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YEAR 31

WEDNESDAY, JULY 10, 2019

NO. 27

INSIDE YOUR FORUM

NEWS



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World premier of Richard Meyer composition at Jenny Lin concert
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NEWS



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PHONE: (510) 537-1792

USS Hornet Met Apollo 11 Astronauts 50 Years Ago

By Jim Knowles
CASTRO VALLEY FORUM

A piece of American history that you can walk up to and touch is docked right nearby in Alameda.

The USS Hornet is a museum now, but when it was in service it picked up the Apollo 11 space capsule along with the three astronauts that made the first moon landing.

This month is the 50th anniversary of the mission to the moon when Neil Armstrong became the first human to set foot on a celestial body other than the Earth. And over the next couple of weeks, the Hornet is celebrating that historic event.

When the astronauts came back and landed in the Pacific, the Hornet was there to meet them. First a crew of navy divers jumped from a helicopter to place a flotation collar around the capsule, until the ship could arrive and lift Apollo 11 to its hangar deck.

The footsteps are painted on the floor of the Hornet's hangar deck where the astronauts walked to the quarantine trailer where they spent the next few days.

They were quarantined in the specially built Airstream trailer because at the time no one knew what germs may have been on the moon.

President Richard Nixon came aboard and greeted the three astronauts from outside the trailer as they peered through the window with smiles.

see **HORNET** on page 7



PHOTO COURTESY OF THE USS HORNET MUSEUM

The World War II Aircraft Carrier USS Hornet, now a national museum, is docked in the city of Alameda and will be holding public celebrations for the 50th anniversary of the Apollo 11 mission to the moon in coming days.

The Apollo 11 crew await pickup by a helicopter from the USS Hornet, prime recovery ship for the historic Apollo 11 lunar landing mission. The fourth man in the life raft is a United States Navy underwater demolition team swimmer.

PHOTO COURTESY OF US NAVY



MAC MEETING

Dump Truck Damage

By Amy Sylvestri
CASTRO VALLEY FORUM

Have you noticed a steady stream of dump trucks on Redwood Road lately? Castro Valley Municipal Advisory Council (MAC) Chair Marc Crawford has, and he isn't happy about it.

At Monday night's MAC meeting, Crawford spoke about the trucks, which have been dispatched by the East Bay Municipal Utility District (EBMUD) to carry soil from the Upper San Leandro Reservoir area to Alameda.

The soil is the byproduct of trench dredging that EBMUD does. It used to be disposed of at their property along the northern boundary of Redwood Road. Now, they are moving the dirt to Alameda.

Crawford said in his Chair's Report that because there is no weigh station between Castro Valley and Alameda, the trucks will likely be
see **MAC** on page 15

PRESIDENTIAL RACE

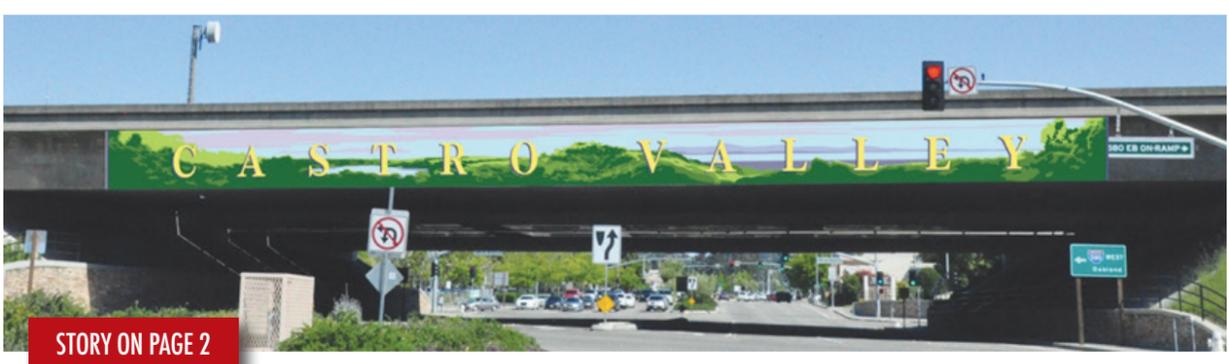
Swalwell Ends Run

Congressman Eric Swalwell announced on Monday that he has ended his campaign for president.

"After the first Democratic presidential debate, our polling and fundraising numbers weren't what we had hoped for, and I no longer see a path forward to the nomination. My presidential campaign ends today," Swalwell told reporters at a news conference in Dublin.

Swalwell thanked his supporters and said he would never forget the lessons he had learned while traveling around the nation.

"I will take those lessons back to Congress, serving my friends and neighbors in California's 15th District while using my seats on the House Intelligence and Judiciary committees to make our nation safer and uphold the rule of law for all Americans," Swalwell said.



STORY ON PAGE 2

ARTIST RENDERING COURTESY OF ALAMEDA COUNTY ARTS COMMISSION

CV Finally Getting its Long-Awaited Sign

Artist Rob Minervini's will begin painting his design on the I-580 overpass above Redwood Road starting on Tuesday.

Castro Valley Weather July 10 - 14, 2019



Wednesday
Clouds then Sun
High 71° Low 56°



Thursday
Mostly Sunny
High 71° Low 55°



Friday
Mostly Sunny
High 74 Low 54°



Saturday
Mostly Sunny
High 76° Low 54°



Sunday
Sunny
High 73° Low 57°

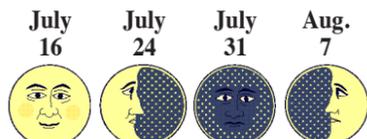
Almanac



Sun sets at 8:34 p.m. today, rises at 5:56 a.m. Thursday.

Past Week's Rain: 00.00
Season To Date: 24.80
Normal To Date: 21.22
Season Average: 21.22

Moon Phases



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Special Composition for Jenny Lin Concert

At the 25th Anniversary Jenny Lin Concert this year, Richard Meyer's heartfelt work "From Darkness, Joyful Sounds Are Born"—composed for and dedicated to the Jenny Lin Foundation—will make its debut.

Meyer, a nationally-recognized composer based in Southern California, has made plans to visit Castro Valley to meet with the musicians who will be performing his composition.

At the evening rehearsal on Monday, July 15, Meyer will conduct a workshop with the Orchestra musicians to help them achieve the authentic rendition of his emotional piece.

The concert on July 27, hosted by TV journalist Cheryl Jennings, will feature the world premiere of Meyer's work, which is all about overcoming hardships encountered during one's lifetime.

To deliver the audience from darkness and sorrow, everyone in attendance will be invited to join in producing the sounds of clapping, stomping and singing to share in the joy and hope that eventually emerge.

This uplifting experience is ex-



Director Cary Nasatir discusses the commissioned piece with composer Richard Meyer in Southern California.

pected to help the community find solace in Jenny's legacy, and stay hopeful that justice will be served before long as law enforcement authorities continue their efforts in bringing closure to Lin's slaying in her Castro Valley home.

Over the years, thousands of school-aged musicians have benefited from the annual six-week

Youth Music Program through musical opportunities, fellowship, leadership training, and scholarships.

The program is offered free-of-charge to band, orchestra and choral musicians across the Bay Area.

The July 27 community concert will take place at 7 p.m. at Chabot College in Hayward.

Painting of CV Sign Will Begin on Tuesday

Artist Rob Minervini will begin painting Castro Valley's long awaited sign—officially known as a "Community Identifier"—next week.

It will be painted on both sides of the I-580 Highway overpass above Redwood Road, with a tentative start date of Tuesday, July 16, according to Rachel Osajima, director of Alameda County's Art Commission. Minervini's design will feature the words "Castro Valley" over a long, slim panoramic landscape that depicts Lake Chabot and the Bay.

The artist will work weekdays during daytime hours and professional traffic control will be on

site to control lane closures and to keep both motorists and pedestrians safe. But Osajima cautions that drivers should expect some delays during the three weeks or so that will be required to finish the project.

At about the same time, the Arts Commission will also launch the Utility Box Art Program in Castro Valley.

Art Designs created by seven artists and artist teams will be printed on vinyl wraps and placed on 40 county-controlled utility boxes throughout Castro Valley. The vinyl wraps will be installed throughout the summer and will be on view for some three years.

Both of the art projects were developed with public support for the goal of providing a welcoming environment for residents and visitors alike, and community members were involved in both, contributing to surveys, participating in community discussions and providing comments about the artists' proposal designs.

The projects were approved by the Castro Valley Municipal Advisory Council, the Arts Commission, and the Board of Supervisors.

For questions or comments, call the Project Hotline at 510-891-5597. For project updates and more information, visit www.ac.gov.org/arts.



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Kanin's 'Born Yesterday' Opens At Chanticleers Theatre July 19

Garson Kanin's Broadway hit "Born Yesterday, considered by many to be the funniest American comedy of the 20th Century, opens Friday, July 19 at Chanticleers Theater in Castro Valley.

First produced in 1946, it was subsequently turned into an Academy Award-winning film starring Broderick Crawford and Judy Holliday.

The show opens with Harry Brock, a vulgar and egotistical junkyard tycoon, descending on Washington D.C. to "buy" a congressman or two, confident that his money can swing whatever illicit deals he wants.

Harry brings with him his mistress of seven years, Billie Dawn, a charming but uneducated former showgirl whose lack of social graces embarrasses even Harry.

He hires journalist Paul Verrall to smarten her up but Harry gets more than he bargained for in the process. As Billie's knowledge grows, the sparks fly and lessons come home to roost in this delightful and surprisingly timely comedy classic.

Chanticleers production is directed by known actor Michael Sally and features Laura Zimmerman, Jason Berner, Mike Ettel, Kyle Smith, Bruce Kaplan, Edward Pieczenik, Ann Barnett, Heather Warren, Liva Langer and Santiago Sena-Guerra.

"Born Yesterday" opens with



PHOTO COURTESY OF CHANTICLEERS THEATRE

Mike Ettel, Laura Zimmerman and Jason Berner as they appear in the Chanticleers Theatre presentation of the Broadway hit, "Born Yesterday," opening July 19.

Chanticleers traditional complimentary hors d'oeuvres, desserts and beverage gala on July 19 and runs through August 11.

Curtain time for Friday and Saturday evening shows is 8 p.m. and Sunday twilight matinees start at 6 p.m. (no show on July 21). For

tickets (\$25 and \$20 for seniors, students and military), visit chanticleers.org or call 510-733-5483. Bargain Night is July 20 when all tickets are \$18.

Chanticleers Theatre is located within the Castro Valley Community Park at 3683 Quail Avenue.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Boyfriend Bit Her Lip

Sunday, July 7: at 9:27 p.m., Sheriff's deputies arrested a 34-year-old man on suspicion of assault on his girlfriend of nine months. The couple were fighting at a motel on the Boulevard near Stanton Avenue when the manager called in the complaint. Deputies found the man had bit his girlfriend's lip area hard enough that she needed stitches. The man was also found in violation of his parole. Deputies took the man into custody. The woman was treated at the scene.

Fireworks Lead to Wanted Men

Sunday, July 7: at 10:40 a.m., two men were arrested as part of warrants issued for their capture as well as possession of illegal fireworks. Deputies found both men at a home on Lamson Road near Almond Avenue following reports of illegal fireworks. A 30-year-old man at the home was wanted on previous charges of assaulting a family member. A 55-year-old man was wanted on previous charges of possession of illegal drug paraphernalia. The two men were taken to Santa Rita Jail pending bail of \$50,000 apiece.

Assault and Battery

Saturday, July 6: at 10:55 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Glass Brook Court near Five Canyons Parkway.

There, deputies arrested a 27-year-old man from Castro Valley on suspicion of assault and battery. The man was handcuffed and taken into custody. The unidentified victim was treated at the scene.

Fighting in the Streets

Friday, July 5: at 10:45 a.m., deputies arrested a 28-year-old man from CV on suspicion of public fighting and probation violation. A neighbor called the Sheriff's office after the man was involved in an altercation with an unidentified person outside a home on Sandy Road near Seaview Avenue. Deputies took the man into custody.

Can't Stay Away

Thursday, July 4: at 8:15 p.m., a 26-year-old man with no permanent residence was arrested on suspicion of trespassing at a school

property on Virgil Court near Virgil Street, false identification, and possession of illegal narcotics. The man had been asked many times to stay away from the neighborhood by the school staff. The man had a warrant issued for his arrest stemming from charges of assault on a family member at the school. Deputies took the man to Santa Rita Jail pending \$7,500 in bail.

Joy Ride Ends in Arrest

Monday, July 1: at 10:31 p.m., deputies arrested a 30-year-old woman with no permanent residence on suspicion of stealing a car. The woman was stopped at the intersection of Center Street and Castro Valley Boulevard. Deputies ran the plates and determined the car was not hers. The woman was taken to Santa Rita Jail and held without bail.

CV Sewer Project Begins

Construction has begun on a \$1.67 million project designed to repair and replace sewer pipes at various locations throughout Castro Valley.

Castro Valley Sanitary District contractor Devaney Engineering, Inc. began construction last month on aging sewer pipes built in the 1940s and '50s which have degraded over time. The largest portion of the project will be on

Normandy Court and Marshall Street, between Veronica Ave. and Greenacre Road. The work will take place weekdays from 9 a.m. to 3:30 p.m. and is expected to be completed by end of September.

For more information on the project, visit www.cvsan.org/Projects. Questions can be directed to Engineering Technician Matthew Lee at matthewl@cvsan.org or 510-537-0757 ext. 108.

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Castro Valley Companion Animal Hospital has a new addition to our team!

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Come on in and meet our newest veterinarian!

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Serving Our Community Since 1987

The Week Ahead

● Wednesday, July 10: Neuropathy Support Meeting

Those suffering from peripheral neuropathy, a disease with typical symptoms of chronic numbness, tingling, and sporadic sharp pains in the feet or hands, are encouraged to attend the monthly free meeting of the Neuropathy Support Group at 1:30 p.m. today (and every second Wednesday of the month) at First Presbyterian Church, 2490 Grove Way, Castro Valley (next to Trader Joe's). More info at 510-886-6758.

● Wednesday, July 10: Sons in Retirement Luncheon

Sons in Retirement (SIR) Branch 26, an organization of retired men, will meet today for a social hour at 11 a.m. and lunch at noon at the Fairview Event Center at Metropolitan Golf Course, 10051 Doolittle Drive, Oakland. Truman Howard, a docent at Blackhawk Museum, will speak on changes being made at the Museum. Luncheon is \$25, payable by check. Sponsored guests are welcome at meetings on the second Wednesday of each month. Call Ken at 510-537-4804 for information.

● Thursday, July 11: Ice Cream Social Luau

Come and enjoy an ice cream sundae with your friends and family at the Aitken Senior & Community Center, 17800 Redwood Road from 1:30 to 3 p.m. tomorrow. \$1.50 per sundae, please bring exact change.

● Friday, July 12: Lights for Liberty Vigil

Lights for Liberty: A Vigil to End Mass Detentions and Family Separation, will bring thousands of people to locations worldwide as well as to detention camps across the country, into the streets and into their own front yards, to protest the inhumane conditions faced by refugees. The Castro Valley vigil will take place from 5 to 7 p.m. this Friday at Castro Valley Blvd. and Redwood Road, joining with other community members, celebrating Transgender Visibility Night and support for all human rights.

● Saturday, July 13: Music with the James Henry Quartet

Enjoy live music with the James Henry Quartet at 2 p.m. this Saturday, July 13, at the Castro Valley Library. Henry, a master percussionist, songwriter and producer, will take you on a global journey from Afro funk to Urban Caribbean, World Beat, R&B, Reggae and Soca. Expect the unexpected. Expect music for your soul!

● Saturday, July 13: Castro Valley Pride

Castro Valley Pride returns for their 9th year, once again transforming the Castro Valley High School Redwood Road parking lot into a fun-filled space with food trucks, vendors, and live entertainment on two stages. Join the fun from noon to 5 p.m. this Saturday, July 13 as they create a safe and welcoming space for the LGBTQ community, their friends, family, neighbors, and allies to enjoy a beautiful summer day together. For booth opportunities please visit www.castrovalleypride.com

● Saturday, July 13: At Sulphur Creek: "Eagle Tactics"

Searching and soaring on powerful wing beats are an eagle's survival tactics. A pairing of wing design and vision makes them the master of their chosen terrain. Find out how to differentiate an eagle from a hawk or falcon as you meet some of Sulphur Creek's resident diurnal (or daytime) raptors up close at a special adults-only presentation this Saturday, from 4 to 5:30 p.m. at Sulphur Creek Nature Center, 1801 D Street, Hayward. Space is limited and advance registration is required (\$20). Register online at www.haywardrec.org or by calling 510-881-6700. More info at 510-881-6747.

● Saturday, July 13: Amador Valley Quilters

Tina Curran will be the featured speaker at this Saturday's general meeting from 1:30 to 4 p.m. at Pleasanton Middle School, adjacent to Phoebe Hearst Elementary School, 5301 Case Ave., Pleasanton. Her presentation will include a collection of her quilts that portray combined elements of traditional and contemporary arts. Amador Valley Quilters meet on the second Saturday of each month.

● Sunday, July 14: Democratic Club Summer Picnic

The Castro Valley Democratic Club Summer Potluck Picnic will be held from noon to 4 p.m. this Sunday at Castro Valley Community Park in picnic area 2. Come meet your local elected officials. Also fun raffles.

● Monday, July 15: Castro Valley Night of Honor

Redwood Chapel Community Church at 19300 Redwood Road will be hosting the 20th Annual Castro Valley Night of Honor at 6:30 p.m. on July 15, to thank our local first responders for their daily service and sacrifices for us. Uniformed first responders and their immediate families who attend will receive a free meal and thank you gift. The cost for community members to attend is \$10/adult and \$5/child (10 and under). The Color Guard of the Alameda County Sheriff's Office will present the flags, and there will be a fun trivia competition between the Alameda County Fire Department, Alameda County Sheriff's Department, and California Highway Patrol.

● Tuesday, July 16: Rotary: "New Chabot Theatre Owners"

Paul Keim, founder of Smalltown, will talk about his organization's recent purchase of the Chabot Theater at the next buffet lunch meeting of the Rotary Club of Castro Valley, from noon to 1:30 p.m. at Redwood Canyon Golf Course, 17007 Redwood Road. The cost of lunch is \$15 and reservations must be made by 9 p.m. on Sunday, July 14, by contacting Rotary at cvrotary@iCloud.com or 510.402.5123. More information is available at castrovalleyrotary.org

● Friday, July 19: Mother's Club: "Parental Boundaries"

The Castro Valley Mother's Club Learn & Share Speaker Series presents Pounch Azadi discussing the building blocks of healthy boundaries as they show up in parenting, a free event at 6:30 p.m. on July 19 in the Keller Williams office space at 3160 Castro Valley Blvd. Please join us.

● Saturday, July 20: Free Mattress Recycling

The Mattress Recycling Council will hold a free used mattress collection event from 8 a.m. to 2 p.m. on Saturday, July 20, at 20095 Mission Blvd. at the corner Hampton in Hayward. Visit ByeByeMattress.com for more information.

● Saturday, July 20: SLz Pioneer Cemetery Clean-Up Day

Drop by Usher and College streets in San Lorenzo from 9 a.m. to noon on Saturday, July 20, to help preserve our local historic cemetery! Bring gloves, rakes, and water. A hat, sunscreen, eye protection, and sturdy shoes are recommended. The cemetery will also be open during this time for the public to visit the grounds and ask questions.

● Sunday, July 21: Stacy Carter's "Tribute to Diana Ross"

Don't miss the rare opportunity to experience a fabulous musical tribute to Diana Ross at 2 p.m. on July 21 at the Castro Valley Library. Stacy Carter, of San Mateo, has enjoyed a successful international singing career. Since returning to the U.S., she has appeared at KCSM's "Jazz on the Hill," Villa Montalvo, Yoshi's, and The Fairmont in San Francisco. No reservations are required for this free event. For more information, call 510-667-7903, or see Events at www.aclibrary.org/branches/csv

● Tuesday, July 23: Hayward Senior Softball League BBQ

The Hayward Senior Softball League, in its 29th year, will honor three longtime players — Bob Schmidt, Jack Moore and Charlie Adams — at a "Hoss" Chandley BBQ at noon on July 23 at Oliver Field on Hesperian in Hayward. All past players are invited to attend (just \$5).

Submissions to The Forum

The Community Calendar is for publicizing the activities of non-profit organizations, local government agencies, charities and community groups. It is not intended to be used for the advertising of commercial events, whether admission is charged or free. Items for the Community Calendar as well as news submissions must be received by 6 p.m. Friday for inclusion in the following Wednesday's newspaper. Send information in an email to: fredz@ebpublishing.com. Do not send flyers or posters as we cannot use them.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events listed below are available online at www.cvcfa.com; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. (phone 889-8961), or at the Castro Valley Adult School, 4430 Alma Avenue. Tickets for the Center's entire 2019-2020 Series are available for \$173 to \$209.

● "The Great American Sh*t Show," monologues on life in the age of Trump, written by Brian Copeland and Charlie Varon and performed by them at 7 p.m. on Saturday, Aug. 17, at the Center for the Arts as a therapy session for progressives who've been quietly going insane. Developed with and directed by David Ford. For more info or tickets (\$40), visit www.cvcfa.com

OTHER THEATRICAL & MUSICAL PERFORMANCES

● "Newsies," the Disney musical, will begin the 53rd season of the Woodminster Summer Musicals July 11-14 at Woodminster Amphitheater in Joaquin Miller Park in the Oakland Hills. The play was inspired by the real-life "Newsboy Strike of 1899," when newsboy Kid Blink led a band of orphan and runaway newsies on a two-week-long action against Pulitzer, Hearst and other powerful newspaper publishers. Filled with one heart-pounding number after another, it's a high-energy explosion of song and dance you don't want to miss. All performances at 8 p.m. For tickets or more info, visit www.woodminster.com

● "Born Yesterday," the Broadway hit that many consider to be the funniest American comedy of the 20th Century, will be presented by Chanticleers Theater, opening with the traditional complimentary hors d'oeuvres, desserts and beverage gala on July 19 and continuing through Aug. 11, with performances at 8 p.m. on Fridays and Saturday, and Sunday twilight matinees at 6 p.m. (no show July 21). For tickets (\$25 adult, \$20 seniors, students and military) visit www.chanticleers.org or call 510-733-5483. Chanticleers Theatre is located within the Castro Valley Community Park at 3683 Quail Ave. in Castro Valley.

ART GALLERIES & ART INSTRUCTION

● Artist Open Studio Every Thursday: Join this informal gathering of artists working together in a friendly and helpful atmosphere. Adobe Art Center hosts provides tables, chairs and easels. \$3. Thursdays 10 a.m. to 2 p.m. in the Redwood Studio I at the Adobe Art Center, 20395 San Miguel Ave, Castro Valley.

CASTRO VALLEY FORUM

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ARIES (March 21 - April 19): Is someone at work resisting that Aries charm? Hard to believe. But seriously, Lamb, you might want to back up your ideas with some solid data, and then watch the yeas pile on.



TAURUS (April 20 - May 20): Your hard work could pay off in ways you didn't expect, but certainly deserve. Tend to that pesky health problem now so you'll be in top shape to tackle the new projects coming up.



GEMINI (May 21 - June 20): Planning a family event can be stressful unless you make it clear from the start that you're in charge. You might accept suggestions, but it will be your decisions that count.



CANCER (June 21 - July 22): You still have a ways to go to bring that professional matter to a satisfactory conclusion. Meanwhile, an important personal situation could require more of your attention by week's end.



LEO (July 23 - August 22): There's something about you Fine Felines that makes people want to tell you secrets. But once again, be wary of who is doing the telling. You might not want to be that person's confidante.



VIRGO (August 23 - Sept. 22): Creating a fuss about a family matter might get everyone's attention. But it might be better to talk one-on-one with family members in order to spare a loved one unnecessary embarrassment.



LIBRA (Sept. 23 - October 22): You're making progress on that career move, albeit not as quickly as you had hoped. But stay with it. Your personal life takes an unexpected (but very welcome) new turn.



SCORPIO (October 23 - November 21): If you feel you've been unfairly treated in a workplace decision, correct the situation now while there's still time to do so. Arm yourself with facts and go to it. Good luck.



SAGITTARIUS (Nov. 22 - Dec. 21): Devising your own system of doing things might be the best way to handle an increasingly complex situation. But do it tactfully in order to avoid ruffling too many of your colleagues' feathers.



CAPRICORN (Dec. 22 - Jan. 19): A family member's health problem might once again require you to shift some of your current priorities around. But this time, make certain other relatives will be there to help.



AQUARIUS (Jan. 20 - Feb. 18): Catching up on tasks you've left undone will take a while to accomplish. But the sooner you complete them, the sooner you'll be able to take on another time-sensitive project.



PISCES (Feb. 19 - March 20): You might feel swamped by all that you're expected to do. But take a moment to come up for air, then handle things one at a time, and you'll soon get through them all.

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A Passion for Peaches



With their irresistible aroma, tempting colors and sweet flavor, there's nothing like juicy, tender peaches for the best homemade summer desserts. Especially pies, like this one from Pillsbury.

CINNAMON & BROWN SUGAR PEACH PIE

1 box Pillsbury refrigerated pie crusts, softened as directed on box

8 large firm ripe peaches
1/2 cup packed light brown sugar
1/3 cup granulated sugar
1 teaspoon ground cinnamon
1/4 cup all-purpose flour
1/8 teaspoon salt
4-1/2 teaspoons butter, cut into pieces
1 egg, beaten
4 1/2 teaspoons granulated sugar

Heat oven to 425°F. Make

pie crusts as directed on box for two-crust pie using 9-inch glass pie plate.

Peel peaches and cut into 1/2-inch-thick slices; cut slices in half. In large bowl, mix brown sugar, 1/3 cup granulated sugar, the cinnamon, flour and salt; add peaches and stir to coat. Immediately spoon peach mixture into crust-lined plate; dot with butter. (Do not make mixture ahead or it will become too juicy.)

Top with second crust and flute. Brush top with egg; sprinkle with 4-1/2 teaspoons granulated sugar. Cut slits in several places. Freeze pie 15 minutes.

Meanwhile, heat a 15x10-inch pan in oven 10 minutes. Place pie on hot pan. Bake on lower oven rack 15 minutes. Reduce oven temperature to 375°F; bake 40 minutes. Cover loosely with foil; bake 25 minutes longer or until juices are thick and bubbly. Cool 2 hours before serving.

PEACH & ALMOND CRISP

Topping:
1/2 cup rolled oats
1/4 cup flour
1/3 cup brown sugar, packed
3 tablespoons butter, softened
1 teaspoon cinnamon
1/4 cup sliced almonds

Peach Filling:
6 cups California peaches (4-6), peeled and sliced



PHOTO BY LINDA SANDSMARK

Family Fun on the 4th

Perfect weather at the beautiful Meek Estate was the backdrop for family Fourth of July activities last Thursday. Old-fashioned games joined community booths and a "bounce house" on the historic property. Children's activities included giant bubble blowing, tug-of-war, crafts and face painting. Visitors enjoyed hot dogs, live music, and tours of the estate.

filling ingredient in a medium bowl and transfer to an 8- or 9-inch shallow baking dish. Crumble topping over the peach mixture and sprinkle with almonds. Bake for 30 minutes or until peach mixture is hot and bubbly and topping is golden brown. Makes 8 Servings.

FRESH PEACH COBBLER

2 pounds of sliced peaches
2/3 cup brown sugar
1 tablespoon flour
4 tablespoons minced candied ginger
1-1/2 cups all-purpose flour
1 tablespoon sugar
2 teaspoons baking powder
1 teaspoon baking soda
4 tablespoons butter
3/4 cup buttermilk

Preheat oven to 375°F.

Mix peaches, brown sugar, 1 tablespoon of the flour and the ginger in a large frying pan. Heat, stirring until juices start to thicken, about 3 to 5 minutes. Pour into a 9-inch square glass casserole 2 inches deep. Set aside.

Mix flour, sugar baking powder and baking soda together. Add butter and mix with a pastry knife until a granular texture about the size of small peas is formed. Add buttermilk and mix only long enough to incorporate the liquid. Overmixing will toughen the pas-

try. Turn onto a flour board and gently press out to the shape of your casserole or baking pan. Lift carefully onto the sliced peaches and bake for 20-25 minutes until a golden brown color on top.

PEACH CAKE

2 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1-1/2 cups sugar
1/2 cup shortening
1 cup buttermilk
1 egg
1 teaspoon vanilla
2 cups peaches, peeled and cut into 1/2-inch cubes

Nut Topping:
1/4 cup sugar
1/2 cup chopped walnuts
1 teaspoon cinnamon

Sift together flour, baking soda and salt; set aside.

In mixer, beat together sugar and shortening until creamy. Blend in buttermilk, egg and vanilla. Combine wet and dry ingredients, mixing until just combined. Gently stir in peaches. Pour batter into greased 11-by-7-inch baking dish.

In small bowl, combine nut topping ingredients and sprinkle over cake. Bake in preheated 350°F oven for 40 minutes or until toothpick inserted in center comes out clean. Cool, cut and serve.

THE FORUM CROSSWORD

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ACROSS

- 1 Collections
- 5 Toward the stern
- 8 Being, to Brutus
- 12 Enticement
- 13 Actress Myrna
- 14 "Once ___ a time ..."
- 15 Operatic solo
- 16 Harem's housing
- 18 Hex
- 20 "Long Day's Journey Into Night" writer
- 21 Fairy tale villain
- 23 Explosive letters
- 24 Three-striper
- 28 Dueling sword
- 31 Opposite of "post-"
- 32 Be philanthropic
- 34 Corn spike
- 35 St. Louis landmark
- 37 Dramatic musical work
- 39 Chance
- 41 Sandwich shop
- 42 Alexandrian peninsula
- 45 Maximally
- 49 Repaired
- 51 Hee-haw
- 52 Wise one
- 53 Past
- 54 Slender
- 55 Low card
- 56 Neither mate
- 57 Otherwise

DOWN

- 1 Pole or Czech
- 2 Continental coin
- 3 Small combo
- 4 Sailing veteran
- 5 Losers
- 6 Enemy
- 7 Novice
- 8 First name of 20-Across
- 9 Green type of soup
- 10 Earth
- 11 Carbon compound
- 17 Pismire
- 19 Curved molding
- 22 Finished
- 24 Hot tub
- 25 Blunder
- 26 Tend a dead battery
- 27 Bullfight VIP
- 29 Chow down
- 30 Historical period
- 33 Whip mark
- 36 Invisible rabbit of stage and screen
- 38 Spry, like Jack
- 40 Luau bowlful
- 42 "Hey, you!"
- 43 Listen to
- 44 Read bar codes
- 46 Verbal
- 47 Without (Fr.)
- 48 Youngster
- 50 Id counterpart

ANSWERS ON PAGE 9

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Hornet: Apollo Capsule, Similar to Apollo 11, is on Display in Hangar

continued from front page

Also back aboard the Hornet was the 22 kilograms of lunar soil and rock, giving Earthling scientists something to study for years to come.

Armstrong and Buzz Aldrin stepped onto the moon on July 20, 1969, as the third astronaut Michael Collins orbited the moon in Columbia, the command ship. Armstrong and Aldrin spent 21 hours on the moon, two hours conducting experiments, and then back aboard Eagle for a lunar nap.

Four days later, they re-entered the Earth's atmosphere at 24,000 m.p.h. and landed in the Pacific where the Hornet awaited.

An Apollo capsule, similar to Apollo 11, is on display in the hangar of the Hornet. Cutaway sections of the space vehicle reveal the wiring and the thickness of craft, which was built by North American Aviation to survive the heat of re-entry at over 20,000 miles per hour.

The 1960 electronics looks outdated today, but put your hand on the spacecraft and your senses tell you this thing was built solid.



PHOTO BY JIM KNOWLES

An Apollo capsule like the one that brought back the first astronauts to land on the moon on display on USS Hornet.

The thick honeycomb aluminum walls are stuffed with fiberglass for insulation.

You can walk right in the footsteps of the astronauts from the Apollo capsule to the containment trailer, a beauty of an Airstream, but it might as well as been made of aluminum foil compared to the space capsule.

And to think the thin walls of this little trailer were all that came between the possibility of deadly outer-space germs and the rest of humanity.

But after Apollo 14, astronauts no longer were quarantined since it was understood that moon germs didn't exist.

see HORNET on back page

Custodians Recognized

More than 50 people were on hand for CVSan's 8th Annual Recognition Event for Castro Valley School Custodians who routinely and without fanfare go out of their way to help reduce waste.

They were honored with a special luncheon at the Center for the Arts on the Castro Valley High School campus.

Singled out for special awards were Darrell Lee of Marshall Elementary School ("Dan Curry Custodian Program of the Year"), Sta-fort Smith of Vannoy Elementary School ("Good Green Attitude") and Kim Cannon of Independent Elementary ("4Rs Educator of the Year").

Among those attending were members of the school district's maintenance staff, Operations Supervisor Charlotte Irwin, School Board member Gary Howard, Superintendent Parvin Ahmadi, CVSan General Manager Roland Williams, Board Members Ralph Johnson and Dave Sadoff, and staff members Naomi Lue, Jordan Figueiredo, and Kaitlin Lowe.



PHOTO COURTESY OF THE USS HORNET MUSEUM

A crane on the USS Hornet lifts the Apollo capsule out of the Pacific shortly after splashdown on July 24, 1969.

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ATHLETE OF THE WEEK



Alex Williams

This week's Athlete of the Week is Alex Williams, a graduate of Redwood Christian High School and a Castro Valley resident. Williams recently completed his freshman year at Stanford and was a pitcher for their baseball team.

As a freshman, he had 14 appearances, including 10 starts. He issued only eight walks with 43 strikeouts in 63.1 innings pitched, holding opposing hitters to a .226 batting average.

Williams pitched a complete game, with a career high 8 strikeouts, in a 12-3 win against Sacramento State, on Sunday June 2. The win saved Stanford's season and was the first complete game by a Stanford pitcher since June 3, 2017.

Williams earned Freshman All-America status three times this year, which included nominations from Collegiate Baseball Newspaper, NCBWA, and Perfect Game/Rawlings.

Another Restless Night? Seven Tips for a Good Night's Sleep

Millions of Americans toss and turn much of the night, unable to fall asleep – or to stay asleep once they finally do drift off.

Maybe it's worry about bills. Maybe it's relationship problems. It might even be a sleep disorder keeping them awake when they should be snoozing soundly.

Whatever the reason, more than one-third of American adults don't get enough sleep on a regular basis, according to the Centers for Disease Control.

Without proper sleep, you could be drowsy at work the next day, unable to properly perform your job and irritable with everyone around you. And that's not all.

"Lack of sleep can leave you fatigued and with a weakened immune system, which could make you more susceptible to infections," says Dr. Shab Krish, director of the Sleep Therapy Centre of North Texas.



"Lack of sleep can also decrease your mental acuity, disrupt natural hormone levels, and lead to a variety of other significant health problems."

For those who find themselves exhausted when morning arrives:

- Set your clock to remind you bedtime is approaching. You probably already set your clock so that you wake up when you need to in the morning, but also set an alarm for 30 minutes before bedtime.

see **SLEEP** on page 9

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At Risk for Hepatitis? Medicare Can Help Keep You Protected

By Greg Dill
SPECIAL TO THE FORUM

Viral hepatitis, an inflammation of the liver, causes more than a million deaths per year worldwide, about the same number of deaths caused by tuberculosis and HIV combined.

Medicare can help protect you from Hepatitis B and Hepatitis C, the most common types of viral hepatitis in the U.S.

Hepatitis is contagious. The Hepatitis B virus, for example, spreads through contact with the blood or other body fluids of an infected person. People can also get infected by coming in contact with a contaminated object, where the virus can live for up to 7 days.

Hepatitis B can range from being a mild illness, lasting a few weeks (acute), to a serious long-term illness (chronic) that can lead to liver disease or liver cancer.

Medicare Part B covers Hepatitis B shots, which usually are given as a series of 3 shots over a 6-month period. You need all 3 shots for complete protection.

Medicare covers these shots for people at medium or high risk for Hepatitis B.

Risk factors include hemophilia, end-stage renal disease, diabetes, if you live with someone who has Hepatitis B, or if you're a health care worker and have fre-

quent contact with blood or body fluids.

Check with your doctor to see if you're at medium or high risk for Hepatitis B.

You pay nothing for Hepatitis B shots if your doctor or other qualified health care provider accepts Medicare payment.

Medicare also covers a one-time Hepatitis C screening test if your primary care doctor or practitioner orders it and you meet one of these conditions:

- You're at high risk because you have a current or past history of illicit injection-drug use;
- You had a blood transfusion before 1992;
- You were born between 1945 and 1965.

Medicare also covers yearly repeat screenings for certain people at high risk.

Medicare will only cover Hepatitis C screening tests if they're ordered by a primary-care doctor or other primary-care provider. You pay nothing for the screening

test if the doctor or other qualified health care provider accepts Medicare payment.

Hepatitis shots and screening are among the many preventive-health services that Medicare helps pay for. These screenings and tests help detect preventable and chronic diseases early, in their most treatable stages.

You pay nothing for most Medicare-covered preventive services if you get the services from a doctor or other qualified health care provider who accepts Medicare payment.

However, for some preventive services, you may have to pay a deductible, coinsurance, or both. These costs may also apply if you get a preventive service in the same visit as a non-preventive service.

Greg Dill is Medicare's regional administrator for California and other western states. You can always get answers to your Medicare questions by calling 1-800-633-4227.

CV Student on Provost's List

Julia Wehe of Castro Valley has been named to the Provost's List for the spring 2019 semester at Capital University in Bexley, Ohio.

To be named to the Provost's List, full-time, degree-seeking stu-

dents must have achieved a grade point average of at least 3.70.

Capital University is a private, four-year undergraduate institution and graduate school near Columbus, Ohio.

Registration is Now Open for Flag Football

Registration is now open for the 2019 Flag Football Season!

In-person registration will be available from 6:30-8 p.m. on Monday, July 15, at Mountain

Mikes Pizza in the Castro Valley Village. Online registration is available at cvisportsleague.org

CVI's flag football season will begin in August and runs through

November. If interested in coaching or learning more about the program can contact the flag football coordinator Juan Montalvo at juanmontalvo478@gmail.com



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Prevent Heart Disease

Cardiovascular disease (CVD) is the leading cause of death for adults in the nation.

About 610,000 people die of heart disease in the U.S. every year—roughly one in every four deaths. But you can protect yourself. The most common and serious types of this disease are heart attack and stroke.

There are steps you can take to help prevent CVD. Here are questions you can ask yourself—and your doctor—to find out if you are at risk and how you can prevent it.

• What are the Risk factors?

An important part of preventing CVD is knowing your risk factors. Nearly half of American adults have at least one of the three major risk factors: high blood pressure, smoking, and high cholesterol.

Fortunately, there are several ways your doctor can help you determine your risk of having a heart attack or stroke in the next 10 years. Some methods for detecting CVD are more effective than others. Talk to your doctor about which method makes sense for you.

• Are you getting your blood pressure checked?

Blood pressure measures the force of blood pushing against the walls of the arteries as the heart pumps blood around the body. High blood pressure (also known as hypertension) is a condition in which blood pressure rises and stays high for an extended time, and it raises a person's risk for CVD. All adults should be screened for high blood pressure, and this is often done during a visit to your doctor's office.

If your blood pressure numbers are high, talk to your doctor about additional monitoring to see if you have hypertension or another health condition and if you need treatment.

• Should you make lifestyle changes?

There are several risk factors for CVD that you can change, and your doctor can help. These risk factors include smoking, poor diet, and lack of physical activity.

If you smoke, talk to your doctor about getting help and medications that can improve your chances



of quitting. Your body mass index (or BMI) is also an important risk factor for CVD. During an office visit, your doctor will weigh you and, if you have obesity or are overweight, your doctor can offer ways to help you lose weight.

Your doctor may also screen for other conditions, such as diabetes, that are related to weight and can increase your risk for CVD.

To keep your heart and whole body healthy, eat plenty of vegetables, fruits, fiber, and whole grains, and eat meals that are low in salt, red meat, and saturated fats.

At least 2.5 hours of moderate physical activity or 75 minutes of intense physical activity each week is also recommended.

Moderate physical activity can include such things as riding a bike, swimming, or doing yard work or home repairs. Intense physical activity can include jogging or running, playing tennis, or hiking uphill.

Even if you are healthy and simply want to stay that way, ask your doctor about how you can develop heart-healthy habits.

• Are statins right for you?

Statins are medications that prevent cholesterol and fats from building up in your blood vessels over time, which lowers your cholesterol and reduces your chances of having a heart attack or stroke.

If you are age 40 to 75, talk to your doctor about your CVD risk and whether a statin may be right for you.

Should you take daily low-dose aspirin?

Taking a low-dose aspirin daily can also potentially help prevent CVD in some adults age 50 to 69. When blood clots form in narrow blood vessels, such as the ones in your heart and brain, it can cause a heart attack or stroke. Aspirin can help keep these blood clots from happening, lowering your risk. There are some risks associated with taking low-dose aspirin every day, so make sure you talk to your doctor about whether aspirin is right for you.

• Recommendations to protect your heart

Many of these recommendations were developed by the U.S. Preventive Services Task Force—an independent group of national experts in prevention. The Task Force makes recommendations, based on the latest science, about what works and what doesn't work when it comes to preventing disease and promoting good health.

For further information on these and other Task Force recommendations, visit www.uspreventiveservicestaskforce.org.

—North American Precip Synd., Inc.

Five Tips for Managing Your Health With a Busy Schedule

As your wisdom grows with age, so can the number of pill bottles in your medicine cabinet. For those “young-at-heart” seniors, sticking to healthy habits is the key to aging well.

Here are five tips for managing your health with a busy schedule:

1. Consult the experts

You know to go for regular checkups with your general practitioner, but don't forget that pharmacists can also be accessible experts to answer questions about your health. Your pharmacist can help you understand why and how to take your medications to support effective treatment.

2. Let smartphone help you

With a packed list of to-dos, medication routines can easily slip the mind. Luckily, your mobile phone is a helpful tool to keep track of your medications, right in the palm of your hand. The right app can help you set daily pill reminder notifications, so you never miss a dose. You can also find close-by health care providers and arrange a video call for a face-to-face consultation with a physician or specialist through the app.



3. Simplify prescription refills

Multiple prescriptions can mean multiple trips to the pharmacy each month. A trained pharmacist can recommend convenient refill options such as aligning multiple refill trips to one single date, switching to 90-day refills or having eligible prescriptions sent directly to your home. All these services can make it easier to stay on your medication schedule and help save time.

4. Find perks in your Medicare D plan

So you've signed up for your Medicare Part D plan, but are you using it to save money? A little bit of research into the right combination of plan, provider and pharmacy can go a long way to help you save money.

5. Maintain a healthy lifestyle

They say age is only a number, and when you're in control of your health, that's very true! With the time and money you'll save from these tips, think about how you can embark on and maintain an even healthier lifestyle.

Why not challenge yourself to walk for at least 30 minutes a day, connect with friends and family, or take the time to prepare nutritious meals?

These five small steps can all contribute to a healthier life, and free up time and head space for the things you really love.

For additional information on tools to make medication management more convenient, visit www.walgreens.com/pharmacy, which supplied this article.

—North American Precip Synd., Inc.

Sleep: Establish Nightly Bedtime Rituals

continued from previous page

That will be a reminder that you need to shut off your electronic devices and start to unwind.

• Strive to go to bed at the same time every night.

• Have dark shades covering all windows and eliminate as much noise as possible.

• Set the temperature between 68 degrees and 72 degrees.

• Establish nightly bedtime rituals, such as taking a warm bath, listening to relaxing music, or reading.

“Getting into a nightly routine will tell your brain that it's time

to start relaxing and preparing for sleep,” Krish says.

• Use your bed only as a bed.

“Doing work or other stressful activities while in bed can make it difficult for your brain to relax when it's time to sleep,” she says. “Go into a different room to finish that work. That way when your body hits the mattress, your brain knows it can start to relax.”

• Rule out a sleep disorder. Experiencing trouble falling asleep, waking up regularly during the night, and snoring are a few of the indications that you might have a sleep disorder, such as sleep apnea,

Krish says.

“When you wake up in the morning you should feel refreshed,” she says. “If you don't, that might be an indicator of a more serious problem and you should consider talking to a medical professional.”

Finally, Krish says exercise also can help.

“Regular exercise is not only good for your body and overall health, it's also good for your sleep,” she says. “A solid 30 minutes of daily exercise can make a huge difference in your quality of sleep

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

LEGAL NOTICES

FILED
JUNE 04, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 559898

**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business:
Beeffront located at 16470 Foothill Boulevard, San Leandro, CA 94578, in Alameda County is hereby registered by the following owner(s): Ji Sun Choi, 16470 Foothill Boulevard, San Leandro, CA 94578. This business is conducted by an individual. This business commenced on N/A.

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

Expires JUNE 04, 2024

**JUNE 19, 26, JULY 3, 10, 2019
00106-CVF**

FILED
JUNE 05, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 559948

**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business:
Seven Hills Baking Co. located at 3295 Castro Valley Boulevard, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Julien Wagner, 746 Dolores Ave., San Leandro, CA 94577. This business is conducted by an individual. This business commenced on 6/18/18.

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

Expires JUNE 05, 2024

**JUNE 19, 26, JULY 3, 10, 2019
00107-CVF**

FILED
JUNE 10, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 560109

**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business:
ABC Yard and Lawn Care located at 1772 Knox Street, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Tyler Judkins, 1772 Knox Street, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on N/A.

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

Expires JUNE 10, 2024

**JUNE 19, 26, JULY 3, 10, 2019
00108-CVF**

FILED
MAY 22, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 559475

**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business:
Arizona Care Home Inc located at 33051 Arizona Street, Union City, CA 94587, in Alameda County is hereby registered by the following owner(s): Arizona Care Home Inc, 33051 Arizona Street, Union City, CA 94587. This business is conducted by a corporation. This business commenced on N/A.

/s/Arizona Care Home Inc
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires MAY 22, 2024

**JUNE 19, 26, JULY 3, 10, 2019
00109-CVF**

FILED
JUNE 12, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 560232

**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business:
M.A. Services General Contractor located at 3979 Alexia Place, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Michael A. Kolokithas, 3979 Alexia Place, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on 02/11/1999.

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

Expires JUNE 12, 2024

**JUNE 19, 26, JULY 3, 10, 2019
00110-CVF**

FILED
JUNE 17, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 560335

**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business:
Insights and Courage located at 18675 Sheffield Road, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Russell W. Fochler, 18675 Sheffield Road, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on N/A.

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

Expires JUNE 17, 2024

**JUNE 26, JULY 3, 10, 17, 2019
00114-CVF**

FILED
JUNE 19, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 560411

**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business:
Long's Concrete located at 21287 Kahlert St., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Dan Long, 21287 Kahlert St., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on 11/21/2006.

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

Expires JUNE 19, 2024

**JUNE 26, JULY 3, 10, 17, 2019
0115-CVF**

FILED
JUNE 19, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 560422

**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
Professions Code
Sections 17900-17930

The name of the business:
SUNFLOWER DAYCARE located at 4227 Omega Ave., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Ruobing Liu, 4227 Omega Ave., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on 01/02/2019.

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

Expires JUNE 19, 2024

**JULY 3, 10, 17, 24, 2019
0116-CVF**

Need to Place a Legal Notice?

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San Leandro

Ronin Games Gets a Makeover

By Linda Sandsmark
CASTRO VALLEY FORUM

Kids — and adults — may be looking for new activities this summer. Ronin Games and Hobbies in Castro Valley may be just the place to do that, following a recent store makeover that made the space more inviting.

“My first priority was de-cluttering, to open the space up for people to play,” says new owner Ian Lee. “It’s a family-friendly environment. Anybody can bring their own games. Kids today play so many video games, not paying attention to others around them. But here people actually talk to each other! We don’t sell electronic games.”

Visitors will also notice the displays are now clearly organized. Ian’s wife, Abigail, drew on her background in retail to help upgrade the look of the shop.

“I think my husband is doing a great job. It’s always been a passion of his, and the kids love it,” she says.

Long-time employee Steve Strife, who remained onboard when Ian bought the shop, takes care of day-to-day store management.

“Steve provides a lot of the brains for this operation. He runs a lot of the events here, and stays on top of new releases. He does a fantastic job.”

With Steve’s help in the store, Ian can continue to do his “day job” as an emergency medical technician (EMT) for American Medical Response. He’s been an EMT for 27 years.



PHOTO BY LINDA SANDSMARK

Ronin Games and Hobbies was purchased and remodeled by Castro Valley residents Ian and Abigail Lee.

“Both my industries are about people, but I’m in diametrically opposite ends of that field. When people come here, it’s a positive environment and they want to be here,” he observes. “Of course, that’s not the case with a car accident.”

Lee is a longtime Castro Valley resident and former customer of the store. Previous owner Ed Lehto recently relocated to the East Coast. He opened Ronin on Center Street in 2010 and sold it this spring.

Some of the popular games at Ronin include Dungeons and Dragons, Warhammer 40,000 (40K), Star Wars: X-Wing, Magic: the Gathering, and Keyforge. The store also carries terrain, paint, and figures for miniatures, plus many board and card games. Customers are welcome to try out demo games in the store before buying.

Ronin Games and Hobbies is located at 19601 Center St. at Edwards Lane. Check out Ronin Games on Facebook, or call (510) 733-5094, or stop in for more info.

State Contractors Invited to Submit Requests for CV Sewer Line Work

The Castro Valley Sanitary District (CVSan) will resume its Lateral Replacement Grant Program on Aug. 19.

California licensed contractors interested in being listed as a “CVSan Qualified Plumbing Contractors,” who are eligible to provide quotations to participants in the program should submit a written request no later than Friday, July 19 to the Castro Valley

Sanitary District, 21040 Marshall St., Castro Valley 94546.

Qualified contractors must:

- Be properly licensed (either C42 - Sanitation System or Class A - General Engineering Contractor) to work on sewer lines and work in the public roadway;
- Have no outstanding matters or disputed work with CVSan (i.e., incorrect installations or incomplete work after permit expiration);

- Have not presented misleading or confusing print media to the community or property owners about the program.

Contractors that do not meet these criteria will be removed from the contractors list for a period of 12 months.

For more information, contact the Castro Valley Sanitary District at 21040 Marshall Street, or call 510-537-0757 ext. 109.

Coming Up at Smalltown Society

● **Saturday, July 13:** Eden Community Land Trust Convening

Please join us for the very first convening of the Eden Community Land Trust! We will be discussing the creation of a land trust for the Eden Area, how to become a member, and future projects happening in our community. People all over the country are looking towards Community Land Trusts (CLT) as a viable model for preserving affordable housing and preventing displacement. Noon to 3 p.m.

● **Thursday, July 18:** THE LAB: Songwriter and Poet Showcase & Workshop. Sign-ups for performances by email only: info@smalltownsociety.com. This month’s featured artist is Duke James! 7-9 p.m.

● **Saturday, July 20:** Join Smalltown and Pampas Cafe in the parking lot at Pampas, highlighting local art and the music of singer/songwriter Yiann Chou. Free, 10 a.m. to 1 p.m. at 3483 Castro Valley Blvd.

● **Saturday, July 27:** JULY ARTIST COLLECTIVE, a pop-up shop community event of local artists, photographers and crafters. Live music, beer, wine & sangria bar noon to 8 p.m.. Live music at 7. Free

For more details on these events and others, please visit www.smalltownsociety.com or text “Smalltown” to 797979. Smalltown Society is located at 22222 Redwood Road, CV.

REAL ESTATE GALLERY



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

GUEST COMMENTARY



SoCal Quakes a Reminder to Bay Area Homeowners

Southern California's recent magnitude 6.4 and 7.1 temblors are yet another notice that we live in a region governed by uncontrollable forces.

Whether earthquakes, floods, tornadoes, firestorms, tsunamis, volcanoes or hurricanes, we are occupants of a planet prone to natural disasters. Each event is a reminder that no matter how hard we strive to keep ourselves safe, Mother Nature is still in control.

It was ironic that one of the recent quakes struck on July 4th, itself a reminder of another type of cataclysmic event – the tumultuous birth of a nation.

Whether natural disaster or man-made conflagration, including our own civil war and subsequent world-wide conflicts, one thing shines brightly through: the indomitable spirit that provides hope to our nation even in the midst of tragedy.

And there *is* insurance as well.

The key here is whether or not you have the applicable levels of insurance.

Many who suffered through the recent fires in Northern California discovered that the levels of insurance they were carrying did not meet the costs to effectively rebuild. Many, coping with massive water damage, have learned that their policies did not cover flooding.

In an area prone for tremors such as the Bay Area, it is estimated that only 10% of Bay Area homeowners have earthquake insurance.

For many, the high costs of insurance make disaster-specific policies unaffordable. Others are willing to mitigate the risk, hoping that they will escape significant damage.

Ongoing changes in building codes have helped alleviate some of the risk, but it is anyone's guess what the level of damage would be should the Bay Area be hit with a massive disaster of some kind.

Which again brings us back to the spirit that drives us forward, even in the midst of disaster. I spent the 4th of July in Santa Rosa, and was amazed at how the city, in spite of the recent firestorm, is up and running again.

The verdant Berkeley hills serve as a local reminder of our will to rebuild and carry on. Our new sparkling Bay Bridge is a testament as well.

Disasters come and go on their own schedule and we will, with certainty, face Mother Nature's dark side in a multitude of ways in the future.

Our recommendation is that you effectively manage risk so that when catastrophes occur, you will have the funds to recover. Spirit is one thing, but insurance can be extremely helpful as well.

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.

Gladiolus Bulbs No Good If Removed Early

By Buzz Bertolero
Special to the Forum

Q I planted two-dozen gladiolus bulbs this spring. Now that they have finished blooming, I've pulled them all up. How should I care for these until they can be replanted? Do I cut off the green leaves?

A Oh my, you've removed the Gladiolus Bulbs too early from the ground! Gladiolus bulbs, like all other spring- and fall-planted bulbs, should be removed when the foliage turns brown and easily separates from the ground. This "after bloom period" is critical to the success of the bulbs the following year because it is when bulbs store and replace the nutrients necessary for next year's growth. Unfortunately, I'd start over with a new set of bulbs.

Buzz Bertolero is a 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)

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San Leandro

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16344 Blanco Street 94578: \$635,000 2 BD - 1,018 SF - 1947
14537 Sylvia Way 94578: \$650,000 2 BD - 993 SF - 1945
1944 Vining Drive 94579: \$653,000 3 BD - 1,100 SF - 1958
435 Elsie Avenue 94577: \$675,000 3 BD - 1,157 SF - 1941
106 Dorchester Ave 94577: \$680,000 3 BD - 1,576 SF - 1943
1306 Lillian Avenue 94578: \$730,000 3 BD - 1,287 SF - 1947
14597 Wake Avenue 94578: \$770,000 2 BD - 1,133 SF - 1945
1280 Vistagrand Drive 94577: \$880,000 3 BD - 1,847 SF - 1958
1284 Ardmore Drive 94577: \$1,084,000 2,822 SF - 1957
810 Arbor Drive 94577: \$4,500,000 4BD-1,767SF-1931
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HIGHEST AMOUNT: \$4,500,000 AVERAGE AMOUNT: \$1,064,727

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OPEN HOMES SAT. & SUN. JULY 13th & 14th

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A	1-4	1-4	14413 Seagate Dr.	\$495,000	2/1	United Brokers RE	T. Lee/ H. Phung	510-305-8827
H	—	1-4	2332 Cryer St.	\$616,000	3/2	RE/Max Accord	Lovewell Team	510-351-5555
C	1-4	1-4	4629 Cristy Way	\$1,198,000	5/3	RE/MAX Accord	Brian Cooney	415-470-6146
A	—	2-4	800 Collier Dr.	\$829,000	3/2	Rinetti & CO. RE	Carrie Miles	510-735-5223
Z	—	1-4	1016 Pacific St.	\$978,000	2/1	RE/Max Accord	Lovewell Team	510-351-5555
A	1-4	1-4	2401 Marineview Dr.	\$1,145,000	3/2	Robert Jones & Assoc.	Bob & Matt Jones	510-357-0120

One-Line Open Home Listings run Wednesdays in the Castro Valley Forum (22,500 circ.) and Thursdays in the San Leandro Times (38,500 circ.) for \$25. For more information and a listing form, call 614-1558. DEADLINE: TUESDAY AT NOON.

CITY GUIDE A = SAN LEANDRO • B = BERKELEY • C = CASTRO VALLEY • D = DUBLIN • F = FREMONT • H = HAYWARD
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EQUAL HOUSING LENDER All real estate advertised in the Castro Valley Forum is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination because of race, color, religion, sex, handicap, marital status, national origin, or intention to make any such preference, limitation or discrimination. The Castro Valley Forum will not knowingly accept any advertisement for real estate that is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

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LETTERS TO THE EDITOR



Community Welfare and Safety Were Lost With Demise of Urban Shield

Editor:

I would like to concur emphatically with the Alameda County Grand Jury Final Report ("Grand Jury Report Critical of BART, County Missteps," Page 1, *The Forum*, July 3) decrying our Board of Supervisors over our loss of federal funds for regional emergency preparedness training.

The past 20 years have shown that earthquakes, fires, hurricanes, floods and other natural disasters, as well as mass shootings, bombings, chemical attacks and terrorist acts are not only real but are occurring with increasing regularity.

Preparedness is important and a regional effort to allow first responders to test decision-making skills, tactics, products, technology and interdisciplinary action is vital.

My presence at many Board of Supervisor meetings re: cannabis ordinance issues allowed me the opportunity to also witness portions of public hearings on Urban Shield. I was very disturbed to

see how that issue was handled.

Personal agendas regarding police brutality and racism were allowed to cloud the whole process. The safety and welfare of the community as a whole was lost to personal bias. Testimonies of great success from previous participants were scoffed.

Pleas from our own law enforcement and first responder agencies were once again ignored. I find it upsetting that biased ad hoc committees seem to run things on this Board. There was certainly room for attitude adjustment on both sides to be made during negotiations for these valuable training exercises, but negotiation was not a priority. Personal and political games were.

This program was doing a lot of good and to just drop it and the funding to go with it was a mistake. The Grand Jury has concluded mismanagement of this matter and I concur. I feel like this Board of Supervisors has cheated us out of our public safety protection. I'm sorry that issues of public safety and the welfare of our communities as a whole keep getting lost to personal agendas.

—Vicki Stadelman, Castro Valley

Scolds County Libraries' Decision to Discontinue Overdue fines

Editor:

I cannot believe that our Castro Valley library

will no longer fine its patrons for overdue material. What kind of a lesson does this teach our youth, who are by far the biggest culprit?

I don't care if the penalty is only a dime a day, kids must be taught that if you don't play by the rules, you pay the price.

Otherwise, in a couple of years these same kids will take out a student loan and, like many already have, say to heck with it, I don't have to pay for this.

Then when they grow up and have credit cards, again, they have been taught to just ignore the charges and penalties and run up the debt. I hope they're being taught about Chapter 11 also.

Without discipline and proper punishment the next generation is growing up lazy and will no doubt bring our economy to its knees.

—Charles Scott, Castro Valley

Thank a Lineworker on National Lineworker Appreciation Day

Editor:

Today, July 10, is National Lineworker Appreciation Day, a day that we ask East Bay residents to take a moment to recognize the men and women who work around the clock to keep the lights on for our community.

PG&E has thousands of lineworkers serving 5 million customers across our service territory, and they are often unsung heroes. Day and night, no matter the weather, these lineworkers are up in bucket trucks, operating heavy machinery and often arriving first on emergency scenes, all to serve our customers.

The dedication and sacrifice of a lineworker is something to be celebrated, and that's why the Edison Electric Institute (EEI), the International Brotherhood of Electrical Workers (IBEW), and the Utility Workers Union of America (UWUA) has established July 10 as Lineworker Appreciation Day. If you see a lineworker today, please stop and say thank you and let them know you appreciate the work that they do.

—Vitaly Tyurin, Senior Manager
PG&E East Bay Division

Wants an End to Importation of Non-Native Reptiles to California

Editor:

California annually imports some two million non-native American bullfrogs and 300,000 freshwater turtles for human consumption. All are diseased and/or parasitized, though it is illegal to sell such products.

Released into local waters, the exotics prey upon and displace our native species.

The market animals are kept in horrendous conditions, and often butchered while fully conscious. Worse, the majority of the bullfrogs carry the dreaded chytrid fungus (Bd), which has caused the extinctions of more than 200 amphibian species worldwide in recent years.

Easy Fix: The Department of Fish & Wildlife (DFW) needs only to cease issuing the import permits. The DFW and the Fish & Game Commission have received more than 4,000 letters supporting a ban, from environmental and sporting organizations, animal welfare groups and the general public.

Former Resources Secretary Huey Johnson has written twice, all to no avail.

The powers-that-be seem more concerned about politics-as-usual, finances and cultural/racial matters than the *real* issues here: environmental protection, public health, and unacceptable animal cruelty.

Legislation and/or lawsuits are in order.

Write Gov. Gavin Newsom and all state legislators, c/o The State Capitol, Sacramento 95814; and Resources Secretary Wade Crowfoot, DFW Director Chuck Bonham, and the Fish & Game Commission, all c/o Resources Building, 1416 Ninth St., Sacramento 95814; email: secretary@resources.ca.gov; director@wildlife.ca.gov; fgc@fgc.ca.gov.

—Eric Mills, Coordinator
Action for Animals, Oakland

Animals in Local Shelters Getting Better Care than Immigrants at the Border

Editor:

Some years ago I was adopted by a pair of cats

from the Dublin animal shelter.

Although the shelter clearly was on a tight budget, the cats had food and water. They had been spayed, vaccinated and were free of parasites. Their enclosure was spacious and clean. Someone was monitoring the litter box.

No one would expect less. Were it otherwise, it would be a scandal and the facility would lose its license.

But the United States government is holding refugee children who were taken from their families – and seeking refugee status is *legal* – in overcrowded filthy conditions, with inadequate and even rotting food, no clean water, no medical care, and no normal sanitation.

Girls as young as 8, themselves taken from their parents, are put in charge of sick infants. There have been outbreaks of lice and influenza. These conditions are not subhuman, they are subanimal.

The Trump Administration has actually gone to court to argue that soap and blankets are not needed for safe and sanitary facilities.

This from the self-proclaimed "most pro-life administration in history".

—Carol Sholin, Castro Valley

Says LGBTQ Agenda Also Includes Making Unfounded Allegations

Editor:

LGBTQ Community has an agenda "To Fight Back," but also to make unfounded allegations.

I am a member of the Transfiguration Catholic Church community and was horrified to read, in Billy Bradford's letter ("*LGBTQ Community Has an Agenda: To Fight Back*," *Letters*, June 26) that Transfiguration Church was described as "where being gay is intrinsically disordered."

I do not represent Transfiguration Catholic Church. However, I have been a very involved Parishioner for the last 25 years. In all this time, I have never ever heard the topic of sexual orientation in *any* homily.

I have never ever heard any of the priests or deacons talk about sexual orientation.

I have seen Transfiguration to be a welcoming Church. Transfiguration accepts people for who they are and even tolerates the intolerant! I challenge all of you – whatever your race, culture, sexual orientation, politics or religion, to join our community and see for yourself how little we care about your personal choices.

—Sunita D'Costa, Castro Valley
"Champion of Tolerance and Inclusion"

CVSan Customer: "Our Real Concern Is Money"

Editor:

Response to letter from Roland Williams to Josie Pastorini:

CVSAN, our real concern is money! We are paying three times what our Oro Loma Sanitary district neighbors pay for garbage.

Oro Loma customers in Hayward, San Lorenzo, San Leandro pay \$10.15 a month for a 20-gallon can. I live in Castro Valley and pay \$30-plus for a 20-gallon can.

I also pay on my property tax bill \$800-plus a year for sewer charge. People living in Hayward pay \$600 or less a year, a 25% difference. All numbers are verifiable on the Oroloma website.

So CVSAN, you negotiated a contract where we pay three times what people in surrounding areas pay for the exact same service. Except they have two free bulk pickups. We only have one. Turn the ringers off on your phones! With those negotiating skills, your going to be flooded with offers from the private sector.

—Trish Deslover, 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. We do not print unsigned or anonymous letters.
Email to: fredz@ebpublishing.com, or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

Obituaries

Donna May Russell

We are sad to say that Donna May Russell passed away on May 29th in Lafayette, Colorado. As a teacher at Castro Valley High School, she touched many lives and is loved by many. Consequently, her memorial will be in Castro Valley to celebrate her extraordinary life. Donna is survived by her husband, Bill, her daughter Elizabeth, and her three grandsons Eli, Liam and Ender. She was loved by so many more family and friends. There will be a Celebration of Life on July 20th at the Hayward Senior Center at noon.



CASTRO VALLEY FORUM OBITUARIES

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

Alice Kuzmicky Flory

Alice passed away peacefully on Sunday, June 30th, 2019, surrounded by her children. She was born in Forest City, PA to Marcella and Jonas Kuzmicky, originally of Kaunas, Lithuania. Upon moving to CA in 1948, she met and married Jerry Flory. Together they embraced 66 years of life before Jerry's death in 2017.



Alice is cherished by her family—three children, David (Beatrix) Flory, Robert (Susy) Flory, and Teresa (Lou) Gregus, nine grandchildren and nine great-grandchildren, and one sister, Stella Frisbey. In addition to her husband, she was predeceased by her son, Jerry "Jeff" Flory, Jr. (Sheila) and seven brothers and sisters.

A Celebration of Life will be held Thursday, July 18th at 3:30 p.m. at Sequoyah Community Church, 4292 Keller Ave., Oakland, CA.

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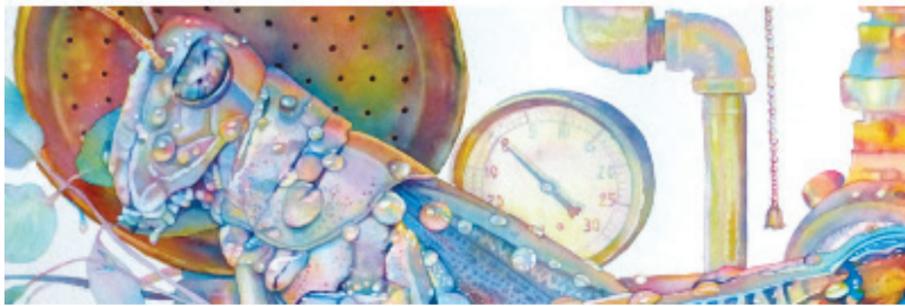
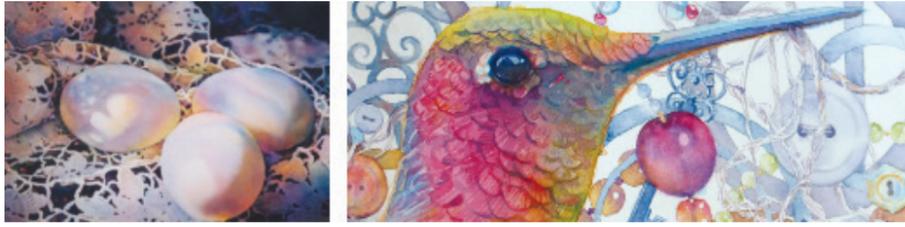
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FREE ART DEMONSTRATION: On Saturday, July 13, Jeannie Vodden, an artist who paints very colorful details of her various subjects (above), will present a free demonstration from 2 to 4 p.m. in Studio One at the Adobe Art Center, 20395 San Miguel Ave., Castro Valley, where there's plenty of free parking. Relax and enjoy the session, sponsored by A.R.T., Inc. Vodden, whose media is most often watercolor, is a versatile painter of portraits, still life, floral, landscape and fantasy. Her studio is located in the Gold Rush town of Jackson in the foothills of the Northern Sierra Nevada mountains.

MAC: Painting for 'Community Identifier'

continued from previous page
over-weighted which will cause damage to Redwood Road.

Crawford further criticized EBMUD for exempting themselves from an environmental impact report and expressed his concern that the dirt could be contaminated.

"They didn't tell anybody — even the Director of Public Works didn't know about it," said Crawford. "By the time they're done, they will have pretty much destroyed Redwood Road."

Crawford said that the trucking is set to continue through October and traffic will be impacted further when school goes back into session.

"It's really frustrating," said Crawford. "This is one of those times where you really wish you lived in a city because if you lived in a city you wouldn't be taken advantage of like this. I don't think EBMUD would dare to do this to a city like Hayward or San Leandro. Castro Valley is bearing the brunt."

Other Business
Alameda County Arts Commission director Rachel Osajima told the MAC that painting is set to begin next week on the "community identifier" that will read "Castro Valley." It will be painted on the I-580 overpass at Redwood Road.

The MAC also unanimously approved a permit to construct a new 3,900-square foot single-family

home and granted a renewal of a permit to allow the continued operation of a storage facility at 5182 Crow Canyon Road.

The MAC also heard an update on the county's ongoing General Plan implementation. A draft of

the zoning ordinance amendments for the General Plan is expected to come back before the MAC in early fall, when the council will make its final recommendations before it goes to the county Planning Commission.

CHAMBER NOTES

RENEWING MEMBERS

- Hayward Area Historical
- San Lorenzo Village
- Castro Valley Independent Sports League
- Craig Ragg Real estate
- Steven Montez Special Events

NEW MEMBERS

- Budget Blinds of Castro Valley

EVENTS

- Food Trucks – Every first and third Tuesday of the month, from 5 to 8 p.m. at Adobe Park

THE CASTRO VALLEY / EDEN AREA CHAMBER OF COMMERCE IS LOCATED IN SUITE 224 AT 3160 CASTRO VALLEY BOULEVARD
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- 2 You have difficulty hearing children's voices
- 3 You can't hear birds chirping or buzzing insects

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510-901-0192

Hornet: Special Event Next Wednesday

continued from page 7

The USS Hornet, completed in 1943 to fight in World War II, was involved in campaigns in the Mariana Islands and the liberation of the Philippines among many other battles.

SPECIAL EVENTS

The USS Hornet will hold a "Splashdown 50" celebration from 1 to 2:30 p.m. next Wednesday, July 17. Come aboard to hear stories about some of the unique artifacts on exhibit, including a Moon rock from the Apollo 16 mission that is on a short loan from the vaults of NASA Ames. Admission for this event is included in the Museum's General Admission.

On Saturday, July 20, the Splashdown 50 celebration continues from 10 a.m. to 5 p.m. with expanded exhibits and presentations by individuals who participated in the Apollo mission recoveries, and the screening of the Smithsonian Documentary on Apollo at 2:30 p.m. in Hangar Bay 1.

Additionally, the Museum's standard exhibits will be open to visitors as will docent-led tours through parts of the ship inaccess-



PHOTO BY JIM KNOWLES

Footsteps painted on the USS Hornet's hangar deck mark where the Apollo 11 Astronauts walked to the quarantine trailer after the ship pulled them out of the Pacific Ocean.

sible to visitors on their own. Admission is \$25 for adults, \$15 for youth ages 7-17.

The USS Hornet is docked at

707 West Hornet Ave. in Alameda.

For more information on the Splashdown 50 celebration, visit uss-hornet.org/splashdown50/

KALX Seeks Radio Talent

If you are looking for a career in the entertainment industry and want to gain experience, UC Berkeley's official radio station KALX 90.7 FM, is looking for you!

KALX is looking for motivated people to work in any of the many departments responsible for the day-to-day operations of the station. In addition to on-air positions, there are plenty of behind the scenes things to do.

You can become a DJ on the radio, work in publicity where you will table at Bay Area festivals, learn to produce radio shows through the production department, or even become a sportscaster and travel on the road with Cal sports teams.

This is open to all students whether undergrad, graduate, or post doc, and during this summer recruitment it's open to Bay Area community members who are unaffiliated with the university as well.

Questions? Shoot KALX an email at mail@kalx.berkeley.edu or call 510-642-1111.

ADOPT-A-PET



CALYPSO is a rambunctious 5 years young calico. She's sassy and spunky, yet sweet and loves making friends. For more information, call the Hayward Animal Shelter: 510-293-7200.

ALITA is a Dutch breed bunny, one of 15 bunnies found abandoned in a box. She is super sweet and curious. For more information, call the Hayward Animal Shelter: 510-293-7200.



CAMERON is a super handsome 3 month old orange tabby. He is very playful and affectionate and would love a home with another young cat. Email: Loveallpawzrescue@gmail.com.

JILLIAN is a 1 year old Calico-Tabby mix. She's looking for a home without a dog. She is affectionate with people and loves to snuggle. email: Loveallpawzrescue@gmail.com.



castro valley pride

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There are spots still available for CVSan adult residents and business owners to attend a tour of the Davis Street Transfer Station and Alameda County Industries Materials Recovery Facility in San Leandro. Learn how your curbside materials are sorted, separated, and packaged on this engaging tour.

Register at www.cvsan.org/FacilitiesTour or call 510-537-0757 for the Thursday, July 18, 2019 tour from 8:30 a.m. to 12 p.m.

Please take into consideration that this is a walking tour (min. age 10) consisting of uneven surfaces, obstacles, up and down steep stairs (130 steps total), inclines, and elevated areas. Please contact CVSan if you are not physically able to participate to discuss an alternate tour option.

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