

RECIPES FROM
THIS WEEKEND'S
GARLIC FESTIVAL

Clove at First Bite

PAGE
5

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 31

WEDNESDAY, JULY 24, 2019

NO. 29

INSIDE YOUR FORUM

NEWS



Cowboy Day

'National Day of the Cowboy' celebration this Saturday at Rowell Park

Page 2

HEALTH



Traveling Abroad

Medicare usually doesn't cover care services while traveling outside the U.S.

Page 7

NEWS



Free Concert

Jenny Lin Foundation to present its free concert this Saturday

Page 15

INDEX

Classified Ads	12
Community Calendar ...	4
Crosswords	5
East Bay Living	5
Health & Safety	6
Homes	11
Horoscope	4
Obituaries	14
Sports	6
Weather	2

PHONE: (510) 614-1560

A Warm Welcome for Swalwell at Castro Valley Town Hall Meeting

By Linda Sandsmark
CASTRO VALLEY FORUM

Congressman Eric Swalwell made a swing through Castro Valley Saturday morning, receiving a standing ovation upon both his arrival and departure at a Town Hall meeting he had scheduled.

I want to thank Castro Valley High School," Swalwell told the more than 200 people attending the session in the school's cafeteria, "and not only for Rachel Maddow." (Maddow, a CVHS graduate and MSNBC talk show host, was also a moderator in the first Democratic candidates debate last month.)

"I believe I'm a better representative because of what I learned on the trail," said Swalwell, referring to his recently ended campaign for president and thanking his constituents for their understanding.

Swalwell represents the 15th Congressional District, which includes Castro Valley, most of eastern Alameda County and part of central Contra Costa County.

He said that in "the dark days" after the 2016 election, he was often asked what could be done to make things better. To that end, helping elect 40 new members of congress (in their 40s or younger) became one of his goals. Swalwell said Congress is now more diverse and young, with more women.

He added that his entrance into the crowded presidential race was also in hopes of making a difference, and traversing the country on the campaign trail showed him we're not as divided as we might think.

see SWALWELL on page 15



PHOTO BY DALE BRIDGES

Democratic Congressman Eric Swalwell discusses his recently ended campaign for president and the challenges facing the country at a Town Hall in Castro Valley on Saturday.

Park District Banning Widely Used Herbicide

The Board of Directors of the East Bay Regional Park District have approved a ban on the use of the herbicide glyphosate in picnic areas immediately, and its elimination in all developed park areas by the end of next year.

Glyphosate is currently used as part of the District's pest integration management program for preventing fires and plant growth around park structures, fences,

walkways, parking areas, roads, bike paths, and trails.

"The Park District has taken large steps over the past two years to reduce glyphosate use and find alternatives," said Park District President Ayn Wieskamp. "Managing the complex spectrum of land that the Park District does, with requisite state and federal requirements, is not easy or inexpensive," added Wieskamp.

Recognizing public concerns about glyphosate use, the District updated its pest management practices in 2016 to focus on the use of organic products when possible as an alternative. Over the past two years, glyphosate use has been reduced by 66% for park maintenance, according to the District.

"The Park District plans to phase out glyphosate use in developed park areas by the end of 2020,

including parking lots, campgrounds, lawns, and paved trails," said Park District General Manager Robert Doyle. "The Park District does not use glyphosate near play areas or water fountains."

District officials said the phasing out of glyphosate use for developed park areas will take substantial financial resources and have a significant impact the District's general fund and staffing levels.

MAC MEETING

EBMUD's Ongoing Problem

By Amy Sylvestri
CASTRO VALLEY FORUM

Castro Valley Municipal Advisory Council (MAC) Chair Marc Crawford continued speaking out against the ongoing East Bay Municipal Utility District (EBMUD) dirt-moving project at Monday night's MAC meeting.

EBMUD is trucking excess soil from its property near the Upper San Leandro Reservoir to Alameda via Redwood Road. Crawford and other members of the MAC lamented that EBMUD exempted themselves from an environmental study of the project and said that the MAC was not notified of the months-long project until it was already underway.

The MAC also feels the increased traffic and wear to Castro Valley's roads were unfair.

Crawford said that EBMUD is transferring 300 truckloads per day, which means 600 trips on Redwood Road every day. At the MAC's urging, the California Highway Patrol has taken up posts along the road and conducting inspections of some of the trucks.

"I was told we are getting the meanest inspectors they have," said Crawford.

MAC member Sheila Cunha added that a resident has told her they have called the Environmental Protection Agency in an effort to halt the hauling.

Crawford acknowledged that it is unlikely that they will be able to block EBMUD from continuing the current project, but said he wanted to make sure another large, disruptive event didn't happen in Castro Valley without notice.

"The problem is no one is looking out for the people of Castro Valley," said Crawford. "We have to lookout for ourselves on this."

At last week's MAC meeting, a public speaker said that a bicyclist was clipped by a EBMUD dirt-hauling truck which didn't stop. EBMUD says they want to be notified of any truck drivers violating safety laws, by emailing Laura.Luong@ebmud.com or see MAC on page 8

Castro Valley Weather July 24 - 28, 2019



Wednesday
Mostly Sunny
High 80° Low 57°



Thursday
Mostly Sunny
High 78° Low 56°



Friday
Mostly Sunny
High 75 Low 56°



Saturday
Sunny
High 82° Low 57°



Sunday
Mostly Sunny
High 79° Low 56°

Almanac



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



July 24



July 31



Aug. 7



Aug. 15

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PHOTOS BY BETSY KINGSBURY

COWBOY CULTURE AND WESTERN HERITAGE: The chuck wagon cook-out is always a favorite for kids attending Cowboy Education Day at the Rowell Ranch Park.

'National Day of the Cowboy' To be Celebrated on Saturday

To celebrate and honor the American Cowboy, Rowell Ranch Rodeo will host a free Cowboy Education Day this Saturday, July 27, at the Rodeo Park in Castro Valley.

Participants will learn about cowboy culture and western

heritage while watching demonstrations of saddle-making, horse-shoeing, and Chuck Wagon Dutch-oven cooking.

The arena will feature dog and horse demonstrations.

Check-in for Cowboy Education Day will be from 9:00 to 9:20

a.m. The program begins at 9:30 sharp and ends at 12:30 p.m.

It's important to register in advance for the free lunch and a gift. To register, contact Allison Batteate at 925-548-3161 or email: RGCallison@yahoo.com.

see **COWBOY** on page 9

County Fire Department Seeking Aides

Applications are due by tomorrow, July 25, to apply to become an aide for the Alameda County Fire Department.

The pay ranges from \$14.43 to \$17.65 per hour to perform such duties as messenger, driving a

truck for pick-up and delivery of fire material, supplies, furniture and equipment. Other assignments include weed abatement, public and community education, hydrant checking and administrative and clerical assignments.

Minimum requirements include being age 18 or older, possessing a valid California driver's license and a satisfactory DMV record. Interested applicants can submit a resume by email to Samantha Costa at costa@acgov.org by tomorrow.



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First Responders Honored at 20th Annual Night of Honor

Public Input Sought on Bus Line Changes

AC Transit will host Community Meetings addressing proposals, tomorrow, July 25, at 6 p.m. at the BRT Information Center, 3322A International Boulevard in Oakland, and at 6 p.m. next Wednesday, July 31, at Alameda City Hall, 2263 Santa Clara Avenue, and at 6 p.m. on Thursday, Aug. 1, at Hayward City Hall, 777 B Street.

see **REPORTS** on page 15

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The Week Ahead

● Saturday, July 27: Harry Potter Escape Room

All is not as calm as it seems at Hogwarts ... a sinister young wizard is at work creating a new horcrux, and it will take an intrepid group to foil the plot and escape from Hogwarts on July 27 at the Castro Valley Library. Groups are limited to eight people at various time slots the day of the event. Groups should arrive ten minutes prior to their start time. Latecomers cannot be accommodated. Groups will have 35 minutes to solve all the puzzles and escape the room. Session for adults starts at 1 p.m., for teens at 2:30 p.m. Advance registration required. Call 510-667-7900 or stop by the Library Information Desk.

● Saturday, July 27: Relay for Life Fundraiser

Join the Relay for Life fundraiser for Heroes Helping Heroes from 5 to 8:30 p.m. this Saturday at 33853 Palomares Road in Castro Valley. Sit under the oak trees, listen and dance to music from a live band, and enjoy local wines! Complimentary wine glass, too, for just \$60/carload. Call Joanne at 510-331-3335 for reservations or more info.

● Saturday, July 27: Jennie Lin Foundation Free Concert

The 25th Anniversary Jenny Lin Foundation Community Concert, with student musicians from all around the Bay, will be presented at

6:30 p.m. this Saturday, July 27, at the Reed L. Buffington Performing Arts Center on the Chabot College Campus, 25555 Hesperian Blvd., Hayward. The free concert, hosted by TV journalist Cheryl Jennings, will feature the world premiere of Richard Meyer's composition, "From Darkness, Joyful Sounds Are Born."

● Saturday, July 27: Outdoor Summer Laughs

Back by popular demand, "Uncorked Comedy" at the TwiningVine Winery! This year Plethos Productions is bringing a lineup of 4 stand-up comedians who frequent stages all over the Bay Area: Jeen Yee, Caleb Lush, Ben Feldman, and headliner Krista Fatka, plus exciting comedy games with Improv Anonymous and Suburban Thunder. Audiences will enjoy mouthwatering treats and delicious TwiningVine Wine all under the stars. Row and lawn seating available. Info at www.plethos.org/

● Sunday, July 28: Chabot College Football Reunion

A reunion of football players, coaches and special guests from Chabot College for the years 1962-1978-only will be this Sunday, July 28, from 2 to 6:30 p.m. at the Shannon Community Center in Dublin. For more information, see the website: chabotfootballreunion62-78.com or call Dr. Keith Calkins at 949-244-4419.

● Sunday, July 28: Ukulele Music & Hula Dancing

Join us for lively ukulele music and hula dancing to celebrate the Summer season as the Aloha ConneXion hula dancers team up with the Serenadin' Strummers ukulele troop for a fun event from 2 to 3 p.m. this Sunday at the Castro Valley Library. For more info, call the Library at 510-667-7903, or see Events at www.aclibrary.org/branches/csv

● Tuesday, July 30: Sizzling Summer Pool Tournament

The Aitken Senior & Community Center at 17800 Redwood Road will host its Sizzling Summer Pool Tournament at 10 a.m. on Tuesday, July 30. Join this fun event where beginner and advanced brackets allow all levels to participate. The top player in each division will have their names added to our perpetual plaque. Coffee and pastries will be provided. Players must be registered by this Friday, July 26. Call the Senior Center for more details at 510-881-6738.

● Tuesday, July 30: Rotary Club Mixer

Please join the Rotary Club of Castro Valley for an informal get-together from 5:30 to 7:00 p.m. Tuesday at Don Jose's Restaurant in Castro Village. Meet club members and learn more about Rotary. (No Rotary lunch meeting on July 30.)

● Saturday, August 3: CVHS Football Hall of Fame

Join in honoring Castro Valley High School Football Hall of Fame inductees Coach John Brosnan, Jeff Willits ('95), John Willits ('00), Marcus Cox ('04) and Mike Proulx ('07) during ceremonies, which will include cocktails, auctions and dinner, from 6 to 10 p.m. Aug. 3 at the Stack Center at Our Lady of Grace Church, 3433 Somerset Ave. in Castro Valley. For tickets (\$60) visit squareup.com/store/cvhs-athletic-boosters-club. For info, email: castrovalleyfootball@gmail.com

● Tuesday, August 6: Buon Tempo Family Dinner

The Buon Tempo Club welcomes everyone to a family dinner at 7 p.m. on Aug. 6 at Mt. Tabor Hall, Transfiguration Church, 4000 E. Castro Valley Blvd. across from the 580 Marketplace. Chef Rich Gorham and crew will be serving a five-course family-style dinner of tri tip. Red and white wine and soda are also included. Happy hour is at 6:00. The dinner is \$15 for members, \$20 for non-members. Make reservations by Friday, Aug. 2, by calling the Buon Tempo dinner line at 510-483-6929 (option 1). For more information about events/membership see our website at www.buontempoclub.org

● Wednesday, August 7: Mothers' Club 25th Anniversary

The Castro Valley Mothers' Club invites all current and former members — and interested moms — to celebrate our 25th anniversary on Aug. 7 at 6 p.m. at Twining Vine Winery, 16851 Cull Canyon Road. Free, but please RSVP at <https://tinyurl.com/y3ob3pnw>. See www.castrovalleymothersclub.com for more info about the club. Contact cvmc-directors@gmail.com with questions.

● Saturday, August 10: CVHS Class of 1964 Reunion

The Castro Valley High School Class of 1964 will hold a 55-year reunion at El Sol Winery, 8626 Lupin Way in Livermore on Aug. 10. The cost is \$35 per person. Send checks to Judy Loomis Alexander , 819 E.

Cromwell, Fresno, CA 93720. To request a flyer or for more info, email 1964cvhs@gmail.com

● Saturday, August 10: 5th Annual Health Fair

The Davis Street Family Resource Center, 3081 Teagarden St. in San Leandro, will have its Annual Health Fair on Saturday, from 10 a.m. to 2 p.m. on Aug. 10, featuring a Farmers' Market, complimentary medical and dental screenings, blood pressure checks, nutrition education, community resources, games, prizes, lunches, and fun for the whole family! For more information, call 510-347-4620 ext. 113 or visit www.davisstreet.org

● Wednesday, August 14: Sons in Retirement Luncheon

Sons in Retirement (SIR) Branch 26, an organization of retired men, will meet Aug. 14 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. A guest speaker from the USS Hornet will tell the history of this Aircraft Carrier. Luncheon is \$25, payable by checks to SIR Branch #26. Sponsored guests are welcome at meetings on the second Wednesday of each month. Call Ken at 510-537-4804 for information.

Submissions to The Forum

News submissions and pictures as well as items for the Community Calendar must be received by 6 p.m. Friday for inclusion in the following Wednesday's newspaper. Email information to: fredz@ebpublishing.com. We cannot use flyers or posters.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events (unless otherwise listed) are available at www.cvcfa.com; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. (phone 510-889-8961), 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

● **The Performing Academy Summer Theater** presents "The Little Mermaid" at 5:30 p.m. and "Mary Poppins" at 7 p.m. on Friday, Aug. 9, and on Saturday, Aug. 10, "The Little Mermaid at 1 p.m. and "Mary Poppins" at 2:30 at the Center for the Arts.

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"Born Yesterday,"** the Broadway hit that many consider to be the funniest American comedy of the 20th Century, continues at the Chanticleers Theater through Aug. 11, with performances at 8 p.m. on Fridays and Saturday, and Sunday twilight matinées at 6 p.m. 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 1 at the Adobe Art Center, 20395 San Miguel Ave, Castro Valley.

REGULAR GOVERNMENT MEETINGS

- Castro Valley Municipal Advisory Council (MAC) generally meets on land-use issues on the 2nd and 4th Mondays of the month, and holds general purpose meetings on most 3rd Mondays. Meetings are at 6 p.m. at the Castro Valley Library Chabot Room, 3600 Norbridge Avenue.
- Castro Valley School Board usually meets at 7 p.m. on the second and fourth Thursdays of the month at 4400 Alma Ave.
- Castro Valley Sanitary District (CVSan) meets at 6:30 p.m. on the first Tuesday of the month at the District Headquarters, 21040 Marshall Street.
- Alameda County Board of Supervisors meets every Tuesday at 10:45 a.m. in the Supervisors' Chambers in Oakland.

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ARIES (March 21 to April 19) Technology snafus tax your patience. But before you throw that computer or other hardware into the trash, take a deep breath and call someone knowledgeable for help.



TAURUS (April 20 to May 20) Don't be too upset if your generosity goes unappreciated. These things happen, and rather than brood over it, move on. A new friend could open up some exciting new possibilities.



GEMINI (May 21 to June 20) A loved one helps you get through an especially difficult emotional situation. Spend the weekend immersed in the body and soul restorative powers of music and the other arts.



CANCER (June 21 to July 22) You are pretty much in charge of what you want to do this week. However, it might be a good idea to keep an open mind regarding suggestions from people you know you can trust.



LEO (July 23 to August 22) Another chance to shine (something always dear to the Lion's heart) might be resented by others. But you earned it, so enjoy it. The weekend brings news about a family member.



VIRGO (August 23 to September 22) A suggestion that never took off could become viable again. Dust it off, update it if necessary, and resubmit it. In your personal life, a new relationship takes an "interesting" turn.



LIBRA (September 23 to October 22) Confronting a new challenge to your stated position could work to your advantage by settling all doubts once you're able to present a solid defense backed up by equally solid facts.



SCORPIO (October 23 to November 21) You enjoy doing nice things for others. But this is a good time to do something nice for yourself as well. You might want to start by planning a super-special getaway weekend.



SAGITTARIUS (November 22 to December 21) Some changes you feel you need to make might be reasonable and appropriate. But others might lead to new problems. Think things through carefully before you act.



CAPRICORN (December 22 to January 19) Good instincts usually keep the sure-footed Goat on the right path. So, what others might see as stubbornness on your part, in fact reflects your good sense of what is worth supporting.



AQUARIUS (January 20 to February 18) A period of introspection could lead to some surprising conclusions -- and also equally surprising changes -- involving a number of your long-held positions on several issues.



PISCES (February 19 to March 20) The financially practical Pisces might want to take a sensible approach to spending as well as investing. Being prudent now pays off later. A romantic situation moves into another phase.



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Too Much Garlic? Don't Say That in Gilroy!

You have to wonder about people who don't like garlic. What can be more tantalizing than the scent of sautéed garlic, or the buttery aroma of roasted garlic?

Just ask the folks in Gilroy, who turned what was once a culinary outcast into a world famous celebration which has raised millions for local charities.

For details on the Annual Gilroy Garlic Festival, which starts this Friday, visit www.gilroygarlicfestival.com/.

When you cook with garlic, you don't have to purchase sliced or minced garlic in a jar. Using fresh garlic really is worth the couple of extra minutes of prep time. The flavor of fresh garlic is superior to the stuff that comes pre-chopped.

Buy firm heads (bulbs) of garlic that are heavy for their size with large cloves so that peeling them is not a painstaking chore.

To prepare garlic for cooking, first break it up into cloves. You'll generally get 10 to 20 from a head.

To peel, slightly crush the clove with the flat side of a knife. The skins slip right off.

Depending on the recipe, the peeled garlic cloves can be used whole, minced, or crushed. You can also thinly slice garlic if your recipe calls for sliced versus minced garlic.

Here is a sampling of the hundreds of recipes the Gilroy festival has spawned.

GARLIC FESTIVAL CHICKEN WINGS

- 15 (or so) chicken wings or drumettes
- 3 heads (bulbs) garlic
- 1 cup plus 1 tablespoon olive oil
- 10-15 drops Tabasco sauce
- 1 cup grated Parmesan cheese
- 1 cup bread crumbs
- 1 teaspoon black pepper
- Chopped parsley

Disjoint chicken wings, discarding tips. Rinse and pat dry. Separate garlic cloves and peel. Place garlic, olive oil and Tabasco in blender or food processor and purée.

Combine cheese, bread crumbs and pepper in plastic bag. Dip wings in garlic purée and roll in bread crumb mixture, 1 at a time, coating thoroughly.

Coat shallow nonstick baking pan with oil and add wings in single layer. Drizzle with remaining purée and sprinkle with any remaining bread crumb mixture.

Bake at 375°F for 45 to 60 minutes or until brown and crisp. Sprinkle with chopped parsley. Serves 6.

GARLICKY OVEN-FRIED CHICKEN

- 2 tablespoons Dijon-style mustard
- 1 tablespoon water
- 2 teaspoons honey
- 4 chicken thighs, skinned
- 4 drumsticks, skinned



Salt
Freshly ground pepper
Bread Crumb Coating
(recipe follows)

Stir mustard, water and honey together in small bowl. Trim off fat from chicken pieces. Coat each piece with mustard mixture. Season lightly with salt and pepper.

Dip in Bread Crumb Coating to coat with an even layer of crumbs. Brush off excess and gently pat crumbs in place.

Place chicken, meatier side up, in lightly greased pan. Bake in center of oven at 400°F until crisp and browned, about 30 minutes for breasts, 40 minutes for thighs and drumsticks. Serve hot or chilled. Makes 4 servings.

Bread Crumb Coating

- 5 large cloves garlic, minced
- 1 tablespoon olive oil
- 1-1/3 cups fresh, white bread crumbs, finely processed
- 2 tablespoons yellow corn meal

Grated zest of 1 lemon
1/2 teaspoon salt
1/4 teaspoon pepper

Combine garlic and olive oil in small skillet. Heat until garlic is fragrant, but not browned, watch-

ing closely. Combine with other ingredients and mix well. Mixture should be fine and uniform.

GARLIC FRIES

- 1 pound frozen french fries
- 1 tablespoon olive oil
- 2 teaspoons finely minced garlic
- 2 teaspoons finely minced parsley
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt

Prepare french fries according to package directions (bake or fry, your choice!). 2 Combine remaining ingredients in a small bowl. 3 Pour cooked french fries in a large bowl and pour garlic mixture over. Toss well; add additional salt if desired, and serve! Yields about 4 servings

GARLIC POTATO PIE

- 1 pound boiling potatoes, scrubbed
- 6 cloves fresh garlic, thinly sliced
- 1 cup milk
- 1/4 cup bread crumbs
- 3 tablespoons grated Parmesan cheese
- 3 tablespoons of butter

Preheat oven to 380°F. Butter a 9-inch pie plate.

Slice potatoes thinly. Arrange a layer of potatoes, garlic slices, Parmesan and slices of butter.

Repeat using the rest of the ingredients (other than the milk), saving some of the cheese and the butter.

Heat the milk and pour over top of the potatoes. Top with bread crumbs and remaining cheese and butter.

Bake for 1 hour, until the potatoes are tender and top has turned golden brown. Makes 4 servings.

GARLIC PENNE

- 4 tablespoons extra-virgin olive oil
- 12 garlic cloves, peeled and lightly crushed

Salt and freshly ground pepper to taste
1 (28-ounce) can Italian tomatoes, seeded and chopped, juice reserved
1/2 bouillon cube (optional)
1 pound uncooked penne
Grated Parmesan cheese

Place olive oil and garlic cloves in a medium sauté pan. Cook over medium-low heat until the garlic

is soft and a light golden-brown. Stir frequently to prevent sticking. Add the tomatoes and their juices, salt and pepper and the bouillon cube (if using). Cook until a sauce forms.

Meanwhile, cook the pasta in abundant salted, boiling water according to package directions. Drain well and place in a serving bowl. Add the sauce and toss well. Serve with grated cheese on the side. Serves 4.

Marinate for 20 minutes.

Preheat oven to 350°F.

Spread the bread slices in a single layer on a large baking pan. Bake in the oven until golden, about 10 minutes. Remove to cool on a wire rack.

When the bread is cool, spread the semi-soft cheese evenly over each slice. Using a slotted spoon, spoon some of the tomato mixture over each slice. Yields 12 servings.

GARLIC BRUSCHETTA

- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 3 tablespoons chopped fresh basil
- 2 cloves garlic, minced
- 7 Roma (plum) tomatoes, chopped
- 1 (4-ounce) package semi-soft cheese with garlic and herbs (such as Alouette)
- Salt and black pepper to taste
- 1 sourdough baguette, cut into 1/2-inch-thick slices

Whisk together the olive oil, balsamic vinegar, basil, and garlic in a bowl. Stir in the chopped tomatoes; season to taste with salt and pepper. Cover; place in the refrigerator.

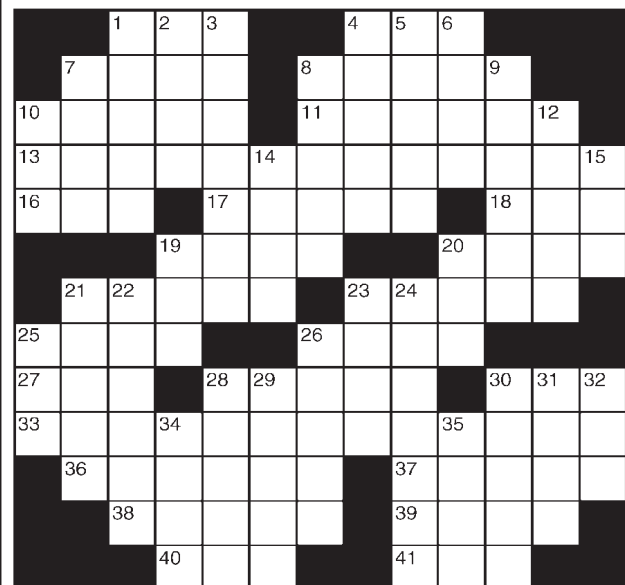
BROCCOLI & GARLIC

- 16 ounces broccoli florettes
- 1 tablespoon butter
- 1 tablespoon roasted walnut oil or olive oil
- 2 cloves garlic, finely minced
- 1/4 cup finely chopped red onion
- 2 teaspoons lemon juice
- 1/2 teaspoon salt
- Dash black pepper

Steam the broccoli just until tender.

In a small saucepan, heat the butter and oil; add minced garlic, red onion, and lemon juice. Cook just until tender. Toss with the broccoli along with the salt and pepper. Taste and adjust seasonings. Serves 4.

THE FORUM CROSSWORD



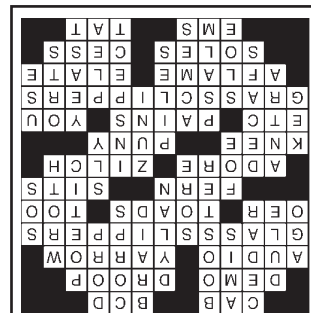
ACROSS

- 1 Taxi
- 4 A-E connection
- 7 Showroom sample
- 8 Sag
- 10 Sound portion
- 11 Peter of Peter, Paul and Mary
- 13 Fairy tale footwear
- 16 "___ the ramparts ..."
- 17 Frogs' kin
- 18 Also
- 19 Flowerless plant
- 20 Perches
- 21 Worship
- 23 Nothing
- 25 Elbow counterpart
- 26 Hardly brawny
- 27 And so on (Abbr.)
- 28 Liniment targets
- 30 Second person
- 33 Lawn-trimming tools
- 36 Blazing
- 37 Cheer up
- 38 Cobbler's supply
- 39 A rate or tax
- 40 Type squares
- 41 Tit for ___

DOWN

- 1 Fragrant wood
- 2 Writer Kingsley
- 3 Rocket stage
- 4 Make pigtales
- 5 Military group
- 6 Dutch village
- 7 "Psych" actor Hill
- 8 "The Times They Are A-Changin'" singer
- 9 Beautifully imaginative
- 10 Way back when
- 12 Very angry
- 14 Peeved
- 15 "Help!"
- 19 Adversary
- 20 Crafty
- 21 Bone cavities
- 22 Coffee shop orders
- 23 New Mexico tribe
- 24 Scrutinize
- 25 Small barrel
- 26 Heaps
- 28 Song of David
- 29 Pinnacles
- 30 Leavening agent
- 31 Table scraps
- 32 Employ
- 34 ___ gin fizz
- 35 Entreaty

ANSWERS ON PAGE 5



ANSWERS
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ATHLETES OF THE WEEK



Elma Sabanovic and Caleb Junginger

This week's Athletes of the Week are Elma Sabanovic and Caleb Junginger.

They have been leaders in their age groups for Castro Valley's Chabot Marlins' swim team this year.

Coming off of an outstanding high school season, Sabanovic has continued to excel. She swam in the 15-18 year old age group, winning the individual freestyle and butterfly before anchoring the victorious free relay team, on Saturday against Mission Highlands of Fremont.

"Elma is a great leader," says her coach Jande Monteon, "she leaves it all in the pool whether it's an individual race or her part in the relay."

Junginger has been a key member of the 9-10 year old age group, particularly in the backstroke. He swam the backstroke leg in his relay team's win over Mission Highlands and followed that up by coming in first place in the individual backstroke. Coach Shelby Averill praised Junginger's initiative in constantly trying to improve his times.



Bocce Tourney Raises \$4,000+

Some 250 members and guests were on hand as proceeds from the 10th Annual George Mark Children's House Bocce Tournament were presented at the Buon Tempo Italian American Club Family Dinner on Tuesday evening, July 16. The tournament, a joint effort of the Castro Valley Bocce Group and the Buon Tempo Club, was held at the Ken Martin Bocce Courts in Castro Valley on June 8. Pictured from left are Tournament Chairman Al Bronzini, Sharron Beatty of the George Mark Children's House, and Bernie Ramaldo, president of the Buon Tempo Club who presented the check for \$4,000. Additional contributions brought the total donated to \$4,672.

HEALTH & SAFETY

New Study Reveals What to Do if You Need to Escape Your Vehicle

If you ever need to escape your car, a new study on vehicle escape tools reveals which ones work best — and the type of windows in your vehicle matter more than you might think.

In its latest study, AAA tested a random variety of vehicle escape tools, designed to aid passengers during a road emergency where they're unable to exit their vehicles normally, to find out their effectiveness in breaking tempered and laminated vehicle side windows.

AAA tested six tools (three spring-loaded and three hammer-style) and found four shattered the tempered glass, but none were able to break the laminated glass.

"To improve safety, more vehicles are being equipped with laminated side windows, but typically those vehicles also have at least one window made of tempered glass," said Michael Blasky, Bay Area AAA spokesperson. "The research found vehicle escape tools can be effective in an emergency, but more so if drivers know what type of side windows they have."

Identifying the type of glass in your vehicle

Labels like those above are located on the bottom corner of vehicle side windows and should state if the glass is tempered or laminated.

If not, AAA advises contacting the vehicle manufacturer. The type of glass may vary throughout the vehicle.

Being prepared in an emergency will greatly improve your ability to stay safe. Prepare ahead of time:

- Know the type of glass the vehicle windows are made of — tempered or laminated.

- Keep the escape tool in a safe, accessible place. Ensure it works properly by testing it ahead of time

on a softer surface such as a piece of soft wood. The tool works if the tip strikes the surface and leaves a small indent in the material.

- Plan an exit strategy with everyone in the car. Also, have a backup plan in case an escape tool cannot be used or doesn't work.

If trapped in a vehicle, remember to:

- Stay calm. While time is of the essence — work cautiously to ensure everyone safely exits the vehicle.

- Unbuckle seat belts and check to see that everyone is ready to leave the car when it's time.

see **ESCAPE** on page 7

'Drivers for Survivors'

Drivers For Survivors is a nonprofit public charitable organization that provides free transportation service and supportive companionship for ambulatory cancer patients from initial symptoms through completion of treatments.

Since operations began seven years ago, Drivers For Survivors has served Fremont, Newark, and Union City and has expanded its

services to Castro Valley, Hayward, San Leandro, San Lorenzo, Ashland, Cherryland, Dublin, Livermore and Pleasanton.

The organization welcomes opportunities to increase visibility in existing and new service areas for those cancer patients who need companionship and transportation support. For more information, please send an email to: info@driversforsurvivors.org.

Amateur Boxing Saturday

The Alameda County Deputy Sheriff's Activities League Boxing Academy presents Summer Night Fights II this Saturday, July 27 in the Hayward Adult School Gym located at 22100 Princeton Street.

Weigh-ins from 9 to 11 a.m., physicals from 11 until noon. Showtime at 2 p.m. Food and beverages for sale.

Tickets (Ringside \$25, General \$15, Kids 5 and under free) available online at acdsal.org



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



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SPORTS NOTES

Castro Valley Independent Sports League Registration

Registration is now open for the 2019 flag football season. Online registration is available at cvisportsleague.org. CVI's flag football season will begin next month and runs through November. Anyone interested in coaching or learning more about the program can reach out to the flag football coordinator

Juan Montalvo by email at: juan-montalvo478@gmail.com

CVHS Football Hall of Fame

The 2019 Castro Valley High School Football Hall of Fame Induction will be held from 6-10 p.m. on Saturday, Aug. 3, at the Stack Center at Our Lady of Grace Church, 3433 Somerset Ave. in Castro Valley. The event will

honor Coach John Brosnan, Jeff Willits ('95), John Willits ('00), Marcus Cox ('04) and Mike Proulx ('07). The induction ceremony will include cocktails, auctions and dinner, catered by Southern Comfort Kitchen. For tickets (\$60 per person), visit squareup.com/store/cvhs-athletic-boosters-club. For more info, send an email to: castrovalleyfootball@gmail.com

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Before you travel abroad, keep in mind that Medicare usually does not cover health care services or supplies while you're traveling outside the United States.

Medicare and Foreign Travel

By Greg Dill
SPECIAL TO THE FORUM

Planning to travel abroad this summer? Before you go, keep in mind that Medicare usually does not cover health care services or supplies while you're traveling outside the United States.

That doesn't mean you have to travel abroad without health coverage. Here are 3 ways you can get health coverage outside the U.S.:

1. If you have a Medicare Supplement Insurance (Medigap) policy, check your policy to see if it includes coverage when traveling outside the U.S.

2. If you have Medicare Advantage or another Medicare health plan (instead of Original Medicare), check with your plan to see if it offers coverage outside the U.S.

3. Consider buying a travel insurance policy that includes health coverage.

In some cases, Medicare may cover medically necessary health care services you get on board a ship within the territorial waters adjoining land areas of the U.S., but Medicare won't pay for health care services you get when a ship is more than 6 hours away from a U.S. port.

Medicare also may pay for inpatient hospital, doctor, ambulance services, or dialysis you get in a foreign country in these rare cases:

- You're in the U.S. when a medical emergency occurs, and the foreign hospital is closer than the nearest U.S. hospital that can treat your medical condition.

- You're traveling through Canada without unreasonable delay by the most direct route between

Alaska and another state when a medical emergency occurs, and the Canadian hospital is closer than the nearest U.S. hospital that can treat the emergency.

- You live in the U.S. and the foreign hospital is closer to your home than the nearest U.S. hospital that can treat your medical condition, regardless of whether an emergency exists.

Medicare drug plans (Part D) don't cover prescription drugs you buy outside the U.S.

If you get sick or injured while abroad, in most cases you'll pay 100% of the costs. In the situations described above, you pay 20% of the Medicare-approved amount, and the Part B deductible applies. In the situations above, Medicare pays only for services covered under Original Medicare:

see **MEDICARE** on page 10

Golf Outing Fundraiser For Lungs

A golf outing is set for Saturday, Aug. 10 in Hayward as a fundraiser for a 29-year-old Tracy area woman who has received a double lung transplant at UCSF.

Alyssa Lenart was diagnosed with Cystic Fibrosis when she was 10 months old. Volunteers are raising \$100,000 to assist the Children's Organ Transplant Association with surgery-related expenses. The Association is a national charity based in Indiana which provides its services free of charge.

The golf event is planned to begin with registration at 7:30 a.m. with a starting tee off time of 8 at Skywest Golf Course in Hayward.

A BBQ lunch is included in the \$150 registration fee and a 50/50 raffle and silent auction will also take place.

For more information about the golf outing, or other fundraising and volunteer opportunities, please contact Karen Koonze at kkoonze@att.net, or text at 510-673-7902.



Davis Street Health Fair on August 10

The Davis Street Family Resource Center, at 3081 Teagarden Street in San Leandro, will hold its Fifth Annual Health Fair from 10 a.m. to 2 p.m. on Aug. 10, featuring a Farmers' Market, complimentary medical and dental screenings, blood pressure checks, nutrition education, community resources, games, prizes, lunches, and fun for the whole family! For more information, call 510-347-4620 ext. 113 or visit www.davisstreet.org



Escape: Car

continued from previous page

- Roll down or break a window. If the car is sinking in water, once the window is open the water will rush into the car at a faster rate. If the window will not open and the car has tempered glass, use an escape tool to break a side window to escape.

Drivers should remember that:

- If a window will not open or cannot be broken because it is laminated, everyone should move to the back of the vehicle or wherever an air pocket is located. Once the air has left the vehicle, the pressure should equalize, allowing occupants to open a door and escape.

- If the vehicle is submerged, a hammer-style escape tool (as opposed to a spring-loaded-style) could be much harder to swing underwater.

- Exit the vehicle quickly and move everyone to safety.

- Call 911 – while this is typically the first step in an emergency, if a vehicle has hit the water or is on fire, try to escape first.

For a graphic instructional video, visit <https://vimeo.com/344830727/b98defe12f>

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CRUNCH
FITNESS



BART PHOTO

Strap Your Bike!

Bike straps are coming to all BART trains to help with a steadier ride. The simple idea of attaching straps to the rail in bike spaces on trains has proved popular with many cyclists, so straps are being added to all BART trains. Cyclists can use the straps to secure their bikes to the rail to reduce jostling. And since they don't have to hold on to their bikes, their hands are free to steady themselves during the ride. Each strap can secure two bikes. Early reaction has been mixed, according to the San Francisco Chronicle.

MAC: Cell Tower Decision

continued from front page
calling (510) 287-0140 with the license plate number.

See more on the EBMUD project in Letters to the Editor on page 14.

Tower Decision Overturned

In other MAC news, Crawford informed the council that a previous decision they'd made has been overturned by the Alameda County Board of Zoning Adjustments. Though most MAC decisions are upheld at higher levels, the MAC remains a consulting body, so they can be overruled at the county level.

This time around, the council's previous decision to not allow a 10-foot by 50-foot cell tower at Center Street and Heyer Avenue was reversed and the tower can now be constructed.

Crawford alleged that a BZA member who is legally representing Cherryland actually lives in Castro Valley, so he questioned if the BZA vote is kosher.

"I don't even know if the decisions they make are legal at this

point," said Crawford, who also questioned why a county entity is in charge of Castro Valley-specific issues.

"I just think it is so wrong for people outside of Castro Valley to make decisions for Castro Valley," he said.

Other Business

The council approved the subdivision of one site into four parcels at 4748 Mira Vista Drive and granted an application for an existing massage business to continue operating at 20860 Redwood Road, provided that the owners improve their signage.

The MAC also postponed a decision on whether to allow a children's indoor recreation facility at the southeast corner of Castro Valley Boulevard and Chester Street (the old Trader's Sports location) citing concerns about parking.

They told the prospective business owner to come back for approval if she can get a binding agreement with neighboring businesses to secure 20 parking spots for at least years.

10 Arrested at Illegal CV Pot Grow House

Deputies arrested ten people last Wednesday in connection to an illegal grow house on Brickell Way near Alma Avenue.

Seven men and three women in ages ranging from 22 to 66 with most suspects in their 40s and 50s.

Deputies report the suspects would commute in from various

cities including San Francisco, Oakland, San Leandro, San Lorenzo, and Castro Valley where they would grow and process pot plants for sale.

Several of the suspects fled the scene and were captured a few blocks away. All ten were taken into custody.

It's Prime Time: Take Your Pick from a Pair of Priuses

By Steve Schaefer
CASTRO VALLEY FORUM

Since the beginning of the 21st century, Toyota's Prius has been the hybrid leader. Its Hybrid Synergy Drive System seamlessly matches a gasoline engine with an electric motor, saving fuel with no action needed by the driver.

With the plug-in Prius, Toyota introduced a car that could serve as an all-electric car for local driving but revert to hybrid for longer drives, eliminating range anxiety. The latest version is called the Prius Prime.

I just drove a standard Prius and the Prime back to back for a week each, to learn their similarities and differences.

Both Priuses wore blue: The standard car was Electric Storm Blue while the Prime flaunted Blue Magnetism.

Both cars look essentially the same, except for the front and rear ends. My 2019 regular Prius showed off a new look with trimmed back headlights and taillamps and reduced edginess. The Prime features a more flowing shape, with a sensuously rounded rear window, although both Priuses have split rear windows that can impede vision when you're backing up.

Inside, the cars look similar, but the Prime flaunts a larger dash center touchscreen—11.6 inches vs. the 8.1-inch one on the standard car. It's mounted vertically, kind of like a Volvo's. The Prime plays a piano tune and shows a video of the car driving up or down a white sphere when you turn it on and off, which helps you know if the car is on or off—an issue with EVs. You can silence it if you so desire.

My standard tester offered all-wheel drive (AWD), which is new, and would likely be a benefit in places with worse weather than I experienced in June in Northern California.

The Hybrid Synergy Drive system works the same in both cars. The car's electronic brain blends power from the 96-horsepower 1.8-liter gas engine and the 71-horsepower, 53-kW electric motor for the most efficient performance (the total system horsepower is a modest 121).

You can select from three drive modes—Normal, Eco, and Power—in both cars. These control how power is delivered for varying levels of efficiency. Eco provides more gradual acceleration and Power lets you enjoy more aggressive driving. Normal works fine for everything, but I tended to shift to Eco on longer drives.

The biggest difference, though, is the presence of an 8.8 kW chargeable battery and plug in the Prime, which allows up to 25 miles of pure electric driving. In the plain Prius, you can press the



The Prius Prime features a more flowing shape than the regular Prius, as well as a larger dash center touchscreen that measures out to 11.6 inches.



The 2019 regular Prius showed off a new look with trimmed back headlights and taillamps and reduced edginess.

WITH ITS DECADES OF EXPERIENCE, TOYOTA REALLY KNOWS HOW TO BUILD A GREAT HYBRID.

EV Auto button on a level surface with a full battery and get maybe a mile of 25 mph EV cruising, but with the Prime, I set the button to make it all-electric for all my driving. When the chargeable battery was depleted, the car smoothly reverted to hybrid mode.

My Prime tester outweighed the standard car by 155 pounds, thanks to the larger battery. The Prime's battery also took up room in the cargo bay, raising the rear floor a few inches, reducing cargo volume by nearly five cubic feet.

My standard Prius was an XLE model with all-wheel drive, and base priced at \$28,820. With several options, including 15-inch

alloy wheels (\$899), an Advanced Technology Package (\$800) that included a color head-up display, and illuminated door sills (\$299), the bottom line, with shipping, came to \$32,195.

The Prius Prime Advanced started at \$33,350 and with the same optional alloys and door sills and a couple other things, topped out at \$36,085. That's about the starting price of a pure electric vehicle, such as the Chevrolet Bolt EV or Nissan LEAF.

Efficiency numbers are 52 City, 48 Highway, and 50 mpg Combined for the regular Prius. The Prime gets two numbers—54 mpg if you use gasoline only (i.e. never

plug it in) and 133 MPGe when using electricity and gas (compare to other EVs). Although the EPA Green numbers are identical (7 for Smog and 10 for Greenhouse Gas), the Prime will save you \$4,000 in fuel costs over 5 years compared to the average car versus \$3,250 for the standard model.

With its decades of experience, Toyota really knows how to build a great hybrid. But how do you choose between a regular hybrid and a plug-in? Think about how you drive. If, like me, you commute back and forth to the train station two miles from home and run errands around town, with diligent charging you can essentially drive an electric car, with all the quiet, smooth, clean motoring you want. If you travel longer distances regularly, the benefits of the 25 miles of local battery range are not really as useful, and a standard hybrid would be a better and less expensive choice.

Steve Schaefer lives in Castro Valley. He has been reviewing new cars in the Times for 27 years.

WORK IN PROGRESS



PHOTO BY PAUL BOUCHARD

A large section of Castro Valley's official sign by artist Rob Minervini had already gone up on the I-580 overpass above Redwood Road by last Friday. When completed in a couple of weeks, the long, slim mural will appear on both sides of the overpass.

Cowboy: All Of Events at Rowell Park

continued from page 2

The celebration continues on Sunday at 8 a.m. when the Rowell Ranch Pro Rodeo will host the Third Annual Western States Ranch Rodeo Association's "Rowell Ranch Day of the Cowboy Ranch Rodeo."

The competition will include tasks like those performed every day on the ranch, such as branding, team roping, yearling doctoring, line sorting, and trailer loading.

Contestants will include local ranchers, as well as cowboys, and cowgirls from throughout California and Oregon who will be competing for a spot in the upcoming Western States Ranch Rodeo Association Finals in Winnemucca, Nevada.

In 2012, California became only the second state (Wyoming was first) to dedicate the third Saturday in July as the National Day of the Cowboy.

All of this weekend's events will be held at the Rowell Ranch Rodeo Park off Dublin Canyon Road and Highway 580.

For more information, contact Abbie Batteate at 925-413-9502 or email BatteateLivestock@hotmail.com or you can visit: rowell-ranchrodeo.com.



The tools, art and skill of saddle-making will be on display Saturday morning.



The arena will feature dog and horse demonstrations.

Get Your Tickets Now for Annual Castro Valley Breakfast Lions Restaurant Walk

The Castro Valley Breakfast Lions Club will hold its annual Restaurant Walk from 6-8 p.m. on Tuesday, Aug. 20. The walk, with most its participating restaurants located in Castro Village, has been a sell-out for the past seven years.

Tickets (\$20 per person) can be purchased at the Castro Valley/Eden Area Chamber of Commerce, Cobblers Shoe Repair on Foothill Blvd in Hayward, or by calling Joe at 510-581-2897.

Funds from this event are used

to support community programs in Castro Valley and Hayward.

Participating restaurants include Don Jose's, Shari's, Mr. Pickles, Aroma, Lime Leaf Thai, Loard's, Rigatoni's, Starbucks', Knudsen's and Chipotle.

Get your hearing ready for the sounds of summer.

The unique sounds of summer, like crashing waves on the beach or food sizzling on the BBQ, are all around us. Here are 3 signs it's time to see a hearing care provider to ensure that you or a loved one experience all of the sounds of summer:

- 1 It's hard to hear a conversation when background noise is present
- 2 You have difficulty hearing children's voices
- 3 You can't hear birds chirping or buzzing insects

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ROTARY CLUB PHOTO

SUPPORTING THE ARTS: Todd Anglin, president of the Rotary Club of Castro Valley, presents a \$300 check to Karin Richey, founder and executive director of Plethos Productions, a small Castro Valley theater production organization.

CV Rotary Lends Support to 2 Local Performing Arts Groups

The Rotary Club of Castro Valley recently hosted two locally-formed groups that are promoting the arts in Castro Valley.

Karin Richey is Founder and Executive Director of Plethos Productions, a small community theater production group in CV.

Plethos' most recent production was "The Complete Works of Shakespeare, Abridged."

Paul Keim is head of Smalltown Society, which provides space for the arts at its headquarters in Castro Valley. Keim is also part of a group that recently bought Chabot

Cinema, which they plan to maintain as a community theater.

"These two groups are doing a great job of bringing live high-quality theater, music, and the visual arts right to our community," said Anglin. "We are lucky to have them here."

Medicare: Safe Travels

continued from page 7

Medicare Part A (Hospital Insurance) covers hospital care (care you get when you've been formally admitted with a doctor's order to the foreign hospital as an inpatient).

Part B covers emergency and non-emergency ambulance and doctor services you get immediately before and during your covered foreign inpatient hospital stay. Medicare generally won't pay for services (like return ambulance trips home) in either of these cases:

- Medicare didn't cover your hospital stay.
- You got ambulance and doctor services outside the hospital after your covered hospital stay ended.

You pay the part of the charge you would normally pay for covered services. This includes any medically necessary doctor and ambulance services you get in a foreign country as part of a covered inpatient hospital stay.

You also pay the coinsurance, co-payments, and deductibles you'd normally pay.

The 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands, and American Samoa are considered part of the United States.

Foreign hospitals aren't required to file Medicare claims for your medical costs. You need to submit an itemized bill to Medicare for your doctor, inpatient, and ambulance services if both of these apply:

- You're admitted to a foreign hospital under one of the situations above.
- The foreign hospital doesn't submit Medicare claims for you.

Safe travels!
Greg Dill is Medicare's regional administrator for California and other Western States and Territories. You can get answers to your Medicare questions by visiting www.Medicare.gov or calling 1-800-633-4227.



Photo by SF based photographer Scott Sweeney whose work along other Bay Area creatives will be on display and for sale for the July Artists Collective this Saturday.

Coming Up at Smalltown

● **Saturday, July 27:** Introducing the July Artist Collective: We've gathered a unique group of creatives from visual storytellers, crafters, writers and musicians from the greater Bay Area for a day of community and collaboration.

Each artist brings a corner of their world to our space on July 27th to showcase what their works mean to them and our community as creators. Art is powerful when we come together to support one another in our individuality.

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

More details on these events and others visit www.smalltown-society.com or text "Smalltown" to 797979. Smalltown Society is located at 22222 Redwood Road, Castro Valley.

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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 6th day of August 2019, at the hour of 6:30 P.M., at the District Office, 21040 Marshall Street, Castro Valley, in said District, 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 02, 2019

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

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LEGAL NOTICES

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**

FILED
JULY 05, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 560919

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

The name of the business:
At Your Service Bartending, LLC located at 22990 Palazzo Del Kayla, Hayward, CA 94541, in Alameda County is hereby registered by the following owner(s): At Your Service Bartending, LLC, 22990 Palazzo Del Kayla, Hayward, CA 94541. This business is conducted by a Limited Liability Company.
/s/At Your Service Bartending, LLC
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JULY 05, 2024

**JULY 24, 31, AUG 7, 14, 2019
0123-CVF**

FILED
JUNE 17, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 560351

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

The name of the business:
Shami Oshun located at 2226 Fernwood Ct., Hayward, CA 94541, in Alameda County is hereby registered by the following owner(s): Shami Carroll, 2226 Fernwood Ct., Hayward, CA 94541. This business is conducted by an individual. This business commenced on 01/01/2019.
/s/Shami Carroll
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JUNE 17, 2024

**JULY 17, 24, 31, AUG 7, 2019
0124-CVF**

FILED
JULY 11, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 56119

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

The name of the business:
Alvaro's Construction located at 17980 Almond Road, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Alvaro Prieto M., 17980 Almond Road, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on January 2009.
/s/Alvaro Prieto M.
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JULY 11, 2024

**JULY 24, 31, AUG 7, 14, 2019
0121-CVF**

REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Prevent Theft While Selling Your Home

A Realtor received a call from a seller whose home was currently on the market. While the owners had moved out and were living in a different city, they still had the garage full of personal belongings, including expensive musical instruments and related gear. They had planned to move it to their new home upon the close of escrow.

"We've been robbed," he stated. "Someone accessed our garage and took everything."

After investigation, it was determined the seller had recently visited and left a remote control in plain view on a garage shelf. Someone pocketed it during an open house and returned during the night to clean out everything.

While thefts like this are rare, it is critical sellers understand a few basic rules to help prevent theft. We advise the following:

- **Remove valuables.** Locate them in a secure off-site location. Since you need to pack your

belongings to move anyway, we suggest that you start now.

- **Remove targeted items.** Belongings such as jewelry boxes, small safes, strongboxes, handguns, extra phones, tablets, laptops and other items should be packed and moved to secure storage. Refrain from leaving out any cash, jewelry, watches, small valuables or anything you personally value that can be picked up in one hand. Check every single drawer and cabinet to make sure you have not missed anything.

- **Remove drugs.** Prescription medications are a popular target and easy for thieves to remove if left in bathroom cabinets or drawers. Since these are required daily, keep them in a small box or other container in a secure place that can be locked. If you don't have a lockable cabinet, place them in the trunk of your vehicle while you are gone.

- **Remove important documents.** Ensure that credit cards, blank checks, financial state-

ments, legal documents, passports and the like are not accessible. Safeguard documents that provide personal information.

- **Remove extra keys, garage door openers or any other devices providing access to your home.**

- **Remove decorator items you value (knick-knacks, etc.) so children cannot reach them.**

Kids sometimes get separated from their parents and it only takes a few seconds for something you cherish to get broken or taken.

- **Lock obvious locations.** Desks, filing cabinets and so on should be secured or, if not lockable, have all valuables removed.

- **It's distressing enough selling a home: with care, you can prevent any extra trauma.**

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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Lemons Set Fruit with Proper Watering and Feeding

By Buzz Bertolero
Special to the Forum

Q I have a four-year-old lemon tree that is growing on my patio. It blooms frequently, but the blossoms never turn into lemons, and the leaves often turn yellow with brown edges. I'm watering it once a week, and the drainage seems good. Could it be in too shady a location?

A Citrus typically require six hours or more of sunlight per day. With oranges, and tangerines, warm, sunny days are the critical element in sweetening up the fruit that ripens later, so more is better while lemons and limes are naturally tart and mature with less sunlight.

So along the coast, lemons and not oranges are the better choice to grow while inland it doesn't matter.

Also, the failure to set fruit is not an exposure issue. Instead, your problem is water stress. Your weekly watering schedule is inadequate for an established lemon in a container.

This is also true with oranges, grapefruits, kumquats, limes, and others; it's not just a lemon thing. Citrus consists mostly of water, so when moisture is limited, they'll drop the immature size fruit to conserve water.

In severe cases, the leaves

discolor with brown sections.

Another contributing factor is the length of time the plants have been in their container. The soil will be displaced over time by the new roots formed to support the top growth and it also disappears as it washes out the drainage holes and is consumed by the soil microbes. This isn't a problem in the ground as there is plenty of room for the roots to expand.

Also, not every flower produces a lemon as an unnoticeable number do not form naturally. Lemons flower and set fruit year round so there should be no shortage of lemons at any given time.

The yellow leaves can be associated with watering issues, but more than likely, it's a nutrient issue that is not related to the watering frequency. Lemons, like other container plants, like to be fed regularly as nutrients are con-

sistently leaving the soil and the root zone every time you water.

Both of these problems are simply corrected by watering more often and establishing a consistent feeding pattern. When the temperatures are over 75°F, I'd water it three times a week and more often with warm temperatures.

Besides heat, windy conditions will dry plants out. Citrus is fed Citrus Food monthly April through October or every four months with Osmocote.

Buzz Bertolero is an Advance 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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S	2-4:30	2-4:30	262 Covington St.	\$825,000	3/2	Marvin Gardens RE	Greg Novak	510-472-4770
S	2-4:30	2-4:30	11707 Cranford Wy.	\$1,100,000	4/3	Marvin Gardens RE	Greg Novak	510-472-4770
H	1-4	1-4	27879 Palomares Rd.	\$1,975,000	4/3	J. Rockcliff Realtors	Kristy Peixoto	925-251-2536

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

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LETTERS
TO THE EDITOR

EBMUD Trucks

Editor:

The recent articles in the Forum, "Dump Truck Damage" (Page 1, July 10) and "Dump Trucks on Redwood Road Being Monitored" (Page 1, July 17) highlighted an important East Bay Municipal Utility District project in our community.

As part of EBMUD's commitment to providing around-the-clock water service to 1.4 million people in the East Bay, your water utility is repairing and replacing more miles of aging pipelines every year.

For years, EBMUD stored some of the soils crews dug up during pipe relocation on EBMUD property, including the location on Miller Road. Now, the repository has reached its limit. To solve this problem and repurpose these soils, EBMUD has hired a contractor to transport the soils to an Alameda restoration site for beneficial reuse.

This means neighbors in the area are seeing many trucks traveling up and down Redwood Road. While EBMUD performed extensive outreach before the start of the project, it is different seeing 200 heavy-duty trucks going down the road each weekday.

In response to community concerns, EBMUD is working with local authorities and the California Highway Patrol to ensure the truck drivers are observing speed limits and traffic rules.

EBMUD is also increasing its monitoring to ensure the safety of the trucks' operation and will

be limiting traffic during drop-off and pick-up time when schools open in a few weeks.

The project is expected to conclude by the end of September.

I would like to express special appreciation to CV MAC members Ted Riche and Dolly Adams for calling these matters to my personal attention so I can see to it that EBMUD addresses these matters well.

As a long-term resident, I recognize the importance of this issue to Castro Valley. As this critical project proceeds, I will work with staff to ensure EBMUD continues to protect our environment, manage rate-payer dollars responsibly and always ensure the safety of our community.

—Frank Mellon, EBMUD Director, Castro Valley

EBMUD Trucks

Editor:

Thank you, Marc Crawford ("Dump Truck Damage," Page 1, The Forum, July 10) for noticing the dump trucks on Redwood Road.

I had also noticed that there were many dump trucks going up and down Redwood Road. Today I received an e-mail from EBMUD explaining what the trucks are doing and asking that we contact them if we notice any trucks exceeding the speed limit or running stoplights.

That the trucks are doing harm to Redwood Road has not been addressed, but the e-mail to me also said that the number of trucks will be decreased and have shorter work hour windows during when school begins.

Thanks again to a MAC member for addressing a problem in Castro Valley.

—Patricia A. Lindsey, Castro Valley

Dangerous Intersection

Editor:

On July 16th at 8:12 a.m., when the traffic light I was waiting at turned green I did not move my car. Redwood Road and Seven Hills Road is a dangerous intersection and I don't take it lightly.

Five years ago I saw my life flash before me there. A woman speeding down Redwood Road blew through the red light long after it had changed. It was only because I had paused for a moment and was tardy entering the intersection that I avoided the sure T-bone accident. I was shaken.

This morning when the light turned, I looked right and then I looked left before proceeding. Coming down the same hill as the car years before was a dump truck, a large dump truck. I waited as it sped through the red light at 35-40 miles an hour.

The driver across the intersection from me was wide eyed in disbelief. Perhaps he saw my life flash before him? Our light had been green for about 2 seconds when the truck passed through the intersection. Surely I would have been badly injured and possibly killed if my VW Golf had been struck by that monster truck.

Was it one of the dump trucks the MAC is concerned about damaging the road? I can't say for certain, the truck was unmarked. To the driver I say this — easy does it buddy, you are driving a deadly weapon.

Let's all acknowledge the road is a dangerous place. Drivers should proceed with caution when entering intersections. We all need to watch for pedestrians and cyclists and take it slowly when driving around town.

Instead of rushing to make it through a yellow light, try slowing down to a stop. Take a breath, take a minute to enjoy the stillness, life is busy enough.

On that note I ask you MAC, please have the timing of the yellow light on southbound Redwood Road at Seven Hills examined. Vehicles gather speed when coming down the hill and twice now I've almost been hit.

—Allison Cook, Castro Valley

In Support of Ted Riche

Editor:

I have hesitated to write this letter but I can no longer stand by and see a colleague of mine — one of the most decent men I have ever known — continuously be degraded (either directly or by innuendo) by Dorothy Theodore on these pages.

Ted Riche several weeks ago wrote a letter saying he did not think the Rainbow flag, or any other flag except the United States flag, should be flown on the flagpole at Castro Valley High. He did not in any way castigate the Rainbow flag or what it stands for.

Since then Ms. Theodore, who happens to be president of the Castro Valley School Board, has implied not too subtly that Ted is a bigot.

I've known Ted for some 15 years and can assure you that he is not a bigot.

One can make an argument against his stand on the flagpole issue, but to resort to debasing a man's character is repulsive.

Ted is past president of the Castro Valley Sports Foundation and in that capacity has helped raise tens of thousands of dollars for youth sports, including the programs of the Castro Valley Unified School District.

Ted and I are on the committee that selects members to the Castro Valley Sports Hall of Fame and I have never heard him utter a word about a person's race, religion or sexual orientation.

Ms. Theodore claims to be a proponent for the acceptance of all people. If that's true, I suggest she open her mind and take time to get to know Ted Riche.

—Lowell Hickey, Castro Valley

Coach Molzen's Contributions

Editor:

As someone who has followed local high school sports for the past 20 years, I recently became aware of a major improvement that was made at Castro Valley High School.

Thanks to the effort and continuous desire to improve the lives of the student athletes at "our" school, head football coach Denny Molzen was able to obtain, move, and install nine lifting racks for the weight room.

You might think "yeah...it's for football" but that assumption is totally incorrect. Every coach, from every sport on campus will benefit from the hard work and tenacity of Coach Molzen.

I know that the wrestlers, baseball players, basketball and softball teams, girls and boys soccer, track and field, and swimming should all benefit from what he has been able to accomplish.

One of the best known ways to prevent injuries of many kinds is to make the body stronger, more resilient. Weight-training is how that is accomplished. Your student athlete wants to be faster? Weight training is the key.

Coach Molzen, through his networking ability, was able to obtain 9 lifting rack that were being replaced by newer equipment at Chabot college. If the school had to purchase that equipment outright, it would be roughly \$4,000 per rack. Do the arithmetic.

Then he arranged the people and trucks required to dis-assemble, and move the racks and weights to the high school where he and his crew arranged and assembled the racks.

This was all done by volunteer help, adults and students, and with the obvious generous donation by Chabot College (thank you). This did not cost the School, or the Athletic Boosters Club anything. It will benefit any, and all of the students who want to participate in sports at Castro Valley High School.

Due to the efforts of Coach Molzen, your student athletes will be better prepared, stronger and faster, to participate in the sport of their choice. And we all know what quality organized sports programs can do to the individual student, the School, and the Community

Next time you see Denny Molzen, say thank you.

—Dave Kubasta, Castro Valley

Library Fines

Editor:

If there is no penalty for overdue books or DVDs at Alameda County libraries then I ask, why would I be motivated to ever return a good movie? At what point does this become a theft?

Furthermore, many times popular material will have well over a hundred hold requests. What does the library say to its good, honest patrons waiting on a hold because the person who checked out the material just doesn't feel like bringing it back?

I can most definitely conclude that the library policy of no fine or penalty is not only rude to its customers who follow the rules, but cannot help but lead to the development of bad habits for those who are irresponsible.

—Chris Markham, Castro Valley

Housing Need

Editor:

I just read in the Forum that the City of Hayward is offering 37 acres of former Caltrans land for development. The Master Plan for the property envisions up to 74 detached single-family homes on lot sizes averaging 10,000 square feet.

In the same edition there is an article about a navigation center for the estimated 8,000 homeless people in Alameda County.

The reason we have so many homeless people in Alameda County is we are only building housing for the wealthy. The homes proposed in Hayward would house approximately 290-450 people in giant McMansions when what we need is more affordable high density housing.

As this is right below Cal State East Bay, wouldn't it be a great location for apartments? Even Condos or Townhouses would be better than what is proposed.

This is why we need a law that mandates high-density housing. We will never build ourselves out of the housing crisis if we only build low density housing for the wealthy.

There is an expedited RFP for this project due August 28 which makes one suspicious that they want to contract this out before opposition can be organized.

This is why the legislation that the state legislature tabled is so important. It looks like the City of Hayward wants to get this project bid out before they are required to do the right thing.

—Robin McCoy, Castro Valley
Letters continue on page 15

Obituaries

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

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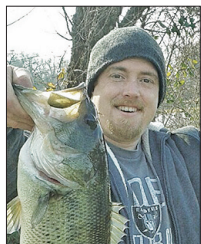
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Justin Rodney Rowe

August 8, 1982 - July 11, 2019

Justin Rodney Rowe passed unexpectedly to Heaven on July 11, 2019. He was a wonderful son, brother, uncle, neighbor and friend to many. He was born and raised in the Bay Area, and had resided in Redding for the past few years. He loved his dogs Foxy, Lady and Ladybug. He loved fishing and camping and being outdoors with friends and family. He had a loving spirit and a wonderful smile that could light up the room. He is survived by his parents, Barbara & Roger Rowe, his brother Kevin (Natalie) Rowe, and three nieces, Cali, Sierra and Autumn Rowe. And many other extended family and friends. He will be sorely missed forever, and his memory will live on in our hearts for all of eternity.

Services will be held on Saturday, July 27th at 12:00 pm at Sorenson Brothers Mortuary, 1140 B Street in Hayward. There will be a celebration of life immediately following at Cull Canyon Recreational Area (Footbridge Picnic Area) in Castro Valley.



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LETTERS to the Editor

Continued from page 14
Congress & Immigration

Editor:

I am tired of letters that blame "the other side" for the fiasco at our southern boarder.

The real organization to blame is Congress, *both parties!* They have failed repeatedly to come up with a solution to border security and our immigration problems.

Undocumented immigrants were just fine if you needed a house-keeper, gardener, babysitter or some other service at a discounted price. Now that the demographic of immigrants has changed radically, we have a *big Problem*.

Congress is so busy locked into their ideology that they are not even attempting to solve this problem. To borrow a phrase from John Stuart, Congress needs "to so their job."

—Gail Lawton, Castro Valley

Immigrants & News Media

Editor:

I would like to clarify that what one side is calling a migrant epidemic, the other is calling a refugee human rights issue. Which one is it and more importantly, why is it happening?

Since none of us are embedded observers, we have to rely on what we are being told. However in the days of alternative facts one really needs to be a discriminating consumer.

Why are the vast majority of so called migrants are families from Guatemala, El Salvador or Honduras and not working age males from Mexico as it was a decade ago?

From non-corporate, viewer/listener funded news sources, I've been hearing that the net flow of Mexican immigrants is actually exiting the US due to the rise in anti-Mexican sentiment.

I also learned that our government's covert actions to overthrow/quell democratic leaning governments of the above noted countries in the Reagan administration has lead to today's rampant lawlessness where squads of paramilitary force citizens to pay so called "protection fees." These countries have the highest homicide rate in the world.

If this is true, it is actually our government who is breaking the law by doing everything they can to hinder these asylum seekers at our gates of entry.

It is actually our government who is acting immorally by not fulfilling our responsibility to take care of those people who have been uprooted by our government's previous nefarious actions.

Full disclosure: these three Central America countries are also currently undergoing an unprecedented drought and since their economy is mostly agricultural this is also a considerable contributing factor for these people to be needing to, yes migrate elsewhere.

—Craig Linford, Castro Valley

Border Compassion

Editor:

Many of these prospective immigrant detainees seek asylum from criminal, political or economic persecution that has made life in their country of origin untenable or dangerous.

Fleeing one's country for one's life or for the desire be able to provide safety and security for one's family is not a decision that is made easily. It takes courage, resilience and persistence, all qualities espoused by our nation's "Go West" psyche.

Furthermore, asylum immigration is not asking for a handout, rather an ask for help, for an opportunity — an opportunity to prove that the American Dream is for everyone who is willing to risk the journey and who is likewise willing to embrace our Constitution and contribute our society and our economy.

Being empathetic and embracing to the plight of immigrants, willing to give them the opportunity to succeed and to be productive citizens of our country helps us all. After all, that is who we are as Americans. It is "the American Way" is it not?

And, as the most powerful nation in this hemisphere, we owe it to our poorer, and in some cases impoverished, neighbors to be there for them in their time of need. Isn't that, in part, our nation's responsibility as the "Leader of the Free World."

Why not allow ourselves to be guided, not by fear or a xenophobic disposition, but instead by charity and the words inscribed at the base of our very own Statue of Liberty:

"Give me your tired, your poor, Your huddled masses yearning to breathe free, The wretched refuse of your teeming shore. Send these, the homeless, tempest-tossed to me, I lift my lamp beside the golden door!"

I respectfully say to my fellow townsman, "Let's bring more compassion to our border, and beyond." God bless America!

—Jim Bustillo, 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. Not every letter can be printed. We reserve the right to edit as necessary. Email Letters to: fredz@ebpublishing.com or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.



Free Concert This Saturday

JENNY LIN FOUNDATION FREE CONCERT will be presented this Saturday, July 27, at 6:30 p.m. in the Reed L. Buffington Performing Arts Center on the Chabot College Campus, featuring the world premiere of Richard Meyer's composition, "From Darkness, Joyful Sounds Are Born."

Swalwell: Support from 'Three Heavyweights' on Plan

continued from front page

On the debate stage, he was also able to get "three heavyweights" (Biden, Harris and Sanders) to pledge support for his plan to ban and buy-back assault weapons from the community.

He returns this week to Washington D.C. for Congress's scheduled hearings with special counsel Robert Mueller.

"I'm looking forward to that," Swalwell said. However, he does not expect Mueller's testimony to be similar to that of former

FBI director James Comey, who adds "color and play-by-play" to his statements. Swalwell said Mueller's responses will likely be "yes," "no," or "I don't recall."

That said, Swalwell expects three things to be shown by Mueller's testimony: (1) that the Russians interfered with our 2016 election to help Donald Trump, (2) that members of the Trump campaign welcomed this help, and (3) that when the FBI began investigating this possibility, the Trump campaign took "over a dozen

steps" against the investigation.

Swalwell said he approaches the question of impeachment the way he approaches his "very wily 2-year-old son" and 9-month old daughter — "If we don't hold the president accountable, it's only going to get worse."

He supports opening an impeachment inquiry, not rushing to judgment. He added that we can't predict what the Senate will do, but future presidents will base their behavior on whether or not there are consequences.

Swalwell touched on many other topics; healthcare, traffic congestion, immigration, the future of the Democratic Party, and climate change.

"I call it climate chaos," said Swalwell, because change can be for the good. He said Lawrence Livermore and Sandia labs are working on high-tech solutions to help reduce air pollution. He added that it's a "false choice" to say people will lose their jobs if the country becomes greener.

see SWALWELL on back page

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Swalwell: On Trump

continued from page 15

"I'm a supporter of the Green New Deal, because we don't have a choice," he said.

Addressing the possibility of the popular vote replacing the electoral college, Swalwell said he'd like to see it, unlikely though it may be. He added that by some estimates, a presidential candidate could win by 5 million votes and still lose in the electoral college.

And on the touchy subject of racist language attributed to Trump, he said, "I don't want any of this to be normal."

When asked which Democratic presidential candidate he would endorse, Swalwell said it should be someone who is confident, authentic (not driven by polls) and new or different in some way.

"There is going to be a day after Trump, and we have to be prepared to legislate," he says.

Swalwell also said he believes Trump could face indictments when he leaves office.

"A jury of his peers is not Kim Jong Un and Vladimir Putin," said Swalwell.

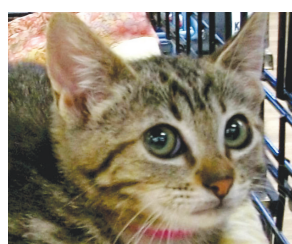
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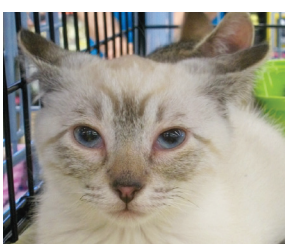
BRODY is a handsome, 10 years young pup who loves toys and gets along with just about everyone. He's very sweet and easy to handle. Call: Hayward Animal Shelter, 510-293-7200.



QUINN is a happy-go-lucky gal who's making great strides in gaining confidence. She loves being around people and other dogs. More info: Hayward Animal Shelter, 510-293-7200.



VIOLA is a gorgeous, 3 month old tabby who is sweet and playful. She enjoys the company of other felines including her brother Vester. Info, email: Loveallpawzrescue@gmail.com.



VESTER is a handsome 3 month old Siamese tabby mix. While a little shy, he's very playful with his sister Viola and foster mates. More info: Loveallpawzrescue@gmail.com.

Scouts BSA Troop 708 Takes Part in Global Rocket Launch

Scouts BSA Troop 708 of Castro Valley partnered with the U.S. Space & Rocket Center in Huntsville, Alabama on July 16 on a "Global Rocket Launch" to celebrate the 50th Anniversary of the Apollo 11 mission to the moon.

Members of Troop 708 joined with others around the world to launch model rockets in honor of the mission in which Commander Neil Armstrong took his "one small step for man, one giant leap for mankind."

Six members of the troop made film-canister rockets using water and the three key ingredients that go into Alka Seltzer tablets (aspirin, baking soda and citric acid) to "fuel" their rocket demonstration.

Their rocket launch took place at the Chartered Organization's (CV Rotary) meeting facility at First Presbyterian Church of Hayward in Castro Valley.

To learn more about the programs and activities at the U.S. Space & Rocket Center, please visit: rocketcenter.com.



PHOTO BY JENNIFER J. PETRICK

3... 2... 1... BLASTOFF: Six members of Scouts BSA Troop 708 demonstrated miniature rocket launches using Alka Seltzer ingredients as "jet fuel" to propel their rockets.

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Thomas the Tank Engine This Weekend

All aboard! Thomas the Tank Engine invites little engineers to go full steam ahead for a day of engaging activities and fun adventures at Day Out with Thomas: The Steam Team Tour 2019.

Children can spend a day with their friend Thomas when the No. 1 Engine pulls into Roaring Camp Railroads in the Santa Cruz County town of Felton on July 26-28 and July 31-Aug. 4.

This fun-filled event offers children and their families the opportunity to take a ride with Thomas the Tank Engine, star of the popular Thomas & Friends series.

Train rides take approximately 25 minutes and will operate from 9 a.m. to 6 p.m. over the eight days.

Tickets for The Steam Team Tour are available by calling Ticketweb toll-free at 866-468-7630, or by visiting www.dayoutwiththomas.com. Ticket prices are \$25 plus tax for ages 2 and up (service charges and fee may apply).

This is one of 37 stops across the U.S. and Canada the tour — now in its 24th year — will make. It is expected to welcome nearly one million passengers during its 2019 tour.

Roaring Camp Railroad will be one of several select markets where attendees can donate much-needed school supplies in support of two Flint, Michigan pre-K programs, Cummings and Educare. These programs were created as a result of the Flint Water Crisis to combat developmental delays caused by lead poisoning from the Flint drinking system.

For more information and directions, contact 831-335-4484 or www.roaringcamp.com.

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Welcomes

Dr. Melissa Hardy



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

Introducing Dr. Melissa Hardy. A graduate of Purdue University in 2010, Dr. Hardy has a big heart and deep love for animals. In her free time she volunteers for several East Bay organizations focused on animal welfare. She is an avid dental care enthusiast and has a soft spot for French Bull dogs.

Come on in and meet our newest veterinarian!

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