athanasia, grandsons Jackson and Cameron, brother James, and sister Barbara Lydon. Due to these uncertain times, a Mass and celebration of Ron's life will be held at a later date.



Anna Clementina Vaz

Anna Clementina Vaz, born in Stockton on August 26, 1921, and raised in Hayward, passed into spirit on July 12, 2020, age 98. At age twenty, she was a counselor for the Oakland Camp Fire Girls, where the goal was for everyone to get to "Kailo"—heaven—and her calling was set for the rest of her life. She continued as a beloved counselor and P.E. coach at Hayward High before she moved over to Castro Valley High, where she spent the remainder of her decades-long career. Students still fondly recall her compassionate ear, her ability to treat children and teenagers as individuals deserving attention and care. (If she had to bring a cake to a party, she made sure each child would get a frosting rose.)



Clementina had style. She was joyful; she radiated warmth. She loved Chinese food, and opera and theater; she was devoted to Texas Hold 'Em and once won \$100 from a slot machine in the Lisboa Casino in Macau. Proud of her Portuguese heritage, she was a Holy Ghost Queen at the annual festival in Hayward in 1933 and showed up in a lavender dress and hat for a reunion of queens in 2008. To the end, she was an unapologetic night owl. She enjoyed crafts—quilting, jewelry-making, ceramics. She drove a Mustang, then a T-bird, and finally a Prius with flame decals. A world-traveler, she visited China, Mexico, Portugal, and the Azores—birthplace of her parents. But her best vocation was to love everyone fiercely, and everyone loved her back the same. Her signature farewell to children involved The Moon Toss—sweeping them upward so they could touch the heavens. Upon hearing that Clementina had died, someone remarked, "She's stardust now."

She is predeceased by her partner Aline Fountain and survived by her brother Raymond Vaz, many cousins, and legions of students. Her last decade was spent in a community of retired women in Arizona that was like family, because she made families wherever she went. Her friend Cindy there said of her, "She sparkled."

As stardust does—especially when it encircles a moon she made bright with goodbyes, with cheer. She has tossed herself all the way there.

Evelyn Newlin Reed

Evelyn Newlin Reed, a long-time resident of Castro Valley, passed peacefully at her home on July 8, 2020. She was born in Pasadena to Wallace and Ivy Jo Newlin, and graduated Phi Beta Kappa from Pomona College.



Evelyn was the beloved wife of 50 years to the late Howard Reed. Her son Harry predeceased her in 2004. Her daughter, Marilyn, and grandchildren Jeffrey and Laura and great-grandson Elliott survive her.

She worked with her husband for 26 years managing the office of their family run machine shop. Howard and Evelyn enjoyed square dancing and made lifelong friends among the Valley Swingers.

Evelyn taught sewing and tailoring at the Hayward Adult School. She supported women and girls through AAUW, PEO and the Girl Scouts. She also volunteered at Rainbow's End, a thrift store in Hayward.

She was an avid quilter, loved gardening, baking pies and making jelly, and never missed watching the Rose Parade.

She possessed uncommon good sense, a quiet elegance and lived with joy and gratitude for the many blessings in her life. Her sweet and loving nature was an inspiration to all who knew her. She will be missed.

LETTERS to the EDITOR

CVSan Board Openings

Editor:

Buried in the Castro Valley Sanitary District (CVSan) website is information directing candidates to the Alameda County Registrar of Voters for Castro Valley residents interested in running for the three open Board positions on this November 3, 2020 ballot.

The current Board members will no doubt run again. The three current Board Members have served a total of 50 years on the Board: One Member has served over 25 years; another Member has served 16 years; and the other Member has served over 9 years.

Enough is enough. Many Board of Directors have term limits. A review of the voting history of the current Board shockingly notes that most issues presented to the Board by the General Manager are passed on a 5-0 vote. Rarely do the Board Members vote against issues. All issues are passed with little or no critical discussion or concern for the cost to the CVSan Ratepayers.

Here are some recent Board votes over the last several years: A new Administration / Corporation Yard at Center Street costing the Ratepayers well over 15 million dollars; A new 10-year garbage agreement worth 150 million dollars with Alameda County Industries (ACI) with first year increased rates of over 17% and at least 5% yearly increases thereafter; A 30-year 7.8 million dollar bond costing the Ratepayers around \$450,000 in debt service per year for the next 30 years; and on and on.

It should be apparent that the Ratepayer's ability to finance CVSan's extravagant projects is furthest from the Board's consideration. It's time for a change. The deadline to file your application with the Alameda County Registrar of Voters is August 8, 2020. I urge you to consider running for these open Board positions.

—Ken Owen

CASTRO VALLEY FORUM OBITUARIES

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LETTERS TO THE EDITOR

must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. We do not withhold names or print unsigned letters.

Email letters to: fredz@ebpublishing.com or mail to: The Forum P.O. Box 2897, Alameda, CA 94501.



A still from the film 'Driveways'

Cope: Stress Management

continued from page 4

Eat as many greens and whole foods as possible. Avoid dairy products as they increase mucus production in the sinus and the chest, leading to lots of sneezing and congestion.

The coronavirus enters the nose and makes a home in the sinus, and to increase immunity, it's important that the sinus and chest are not inflamed. Food prep makes it easier to eat healthy while working from home. Prepare salads and other healthy meals in advance.

- Don't over-indulge in drinking. For some people, drinking is the only source of enjoyment during the pandemic, and we see people who are isolating having Zoom calls with friends while drinking wine. The problem is that one glass turns into two or more, and with the sugar content of wine, you may wake up during the night. This disturbs sleep, and restorative sleep is essential to our health.

- Develop a morning ritual. Deep breathing exercises can be calming and get you out of the hyper state. You want to get rid of the 'fight or flight' mode and enter the "rest and digest" state of mind.

- Find a stress management activity that works for you. Many people don't like to exercise, but exercise doesn't have to be rigorous to be effective. A type of exercise one enjoys doing at home like walking, running, or yoga goes a long way toward releasing stress hormones. And for those who like intense workouts, it's all good in terms of reducing stress.

The disruption of daily life by COVID-19 has caused us to re-think many things. How we deal with stress needs to be a priority now, and it's not overly difficult if you develop good daily habits.

Dr. Nammy Patel, DDS, a graduate of the U.C.'s School of Dentistry, operates a practice called Green Dentistry in San Francisco and is the author of "Age With Style: Your Guide To A Youthful Smile & Healthy Living."

What's Up This Week at Smalltown Society

● **Friday, July 24:** "Driveways," the unlikely friendship between a young Asian American child and a Korean War vet, premieres at The Chabot's Virtual Theater. It's a film about differences in life experience, the loneliness those differences can bring, and the kindness it takes to overcome them. You can see 'Driveways' from the Virtual Theater at thechabot.com.

● **Saturday, July 25th:** Live Riff-Along of "Majin: Monster of

Terror" – The Chabot is hosting its weekly Live Riff-along where you get the opportunity to watch a free movie, and also make fun of it in the comments! This week's film is the 1966 Japanese kaiju film: 'Majin: Monster of Terror!' Head to thechabot.com this Saturday at 8 p.m. to join in on the fun!

● **Sunday, July 26th:** Quarantine Sundays with Safiyah Hernandez: Join Smalltown Society artist Safiyah Hernandez for her newest

installment of Quarantine Sundays live and direct from her Instagram and Facebook account. Free. 2 p.m. IG: @safiyahhernandez/ FB: @SafiyahHernandezMusic

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

'Encore Drive-In Nights' Kicks Off Concert Series Saturday at the County Fairgrounds

Encore Drive-In Nights is launching a national concert series this summer, with shows to air at drive-in and outdoor theaters across the United States.

The Alameda County Fairgrounds in Pleasanton has been chosen to be one of the venues to host the kick off show this Saturday, July 25, featuring Blake Shelton, who will be joined by special guests Gwen Stefani and Trace Adkins.

These all-new performances are filmed exclusively for each one-night-only event, and include cinematic interviews and storytelling.

Tickets for the show are on

sale now at ticketmaster.com/encore-blakeshelton. Unlike traditional concert tickets that are bought for individual admission, each ticket for the Encore Drive-In Nights will admit one passenger car, truck or SUV. Up to six people (as many as there are legal seatbelts) can enjoy these concerts for \$114.99. For more information visit encorenights.com.

Amid the COVID-19 pandemic, drive-in theaters have proven to be a safe, creative way to deliver fans world-class entertainment thanks to their ability to engage and delight large groups of people in open-air layouts.

Fans will experience the Encore Drive-In Nights from the safety of their personal cars and will adhere to CDC recommended guidelines as well as all state and local health mandates. Staff will wear personal protective equipment and enforce at least six feet of space between cars. The series will also use contactless payment and ticketing systems and limit capacity in restrooms. Guidelines around concessions will be enforced to abide by individual state regulations.

For a full list of procedures that the Encore Drive-In Nights is employing to keep fans and staff safe, visit encorenights.com.

FILED
JUNE 23, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 570907

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Glamour Threading located at 20662 Redwood Road, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Tara Gaga LLC, 20662 Redwood Road, Castro Valley, CA 94546. This business is conducted by a limited liability company. This business commenced N/A. /s/ Tara Gaga LLC
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JUNE 23, 2025

JULY 08, 15, 22, 29, 2020
272-CVF

FILED
JUNE 24, 2020
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 570980

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Country Woods Stables located at 5833 Blue Bird Ct., Castro Valley, CA 94552, in Alameda County, is hereby registered by the following owner(s): (1) Courtney Orzen and (2) Chris Orzen, 5833 Blue Bird Ct., Castro Valley, CA 94552. This business is conducted by a married couple. This business commenced 6/1/2020.
/s/ Courtney Orzen, Chris Orzen
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JUNE 24, 2025

JULY 22, 29, AUG 05, 12, 2020
274-CVF

NOTICE OF PUBLIC HEARING CASTRO VALLEY SANITARY DISTRICT

NOTICE IS HEREBY GIVEN that pursuant to the provisions of Division 5, Part 3, Chapter 6, Article 4, Section 5473 of the Health and Safety Code of the State of California, the Sanitary Board of Castro Valley Sanitary District has by Ordinance elected to collect its charges for sewerage services on the tax roll and has caused to be filed with its Secretary a written report containing a description of each parcel of real property receiving sanitary sewage service from said District and the amount of the charges for each such parcel.

NOTICE IS FURTHER GIVEN that on Tuesday, the 4th day of August 2020, at the hour of 6:30 P.M., via teleconference only, said Board will hear and consider all protests and objections to said report.

By order of the Board of the Castro Valley Sanitary District.

Dated: July 14, 2020

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



Last Chance to See Neowise Comet

Photo of the newly discovered Comet Neowise taken in Castro Valley from around Lake Chabot by Veterinarian Dr. René C. Gandolfi last week. To catch a glimpse of the comet before it zips away into the depths of space, look below the Big Dipper in the northwest sky just after sunset. Using binoculars or a small telescope is recommended for the best views. It will not be seen again from Earth for another 6,800 years.

Wear Your Mask Stop the Spread

HOROSCOPE by Salomé

© 2019 King Features Synd., Inc.



ARIES (March 21 - April 19): A bit of Arian contrariness could be keeping you from getting all the facts. Turn it off, and tune in to what you need to hear. It could make all the difference this week.



TAURUS (April 20 - May 20): Getting an answer to a vital question involving financial matters might take longer than you'd expected. A new factor might have to be dealt with before anything can move forward. Be patient.



GEMINI (May 21 - June 20): Use your good sense to see what might really be driving a colleague's workplace agenda. What you learn could lead to a new way of handling some old problems.



CANCER (June 21 - July 22): A change of mind might once again turn out to be a good thing. True, most of your co-workers might not like the delay, but as before, they might appreciate what follows from it.



LEO (July 23 - August 22): You revel in golden opportunities this week. One cautionary note, though: Be careful to separate the gold from the glitter before you make a choice. Someone you trust can help.



VIRGO (August 23 - Sept. 22): Marriage is important this week, as are other partnerships. Don't let yourself be overwhelmed by sentiment. Instead, try to steer a path between emotion and common sense.



LIBRA (Sept. 23 - October 22): Dealing with someone who has let you down is never easy. But the sooner you're able to clear up this problem, the sooner other problems can be successfully handled.



SCORPIO (October 23 - November 21): A "friend" who is willing to bend the rules to gain an advantage for both of you is no friend. Reject the offer and stay on your usual straight and narrow path.



SAGITTARIUS (Nov. 22 - Dec. 21): After all the effort you've been putting in both on the job and for friends and family, it's a good time to indulge your own needs. The weekend could bring a pleasant surprise.



CAPRICORN (Dec. 22 - Jan. 19): You might want to do something new this weekend. Close your eyes and imagine what it could be, and then do it, or come up with the closest practical alternative.



AQUARIUS (Jan. 20 - Feb. 18): Your good deeds bring you the appreciation you so well deserve. But, once again, be careful of those who might want to exploit your generous nature for their own purposes.



PISCES (Feb. 19 - March 20): Trolling for compliments isn't necessary. You earned them, and you'll get them. Concentrate this week on moving ahead into the next phase of your program.

CV's Oldest 'Leaguer' Turns 100

Malca Chall celebrated her 100th birthday last week at Baywood Court in Castro Valley, the longest living "Leaguer" in the Eden Area League of Women Voters. She joined the organization 72 years ago!

Malca continues to live a life of service and commitment to the common good, and to remain involved.

She has served in various capacities within the League, always inspiring the membership and pushing the Eden Area League to step up and stand up for what was right or important at the time.

She attends nearly all League meetings and most recently was a vital participant in its Eden Area 100th anniversary this past Feb. 11.

Malca Kleiner Chall was born in 1920 in Tacoma, Washington, to a family active in business, civic affairs, and the Jewish community. She graduated from Reed College



Malca Chall celebrated her 100th birthday last week.

War Labor Board, handling the ticklish job of analyzing requests for wage increases from both labor and industry. She visited potato fields, apple orchards, fisheries, banks, factories, shipping companies, and other work sites, conducting research and making determinations on acceptable wage rates.

After the war, Malca worked in New York and married Harold Chall. They moved to California where she launched her second career as a civic activist.

She joined the League of Women Voters in 1948 and was active in political campaigns, soon becoming a leader in its Eden Unit where she spearheaded a study of the Hayward city government.

On July 16, she was honored by her many friends, from afar, for her life of commitment.

Want to know more? Google "Malca Chall" and read to your heart's content!

and received a master's degree in political science at the University of Iowa.

In 1943, with minimal formal training, she joined the staff of the

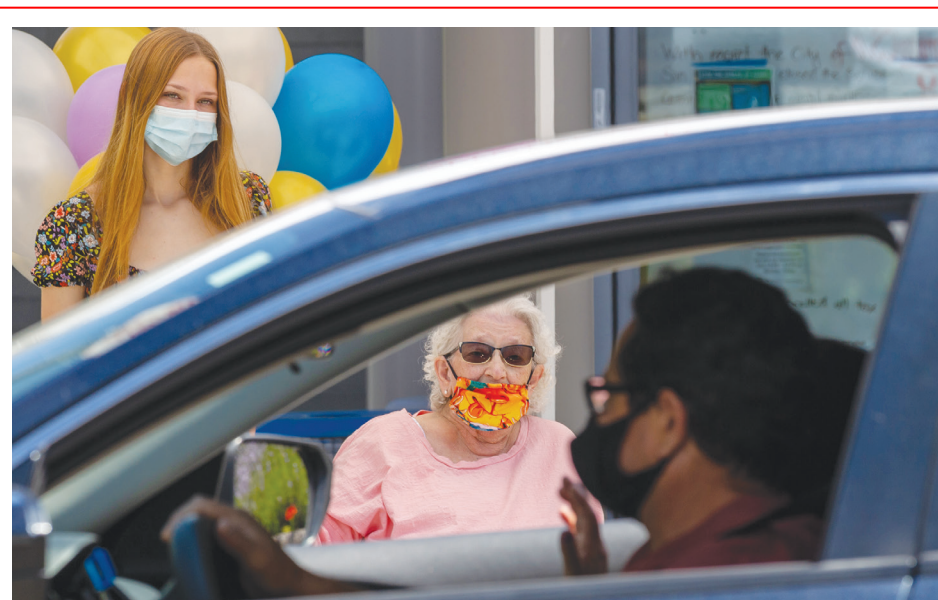


PHOTO BY LARRY ROSA

A DRIVE-THRU RETIREMENT PARTY was held recently for JoAnn Silver of Spectrum Community Services, attended by clients, Spectrum Staff and City of San Leandro. Silver has served the city of San Leandro for 22 years and has been an integral part of the Senior Meal Team.

Rome: Murals Help with Graffiti Problem

continued from page 3

Subsequent banks in that space included Bank of California. Between 1984 and 1988, the Vargas family operated the "Charleston Square" restaurant and gift shop

there. Hayward has a history of support for public art, with the city's Mural Art Program created in 2009 to fight chronic graffiti and blight. At that time graffiti comprised 35% of all reported vandal-

ism cases. Today, murals have not only helped with the graffiti problem but have become a part of the Hayward City Council's priorities for a "safe, clean, green and thriving community."

A Dog Rescue of Last Resort Needs Help

By Kathy Coleman
SPECIAL TO THE FORUM

When a local animal shelter contacts Nobody's Perfekt Dogs about a dog, the small nonprofit agency in San Leandro's Bayfair Center knows that other rescue groups have said "no" to the dog.

And if we say "no," the dog will be euthanized.

This makes it very difficult for us to turn a dog away, regardless of the cost of its needs.

One of our recent rescues was a great dog that had a severe fungal infection in one of her nasal cavities, possibly from something like a foxtail that was left unattended until it became infected and almost reaching her brain cavity.

Treatment required a CT Scan and two expensive lavage rhinoscopies, totaling well over \$7,000.

We have a couple of "hit-by-car" dogs in foster care that had broken bones, requiring either amputation or repair of the fracture. Their vet bills are hovering around \$5,000 each (and still counting).

This is just a small example of what we spend on vet bills for our rescues.

Since the pandemic we have been working hard to raise funds for our recent astronomical vet bills. We have amazing followers who have been there for us, but we are desperately in need of some large private donations to help with our current vet expenses, given that our fundraising activities have been greatly curtailed due to Covid-19 restrictions.

In addition to needing donations, we also have some smaller fundraisers currently happening: a mask fundraiser started by one

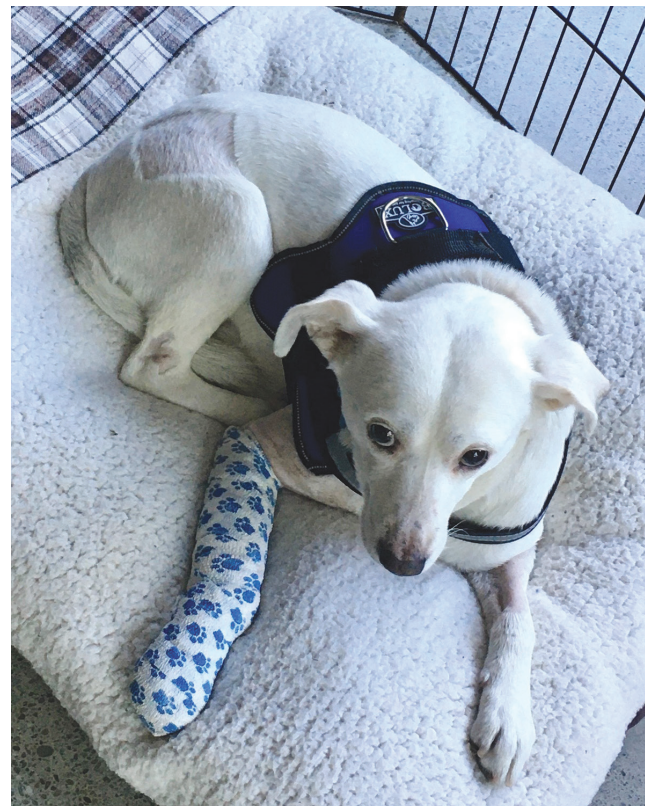


PHOTO COURTESY OF NOBODY'S PERFECT DOGS

ONE DOG'S TALE: This is Roland. He ended up in the Oakland Shelter after he broke his leg. Because he was semi-feral, no other rescue was interested in helping him. By the time Nobody's Perfekt Dogs got him to the vet, there were only two choices — amputation or finding an orthopedic surgeon to fix the fracture. Because it is a front leg and because the plan is to eventually teach Roland to walk on a leash, they will try to fix the leg. He is getting better, temperament wise, and is starting to trust and bond with his foster mom.

of our supporters. She makes the masks, and all the proceeds go to Nobody's Perfekt Dogs.

Then there is an opportunity for folks to buy quality bed sheets at a reasonable price from CoZzy Comfy Sheets, where we get a portion of the proceeds.

Please check us out on Facebook at www.facebook.com/nobodysperfektdogs or our website at www.nobodysperfektdogs.org under marketplace.

Kathy Coleman is the Fundraiser Coordinator for Nobody's Perfekt Dogs.

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