

CASTRO VALLEY FORUM

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YEAR 31

WEDNESDAY, JULY 17, 2019

NO. 28

INSIDE YOUR
FORUM

OUR TOWN



New President

Todd Anglin holds his first meeting as president of Castro Valley Rotary

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LIVING



Art Agreement

Perceptions differ on a new facility deal at the Adobe Art Center

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SENIORS



A Bone to Pick

Women are more likely get osteoporosis, but men can get it too

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PHONE: (510) 614-1560



PHOTOS BY LINDA SANDSMARK

Supporters of transgender rights joined protesters against refugee camp conditions Friday in Castro Valley during a national "Lights for Liberty" vigil to end mass detentions and family separations at the U.S.-Mexico border.

'Lights of Liberty' Protest: Hundreds Gather Locally

By Linda Sandmark
CASTRO VALLEY FORUM

Castro Valley's annual transgender visibility rally joined with a national "Lights for Liberty" demonstration last Friday at the corner of Redwood Road and Castro Valley Boulevard, combining people protesting family separations at the U.S. border with those supporting transgender rights.

"It's intersectional on human rights, so we're here to support each other," said participant Michael Kusiak.

Maya Para provided a bit of background, adding, "I think this shows that you can care about multiple things at one time."

Para organized the earliest transgender visibility rally years ago, which traditionally is held the day before Castro Valley's Pride celebration.

"This year we're supporting human rights in general, to help save the kids in cages, to save their parents, and save all the folks who need our help."

"It just happens to be a coincidence that they fell on the same day this year," says Para. "But trans rights are human rights, and



some trans people could be in those detention camps, statistically speaking. It's good that we're fighting together."

The protest and rally was one of the larger and livelier ones on the boulevard's "protest corner." Hundreds of people, from youngsters in strollers to gray-haired grandparents, waved signs and chanted. The signs covered all the bases, from "No more kids in cages" and "Asylum seeking is not a crime" to "Trans rights are human rights."

Channel 2's news helicop-

ter flew overhead for almost 15 minutes filming the action on the ground. Protesters covered all four corners at the busy intersection.

Castro Valley resident Sharon Sigler said she was there on behalf of her family, in support of other families.

"We're opposed to families being separated," she said. "The conditions are inhumane and we just want to make sure that we're standing up for human rights. We think most of the country isn't comfortable with what's going on at the detention centers."

MAC Updated on Fairmont Hospital Homeless Parking

By Amy Sylvestri
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) heard an update on the parking program that's been recently instituted at the Fairmont Hospital campus at its Monday night meeting.

There are an estimated 8,000 homeless people living in Alameda County, up more than 40 percent from a previous census taken in 2017, according to county officials. Many live in their cars and in April, the county began allowing some registered users to spend the night.

Currently there are 18 people parking in the lot, 14 women and four men with an average age in their 50s, according to parking program manager John Eric Henry. Three people on the waiting list.

Henry says that pets are al-

lowed, but no couples, families or RVs are permitted. He added that if and when the program is expanded, RVs and couples will be considered.

Suzanne Warner of the Alameda County Housing and Community Development Dept. told the MAC about the possibility of creating a "navigation center" at the Fairmont Campus which would provide shelter and services to around 50 people.

"The navigation center is more accessible temporary housing," said Warner. It would allow pets and couples and give people a place to store their belongings. Unlike most shelters, people could stay at the navigation center all day.

Warner told the MAC that the Alameda County Board of Supervisors has yet to vote on the navigation center, so planning is still in the very early stages.

see MAC on page 6

EBMUD REPOSE

Dump Trucks on Redwood Road Being Monitored

In response to last week's Municipal Advisory Council story, "Dump Truck Damage," the East Bay Municipal Utility District (EBMUD) has responded regarding the trucking of soil on Redwood Road.

District Senior Public Information Representative Andrea Pook told the Forum "EBMUD is following the project closely, and is working to protect the safety of neighbors and drivers along this truck route."

EBMUD planned for 200 round-trip truck trips a day and each truck weighs less than the 80,000 pounds that is allowed for by Caltrans, according to Pook.

She said EBMUD has received about half a dozen complaints

about trucks speeding, going too slow, or running red lights. To correct that situation, she said the project manager speaks with each trucker before leaving the site to reinforce the requirement that they obey all traffic laws. Any contractor found violating the law, will be pulled off the project.

Pook said EBMUD has contacted local law enforcement alerting them to the increased traffic and encouraging them to pull over drivers who are caught speeding or running a traffic light. The district also requested an electronic speed sign near Proctor Road where the speed limit changes from 40 to 30 mph.

In addition, EBMUD engineers see EBMUD on page 15

Castro Valley Weather July 17 - 21, 2019



Wednesday
Partly Sunny
High 75° Low 58°



Thursday
Mostly Sunny
High 77° Low 58°



Friday
Mostly Sunny
High 73° Low 56°



Saturday
Mostly Sunny
High 73° Low 53°



Sunday
Mostly Sunny
High 74° Low 56°

Almanac



Sun sets at 8:30 p.m. today, rises at 6:01 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 16



July 24



July 31



Aug. 7

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CV PRIDE: BIG CROWD, BIG CELEBRATION



PHOTO BY FRED ZEHNDER

More than 3,500 people spent a sunny Saturday afternoon on the High School campus for music, entertainment, food truck eats and to shop dozens of vendors' booths at the 9th Annual Castro Valley Pride Celebration. Among the welcoming speakers were Congressman Eric Swalwell and Supervisor Nate Miley. Organizer Billy Bradford said the event "brings forward the awareness of our LGBTQ brothers and sisters, friends, neighbors and coworkers. We embrace the Diversity that each one of us brings to the rainbow of our shared humanity."

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EBMUD Preparing CV for Power Shutoffs

East Bay Municipal Utility District is staging portable generators and pumps at critical facilities in preparation for possible power outages that PG&E might initiate during high fire risk periods.

The emergency equipment will be in place from August through November to maintain reliable water service to East Bay communities and emergency responders during these outages.

Pumping plants are important links in the water distribution system, conveying water to neighborhood water tanks for daily use.

EBMUD's water and wastewater treatment plants and some pumping plants have built-in backup power. Because a preemp-

tive power outage, called a Public Safety Power Shutoff (PSPS), can affect pumping plants without backup power, 29 emergency back-up generators are being placed in Castro Valley, Berkeley, Crockett, Danville, Moraga, Oakland, Orinda, Pinole and San Ramon.

see SHUTOFFS on page 15

Correction: Jenny Lin Community Concert

The 25th Anniversary Jenny Lin Community Concert will begin at 6:30 p.m. on Saturday, July 27, at the Reed L. Buffington Performing Arts Center on the Chabot College Campus located

at 25555 Hesperian Boulevard in Hayward.

A story, "Special Composition for Jenny Lin Concert," on page 2 of last week's Forum incorrectly listed the start time as 7 p.m.

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."



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Todd Anglin Gavels Rotary To Order as New President

On July 2, Todd Anglin called his first meeting to order as President of the Rotary Club of Castro Valley for 2019-2020.

Anglin recently returned from the Rotary International Convention in Hamburg, Germany.

The new president has been a member of the Club since 2016 and has served as Treasurer for two years and President-Elect this past year.

Todd and his wife, Thania, have been married since 2007, and have a daughter, Natalie, who will be a second grader at Proctor Elementary School in Castro Valley.

Todd and Thania own a State Farm agency, Anglin Insurance and Financial Services Agency in Castro Valley, where Todd serves as president.

"My goal is for every Castro Valley resident to understand who the Rotary Club of Castro Valley is, and what we do locally, nationally and internationally through our projects and programs and communication, including the Castro Valley Forum, Social Media and our Partnership with the Castro Valley/Eden Area Chamber of Commerce," says President Anglin.

The Rotary Club of Castro Valley hosts and sponsors many events throughout the year, including the Chili Cook-off and the Rowell Ranch Rodeo Parade. This past May, President Todd served as Chairman of the Parade.



PHOTO BY JIM NEGRI

Wielding the gavel, Todd Anglin took over as President of the Rotary Club of Castro Valley on July 2.

The Rotary Club of Castro Valley meets Tuesdays from noon to 1:30 p.m. at The Meadows at Redwood Canyon Golf Course.

More about the Rotary Club of CV, upcoming speakers and events, at: castrovalleyrotary.org.
—Bruce Johnson

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Trouble at Eden

Sunday, July 14: at 12:34 a.m., Sheriff's deputies arrested a 24-year-old woman with no permanent residence on suspicion of disrupting a business and refusing to leave. The woman had been a habitual visitor to Eden Medical Center on Lake Chabot Road but interfered with staff enough that she had a long-standing complaint against her. Deputies escorted the woman into custody.

Stolen Car

Saturday, July 13: at 11:59 p.m., a 49-year-old woman with no permanent residence was arrested as part of a warrant issued for a previous charge of possession of a stolen car. Deputies stopped the woman for questioning at Carlos Bee Park on Grove Way when they confirmed the warrant. The woman was taken to Santa Rita Jail pending \$25,000 in bail.

Slashing Tires

Friday, July 12: at 2:29 p.m., deputies arrested a 22-year-old man from Castro Valley on suspicion of slashing tires of a neighbor on Knox Street near North 5th Street. The neighbor called to complain that the man was vandalizing his vehicle. Deputies reported that the man confessed to slashing three of the tires on the vehicle. The man was handcuffed and taken into custody.

Texas Hold 'Em

Friday, July 12: at 2:07 a.m., a 43-year-old man from Hayward was arrested on suspicion of possession of illegal narcotics and related drug paraphernalia. Deputies detained the man—who was a passenger—during a traffic stop on Castro Valley Boulevard near Stanton Avenue. The man was found to have a warrant issued for his arrest out of the State of Texas with a request for full extradition. Deputies took the man to Santa Rita Jail and held him without bail pending his transfer out of state.

Kicked out of Eden, Twice

Thursday, July 11: at 6:08 a.m., deputies arrested a 65-year-old man with no permanent residence on suspicion of violating his parole and interfering with the flow of business at Eden Medical Center. Staff at the hospital report the man was being disruptive and argumentative but not seeking specific treatment. The man had previously been arrested at the hospital for the same charges three days earlier. Deputies took the man to Santa Rita Jail and held him without bail.

Stun Gun, Methamphetamines

Thursday, July 11: at 2:05 a.m., a 32-year-old man from Hayward was arrested on suspicion of ille-

gal possession of a stun gun and a bag of methamphetamine drugs. Deputies stopped the man for a traffic violation on Castro Valley Boulevard near Nunes Avenue and spotted the gun and drugs in plain view. The man was handcuffed and taken into custody.

Assault with Deadly Weapon

Tuesday, July 9: at 1:15 a.m., deputies arrested a 62-year-old man with no permanent residence as part of a warrant for his capture related to a charge of assault with a deadly weapon. The man was hanging outside a business on the Boulevard near Stanton Avenue when deputies served the warrant. The man was transported to Santa Rita Jail and held without bail.

Bicycle Stop Ends in Arrest

Tuesday, July 9: at 1:10 a.m., a 35-year-old man with no permanent residence was arrested on suspicion of possession of two types of illegal narcotics. Deputies stopped the man for questioning after observing him violate traffic laws on his bicycle. The man was found to have the drugs in his pockets including solid forms of methamphetamines. Deputies report the man was also under the influence of an unspecified drug. He was taken into custody.

CVSan Earth Day Donation

Again this year, the Castro Valley Sanitary District (CVSan) while hosting its Earth Day Clean-Up event in April, allowed each volunteer to select one of four local charities to receive \$5 on their behalf.

This year's combined total amounted to \$1,785. One of the charities selected for 2019 donations was the Regional Parks Foundation which received \$1,320 at the July 2 CVSan Board meeting.

CVSan General Manager Roland Williams said the Regional Parks Foundation was founded "to support the East Bay Regional Park District through fundraising to provide universal access, environmental stewardship, educational and recreational programs and the acquisition of parklands."

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The Week Ahead

● **Thursday, July 18: Hayward Street Party**

Downtown Hayward's next Street Party will be tomorrow from 5:30 to 8:30 p.m. on B Street from Foothill Blvd. to Watkins Street. Free family fun, great food, Alan the Amazing, a classic car show and live music on 6 stages, sponsored by the Hayward Chamber of Commerce.

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

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

● **Friday, July 19: Cannabis 101 Presentation**

The Kenneth Aitken Senior Center at 17800 Redwood Road will host a Cannabis 101 presentation from wellness company Papa & Barkley at 11 a.m. this Friday. View marijuana's medicinal history, find out about the natural compounds CBD and THC and how they interact with your body. This class will focus on pain management and sleep, and help you make informed decisions about incorporating cannabis into your wellness routines. Call 510-881-6738 to reserve your space.

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● **Saturday, July 20: Eden Area Village Meeting**

Join Eden Area Village for coffee at the Cannery Cafe at 22380 Foothill Blvd. in Hayward at 9 a.m. this Saturday and learn how we are working together to help seniors remain in their homes, active and engaged in their community. More info at edenareavillage.org

● **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. this Saturday, July 20, at 20095 Mission Blvd. at the corner Hampton in Hayward. Visit Bye-ByeMattress.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 this 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. this Sunday 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

● **Sunday, July 21: Baby Boomers Dance**

The Cabrillo Civic Club No. 11, dedicated to the civic progress of Californians of Portuguese descent, invites everyone to a Baby Boomers Dance, at the club, 16490 Kent Ave. in San Lorenzo this Sunday. Wear '60s attire and get in for \$5. All others pay \$13. All ages welcome. Call Shirley at 510-329-1705 for more info.

● **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).

● **Tuesday, July 23: Rotary Update on Sulphur Creek**

Wendy Winsted, coordinator, will update the Rotary Club of Castro Valley on the activities at Sulphur Creek Nature Center at a buffet lunch and program at Redwood Canyon Golf Course, 17007 Redwood Road from noon to 1:30 p.m. on Tuesday. The cost of lunch is \$15 and reservations must be made by 9 p.m. on Sunday, July 21, by contacting Rotary at cvrotary@iCloud.com or 510.402.5123. More information is available at castrovalleyrotary.org.

● **Wednesday, July 24: Grants for Home Repairs**

Alameda County has grants available for qualifying homeowners for health and safety repairs. Learn more about the grants available in Castro Valley, Cherryland, Ashland, San Lorenzo, Fairview and other unincorporated areas at a free, two-hour workshop at 1 p.m. next Wednesday, July 24 at the Castro Valley Library at 3600 Norbridge Ave. For more information, call 510-667-7903.

● **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. on July 27 at 33853 Palomares Road in Castro Valley. Sit under the oak trees, listen and dance to live 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. on 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. Early Bird tickets are just \$10 if you buy before July 20th at 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 to 1978 only will be on 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.

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

● **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, 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 matinées 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 1 at the Adobe Art Center, 20395 San Miguel Ave, Castro Valley.

Listings for the Community Calendar and the A&E Calendar must be received by the Friday before publication date.

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ARIES (March 21 to April 19) Your honesty is, as always, admirable. But you might want to be more tactful in discussing a sensitive issue with a family member. Remember: You can give advice without giving offense.



TAURUS (April 20 to May 20) An unexpected workplace snag should be handled quickly and efficiently so that it leaves you time for family get-togethers. Also, you might soon get that long-sought apology.



GEMINI (May 21 to June 20) Aspects favor family matters, especially where children might be involved. Spending time with loved ones helps restore some much-needed balance to your typically busy schedule.



CANCER (June 21 to July 22) That seemingly clear-cut agreement might not be quite so straightforward after all. Recheck for language that could make you liable for hidden costs and other unpleasant surprises.



LEO (July 23 to August 22) Careful, Kitty. Better to deal with someone with proven reliability than with a big talker who promises much but can't confirm that he or she will deliver. Your social life really zings this weekend.



VIRGO (August 23 to September 22) Your matchmaking skills are at peak performance levels both in helping to staff workplace teams for upcoming projects and for bringing people together on a more personal basis.



LIBRA (September 23 to October 22) You're finally seeing some progress with your new venture. But be prepared for it to continue at a slower pace than you're used to. Meanwhile, a loved one could be preparing a surprise.



SCORPIO (October 23 to November 21) A family member's success pulls you into the spotlight as well. Enjoy it, but don't let it overshadow or otherwise obstruct what you're doing with your own creative projects.



SAGITTARIUS (November 22 to December 21) Using what you already know might not be quite enough to get a proposed project off the ground. Look for any new information that might help tilt the scales in your favor.



CAPRICORN (December 22 to January 19) Good news: While a changing workplace environment can be daunting for some, it could be the challenge you've been hoping for. If so, confront it with confidence and move on..



AQUARIUS (January 20 to February 18) It's a good time to recheck travel arrangements for any changes that could work to your advantage. Aspects also favor strengthening and restoring old, fraying relationships.



PISCES (February 19 to March 20) Using your intuitive reasoning helps you cut right through the double-talk and go straight to what's really going on around you. Stay the course until all your questions are answered.

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Eden Health Releases Its Annual Report

The Eden Health District, formerly known as the Eden Township Healthcare District, has released its Annual Report.

The district, a not-for-profit agency established in 1948 by the residents of Castro Valley, Hayward, San Leandro and San Lorenzo, provides grants to local non-profit organizations, enabling them to provide health care services and free community health education programs to improve the health of their communities.

The report highlights the District's commitment to work collaboratively to improve access to health care services for the most vulnerable residents within the communities it serves.

"The District Board is committed to enhancing transparency through increased communication about the activities throughout our entire service area," said Gordon A. Galvan, Chair of the District Board of Directors.

The annual report can be found at: <https://bit.ly/2X97jLs>

COUNTY HONORS MILITARY VETERAN-ARTISTS



PHOTO BY PAUL KURODA

Local veterans and the Oakland Vet Center were honored last Wednesday for their participation in the Veterans Art Program by Alameda County Supervisor Richard Valle (above center, shown with veterans and county officials). For the last four years, the project, coordinated by the Alameda County Arts Commission, has provided veterans the opportunity to express themselves in a supportive environment. Paintings, photos, collages and writing created in the project are on display through Aug. 1 on the 5th floor of the Board of Supervisors Lobby Gallery at 1221 Oak St., Oakland. The exhibition is free and open to the public. For more information, call 510-891-5716.

Applications Due in August for Citizens, Youth Leadership Academies

Alameda County is accepting applications for two civic engagement academies, one for adults and one for high school juniors and seniors.

Both free programs are designed to provide insight into

county services and operations through learning and discussing the County's Vision 2026 core themes.

The Citizens Academy is open to adults who live, work, or own a business in Alameda County and

includes six Wednesday evening sessions (Sept. 4, 18; and Oct. 2, 16, 23, 30).

Application are accepted until Aug. 10. To apply or learn more, visit <http://www.acgov.org/academies/citizens/>.

The Youth Leadership Academy is open to 11th and 12th grade students, who live and attend high school in the county, and includes five Saturday morning sessions (Sept. 14, 21, 28; and Oct. 12, 19). Applications will be accepted

through Aug. 16. To apply, visit <https://www.acgov.org/youthleadership/>.

Space is limited and applications for both academies are accepted on a first-come, first-served basis.

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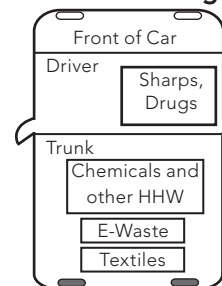
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ATHLETES OF THE WEEK



Malakoff & Associates Flamin' Hots

This week's Athletes of the Week are the members of the Malakoff & Associates Flamin' Hots from the Castro Valley girls softball league's Major division.

These girls put together a great season, finishing as league Champions with a 10-2 record, and capped it off in the post season by winning the T.O.C. Championship.

Flamin' Hots player, Liliana Rivas, was named Joseph Matteucci foundation award winner for sportsmanship.

Malakoff & Associates Flamin' Hots and Daniel get your keys Fireballs won the CVGSL Major division all-star game.

Back row from left, Coaches Jacob Andrews, Augustine Morales, Daniel Ortega and Ed Angotti; middle row, Kavitha Andrews, Julia Angotti, Lizbeth Ortega, Sage Castle, Camille Cadwallader and Emily McNellis; front row, Sara Collier, Sierra Graham, Jayla Morales, Liliana Rivas, Anabelle Cardenas, Mariah Gusman and Adriana Foley-Walker.

Three Longtime Players in Hayward Senior Softball League to be Honored

The Hayward Senior Softball League, now in its 29th year, will honor three longtime players who are turning 90 or have turned 90, at a BBQ on Tuesday, July 23, at Oliver Field on Hesperian in Hayward.

Bob Schmidt, who will be 90 in November, was a player in the league from 1996-2018.

In those early years of the league Bob led in RBI's and home runs more than once. He played all positions but was especially known for his pitching finesse.

Jack Moore, who will be 90 in August, has been a player, manager, and trusted advisor in the league from 1998-2018.

Jack has been a manager and as-

sistant manager many times over the years. He was an excellent first baseman and in later years pitched in all three of the leagues, the '50s, '60s and '70s.

The oldest player is Charlie Adams who will be 92 in November. Charlie has been part of the league as a player since 2005. He is still playing.

Charlie also plays on an

80-year-plus team in tournaments. Recently he played five games in Lodi pitching three of them. Prior to playing in the Hayward league Charlie played for an Alameda team for many years.

All past players are invited to attend the BBQ that will start at noon. "Hoss" Chandley, Chief BBQ expert for many years, will prepare the meal. Cost is \$5.

Flag Football Registration

Online registration is now open for the 2019 CVI flag football season which begins in August and runs through November, at cvisportsleague.org.

Anyone interested in coaching or learning more about the program can reach out to the flag football coordinator Juan Montalvo at juanmontalvo478@gmail.com

Hayward Offering 37 Acres with Bay Views for New Housing Development

The City of Hayward is requesting proposals from developers interested in turning 37 acres of hillside property with views of San Francisco Bay into one of the region's most sought-after new residential neighborhoods.

The Master Plan for the property envisions up to 74 detached single-family homes on lot sizes averaging 10,000 square feet with a variety of architectural styles. The homes would be linked by

trails and connected to wildlife corridors.

The development site is nestled below the Cal State campus and is part of a stretch of former Caltrans right-of-way that was once intended for construction of a State Route 238 bypass freeway.

Development of the parcel will include infrastructure improvements to roads and water, sewer, and electricity distribution systems.

The site is a priority project, and the city is ready to work with developers to quickly sell and develop the property.

Requests for Proposals are due on Aug. 28. Proposers will have to attend one of two mandatory pre-submittal meetings scheduled for July 23 and 25.

Additional information is available from john.stefanski@hayward-ca.gov or by calling 510-583-3904.

MAC: Fire Prevention at Regional Parks

continued from front page

"There has been, for the most part, almost no disruption," said Clark. "I think there is a consensus from Hillcrest Knolls that this is not the best location for it. The area is overburdened."

MAC member Ken Carbone stressed the importance of the navigation center benefiting the homeless of the unincorporated area and that it shouldn't become a place for neighboring cities to send their homeless populations.

MAC Chair Marc Crawford asked Warner to check back in in a few months with an update.

Hillcrest Knolls resident Dawn Clark said that there hasn't been much of a problem in her neighborhood since the parking program began. However, she urged the MAC to find another place for the navigation center since the area already has so much going on, including the John George psychiatric facility.

Fire Prevention

The MAC also heard an update about fire prevention efforts from East Bay Regional Parks District Board Member Dennis Waespi, who said a fire break has been created along portions of the Ten Hill Trail along with removal of some hazardous trees and dead vegetation.

CV resident John Sullivan who has long been vocal about fire danger, expressed his concerns.

"Having seen what happened in Santa Rosa, Castro Valley residents are pleading for protection," said Sullivan. He said that the parks district has done more fire prevention work in Castro Valley "in the past ten months than in the past ten years" but only in a small area. Sullivan said he wants them to expand their efforts.

EBMUD Trucks

And MAC Chair Crawford again brought up the East Bay Municipal Utility District (EBMUD)

dump trucks that are moving dirt from the Upper San Leandro Reservoir to Lamed along Redwood Road.

Crawford said that the California Highway Patrol has been checking in on the truck drivers and so far they've found several violations: two trucks had mechanical violations, one driver had a seat belt violation, and two trucks had tarp violations. Crawford said the CHP is going to do more enforcement next week.

A public speaker who is a doctor told the MAC that one of his patients was clipped by a dump truck while riding her bike on June 26 and the driver didn't stop.

Crawford reiterated his anger at EBMUD essentially beginning the months-long dirt-moving project without telling anyone and excusing themselves from an environmental impact review, which he called "the epitome of conflict of interest."

CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



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CVHS Football Hall of Fame Inductions

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 information, send an email to castrovalleyfootball@gmail.com

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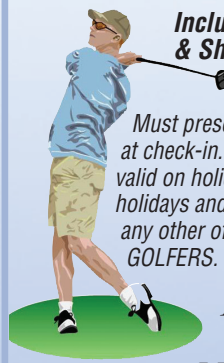


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Up to Your Ears!



There's no question that the favorite way of cooking and eating corn is on the cob, fresh out of the pot, or hot off the grill and slathered in butter.

If you have really fresh, young ears, you don't even need the butter or the cooking, you can just eat it raw as is.

But fresh corn is so delicious and versatile that it's hard to resist trying it in many different dishes.

CORN & POTATO CHOWDER

2 tablespoons butter
1 medium onion, diced
3 cups diced red potatoes
2 cups chicken broth
1 cup water
2 cups fresh corn kernels
1 cup whole milk
Salt and freshly ground pepper to taste
Parsley leaves

Melt the butter in a heavy saucepan. Add the onion and sauté until translucent. Add the potatoes, broth and water. bring to boil, reduce heat, cover and simmer for 6 to 8 minutes, or until the potatoes are tender. Add the corn. Stir in the milk and heat, but do not boil. Season with salt and pepper and serve garnished with parsley leaves. Makes 4 or 5 servings.

YANKEE RAREBIT

1/4 cup butter or margarine
1/4 cup flour
Salt and pepper to taste
1/4 teaspoon dry mustard
1-1/2 cups milk
2 cups fresh whole-kernel corn
3/4 cup shredded sharp Cheddar cheese
8 slices toast or crackers

Melt the butter or margarine in a skillet. Blend in the flour, salt, pepper and dry mustard. Add the milk and corn. Stir constantly over low heat until the roux has thickened. Add the cheese and continue cooking until it has melted, stirring occasionally. Serve on toast or crackers. Serves 6 to 8.

CORN PANCAKES

1-1/4 cups flour
1 teaspoon baking powder
1/2 teaspoon salt
2 eggs, beaten
1 cup milk
2 tablespoons vegetable oil
2 cups fresh whole-kernel corn
Maple syrup

Sift the dry ingredients together. Combine the eggs, milk and oil, then mix together with the dry ingredients. Stir in the corn. Spoon the batter into a preheated, lightly greased griddle or frying pan. Serve the pancakes with honey or maple syrup. Makes 12 medium pancakes

Note: For an extra treat, place cooked asparagus on the toast before topping with the rarebit.

CORN PUDDING

2 cups whole-kernel corn
2 eggs, well beaten
2 cups whole milk
2 tablespoon flour
2 tablespoon butter or margarine, melted
2 tablespoon sugar
1 salt and freshly-ground pepper to taste

Stir the corn, eggs and milk together. In another bowl, blend the flour and butter or margarine. Combine the two mixtures and add the sugar, salt and pepper. Mix well.

Pour the batter into a greased, two-quart casserole and place the casserole in a pan of hot water. Bake in a preheated 350° F oven for 45 minutes or until the pudding is firm.

Serves 4 to 6.

SMOTHERED CAJUN CORN

12 ears fresh corn kernels (about 6 cups)
6 tablespoons butter
1 cup finely chopped yellow onion
2 tablespoons sugar
1/2 teaspoon salt
Freshly ground black pepper
Ground cayenne
1-1/2 cups peeled, seeded, chopped ripe tomatoes
1-1/2 cups chicken broth
1/2 cup heavy (whipping) cream

Cut kernels from cob and reserve. In heavy skillet melt 2 tablespoons of the butter over medium-high heat. Add the onion and sauté until soft but not browned, about 5 minutes. Stir in corn, sugar, salt and peppers to taste and sauté until corn begins to stick to the pan. Stir in tomatoes and sauté until liquid evaporates, about 5 minutes. Add broth and bring to boil. Reduce heat to low and cook, stirring frequently, until most of the liquid is absorbed, about 15 minutes. Stir in remaining butter and the cream. Cook, stirring frequently until most of the liquid is absorbed, about 5 minutes. Serves 6.

Adobe Art Center Agreement Reached

By Michael Singer
CASTRO VALLEY FORUM

Just like any good painting, perceptions differ on a new facility deal at the Adobe Art Center.

On July 15, Hayward Area Recreation and Park District (HARD) board members approved a new Master Facility Use Agreement that the Castro Valley Unified School District Board of Trustees previously signed off on in late June.

The School District owns all of the Adobe Center Buildings on San Miguel Ave. but will allow HARD to have exclusive use of the Kiln Room, Ceramic Studio and Redwood Annex.

That leaves the issue of the Adobe Gallery.

The School District indicated earlier this year that it needs space at the Adobe Center to host adult school classes and said it was assuming management, operations and maintenance of the Adobe Gallery Building, previously managed by HARD.

While adult school classes in the Gallery building sounds great on canvas, the School District's moves worry local artists including 125 members of A.R.T., Inc., a 40-year-old group who have worked with HARD in the past to



improve and maintain the Gallery.

When word circulated among the artists' community about the School District's actions last week, it prompted a flurry of protest letters to The Forum.

"To take this away from the community and convert this beautiful architectural gem to a classroom is just about the worst thing the District could do for the 'Arts' in our community," A.R.T., Inc. President Stan Stadelman wrote in a letter to School Superintendent Parvin Ahmadi. "I am sure the Adult School can find other classrooms on existing school sites for evening classes."

Lawyers for the School District

and HARD have been working together since early 2018 to frame new joint use agreements with the hope of expanding programs in the area, Ahmadi told the Castro Valley Forum.

"Our goal is for the art shows and events that have occurred in past at Adobe to continue," Superintendent Ahmadi said in a statement. "We will work with agencies and individuals who have had art shows and exhibits to ensure the Castro Valley Community benefits from the beautiful art gallery as they have in the past... In fact, our goal is to offer additional art exhibits and shows as we move forward."

For the time being, the School District will allow contract instructors to continue using the studios and ceramics facilities for classes, at least through the fall.

Recently, HARD installed new display walls with plans for new lighting. A.R.T., Inc. also donated \$5,000 to HARD. this year to buy display panels for the Adobe Gallery. The panels are currently in storage pending evaluation by the School District.

CROSSWORD PUZZLE ANSWERS FOR 7/10/19

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THE FORUM CROSSWORD

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ACROSS

- 1 Periodicals, for short
- 5 Cistern
- 8 Last writes
- 12 Guitarist Clapton
- 13 Brewery product
- 14 Infamous Roman
- 15 Genesis maker
- 16 Fan of classical music
- 18 Barbershop job
- 20 Stir up
- 21 Get on in years
- 22 Lubricate
- 23 Synagogue VIP
- 26 Hew
- 30 Swelled head
- 31 Write in the margins
- 32 Pod denizen
- 33 On the ___ (secretly)
- 36 Caulking material
- 38 A billion years
- 39 2,000 pounds
- 40 Angry dog's sound
- 43 Sleazy sort
- 47 Throughout your time
- 49 Rewrite, maybe
- 50 Satan's specialty
- 51 Oklahoma city
- 52 Antitoxins
- 53 Trawler gear
- 54 Three-pointers in football (Abbr.)
- 55 Back talk

ANSWERS ON PAGE 16

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- 1 Netting
- 2 Vicinity
- 3 Leslie Caron role
- 4 Sacred beetle
- 5 Price
- 6 Greatly
- 7 Roman X
- 8 Waiting for the operator
- 9 Suitor
- 10 Eye part
- 11 Ripped
- 17 Sandlike matter
- 19 Modern film trickery
- 22 Chic no more
- 23 Scarlet
- 24 In earlier times
- 25 Violinist's need
- 26 Calf's mom
- 27 Choose, with "for"
- 28 Drenched
- 29 Aye opponent
- 31 "The Daily Show With ___ Stewart"
- 34 Staircase posts
- 35 Lounge around
- 36 "Bam!"
- 37 Except if
- 39 Forum garb
- 40 Singer Campbell
- 41 Split apart
- 42 "Think nothing ___"
- 43 Takeoff's opposite (Abbr.)
- 44 Concept
- 45 Some evergreens
- 46 Greek vowels
- 48 LummoX

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Bone Up on Your Health: Men Get Osteoporosis Too

By Jim Miller
SPECIAL TO THE FORUM

Many people think osteoporosis is a “woman’s disease,” but men can get it too, especially in their later years. Here’s what you should know.

Osteoporosis in Men

Osteoporosis is a disease that causes the bones to become weak and brittle and more susceptible to fractures. Though women are four times more likely to acquire it, around 2 million American men have osteoporosis today, and another 12 million have “pre-osteoporosis,” or osteopenia.

Unfortunately, men are much less likely than women to get the health of their bones checked even after they break a bone. That’s because doctors are often unaware of the many factors that put men at risk of osteoporosis.

While menopause is a major component that accelerates bone loss in women, some of the key risk factors for men developing osteoporosis include: being over age 70; being thin or underweight; smoking; consuming more than three alcoholic drinks a day; hav-

ing a parental history of osteoporosis; and having a previous fracture.

Certain health conditions – such as rheumatoid arthritis, celiac disease, testosterone deficiency, hyperthyroidism, COPD, kidney or liver disease, and mobility disorders like Parkinson’s disease, multiple sclerosis or stroke – can also increase your risk.

In addition, so can taking certain medications like anti-inflammatory steroids, prostate cancer drugs, proton pump inhibitors for GERDs, antidepressants, immunosuppressants, and anti-seizure drugs.

To help you determine your risk of osteoporosis, the International Osteoporosis Foundation has a quick, online quiz you can take at RiskCheck.IOFBoneHealth.org.

Prevention and Treatment

A good first step in preventing and treating osteoporosis is to get screened. All men over age 70 should have a bone density test, and those who’ve had a fracture or have other risk factors should be tested after age 50.

Screening for osteoporosis is a simple, painless, bone density test, see **BONE** on page 10



A good first step in preventing and treating osteoporosis is to get screened. All men over age 70 should have a bone density test, and those who’ve had a fracture or have other risk factors should be tested after age 50.

SENIOR Q&A

Get Help Paying for Medicare

Q: Are there any sources you know of that can help me save on my Medicare coverage? I’m 65, and live primarily on my Social Security, and am having a hard time paying my Medicare out-of-pocket costs.

By Jim Miller
SPECIAL TO THE FORUM

A: There are several financial assistance programs that can help lower-income Medicare beneficiaries who are having a difficult time paying their out-of-pocket health care costs. Here’s what’s available, along with the eligibility requirements and how to apply.

Medicare Savings Programs

Let’s start with a program that helps pay premiums and out-of-pocket costs for Medicare Parts A and B. It’s called the Medicare Savings Program (MSP), and it has several different benefit levels for people based on their income and asset level. At its most generous the program will pay your Part A and B premiums and pretty much all your Medicare deductibles, coinsurance and co-payments. At its least generous the program will pay just your Part B premium.

To qualify for a MSP, the minimum standard set by Medicare, is an income under 135 percent of the federal poverty level, which at the moment works out to around \$1,426 a month for individuals (or \$1,923 for married couples). Everything counts towards income, including payouts from 401(k) plans, pensions, Social Security, and help from family members.

Medicare also allows states to impose an asset test, which can be as little as \$7,730 per individual (\$11,600 for married couples), not counting your house or car but counting retirement savings and bank accounts.

But some states have made their MSP programs a lot more generous, with much higher income limits and in some cases no asset tests at all. And the program may be called something else in your state. To find out if you qualify or to apply, contact your state Medicaid program. Visit Medicare.gov/contacts or call all 800-633-4227 for contact information.

Medication Extra Help

For help with Medicare (Part D) prescription drug plan costs, there is another completely separate program called Extra Help. To get it, you’ll need to apply through your local Social Security office.

Depending on how low your income is, this program will pay part or all of your Part D prescription drug plan’s monthly premiums, annual deductibles and prescription co-payments. In 2019, individuals with a yearly income below \$18,735 (\$25,365 for a

see **MEDICARE** on page 9

CASTRO VALLEY FORUM

PRESENTS

The Senior Guide

Our Senior Section includes articles and topics of interest to seniors. This guide is a great advertising vehicle because Castro Valley and San Leandro have sizeable senior populations, and that’s why it continues to be one of the most popular sections for both readers and advertisers.



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Conservative Alternatives To AARP?

Q: Can you recommend any conservative membership organizations for older adults that offer discounts too? AARP is way too liberal for my liking.

By Jim Miller
SPECIAL TO THE FORUM

A: There are actually quite a few senior advocacy organizations out there promoting themselves as conservative alternatives to AARP, and many of them offer membership benefits as well.

Here's what you should know.

While AARP, with a membership of around 38 million, is by far the biggest and most powerful advocacy group for people age 50 and older, there are millions of older Americans that don't like or agree with their stance on various issues.

Many believe AARP leans too far to the left despite its stated non-partisan nature.

For seniors that disagree with AARP, there are other conservative leaning groups that you can join that may better represent your views. Here are several to check into.

60 Plus: American Association of Senior Citizens (60plus.org): Established in 1992, this nonprofit group was founded to lobby for issues it holds dear, namely free enterprise, fewer taxes and less Government.

Their main priority is to end the federal estate tax and preserve social security.

Membership fees run \$12, \$24 or \$48 per year, or \$299 for a lifetime membership. They also offer a bevy of discounts on travel and entertainment, cable, Internet and satellite services, dental, vision and hearing packages, roadside assistance and more.

American Seniors Association (AmericanSeniors.org): Founded in 2005 for people age 50 and older, this conservative organization is built on five foundations, which includes rebuilding national values, Social Security reform, Medicare reform, tax code reform and control of government over-spending.

Fees to join run \$15 for one year, \$25 for two or \$35 for three years, and members receive access to a variety of benefit on travel,



For seniors that disagree with AARP, there are other conservative leaning groups that you can join that may better represent your views.

home and auto insurance, security services, health and wellness (medical, dental, vision and hearing) and more.

Association of Mature American Citizens (AMAC.us): With more than one million members, this organization was started in 2007 for people 50 and older. Their mission is to help seniors

fight high taxes, reduce excessive government involvement in their day-to-day lives, and preserve American values.

They also offer a host of benefits on home, health and auto insurance, travel, vision and dental care, prescription drugs, retail savings, roadside assistance and see *ALTERNATIVES*, back page

Medicare: Eligibility for Savings Programs

continued from previous page
married couple), and assets under \$14,390 (\$28,720 for a married couple) can qualify for Extra Help.

If you're eligible to be in a Medicare Savings Program, you will automatically qualify for Extra Help. But because the requirements are slightly different, even if you don't qualify for a Medicare Savings Program for Part B you might be able to get Extra Help for Part D. For more information or to apply, visit SSA.gov/extrahelp or call Social Security at 800-772-1213.

Other Assistance Programs
Depending on your income level, needs and location there are many other financial assistance programs that can help like Medicaid, SSI (Supplemental Security Income), PACE (Program of All-inclusive Care for the Elderly), SNAP (Supplemental Nutrition Assistance Program), (LIHEAP) Low Income Home Energy Assistance Program

and many others.

To help you find out what types of assistance programs you may be eligible for, and learn how to apply for them, go to BenefitsCheckUp.org. This is a free, confidential Web tool designed for people age 55 and older that contains more than 2,500 programs.

It's also possible to get help in person at one of the 87 Benefits Enrollment Centers scattered

Medicare Launches New "App" To Figure Out What's Covered

Q: I hear that Medicare has developed an "App" to help beneficiaries determine what benefits may be covered. Do you have any information on this?

By Gene L. Osofsky, Esq.
SPECIAL TO THE FORUM

A: Yes. Recently, as part of its initiative focused on modernizing Medicare and empowering beneficiaries, the Center for Medicare and Medicaid Services ("CMS") has developed and launched a new "App" (short for "Application").

The App is free and can be easily downloaded onto your smart phone or computer from the Medicare.gov website, or from the Apple App Store or Google Play.

You can search for what's covered and what's not covered under Medicare Parts "A" and "B", how and when to get covered benefits, and obtain basic cost information and other eligibility details.

It can be especially helpful when, say, you are at the doctor's office and need to determine whether a recommended procedure is covered. Just take out your smart phone and use the App. The information is right in your pocket!

However, the App does not give results for extra benefits that Medicare Advantage plans may cover but that Original Medicare does not. Also, it does not ask details about your specific insurance, so the App does not take into account the user's supplemental insurance, co-insurance and deductibles.

Essentially, it provides a way that you can carry in your pocket the same information otherwise available online and in the Medicare Handbook available at Medicare.gov.

Examples of the types of questions the App can answer include:

- When are mammograms covered?
- Is home health care covered?
- Will Medicare pay for diabetes supplies?
- Can I get a regular cervical cancer screening?
- Will my Medicare benefits cover a service to help me stop smoking?

To get the new "What's Covered" app, go to www.Medicare.gov and click on the link on the home page which says "Learn About our new App".

The App is part of an initiative by CMS focused on modernizing Medicare and empowering beneficiaries. Other initiatives include:

- Enhanced interactive online decision support to help beneficiaries better understand and evaluate the coverage options and costs of original Medicare compared to Medicare Advantage plans.

- New price transparency tools that let consumers compare the national average costs of certain procedures between settings, so people can see what they will pay for procedures done in a hospital outpatient department versus an ambulatory surgical center.

- A new webchat option in the Medicare Plan Finder.

- New easy-to-use surveys across Medicare.gov so consumers can tell CMS what they want.

Have fun next time you're at your doctor's office and help spread the word to your doctor's staff and other patients.

Gene L. Osofsky is an Elder Law and Estate Planning attorney in Hayward. Visit his website at www.LawyerForSeniors.com

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Find artwork like this by Angelina Sorokin and photography, handmade goods and more at Smalltown's July Artist Collective.

Coming Up at Smalltown

No LAB this month, see you all on August 15!

- **Sat., July 20:** Pampas Cafe Presents Smalltown Society Art Sessions — 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.
- **Sat., 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

NOTICE OF AVAILABILITY Of an Environmental Impact Report County of Alameda Whitcotton Cottage Demolition Project

As the Lead Agency overseeing this project's environmental review, the County of Alameda is soliciting comments on the scope and content of the EIR for the proposed demolition of Whitcotton Cottage. This existing vacant 3,942 square-foot building is located near the Fairmont Hospital. Whitcotton Cottage is bounded by a roadway (Meadow Drive) to the west, a parking lot to the south, a medical building (Cherry Hill Detox Center) to the northeast, and landscaped area to the north. Whitcotton Cottage, built in 1903, was the former residence for the Superintendent of the Alameda County Infirmary and is recommended as eligible for the California Register of Historical Resources because of its association with historic events. While the building remains in its historic location, it has not been maintained for approximately 20 years and is in an advanced state of disrepair.

Demolition of the structure would involve the removal and abatement of asbestos-containing materials and peeling lead-based paint, as well as excavation and disposal of contaminated soil and rough grading of the site. The County of Alameda General Services Agency would manage the demolition. All project activities, including demolition, excavation, remediation, and grading would be expected to take approximately eight weeks. There are no current redevelopment plans for the site. Once the structure is demolished, the site would be covered in gravel.

The Draft EIR evaluates Historical Resources impacts in detail and identifies mitigation measures related to documentation of Whitcotton Cottage and installation of an interpretive plaque discussing the history of the building (Mitigation Measures CR-1 and CR-2). However, since the Whitcotton Cottage historical resource would be demolished, impacts to Historical Resources would be significant and unavoidable even after the implementation of the mitigation measures.

The County is soliciting comments on the Drat EIR. Responses to comments will be incorporated into the Final EIR. Comments on the Draft EIR should be directed in writing to: Jason Garrison, Environmental Project Manager, Environmental Department-Capital Programs, 1401 Lakeside Drive, Suite 800, Oakland, CA 94612, or jason.garrison@acgov.org. Comments on the Draft EIR must be received on or before September 2, 2019.

Copies of the Draft EIR are available for review at County of Alameda General Services Agency office. In addition, an electronic (PDF) version of the Draft EIR can be obtained by contacting Jason Garrison at jason.garrison@acgov.org.

Bone: Boost Your Calcium

continued from page 8
which takes about five minutes. Many health insurance companies will cover bone density tests, as does Medicare.

Here's what else you can do to protect your bones.

- **Boost your calcium:** The best way to get bone-building calcium is through your diet. Dairy products (low-fat milk, cheeses and yogurt), dark green leafy vegetables (broccoli, kale, collards), sardines and salmon, cooked dried beans, soy foods, almonds and fortified cereals and juices are all good sources of calcium. Vitamin D is also important to help your body absorb calcium.

The National Osteoporosis Foundation recommends 1,000 mg of calcium daily for men under 70, and 1,200 mg for those over 71. They also recommend 800 to 1,000 international units (IU) of vitamin D if you're over 50.

If you're not getting enough vitamin D through sunlight or food, consider taking a supplement. Most daily multivitamins contain at least 400 IU.

- **Exercise:** Weight-bearing exercises like walking, and strength training with weights or resistant bands three or four times a week, can significantly improve your bone health and reduce the risk of a fall that could cause a fracture.

- **Control vices:** Avoid smoking, limit alcohol to no more than two or three drinks per day, and limit caffeine (coffee, tea or caffeinated soda) to three cups a day.

- **Consider medications:** The same drugs to treat osteoporosis in women have also been approved for men. The most widely prescribed for osteoporosis are bisphosphonates, a class of drugs designed to slow or stop bone loss. Talk to your doctor about these and other medication options, as well as potential side effects.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org.



PHOTO BY SUAN RUTBERG

AN EVENING OF LAUGHTER AND THINKING: Charlie Varon (left) joins Brian Copeland in the "Great American Sh*t Show at the Center for the Arts at 7 p.m. on Saturday, Aug. 17.

The Great American Sh*t Show' Coming to Center for the Arts

Solo performance legends Brian Copeland and Charlie Varon join forces to present new monologues on life in the Age of Trump in "The Great American Sh*t Show" at 7 p.m. Saturday, Aug. 17, at the Castro Valley Center for the Arts.

Copeland and Varon conceived the show as an evening of laughing, but more importantly, an evening of thinking.

Their monologues — two each

by Copeland and Varon — cover such topics as how to deal with a family member who's all in for the Donald when you're not, trying to turn red congressional seats blue in the Central Valley, #MeToo and more.

Copeland and Varon have been performing the show once a month to sold-out houses at The Marsh Theatre in San Francisco, with material evolving as political events unfold. After a successful San Ra-

fael show in April, they decided to bring the show to Castro Valley.

Brian Copeland is known for his hit solo shows "Not a Genuine Black Man" and "The Waiting Period." Charlie Varon's best-known works include "Rush Limbaugh in Night School" and "Rabbi Sam."

The Great American Sh*t Show is supporting Indivisible East Bay, a grassroots progressive advocacy group. For tickets (\$40), visit www.charlievaron.com

'Showtime in San Lorenzo' This Saturday

"Showtime in San Lorenzo," from 3 to 8 p.m. this Saturday, July 20, will include free tours of the Lorenzo Theater, a car show, arts and crafts vendors, family-friendly activities and an outdoor movie.

The afternoon activities, at the

Lorenzo Theater, 16080 Hesperian Blvd., will be co-hosted by Supervisor Wilma Chan, the County Redevelopment Agency, HARD and the Castro Valley/Eden Area Chamber of Commerce.

Included will be hourly raffles

for Oakland A's tickets, bounce houses, a rock climbing wall, arts and crafts for sale, food trucks, a photo booth, kids' games and a nighttime showing of the movie, "Smallfoot." The Bay Bombers Car Club will also host a car show.

LEGAL NOTICES

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
0114-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
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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
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

REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Changing Market Comes With New Rules

Beginning in February of 2011, the market turned hot and stayed there until May 2018. During that period the rules of engagement changed dramatically as sellers, firmly in charge, got anything they asked for, including price escalations, AS-IS sales and no appraisal contingencies.

With the market's crest behind us, we are seeing market slow-downs across the Bay Area.

Coupled with longer days on the market, we are also encoun-

tering a resurgence of issues we have not had to deal with for many years. When you factor in the fact that at least 1/3 of currently active local Realtors obtained their licenses *after* February 2011, we are entering some interesting times. Here are the top 4 emerging issues:

1. Price Reductions.

As Days-on-the-Market (DOM) increase, we are seeing a downward push on prices. The average price for a single-family home in Alameda County for

June 2018, was \$1,119,000, with the average price in June 2019 lower at \$1,086,000.

This is a 2.9% decrease year-to-year and the fourth month in a row where average sales prices have been lower than the previous year.* With June 2019 average list prices hovering at \$1,170,000, it is safe to say that price reductions after properties have been on the market a while have contributed to the decline.

2. Requests for Repairs

With homes typically no longer being sold AS-IS, requests for repairs have reentered the market.

For many of the newer agents, requests for repairs are an entity they have never encountered, with the result that there is a degree of confusion as to what constitutes a reasonable request. While requests for actual repairs should be considered, requests for upgrades are still a no-no.

3. Credits Towards Closing Costs

Whereas some sellers are responding to requests for repairs by rectifying the requested items, others are responding with a credit towards the buyer's closing costs.

Some buyer agents are submitting offers asking for credits up front and occasionally, we see offers with both a request for repairs and additional credits.

4. Low appraisals

With the decreases in market values, appraisers are once again struggling to provide appraisals at value. Previously, with no appraisal contingencies, buyers were left to come up with the difference in funds when appraisals came in low. With appraisal contingencies back in play, sellers must now negotiate to make up the differences.

We are entering new territory and, like past changing markets, encountering a new set of rules.

*Data from Trendgraphix

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.

Control Weeds and Seeds with Mulch

By Buzz Bertolero
Special to the Forum

Q We've had the weeds on our backyard hill removed. The hillside is now bare but still has the roots of the cut weeds. Do I need to treat the area before laying a weed blocking fabric and then planting a ground cover? I'm concerned that without treating the soil, weeds will shoot through weed blocking material with the upcoming winter rains.

A You are correct to be concerned about the unwanted vegetation returning when the rainy season begins. It would have been advisable to spray the seasonal grasses and weeds first before they turn brown to kill out the roots.

Your other concern is the weed seeds produced before the vegetation died out. The hillside is now covered with dormant seeds waiting for moisture to germinate.

Spraying the vegetation while it was still green would have prevented the production of seeds. But it's too late to do anything about that now. So, I'd now use mulch as your primary method of controlling weeds and seeds.

You would lay the fabric down, plant the ground cover, and then cover the open area with a thick three-inch layer of mulch. This should be sufficient to eliminate the light from reaching the ground and stymie the growth.

Landscape fabric and mulch is a short-term answer for weed prevention. Over time the mulch breaks down into smaller and then tiny particles. It then becomes an ideal soil for the undesirable vegetation seeds to grow in.

Every year we have a new flush of seasonal weeds and grasses,

and the seeds from this growth are then blown everywhere. The unwanted growth is now growing on top of the landscape fabric.

Controlling the weeds becomes more complicated because of the desirable plants. You can apply a pre-emergent herbicide such as Impede from Monterey Lawn and Garden right over the top of rooted plants without harming them to kill the seeds.

Impede puts down a chemical barrier that prevents the seeds from germinating. This will only be viable if the hillside is under irrigation other than drip irrigation. You need moisture to set up the barrier; otherwise, you have to wait and time your application to just before a significant rain of the season in late October or November.

This should control most of the unwanted vegetation, and it's repeated annually.

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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Potted Plants

Container plants, particularly those in clay pots, can be difficult to keep watered during hot summer days. This is especially true if the potting soil dries out at any time, or if the plant is rootbound, since water will run off of dry soil without being absorbed. When this happens, immerse the pot in a small tub of water and add a drop of liquid dish detergent to the water. Let it soak for a couple of hours.

Get Ready for Fall

It's time to start planning for your fall and winter vegetable garden. At the end of this month or next, sow broccoli, Brussels sprouts, cabbage, cauliflower and kohlrabi. Keep the seed beds moist and shaded until the plants are up, then gradually allow them more sun.

For fall and winter flower beds, select seeds of sweet peas, pansies and cosmos.



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A	—	1-4	990 Castle St.	\$649,000	3/2	RE/Max Accord	Lovewell Team	510-351-5555
A	—	2-4	99 Harlan St.	\$749,000	3/2	Coldwell Banker	Dave Adams	510-637-8136
Z	—	1-4	1016 Pacific Ave. Deplex	\$978,000	3/2	RE/Max Accord	Lovewell Team	510-351-5555
S	2-4:30	2-4:30	11707 Cranford Wy.	\$1,100,000	4/3	Marvin Gardens RE	Greg Novak	510-472-4770
C	1-4	1-4	16981 Lamont Ct.	\$1,250,000	3/3.5	G. G./Sotheby's Intl. RE	Sharlyn Prakash	510-881-6000

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 = DANVILLE • F = FREMONT • H = HAYWARD
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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.

LETTERS
TO THE EDITOR
FREDZ@EBPUBLISHING.COM**Have the Road Shows Moved to Castro Valley?**

Editor:

Why do I see the tire skid marks left by tires on the streets of Castro Valley? Marks on many of the streets I drive.

How and when is this happening? Cars racing? Has Road Show moved here? What does the Sheriff know about this?

—Lois Goggin
Castro Valley

Says Dogs and Cats Follow Rules Better than Immigrants

Editor:

In response to Ms. Sholin ("Animals in Local Shelters Getting Better Care than Immigrants at the Border," Letters, July 10) I must admit, she is at least partially correct.

I do treat my dog better than some people I know because my boxer follows the rules I set for him and very rarely trespasses upon others property.

Just as I do not tolerate animals that are not mine on my property, I will not respect those individuals who knowingly break the law, set foot upon my land and above all else then expect me to pay for their care from birth to death.

President Trump said it best, "if you don't like the conditions at the camp, stay home".

It seems dogs and cats are able to follow the rules better than immigrants.

—Scott Thomasson
Castro Valley

Says Immigrants Should Stay Home if They Don't Like Border Conditions

Editor:

I wish Carol Sholin ("Animals in Local Shelters Getting Better Care than Immigrants at the Border," Letters, July 10) had left her home address.

My family would like to make her front yard our camp site.

We won't be bringing much so we will fully expect Ms. Sholin to provide us shelter, three meals a day and proper bathing and toiletries.

Oh, and Ms. Sholin, if one of my children gets sick it will be your responsibility to take him or her to the hospital and, of course, the expense is 100% out of your pocket.

Please tell me, Ms. Sholin, what is the difference between my proposal and what is going on at the border right now?

As President Trump said, you don't like it, stay home!

—Steve Anticevich
Castro Valley

Congratulates Castro Valley Pride on 9 Years of Dedication To Creating Welcoming Community

Editor:

Congratulations Castro Valley Pride on 9 years of dedication to creating a welcoming community in Castro Valley.

Castro Valley Unified School District is fortunate to partner with an organization like CV Pride that is so committed to inclusion, acceptance, and social justice. CVUSD is honored each year to work with CV Pride to hold the festival at CVHS.

CV Pride has achieved important victories in the raising of Rainbow Flags at CVHS, Redwood High School, Creekside and Canyon Middle Schools.

Rainbow Flags are hanging in every school office and in almost every classroom in all Castro Valley schools. This has been achieved through the advocacy of CV Pride and the collaboration of administrators and staff in the CVUSD.

We WILL raise more Rainbow flags in our school district.

We will continue partner with our administrators, teachers, coaches, athletes, and student leaders, to spread the message of acceptance and ensure that all students feel safe.

I challenge our County leader to look hard at the decision makers he has appointed and ensure that those leaders support ALL our community members.

It is important that the non-elected members of the Castro Valley MAC stand for those things this community stands for.

—Dorothy Theodore
Castro Valley

Gays 'Not Excluded in Any Way' from Transfiguration

Editor:

I completely agree with the letter from Sunita D'Costa ("Says LGBTQ Agenda Also Includes Making Unfounded Allegations," Letters, July 10).

I do not know Billy Bradford, who commented in a June 26 letter to the editor. Who are you? I am asking you straight out, Mr. Bradford, do you attend the Church of the Transfiguration? If so, you know Mrs. D'Costa and me. Come forward!

I have been a member of Transfiguration Church for over thirty years, and have not heard one word, in a homily, or otherwise from any priest or deacon mention anything in praise of or down grading any LGBTQ individuals.

Like Ms. D'Costa, I have been involved with the church in various positions. Yes, we do have gay people attending Mass. They are not excluded in any way from practicing our faith as Catholics.

So, Mr. Bradford, where did you get this so called information? I respect your right to speak out, but I ask you to check out the facts before making statements like this.

I am a greeter every Sunday morning at the nine o'clock Mass, along with other responsibilities. Introduce yourself.

One more item for you to think over. My brother was gay. He was murdered during an armed robbery in 1976. He was a member of our armed forces during WWII. I am proud of my late brother. It was not very easy being gay back then.

Just remember this Mr. Bradford, God loves us all no matter how we may think.

—Richard "Dick" Purdee
Castro Valley

Don't Let the Curmudgeon Win, Visit Your Local Library

Editor:

I was saddened to see Charles Scott's letter ("Scolds County Libraries' Decision to Discontinue Overdue Fines," Letters, July 10) and his negative response regarding the new fine free for all aspect of the Alameda County Library.

Furthermore, I am concerned this may be the first time people who don't utilize the library are hearing of this change. I hope this letter will be accompanied by an in issue article on the subject.

I have used the library with high frequency for over a year now. The resources are invaluable. With the rising cost of living in the Bay Area, I turned to the Castro Valley library to save money.

I'll walk through a book store and search the library catalog for the titles I can't afford to buy.

Did you know you can request an item and they will put it on a shelf for you? I once received an item from a library in Sacramento using the Link Plus Inter Library loan program.

I'll be 30 in a few months but I am a culprit of library fines. I often felt stuck by fines, especially when I was unable to renew an item due to an account balance over \$10.

One of my favorite things about the Castro Valley branch is that they never made me feel ashamed of paying my fines in change. They did however limit me to only 10 pennies.

I am excited for the doors this love motivated fine free movement will open for people in Castro Valley and the surrounding communities.

As far as correlations between library fines and student loan debt, I want to get Mr. Scott a trampoline so he can jump to a few more unfounded conclusions.

Don't let the curmudgeon win! Visit your local library!

—Emily Marciel, Hayward

Obituaries

Fred Martin Duman

Fred Martin Duman, a longtime Castro Valley Real Estate Attorney with a lengthy record of local Community service, died on Tuesday, July 9, 2019 at the age of 87.

Born in Malden, Massachusetts in 1932, Mr. Duman was the son of William Duman, a bus driver, and Sarah Duman, a bookkeeper. His mother escaped post-revolution Russia to begin a new life in the United States at the age of 8. Mr. Duman was a proud graduate of Boston University, the first in his family to attend college. Upon graduation, Mr. Duman joined the U.S Air Force, where he served as a flight officer in active duty from 1954 -1957. His assignments took him to California. Upon leaving the service, he attended Boalt Hall Law School at U.C. Berkeley, graduating in 1960.

Mr. Duman began his law career as a caring defense counsel for the California State Automobile Association members in AAA's Hayward office. In 1970, he opened his own real estate law practice in Castro Valley where he continued serving each client with passion to protect his clients' rights, until his retirement in 2017.

Throughout his 57 years of law practice, Mr. Duman was regularly active serving as a member, consultant and attorney for the Southern Alameda County Board of Realtors, the Rental Housing Owners Association of Southern Alameda County and the California Association of Realtors. He was also active on committees for the Alameda County Bar Association and the Southern Alameda County Bar Association, and was extensively involved with helping construct a new Branch Superior Court facility in Hayward, where he fought to change its design to accommodate the public using space designated only for attorneys. Mr. Duman also fought to set up the Hayward branch of the Alameda County Law Library and give attorneys 24 hour access to the Library. Beyond the scope of his legal work, Mr. Duman was especially proud of his tenure and efforts over the course of 25 plus years to help develop excellence in education as a member of the Chabot College/Las Positas College Board of Trustees, including a term as the Board President.

Mr. Duman was also well known to Bay Area audiences for his "Dear Mr. Duman" column, which ran weekly for 30 years in the Oakland Tribune and the Hayward Daily Review. He also served as a radio talk show host for KCBS' "Legal Magazine," which aired during the 1980's. Both his column and radio show were in keeping with Mr. Duman's passion to help people understand the legal system and their rights under the law. In all his years of practice, he was known for taking inquiries from people who had questions about their legal rights and generously giving them needed answers – whether or not they were clients. His lifetime passion was showing his love for others by maintaining high expectations and helping others to do what was right, fair and just and by graciously listening to a person's needs, forgiving mistakes, and extending compassion to those who needed help to correct their situation. He would obsess to find solutions to legal problems with practical solutions and it was not unusual to drive down Castro Valley Boulevard at midnight and see Mr. Duman's office lights still burning as he worked to help solve his clients' problems.

For many years, Mr. Duman gave much of his time and talents to helping charitable organizations raise funds. In his leisure time, Mr. Duman enjoyed traveling, listening to audio books, attending live music performances and dining out with friends and family. In recent years, he was grateful for caring assistance from devoted friends and from his caregivers at St. Regis Retirement Community, Scott Villa and Hope Hospice.

Mr. Duman was proud of his children - daughter Jill Duman Kasapligil (Danyal), who became a newspaper writer and editor and sons Dan Duman (Helena), who became an entrepreneur and business owner, and Jon Duman, who became an Attorney specializing in entertainment law. He loved his grandchildren Nora and Cosmo Kasapligil and Coleman and Samuel Duman. Mr. Duman is also survived by his many nephews, nieces and their children.

In lieu of flowers, please honor Mr. Duman with donations to Chabot College (friendsofchabot@chabotcollege.edu) or Hope Hospice (hopehospice.com).



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. Longer obituaries, including pictures, are available for a fee. For help, call Patrick Vadnais at 510-614-1558. The Forum is delivered to more than 99% of the homes in Castro Valley.

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Shutoffs: CV

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“While we can’t predict what will happen this fire season, we can and must prepare our facilities to fulfill our duty to customers,” said EBMUD Board President Marguerite Young. “What we do now will save critical response time should we lose power.”

Staging equipment in advance of a power outage will allow EBMUD to maintain necessary storage levels in neighborhood water tanks, insuring that water will be available for firefighting and preventing depressurization of water pipelines.

Neighbors near emergency equipment locations may see the emergency equipment beginning in August. The equipment will be operated only during a power shutoff, however residents may hear the equipment running during testing.

During a power shut-down, customers should minimize water use by turning off irrigation and reducing outdoor and indoor water use. The district also recommends customers store a minimum of two gallons of water per person per day, plus pets, for three to seven days.

Customers with household backup generators, should have them tested to make sure they operate safely.

Customers can check for power shutoff updates at ebmud.com. For more information, visit pge.com/wildfiresafety. For water emergencies, please call EBMUD at 1-866-403-2683.



PHOTO BY CATHY BRESLOW

RCS Superintendent Hearne Elected to Accreditation Post

Redwood Christian School Superintendent Dr. Al Hearne has been elected to Chair the Association of Christian Schools International Accreditation Commission for Northern California and Hawaii, which is responsible for carrying out the accreditation process some 67 schools. Hearne (above left) is pictured with the founder and second Superintendent of Redwood Christian Schools, Gus Enderlin (1970-1986) and Bruce Johnson (1986-2016).

EBMUD: Monitoring Trucks

continued from front page

are monitoring the situation and are making video recordings of the trucks. And NextDoor posts are being sent to all Castro Valley residents and are asking that neighbors report any traffic violations by calling 510-287-0140. It would be especially helpful to have license plate numbers, Pook said.

To minimize traffic impacts during the school year, EBMUD has agreements from the contractor to decrease truck trips when school starts – especially during the morning drop-off hours.

To protect neighbors and the environment, both EBMUD and the city of Alameda (where the soils are going) test the soils to ensure they are not contaminated.

As aging pipes need to be replaced, EBMUD will continue to generate trench soils as pipes are dug up for repair or replacement. This project is not a result of dredging, but of digging trenches.

Free Investment Seminar

Financial advisor Rosalyn Antonio will hold a free “Rules of the Road” investment seminar from 10 to 11 a.m. on Saturday, Aug. 10, at 20640 Patio Drive in Castro Village. Topics will include how to avoid common investing mistakes, long-term goals and preparing for retirement. Register by Aug. 7 by calling 510-886-3636. Seating is limited. Refreshments will be served.

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7/21	Up Close and Personal	Sun. 3pm
7/26	Re-wind, That 80’s Band	Fri. 8pm
7/27	Mark Bettencourt	Sat. 6pm
7/28	Bobby Reed	Sun. 3pm
8/2	South 46 - Southern Rock	Fri. 8pm
8/3	Touch of Class	Sat. 6pm
8/4	Left 2 Wright	Sun. 3pm
8/9	Dee Coco & Co.	Fri. 8pm
8/10	Johnny Mahalo & Wild Coconuts	Sat. 6pm
8/11	The Golden Gate Blues Society Blues Jam	Sun. 3pm

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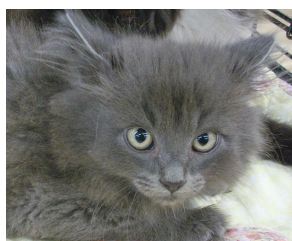
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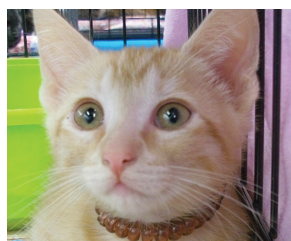
HUEY is a shy, 1 year old pit bull mix. He may do well in a home with other dogs and with older kids. For more information, please call Hayward Animal Shelter: 510-293-7200.



DOGGY is a playful 4-year-old Maltese who loves playing with toys and going for walks. He'd do well in a home with teens and adults. Call Hayward Animal Shelter: 510-293-7200.



CASHMERE is a 3-month-old Manx-mix. This sweet boy is playful, friendly and a ball of energy. Cashmere needs a home with no dogs. Info, email: Love-allpawzrescue@gmail.com.



FINLEY is an active 3-month-old tabby. He's rambunctious, curious and would love a home with another young cat. For more info, please email: Love-allpawzrescue@gmail.com.

Alternatives: Conservative

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more. Membership fees run \$16 per year, or less if you join for multiple years.

The Seniors Coalition (Senior.org): Founded in 1990, this conservative public advocacy group claims to have around four million supporters. Their key issues are to protect Social Security benefits, stop Social Security payments to illegal aliens from Mexico, eliminate the death tax, and reform the Social Security COLA system.

TSC offers very few membership benefits. Annual fees run \$10 for one person per, or \$13 per couple and you can join at any age.

Some other senior membership organizations to consider that offer discounts include the non-for-profit American Senior Benefits Association (ASBAonline.org), and the conservative leaning National Association of Conservative Seniors (NAOCS.us), and Christian Seniors Association (CSAbenefits.site-ym.com).

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



PHOTO BY LINDA SANDSMARK

The 2019 Alameda County Fair attracted 454,276 visitors this year, an increase of more than 7 percent in attendance over last year. With thousands of exhibits, a huge carnival, nightly concerts, horse racing and no shortage of corn-dog vendors, there was something for everyone.

By the Numbers: Bigger, Hungrier Crowds at This Year's County Fair

The 2019 Alameda County Fair wrapped up its 107th year with a jump in attendance and in the number of corn dogs consumed.

The Fair concluded on July 7 with an 18-day run full of carnival rides, live horse racing, star-studded concerts, action sports and cultural festivals.

"With the Last Ride of the Cattle Drive, the great concerts, and all our new special features, every day offered something fun for everyone," said Jerome Hoban, Fair CEO.

Among this year's highlights were a new Mega-Flip ride that

drew thrill seekers as it thrust riders high in the air while spinning and twisting. The Sky Ride, a cross-grounds attraction offering a bird's eye view of the fair, was also popular.

Thousands of people turned out to watch the "Last Ride" of the opening day Cattle Drive on June 14 and cheered as hundreds of cattle, cowboys and cowgirls, and fair entertainers tromped down Pleasanton's Main Street for the final time.

The Action Sports Arena came alive each weekend with featured shows like Extreme Rodeo,

Arenacross Nationals, Monster Trucks, and Demolition Derby.

Total attendance at the fair was 454,276, up more than 7 percent over last year. Nearly six thousand people entered the various exhibit competitions. Some 27,000 pounds of food were donated by attendees and another 6,736 people donated clothing items for the Foster Kids Clothing Drive.

The keepers of the gastronomic statistics said some 35,320 corn dogs were consumed along with 33,684 funnel cakes, 5,873 burgers and 12,872 turkey drumsticks during the 18 days run.

GLASS OVER PLASTICS

The average household buys 4,000 packaged products a year, including food and beverages. Although CVS's contractor, Alameda County Industries, has domestic buyers who are currently recycling plastics #1, 2, 4, 5, and 7, plastic packaging has become increasingly more difficult to recycle. Reduce your use of plastic and take steps to buy in bulk or glass packaging! Here are benefits of glass:



- Glass is more durable and easily cleaned, meaning it can last many more years.
- Glass does not contain any bisphenol A (BPA), which some plastic bottles do. BPA is believed to disrupt the body's hormones.
- Plastic that is not recycled breaks apart into microplastics, which can disrupt ecosystems. Glass is made from natural materials - sand, soda ash, and limestone, so it does not have the same effect.
- Producing a plastic jar uses twice as much fossil fuel, 17 times more water, and produces five times the greenhouse gas emissions than a glass jar.

References:
www.envirotech-online.com
www.theguardian.com

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