

WELCOME HOME



CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 28

WEDNESDAY, OCTOBER 5, 2016

NO. 40

INSIDE YOUR FORUM

OUR TOWN



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PHONE: (510) 537-1792

Happy Birthday!: CV's Mrs. Charlie Bowie Shares 101 Years of Memories

By Linda Sandmark
CASTRO VALLEY FORUM

Mrs. Charlie Bowie of Castro Valley has seen a lot of changes in her lifetime. The granddaughter of Texas slaves, she celebrated her 101st birthday yesterday.

One of ten children, with four brothers and five sisters, she remembers riding her favorite black stallion in Tyler, Texas, back in the day when people rode horses instead of cars.

She also recalls when the first telephones were installed in houses.

"I remember my grandfather got a telephone when I was little" she says. "You had to ring it up on the wall."

Out of all her siblings only one remains, a sister named Ann who lives in Oklahoma. Charlie chatted with her on the phone just last week.

Born October 4, 1915, Mrs. Bowie worked during her youth as a domestic in Texas. She remembers segregation clearly, when drinking fountains were labeled "Colored" and "White."

Mrs. Bowie and her husband, Jimmie Lee Bowie, left Texas as a young married couple, hoping for a better life.

see **BIRTHDAY** on page 6



PHOTO BY LINDA SANDMARK

Mrs. Charlie Bowie of Castro Valley celebrated her 101st birthday yesterday. She was born on October 4, 1915.

A Smashing Good Time: CV Residents Prominent in Gold Rush Town's Event

By Linda Sandmark
CASTRO VALLEY FORUM

Castro Valley was represented in a big way at the 23rd Annual Calaveras County Grape Stomp in the Gold Rush town of Murphys on Saturday.

Not only were Anna and Greg Rasmussen of Castro Valley among the "stompers," they were greeted by Master of Ceremonies Doug Brown who graduated from Castro Valley High in 1960.

Brown has been the Grape Stomp's emcee for over 20 years. He was honored for his service to the event, and for bouncing back from a stroke six months ago to

continue his hosting duties.

The Rasmussens, who have participated in the Stomp several times, squished 2.99 pounds of grape juice from 25 pounds of grapes in three minutes. They named their two-person team Toe Jam.

"It's slippery in there," said "stomper" Anna, who smashed the grapes with her feet while "swabber" Greg pushed the juice toward a spigot at the front of their barrel.

About 240 participants took part in the event, which includes a costume contest and raffles.

Proceeds from the Calaveras Grape Stomp go toward a scholarship fund and charities.



PHOTO BY LINDA SANDMARK

CRUSHING EXPERIENCE: Castro Valley residents Anna (plaid shirt, center) and Greg Rasmussen participated in the 23rd Annual Calaveras County Grape Stomp.

NATE MILEY

Push for Medical Marijuana

By Amy Sylvestri
CASTRO VALLEY FORUM

Despite strong opposition from the Castro Valley Municipal Advisory Council (MAC), Alameda County Supervisor Nate Miley is defending county plans to increase the number of medical marijuana dispensaries in the area.

The County Board of Supervisors has tentative plans to expand the county's medical marijuana ordinance to allow delivery, sale of edible products, and two more dispensaries in the western part of the county, which includes Castro Valley.

The new ordinance would also allow the cultivation of plants for the dispensaries, the sale of such edibles as brownies and cookies, and the home delivery of medical pot from dispensaries to patients.

The Supervisors are set to vote on the ordinance in November or December after a series of community and county meetings.

Earlier this month, members of the MAC – all appointed by Miley – vocally opposed adding more dispensaries to the western part of the county.

"This is about preserving and protecting our community," said MAC member Ken Carbone.

The Alameda County Sheriff's Office also opposes additional dispensaries, according to county staff.

But Miley says more dispensaries are necessary to get valuable medicine to a vulnerable population.

"The county has a responsibility to provide safety net services," said Miley. "Medical cannabis has been established as medicine. What we are trying to do is allow more people a safe way to get their medicine. There are 1.5-million people in Alameda County and of course all of them don't need medical cannabis, but we are trying to expand accessibility for those who do."

Miley says that he believes there are people in the unincorporated areas suffering from a lack of access despite the two dispensaries that are currently in the unincorporated areas.
see **MILEY** on page 15

Castro Valley Weather Oct. 5 - 9, 2016



Wednesday
Mostly Sunny
High 72° Low 49°



Thursday
Mostly Sunny
High 77° Low 48°



Friday
Sunny
High 80° Low 49°



Saturday
Sunny
High 82° Low 53°



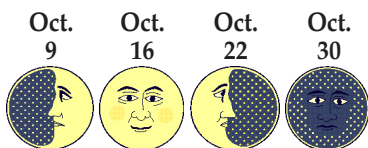
Sunday
Mostly Sunny
High 78° Low 53°

Almanac



Past Week's Rain: 00.01
Season To Date: 00.01
Normal To Date: 00.06
Season Average: 21.22

Moon Phases



Sun sets at 6:45 p.m. today; sun rises at 7:10 a.m. Thursday.

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EAST BAY REGIONAL PARK DISTRICT PHOTO

Park District Buys Mt. Diablo Ranch

This picturesque 76-acre former ranch on the eastern slopes of Mt. Diablo has been purchased by the East Bay Regional Park District for \$730,000. East Contra Costa County Habitat Conservancy contributed \$547,500 toward the cost and funds from Measure WW covered the remainder. The property encompasses canyons and ridges covered with blue-oak forests and native grasslands, as well as a seasonal stream that drains to Marsh Creek. The acquisition represents an important piece in long-term efforts to preserve land around Mount Diablo.

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ATTN: 4R STAR BUSINESSES

CVSan is hosting its 3rd Annual Employee Recognition Event. RSVP Today!



On Friday, October 21st from 12:00 p.m. to 1:15 p.m. all 4R Star businesses are invited to attend the 3rd annual lunch time recognition event at CVSan offices, located at 21040 Marshall Street. **If you are a 4R Star business, please RSVP by October 18th and let us know which employees you would like to send to the event.** All employees will receive thank you gifts and a free lunch. Some will receive certificate awards as well!

To find a listing of all 4R Star businesses, please visit www.cvsan.org/4RStarDirectory. For more information and to RSVP for this event please call 510-537-0757 ext. 112 or email jordan@cvsan.org.



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This ad was funded by a Non-Residential Recycling Grant





PHOTO BY LINDA SANDSMARK

Palomares Elementary School is seeking sponsors for its annual Hawk-A-Thon on Oct. 14. On the school's track, where the event will be held, are (from left) fifth-grade teacher Diane Milinkevich, Principal Jennifer Tomita holding the school's coveted "Hawking Stick," first-grade teacher Sharon Pipkins and second-grade teacher Gigi Catrina.

'Hawk-a-Thon' Sponsors Sought

A little school with a big spirit is seeking sponsors for its annual "Hawk-A-Thon" fundraiser, which is coming up next week.

Palomares Elementary School, the smallest public school in Castro Valley, welcomes support from businesses as well as individuals for this fun event.

It is named for the school mascot, the hawk, and will be held 1:45 to 4:30 p.m. Friday, Oct. 14.

"Our goal is \$30,000, which we have met during the last few years. It's truly amazing when you consider the number of students we have," says Principal Jennifer Tomita.

With only 142 students and just one classroom per grade level, Palomares has worked hard to achieve that goal.

Virtually all the students participate in the Hawk-A-Thon, an

old-fashioned walk-a-thon where students walk or run the school's track. Their sponsors may pay on a per-lap or flat fee basis.

Runners who finish 50 laps sign a Hall of Fame poster. The class that finishes the most combined laps wins the coveted "Hawking Stick."

Students also earn donated prizes for achieving milestone laps, see **HAWK** on page 8

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



Domestic Assault At Apartment Complex

Monday, October 3: at 1:21 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to an apartment on Baker Road near Castro Valley Boulevard. There, they arrested a 31-year-old man from Castro Valley on suspicion of assault on a family member. The man was taken into custody. The victim was treated at the scene.

Family Fight and Child Endangerment

Sunday, October 2: at 2:22 p.m., deputies arrested a 26-year-old man from Castro Valley on suspicion of assault on a spouse and child endangerment. An anonymous tip about an altercation sent deputies to an apartment on Wilbeam Avenue near Castro Valley Boulevard. A man fitting the description was questioned and then handcuffed in the parking area. The victims were treated at the scene.

Passed Out on Lawn

Sunday, October 2: at 7:37 p.m., a 26-year-old man from Castro Valley was arrested on suspicion of public intoxication. Deputies responded to a call from a neighbor on Butterfield Drive near Gan-ic Street reporting an intoxicated man in the front yard. The man failed his field-sobriety test and was taken into custody.

Disruptive Customer

Sunday, October 2: at 8:55 p.m., deputies arrested a 64-year-old man from Hayward on suspicion of refusing to leave a Chinese restaurant on the corner of Castro Valley Boulevard and Lake Chabot Road. The man became aggressive while at the restaurant but refused to leave after repeated requests by the manager. Deputies handcuffed the man and took him into custody.

Drove Under Influence Of Drugs and Alcohol

Sunday, October 2: at 3:10 a.m., a 37-year-old man from Castro Valley was arrested on suspicion of driving while under the influence of drugs and alcohol. Deputies pulled the man over in front of a grocery store on Castro Valley Boulevard near Redwood Road. The man failed his field sobriety tests and was taken into custody.

Can't Stay Away from Coffee Shop

Friday, September 30: at 10:14 a.m., deputies arrested a 34-year-old man from Hayward on suspicion of violating a court-issued restraining order against him. The

man had attempted to enter a coffee shop on Redwood Road near Castro Valley Boulevard when he was asked by store managers to leave. The man had an open-ended complaint filed against him. Deputies handcuffed the man without incident and he was taken into custody.

Fake Checks

Wednesday, September 28: at 3:30 p.m., a 61-year-old man from Oakland was arrested on suspicion of attempting to pass fake checks and possession of illegal drug paraphernalia. A bank manager at a branch on Castro Valley Boulevard near Wilbeam Avenue noticed the man trying to cash a fake check and called the Sheriff's department. Deputies stopped the man as he was leaving the parking lot and discovered his stash during questioning. The man was taken into custody.

Car Thief on the Roof

Wednesday, September 28: at 12:04 a.m., deputies arrested a 25-year-old man from Castro Valley on suspicion of stealing a car, evading deputies, resisting arrest, see **REPORTS** on back page

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The Week Ahead

● Thursday, October 6: County's 'Artist Registry' Meeting

An informational meeting for professional artists interested in being included in an Artist Registry for public art opportunities will be held from 5:30 to 7 p.m. tomorrow at the Castro Valley Library and is open to the public. For more information and an application, visit www.acgov.org/arts (click on "Opportunities") or call 510-208-9646.

● Friday, October 7: Kalimba, The Spirit of Earth Wind & Fire

Sheldon Reynolds, former member of Earth Wind and Fire, will be singing and playing with the touring show "Kalimba, The Spirit of Earth Wind and Fire" at the Bal Theatre, 14808 E. 14th Street, San Leandro, at 8 p.m. this Friday, Oct. 7. For tickets (\$20 adults, \$10 children) visit www.baltheatre.com/events or call 510-1224.

● Friday, October 7: Eden Area Village

Eden Area Village is developing a non-profit membership based neighborhood "Village" that will help people in the Castro Valley, Hayward, and the San Lorenzo areas stay in their homes as they age. Public outreach meetings are held the first Friday of each month at 2 p.m. at Hayward City Hall. Next meeting is this Friday.

● Friday, October 7: Flu Shot Clinic

Drop in and get your flu shot from 11:30 a.m. to 1 p.m. this Friday at the Kenneth C. Aitken Senior & Community Center, 17800 Redwood Road in Castro Valley. The on-site cost is \$5 or Medicare Part B can be billed.

● Saturday, October 8: 'Bikes for Tykes' Fundraiser

The San Leandro Police Officers Association will host its 5th Annual Bikes for Tykes Mexican Food Fundraiser this Saturday at the Senior Center, 13909 East 14th St. in San Leandro. Happy hour begins at 5:30 p.m. and dinner starts at 6 p.m. Tickets are \$25. Proceeds will purchase bikes for local kids. For tickets, call Kristal Gonzalez at 510-347-4620 or email KGonzalez@davisstreet.org. For more information, call Officer Louie Brandt at 510-409-2393.

● Saturday, October 8: Halloween Card-Making Workshop

Make hand-crafted cards for Halloween with card-maker Vinnie Cespedes at the Castro Valley Library from 10:30 a.m. to 12:30 p.m. this Saturday. All materials will be provided. The program is appropriate for adults, teens and tweens. Registration is required. Register at the Information Desk or call 510-667-7900.

● Saturday, October 8: Hearing Loss Association Meeting

American Sign Language teacher Sheila Holmes will provide an overview of ASL and how she teaches this language system designed for those who are profoundly or totally deaf. Refreshments at 9:30 a.m., program at 10, this Saturday at the Oakland Kaiser Permanente Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. Park free on Saturday in the old garage across Howe. For more info, email athos.artist@att.net or call Kay at 510/886-4717.

● Sunday, October 9: Libertarian Party Discussion

The Libertarian Party of Alameda County will hold an afternoon of conversation and wine-tasting at Westover Winery in Castro Valley from 1 to 4 p.m. this Sunday with discussions led by local Libertarian Party leaders about the current political situation and presidential candidate Gary Johnson. A \$20 dollar donation is requested (or \$30 which includes Wine Tasting). Students will be \$15 and \$20 (must be 21 years or older to taste wine). To purchase tickets, visit squareup.com/store/bitcoin-express/. Westover Winery is located at 34329 Palomares Road. All proceeds benefit local libertarian and election outreach programs.

● Saturday, October 8: Animals for Adoption

Dusty Paws Rescue will show animals available for adoption from 1 to 4 p.m. this Saturday, Oct. 8, at Pet Food Express at 3385 Castro Valley Blvd.

● Sunday, October 9: Castro Valley Barks & Brews

Join in this dog and family-fun event for all ages from noon to 4 p.m. this Sunday at 3160 Castro Valley Blvd., where there'll be dog contests, food and drinks, live music, a kids' zone, pet adoptions, vendors and more, sponsored by the Castro Valley/Eden Area Chamber of Commerce 510-537-5300.

● Sunday, October 9: An Afternoon of Cabaret & Desserts

Silver Lining will host An Afternoon of Cabaret and Desserts from 2 to 5 p.m. this Sunday at Chanticleers Theatre, 3683 Quail Ave. in Castro Valley, to raise funds for the Leukemia and Lymphoma Society. For a \$30 ticket the audience will enjoy an afternoon of talent including salsa and belly dancers, vocalists, improv artists, comedians and musicians, plus unlimited desserts and a free raffle ticket. Visit pages.lightthenight.org/EastBay16/cdessertev for tickets or more information.

● Thursday, October 13: Polenta, Chicken & Sausage Dinner

The Castro Valley branch of the Italian Catholic Federation will hold a dee-licious Dinner at 6:30 p.m. at Our Lady of Grace Church Hall, 3427 Somerset Avenue. All are invited. A member business meeting will follow. For reservations (\$16) call 510-582-7242. Deadline for reservations is this Monday, Oct. 10.

● Friday, October 14: "Battle of the Valley" Football

Creekside Athletic Booster Club is proud to host the 18th annual "Battle of the Valley" flag football game between the Creekside Wildcats and Canyon Condors on Oct. 14 at Castro Valley High School. Gates open at 5:30 p.m. and opening ceremonies begin at 6:15. All proceeds go to athletic programs at Creekside and Canyon middle schools. The entire community is welcome at this family-friendly, fun-filled event!

● Friday, October 14: Palomares Hawk-A-Thon

Join the Palomares Hawk-a-Thon at Castro Valley's Palomares Elementary at 6395 Palo Verde Road from 1:45 to 4:30 p.m. on Oct. 14. Students collect pledges of donations, which can be either flat or per lap. All donations go to fund a large number of extracurricular activities, classroom equipment, training, and school supplies.

● Saturday, October 15: Fashion Show & Luncheon

Soroptimist International of the East Bay presents the 4th Annual Fashion Show (fashions by Chico's of Danville) and Luncheon from noon to 3 p.m. on Oct. 15 at Crow Canyon Country Club, 711 Silver Lake Drive in Danville. For tickets (\$45), or information, call Lynn Levin at 510-593-7377.

● Saturday, October 15: An Owl's Sonata

Watch the owl's flight amidst the old oak trees as you listen for their fall song from 6 to 8 p.m. Oct. 15 at Sulphur Creek Nature Center, 1801 D St. in Hayward. Then see a presentation of native owls. Wear walking shoes for this special adults-only nature presentation. Visit www.haywardrec.org or call 510-881-6700 to register (\$18). Space is limited.

● Saturday, October 15: Low-Cost Pet Adoptions

The 13th Annual Black & White "Fur" Ball will be held from noon to 6 p.m. on Saturday, Oct. 15, at the Hayward Animal Shelter, 16 Barnes Court, Hayward (near the DMV). Dogs, cats, kittens, bunnies and a Guinea pig – beautiful black & white pets and shelter pets of all other colors – will be available for \$20. For more info, call 510-293-7200 or visit www.facebook.com/haywardanimalshelter

● Saturday, October 15: Parent University

Gain valuable tips for making communication with your child even more effective at the 5th Annual Parent University from 8 a.m. to 12:30 p.m. on Saturday, Oct. 15, at Castro Valley Adult & Career Education. For full information, or to register, visit www.cvadult.org or call 510-886-1000. The cost is \$25 before Oct. 3, \$30 after.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for CFA events listed below are available online at www.cvarts-foundation.org; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. phone 889-8961; or at the CV Adult School, 4430 Alma Ave.

● **Castro Valley High School Choir and Band Concert** will be presented at 7 p.m. on Thursday, Oct. 13. *Ticket prices to be announced.*

● **California Beach Boys Tribute Band** – "Surfin' USA," "Fun, Fun, Fun," "California Girls" – what band says California better than the Beach Boys? Mike Amaral's California Beach Boys Tribute Band performs all your favorites with their luscious harmonies and good vibrations at 7:30 p.m. on Saturday, Oct. 15. *For tickets (\$32-\$17) see above.*

● **San Francisco Master Chorale** will perform at 6:30 p.m. on Sunday, Oct. 30. *Tickets are \$20 at the door.*

ART GALLERIES & EVENTS

● **SLAA On the Web:** San Leandro Art Association member, Robert West will provide an on-screen demonstration of the SLAA website and a more in-depth discussion of the new Facebook page at the next SLAA meeting at 7 p.m. on Tuesday, Oct. 11, at the Main San Leandro Library, 300 Estudillo Avenue.

● **Day of the Dead 2016:** The celebration of Día de los Muertos (Day of the Dead) focuses on the belief that the spirits of lost loved ones return from another world to be with their friends and family for one night. Explore the various stages and symbolism of the celebration through the artwork of more than 25 local artists through Nov. 13 in the Community Gallery at the HAHS Museum of History & Culture, 22380 Foothill Blvd., Hayward.

● **Opened Juried Show,** featuring the works of artists from all over the Bay Area, runs Oct. 3 to Nov. 17 at the John O'Lague Galleria at Hayward City Hall, 777 B Street. \$3,000 in cash prizes will be awarded at an artists' reception and award ceremony from 5:30 to 7:30 p.m. this Friday, Oct. 7, sponsored by the Hayward Arts Council.

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Great Ways to Roast a Chicken

A roasted chicken can be the anchor of a simple family supper or the most festive dinner party. And preparing it is simple.

Preheat the oven to 450°F (high heat roasts the chicken to perfection while maximizing moistness).

Wash the chicken in cold water and dry with paper towels. Trim away pads of visible fat. Keep it refrigerated until roasting time. Tuck in the wings and tie the legs together with string after seasoning.

A 3-pound chicken will take about 50 minutes to roast, a 4-pounder takes a little over an hour.

When roasting is done, let the chicken rest out of the oven on a warm serving platter for about 10 minutes. Pierce the meat between the thigh and breast area with a sharp knife to be sure it's fully cooked; the juices should run clear, not pink. If pink, roast for another 10 minutes or so.

While the chicken is in the oven, it doesn't require any fussing or basting.



This is JayJay a beautiful, blue eyed Siamese cat. Her owner passed away and now she needs a loving home, preferably where she is the only star of the show! She is about 6 years old and can be aloof but loving. She is in good health but needs a check up before she goes to a new family. JayJay is an indoor cat only. She is currently at the East County Animal shelter, 4595 Gleason Dr. in Dublin. Shelter number is 925-803-7040 JayJay's id number is 1 - 45610.

BASIC ROAST CHICKEN

- 1 (3-pound) chicken
- Stuffing (optional)
- 1/4 pound butter, softened
- 2 teaspoons finely crumbled dried sage
- Salt
- Freshly ground pepper

Rinse the chicken and pat dry. Remove fat pads at opening of the cavity. Fill body and neck cavities with stuffing, if desired.

Blend butter and sage. Rub mixture inside and out, covering chicken all over. Season with salt and pepper. Place chicken, breast side up, using V-shaped rack to hold.

Roast at 350°F for about 50 minutes until meat thermometer registers 160°F, or make small slit with knife at second joint where leg connects. If juice run clear, chicken is done. Remove and let stand for 10 minutes. Serves 4 to 6.

ROAST CHICKEN WITH ORANGE & ROSEMARY

- 1 (4-pound) roasting chicken
- 1 tablespoon dried rosemary
- 1 tablespoon safflower oil
- 2 large cloves garlic, minced
- 1 large shallot, minced
- 2 tablespoons Dijon mustard
- 2 teaspoons grated orange zest
- 3 tablespoons orange juice
- 1/2 teaspoon salt
- Freshly ground pepper
- 1 orange, cut into sixths

Rinse chicken and pat dry. Trim fat. Place chicken, breast-side up, on foil-lined shallow roasting pan. Mix 2 teaspoons rosemary with oil, garlic, shallot, mustard, orange zest and juice, salt and pepper in small dish.

Using fingers, carefully separate skin from entire breast area of chicken without tearing, mak-

ing a pocket. Spoon 2 tablespoons of the orange mixture into pocket. Massage gently on surface to distribute mixture evenly over breast area.

Sprinkle remaining rosemary into cavity of chicken. Add orange segments. Smear remaining orange mixture over surface of chicken. Tuck wings under body and tie legs together.

Place pan on rack in center of 450°-oven and roast until juice from thigh area run clear (not pink), about 1 hour, 5 minutes. Transfer from pan to warm serving platter.

Let rest 10 minutes before carving. Garnish with orange slices from cavity.

Makes 4 servings.

Serve this chicken with a mixed green salad and a rice and mushroom casserole.

ROAST CHICKEN WITH OLIVES & TOMATOES

- 1 (3-1/2 pound) chicken
- 6 to 10 garlic cloves, coarsely chopped
- Salt and pepper to taste
- 1 lemon, cut in half
- Sprig of rosemary and pinches of favorite herbs (thyme, oregano, etc.)
- 1 head of garlic, broken into cloves, but not peeled
- 1 to 2 tablespoons olive oil
- 2 red bell peppers, stemmed, de-ribbed and cut into strips
- 1 cup dry white wine
- 1-1/2 cups diced tomatoes
- 1/2 cup each, flavorful black and green olives

Rinse chicken in cold water and pat dry. Rub inside and out with chopped garlic, salt and pepper. Place in shallow roasting pan covered with foil, allowing enough space in the bottom of the pan for the whole garlic cloves and peppers.

Preheat oven to 350°F.

Place one of the lemon halves and herb sprigs inside the chicken, along with a handful of whole garlic cloves, scattering the rest throughout the bottom of the pan. Drizzle the juice from the remaining lemon half over the chicken, along with the olive oil, and place in the oven to roast. It should take between 75 and 90 minutes to roast the chicken.

Halfway through the cooking, add the peppers to the pan and return chicken to the oven.

When chicken is just done (prick the thigh, if the juices run clear, it is ready), remove to a platter and tent with foil.

Pour off the fat in the roasting pan, then deglaze the pan with the wine, cooking it down to about 1/4 cup of concentrated essence. Add the tomatoes and olives.

Cook over medium-high heat 5 to 10 minutes, until the sauce is thick and flavorful.

Carve the chicken, pouring the juices into the pepper-tomato sauce. Serve the chicken napped with the sauce and olives, garnished with sprigs of thyme or rosemary.

Makes 4 servings.

ROAST CHICKEN WITH GARLIC

- 2 (3-pound) whole chickens
- 1 teaspoon salt
- 2 tablespoons dried oregano leaves
- 20 large cloves garlic, unpeeled

- 3 tablespoons olive oil
- 3 tablespoons dry white wine
- Freshly ground pepper

Preheat oven to 450°F.

Rinse chicken and pat dry. Trim visible fat. Place chicken, breast-side up, on foil-lined shallow roasting pan.

Divide 1/4 teaspoon salt and 1/2 tablespoon oregano leaves between 2 chicken cavities, sprinkling evenly.

Split 16 garlic cloves and place 8 in each cavity.

Peel and mince remaining garlic. Mix with remaining salt and oregano, olive oil, wine and pepper in small dish.

Using fingers, carefully separate skin from entire breast area of one chicken without tearing, making pocket.

Spoon 1-1/2 tablespoons garlic mixture into pocket. Massage gently on surface to distribute evenly over breast area. Repeat with other chicken.

Smear remaining garlic mixture over surfaces of chickens, dividing evenly. Tuck wings under body and tie legs together. Leave at least 3-inch space between chickens.

Place pan on rack in center of 450°F-oven and roast until juices from thigh area run clear, about 50 minutes.

Transfer from pan to warm serving platter and let rest 10 minutes before carving or cutting up into serving portions.

Makes 6 servings.

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SEVEN MEMBERS NAMED

Board of Education Appoints Measure G Oversight Committee

Castro Valley's Board of Education has appointed seven members to the new committee that will oversee spending of School Bond Measure G funds.

The appointments were made at the Sept. 22 regular board meeting. The Citizens' Bond Oversight Committee members are Anu Agarwal, Suresh Bhat, Kern Lewis, Terry Mar, Robin Olivier, Tina Sachs and Kathleen Scheidel.

In addition, five members were appointed to the alternate committee. They are Todd Anglin, Provin Dhawan, Matthew Kaser, Steve Ontiveros and Katherine Shea.

Board President Jo A.S. Loss, in a letter addressed to the committee members, thanked those who had applied.

"I believe that Measure G is the largest bond that Castro Valley has approved. It is important that it is implemented well and the results include superior facilities and technology for all students and staff," Loss said. "The committee will have a large impact on the message received by the community and the future culture of the Castro Valley Unified School District."

FIRST MEETING

The Committee's first meeting is scheduled for Wednesday, Nov. 2 at 5:00 p.m. The agenda and updates will be posted online.



A Portrait of Mrs. Charlie Bowie in her early 40s.

Birthday: Charlie is 101

continued from front page

"My husband's brother was out here in California and thought there were more jobs," she says.

The Bowies first moved to Oakland, but Charlie didn't like it there. 50 years ago they bought the family's current home on Cold Water Drive, back when Crow Canyon Road was just dirt and gravel.

Jimmie Lee worked as a tow truck driver and Charlie worked in stores, concluding her retail career at Sears in Southland Mall. She was also a popular child care provider, drawing children from as far away as Danville in addition

to neighborhood kids. The Bowies raised nine children together.

Bowie's youngest daughter, Joyce Inglemon, says that her mother is a dynamite cook who still loves to make her famous cornbread.

"She still wants to be that independent little lady," says Inglemon.

There are five living generations in Bowie's family, including approximately 70 living grandkids, great-grandkids, and great-great-grandkids.

When asked her secret to such a long life, Bowie says, "I think it's just serving God."

SENIORS

Q&A: Legal Tips When Employing Senior Caregiver

Q: *I plan to hire a full-time caregiver for my husband, and I want to make sure that I handle everything legally. Do you have any suggestions as to how I handle payment or anything else?*

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

A: Yes. There are specific rules about handling the payroll, tax and employment law aspects of hiring household help, especially a caregiver. Here are some tips:

1. Classify Your Hire Correctly: One of the most common mistakes is to treat the hire as an independent contractor, when they are really an employee.

If you have the right to control how, when and in what manner your caregiver handles the job, the individual is an employee and should be so treated. As such, you must make proper payroll deductions when you pay her, and furnish a form W-2 Wage and Tax Statement to her each year.

Knowingly mis-classifying your hire as an independent contractor could be viewed as tax evasion and could subject you to penalties and back tax payments.

2. Do Not Confuse Gross Pay with Net Pay: Gross pay, less payroll deductions, equals net pay. Make sure that both you and your hire are on the same page.

At the time of employment, prepare a sample payroll stub

which shows gross income, deductions, and net pay and discuss this. Doing so can go help avoid misunderstandings.

Both the IRS and the Franchise Tax Board have easy-to-follow publications to assist you. You might ask your tax preparer to show you how to do this once, so you can do it yourself each payroll period thereafter. He or she can also prepare quarterly reports for you to send to the IRS and FTB. You might also handle this by using an online payroll service (e.g. Payroll.Intuit.com, or Care.com/HomePay) to do it for you.

3. Pay Overtime Correctly. A 2014 California law called the Domestic Worker Bill Of Rights, requires the payment of overtime to a person employed to assist with domestic work (including caregiving) if they work more than 9 hours in any single day or more than 45 hours in the work week.

Overtime is at the rate of 1.5 times the regular hourly rate. This requirement cannot be circumvented by offering a fixed salary: fixed salaries are legal for "exempt" workers (generally white-collar professionals), but are illegal when employing a non-exempt work such as a caregiver.

4. Secure a Workers Compensation Insurance Policy. Protect your hire, as well as yourself, in see CAREGIVER on page 7





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Happy 100th Marie!

Local resident Marie Gilley turns 100 years old this month. She and her husband, James, are both deaf mutes. The Gilleys have two children, Jimmy and Louise. This photo was taken at the San Leandro Deaf Club, where they recently celebrated Marie's hundred years of life.

Free Specialized Phones Make it Easy for Seniors

If you're like many seniors, you could use a new telephone that increases the volume of calls so you can hear them better, or one with big buttons so dialing is easier.

More than 90 specialized phones and devices for people with diminished hearing, vision, mobility, and other common age-related conditions are available at no cost from the state's California Telephone Access Program (CTAP), a program of the California Public Utilities Commission.

This free Program is a vital service for California seniors, keeping people connected with family, friends, caregivers, business associates, and others. Unfortunately, despite the easy process of applying for one of the many specialized California Phones, many people put off getting onboard.

"Most people who are hard of hearing don't want to tell people they have a problem, so they just act like they're hearing," says Lorraine Rosenblatt, a CTAP customer. "It just causes lots of problems later."

Like hundred of thousands of California residents, Ms. Rosenblatt took action and made the decision to get a free California Phone.

She had her doctor certify her disability by signing a simple application form, then stopped by her local CTAP Service Center the same day to pick up her new amplified phone.

There are California Phones that light up when calls come in, amplify sound, allow you to dial by pressing a picture, and use a speakerphone for hands-free operation. These phones and others are from top manufacturers and have all been tested by CTAP's advisory board.

You can learn more about the Program and obtain an application by calling 1-800-333-7900 or visiting www.CaliforniaPhones.org. If you need help getting certified, just ask a customer service specialist. There is no cost, age, or income requirement for this state program, so there is no reason not to stay connected.

How, When to Apply: Social Security Retirement Benefits

By Jim Miller
SPECIAL TO THE FORUM

The Social Security Administration offers three ways to apply for your retirement and/or spouses benefits, depending on your preference and how much help you need.

Here's a rundown of the options, along with a list of information you'll need to apply, and when to fill out the application.

How To Apply

The easiest and most convenient way to apply for your Social Security benefits is to do it yourself online at SocialSecurity.gov. It takes less than 15 minutes to complete the application, as long as you've gathered all of the required information and documentation (more on that at the bottom of the column).

If, however, you'd rather have a Social Security employee assist with the process, you can also apply by phone at 800-772-1213, or at your local Social Security office.

If you apply in person, be sure to call ahead and schedule an appointment to cut your office wait time.

Whichever method you feel most comfortable using, your application will be reviewed and processed as soon as all necessary documentation and information is received. And, the Social Security Administration will notify you if



it turns out you could qualify for higher benefits on your spouse's record, or if other family members can receive benefits on your work record.

When To Apply

While full retirement age is currently 66 (for those born between 1943 and 1954) you can start receiving your Social Security retirement benefits as early as age 62 or as late as age 70, but the longer you wait, the larger your monthly check. See ssa.gov/retire/estimator.html to estimate your benefits.

Flu Shot Clinic This Friday

Drop in to get your flu shot and help keep yourself protected this Friday, October 7, from 11:30 a.m. to 1 p.m. at the Aitken Senior

Social Security recommends that you apply for retirement benefits three months before you want your payments to start. So if you want your benefits to begin as soon as you turn 62, you should apply at 61 years and nine months old.

It's also worth noting that if you start receiving your Social Security retirement benefits before age 65, you will automatically be enrolled in Medicare Part A and Part B, and you'll receive your Medicare card about three months before your 65th birthday. It will include instructions to return it if you have work coverage that qualifies you for late enrollment.

But if you decide to delay your retirement benefits, you'll need to sign up just for Medicare at age 65, which you can also do at SocialSecurity.gov, over the phone at 800-772-1213 or through your local Social Security office.

If you do not sign up, in some circumstances your Medicare coverage may be delayed and cost more.

Need Information

In order to apply for Social Security **BENEFITS on page 15**

Caregiver: Long-lasting Relationship

continued from previous page
the event he or she is injured on the job.

Families who do not have workers compensation coverage expose themselves to significant financial liability. You may be able to do this by purchasing a special endorsement to your homeowner's policy, often at modest expense.

Be sure to tell your insurance agent that you are seeking an endorsement for an employee performing domestic work in your home on a regular basis, and not for someone performing occasional work on your premises.

Handling the employment relationship appropriately can be mutually beneficial: you will be complying with law, protecting yourself from financial surprises, and may find that your payments to your caregiver are tax-deductible.

At the same time, you will create benefits for your employee in the form of contributions toward Social Security, Medicare, unemployment and state disability, and provide a documented source of employment income to enable her to apply for credit.

Following these basic guidelines will help foster a long-lasting relationship.

Gene L. Osofsky is an elder law and estate planning attorney in Hayward. Visit his website at www.LawyerForSeniors.com.

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ATHLETES OF THE WEEK

CVHS Freshman Girls Volleyball

This week's Athletes of the Week are the members of the CVHS Frosh girls volleyball team who won the East County Invitational Frosh Volleyball White Division Tournament on Sept. 24 in Oakley. The team came in 1st place, winning each of their 5 matches in just 2 sets.

The girls started out the morning beating Concord 25-14, 25-13, then went on to beat Deer Valley 25-11, 25-15. This put them up against Freedom which CV won 25-13, 25-19. The semi-final match was played against Granada with the CVHS girls coming out victorious 25-19, 25-10. The final match was played against College Park, also undefeated. The first set was closely contested with the CV team winning 28-26, but the Trojan girls came out with focus and determination, ready to win in the



second set and they did, convincingly, 25-18, to finish in first place.

Shown in the back row from left, Coach Eric Unti, Jaden Threat, Kyara Warren, Yana Mazgaloff, Elizabeth Valli, Anita Wong, Hannah Severs and Sarah Althoff; front row, Amaya Villahermosa, Nikole Rentoria, Zayna Azraei, Makaela Yoshida, Mikayla Low and Ava Arroy.

Hawk: Palomares Elementary Fundraiser

continued from page 3

most sponsors, or most laps. The school is welcoming companies and individuals who wish to donate. Funds are used for classroom technology, art, music for Kindergarten through 3rd grade, science, assemblies and field trips.

One hundred percent of net income goes directly to fund a large number of extracurricular activities, classroom equipment, training, and school supplies. The event is run by the Palomares Parent Teacher Club.

Anyone interested in donating prizes or money is asked to call 510-470-1264 or e-mail: palomareshawkathon@gmail.com. or for more information visit: www.palomareshawkathon.com.

Palomares Elementary School, which will be holding a big celebration for its 150th anniversary in 2018, is located at 6395 Palo Verde Road in Castro Valley.



PALOMARES SCHOOL PHOTO

A LOOK BACK: Children rode their horses to the original Palomares School, which was built at the mouth of the canyon in 1868. Shelter was provided behind the school for the horses. The building, later remodeled into a theater, was destroyed by fire in 1976. The original cast iron school bell still adorns the campus as a tangible remind of earlier days.

CVHS SPORTS SCHEDULE

CROSS COUNTRY

Saturday, October 8, 8:00 a.m. CV is hosting the CV Invitational at Canyon Middle School vs. Arroyo, Berkeley, Encinal, San Leandro, and San Lorenzo

FOOTBALL

Thursday, Oct. 6, 5:00 p.m.
Freshman vs. San Leandro at Burrell Field
Friday, Oct. 7, 4:00 p.m. JV vs. San Leandro at CVHS
Friday, Oct. 7, 7:00 p.m. Varsity vs. San Leandro at CVHS

GIRLS GOLF

Thursday, Oct. 6, 3:30 p.m. CVHS vs. Berkeley at Tilden Park Golf Course
Tuesday, Oct. 11, 3:00 p.m. CVHS vs. O'Dowd at Metropolitan Golf Course

GIRLS TENNIS

Thursday, Oct. 6, 3:30 p.m. CV vs. Arroyo at CVHS away
Tuesday, Oct. 11, 4:00 p.m. CV vs. Piedmont away

GIRLS VOLLEYBALL

Thursday, Oct. 6, 5:15 p.m. JV vs. San Leandro at CVHS
Thursday, Oct. 6, 6:45 p.m. Varsity vs. San Leandro at CVHS
Tuesday, Oct. 11, 4:00 p.m. JV vs. Piedmont away
Tuesday, Oct. 11, 5:15 p.m. Varsity vs. Piedmont away

WATER POLO

Tuesday, Oct. 11, 4:00 p.m. girls Varsity vs. Piedmont away

CVHS TENNIS RESULTS

THURSDAY, SEPTEMBER 29

Castro Valley 3, Alameda 4

SINGLES

1. Rachel Dong (CV) - Kim Yeung 2-6, 7-5, (4-10) tie-breaker
2. Elena Lottich (CV) - Maddie Majors 2-6, 7-5, 3-6
3. Gabby Zakas (CV) - Audry Soo Hoo 1-6, 0-6
4. Anya Mortensen (CV) - Angelina Battur 6-0, 6-3

DOUBLES

1. Angela Ho / Victoria Vitton (CV) - Kelly Min / Sammie Kim 6-1, 6-1
2. Gaby Madison / Riley Powers (CV) - Anya Kim / Keila Min 7-5, 6-1
3. Samantha Cheung / Lauren Fung (CV) - Claire Fox / Adeline Richards 5-7, 4-6

TUESDAY, SEPTEMBER 27

Castro Valley 6, Encinal 1

SINGLES

1. Gabby Madison (CV) - Analin Geritz 6-1, ret.
2. Anjali Bhat (CV) - Kendall O'Farrell 2-6, 1-6
3. Samantha Cheung (CV) - Mia Rossi 6-3, 6-1
4. Lauren Fung (CV) - Audry Wismar 6-0, 6-3

DOUBLES

1. Geneva Lum / Emma Metchette (CV) - Allyson Buber / Sonya Pinsky 6-2, 6-1
2. Jillian Mora / Samantha Lee (CV) - Tiffany Wong / Ada Barreto 6-1, 4-6, 6-0
3. Lina Stoyanovich / Sky Kim (CV) - Sarah Hui / Ke Lin 6-1, 6-2

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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



The No. 1 Question Asked by Buyers

People want to know if there's something wrong with the neighborhood

Buyers ask questions when looking at homes and, overall, it is a wise practice. It's best to get answers up front rather than discover nasty surprises after escrow closes. Buyer's agents are used to queries and have typically fielded hundreds of them.

The No. 1 Question? "Why is the seller selling?"

On the surface, it seems fairly innocuous, but it has dark undertones. Buyers really want to know if there is some deep, mysterious reason the previous occupants are going through the hassle of relocating. Translated: "Does Jason live next door?" "Are there sex offenders in the neighborhood?" "Do the neighbors have wild parties, mean dogs, loud motorcycles, etc.?" "What is the neighborhood really like?"

Problem is, unless the answer is written in the documentation somewhere,* the buyer's agent usually has absolutely no idea. And, in some cases, the listing agent does not know the real reasons either.

There are situations where it's obvious. The sellers may have accepted a job in another state. They could be moving up to a larger home. It could be an older couple that no longer needs a 4-bedroom home. If it's an estate sale, chances are the owners have died or can no longer live in the home.

Other reasons, however, may not be as obvious. And, truth be known, if the sellers are moving away due to neighborhood issues, chances are they are not going to be totally forthcoming about their reasons for exiting.

While they are bound to disclose pertinent facts in their disclosures such as neighborhood

noise, proximity to traffic, airplanes, death in the home and the like, they should not disclose information about specific neighbors that might be viewed as slander.

Realtors, also leery of disparagement and resultant lawsuits are, in addition, bound to strict fair housing laws governing what they can or cannot disclose. Nicknamed "steering," the law specifies that Realtors may not provide any information that might "steer" buyers from or towards any specific property or neighborhood.

So, how does a buyer find answers? Personal research. Where possible, talk to neighbors. Ask if

there are issues you should know about. Search online for neighborhood crime statistics and the proximity of sexual offenders.

Bottom line? Since you will be the one living there, it's in your best interest to search for answers on your own, rather than rely on carefully crafted answers from someone on the other side of the transaction.

*Some listing agents provide reasons in documents such as Instructions for Writing an Offer.

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 at www.ccmgtoday.com.

RECENT HOME SALES

Castro Valley

2090 173rd Avenue	94546	\$470,000	2 BD - 860 SF - 1941
19592 Barclay Road	94546	\$750,000	3 BD - 1,758 SF - 1963
20145 Catalina Drive	94546	\$655,000	3 BD - 1,546 SF - 1957
18907 Crest Avenue	94546	\$605,000	3 BD - 1,004 SF - 1949
21174 Nunes Avenue	94546	\$660,000	3 BD - 1,260 SF - 1948
17101 President Drive	94546	\$663,000	4 BD - 1,637 SF - 1949
1829 Riverbank Avenue	94546	\$541,500	3 BD - 1,174 SF - 1947
3428 Somerset Ave #A	94546	\$800,000	4 BD - 2,033 SF - 1940
2438 Somerset Avenue	94546	\$670,000	3 BD - 1,737 SF - 1958
5456 Briar Ridge Drive	94552	\$650,000	3 BD - 2,942 SF - 1984
7971 Pineville Circle	94552	\$875,000	4 BD - 2,476 SF - 1998
5310 Woodbury Drive	94552	\$1,185,000	4 BD - 2,992 SF - 1998

TOTAL SALES:	12		
LOWEST AMOUNT:	\$470,000	MEDIAN AMOUNT:	\$666,500
HIGHEST AMOUNT:	\$1,185,000	AVERAGE AMOUNT:	\$736,625

San Leandro

755 Castro Street	94577	\$520,000	3 BD - 1,089 SF - 1943
292 Chumalia Street	94577	\$390,000	2 BD - 1,175 SF - 1978
52 Chumalia Street	94577	\$425,000	3 BD - 1,362 SF - 1983
499 Estudillo Ave #209	94577	\$395,000	2 BD - 1,261 SF - 1981
1398 Graff Avenue	94577	\$651,000	2 BD - 1,448 SF - 1940
1440 Santa Rosa Street	94577	\$600,000	3 BD - 1,880 SF - 1955
115 Savoy Way	94577	\$535,000	N/ABD - 1,371 SF - 1978
568 Warden Avenue	94577	\$346,000	2 BD - 863 SF - 1948
2271 West Avenue 135th	94577	\$650,000	4 BD - 1,784 SF - 1962
1637 139th Avenue	94578	\$596,000	3 BD - 1,668 SF - 1947
3647 Del Monte Way	94578	\$675,000	3 BD - 1,439 SF - 1954
990 Hollyhock Drive	94578	\$750,000	N/ABD - 2,489 SF - 1978
2096 Placer Drive	94578	\$600,000	3 BD - 1,919 SF - 1982
1580 Rake Court	94578	\$521,000	2 BD - 1,267 SF - 1947
14001 Reed Avenue	94578	\$404,000	2 BD - 1,084 SF - 1973
13856 Rose Drive	94578	\$423,000	2 BD - 1,307 SF - 1981
14798 Ruthelen Court	94578	\$568,000	3 BD - 1,521 SF - 1953
15383 Farnsworth Street	94579	\$598,000	3 BD - 1,160 SF - 1955
14720 Pepperdine Street	94579	\$500,000	5 BD - 2,809 SF - 1951
1550 Randy Street	94579	\$565,000	3 BD - 1,418 SF - 1955

TOTAL SALES:	20		
LOWEST AMOUNT:	\$346,000	MEDIAN AMOUNT:	\$550,000
HIGHEST AMOUNT:	\$750,000	AVERAGE AMOUNT:	\$535,600

San Lorenzo

1927 Bandoni Avenue	94580	\$569,000	3 BD - 1,252 SF - 1956
1443 Bockman Road	94580	\$390,000	3 BD - 1,339 SF - 1951
15807 Vassar Avenue	94580	\$555,000	3 BD - 1,352 SF - 1950
1756 Via Rancho	94580	\$618,000	3 BD - 1,352 SF - 1955
185 Via San Carlos	94580	\$630,000	4 BD - 1,660 SF - 1946
1619 Via Tovita	94580	\$538,000	3 BD - 1,031 SF - 1951

TOTAL SALES:	6		
LOWEST AMOUNT:	\$390,000	MEDIAN AMOUNT:	\$562,000
HIGHEST AMOUNT:	\$630,000	AVERAGE AMOUNT:	\$550,000

Fixed Rates Hit 10-Week Low

Freddie Mac recently released the results of its mortgage survey, showing the average 30-year fixed mortgage rate falling as the FOMC decided to leave short-term rates unchanged.

The 30-year fixed-rate mortgage (FRM) averaged 3.42 percent, down from last week when it averaged 3.48 percent.

The 15-year FRM this week averaged 2.72 percent, down from last week when it averaged 2.76 percent.

The 5-year Treasury-indexed hybrid adjustable-rate mortgage (ARM) averaged 2.81 percent this week, up from last week when it averaged 2.80 percent.



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Take the 'Pane' Out of Window Repair

By Samantha Mazzotta
Special to the Forum

Replacing a single glass pane is a pretty straightforward job, one that can be accomplished quickly once you have the supplies and tools at hand.

If the original pane was shattered, the exact dimensions need to be figured out. Do this by measuring the width and height of the frame. Then, subtract 1/16 inch from each side — this will allow a bit of space for the new glass to expand and contract in changing temperatures.

When cleaning up broken glass from a window, save the small metal tabs or spring clips that were spaced around the frame. Keep



Carefully remove all of the broken glass and scrape away the old putty to prepare the frame for the new pane.

them around to reuse; otherwise, you'll need to buy replacements. They're called *glazier's points* and are used in wooden frames; the spring clips are used in metal frames. These help hold the windowpane snugly in place.

Now, head for the hardware

store with measurements in hand. Most stores will sell pre-cut windowpanes in standard sizes that match or nearly match your measurements; otherwise, they can cut the glass to your specified size.

Make sure you have the following: see WINDOW on page 11

Historical Perspective • Attentive Communication • Strategic Advice ...Always in motion...



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Warm Winds Scorch Japanese Maple

By Buzz Bertolero
The Dirt Gardener

Q I planted a red leaf Japanese maple two years ago on the northwest side of my home. The last two years, it has suffered from leaf scorch and looks terrible. Should I move the tree to a new location or will the problem go away with more water and age?

A Leaf scorch or tip burn is a common problem with Japanese maples in the

Bay Area. It starts to show up in the late spring or early summer. This is right after the first heat spell as the warm, dry winds scorch the leaves.

Irregular watering contributes to the problem as the plants may be on the dry side as many irrigation systems haven't been adjusted for the warmer temperatures; hence, the plants suffer. Unfortunately, this occurs after the annual growth cycle, so there is no new growth and the plant(s) looks sad the rest of the year. So, it's not going to go

away by changing the location.

To avoid this problem next year, mulch the area under the drip line of the maple with a three-inch layer of organic matter in early May. This will insulate the roots on those warm mornings or late afternoons, so you don't get caught off guard by the rapid spike in temperatures.

The mulch should extend from the trunk to a foot beyond the drip line.

At the same time, you should apply Bonide Wilt Stop or Cloud

Cover to the leaves to conserve on the rapid loss of moisture by applying a protective barrier on the leaf surface. Think of it, as Chap Stick for plants, and it's reapplied in August.

Buzz Bertolero is an Advanced California Certified Nursery Professional and the Senior Gardening Professional at Sloat Garden Centers. His web address is www.dirtgardener.com. Send questions by email to dirtgarden@aol.com or on Facebook at Facebook.com/Buzz.Bertolero.



Irregular watering can contribute to tip burn on Japanese maples here in the Bay Area.

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AGENTS IN ACTION

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Window: Wear heavy work gloves to protect hands

continued from page 9

ing on hand for the repair: Window putty (also known as glazier's putty), a putty knife, glazier's points or spring clips (for metal frames), a wire brush, steel wool, fine-grit sandpaper and a soft cloth.

Clean up the frame to prepare it for the new pane. Take out any remaining points or clips and carefully scrape away the old window putty. This may be the most time-consuming part, as the putty may have hardened and adhered to the frame. Be patient and work carefully.

Once the old putty is removed,

wipe the frame clean. Then add a new line of putty by forming a ball in the palm of your hand. Roll it out into a long, thin line, about the width of a pencil. Press this line of putty around the edge of the frame on the side on which the new pane will be attached.

Insert the new pane of glass, pressing it against the new putty. Hold it in place with one hand, and with the other hand, insert glazier's points or clips. Points should be placed every 8 inches around the frame and pressed into the wood using the putty knife or a similar tool. Clips can be placed in

existing holes in the metal frame.

Use a little more putty to secure the pane on the side closest to you, by dabbing it into areas where the glass touches the frame. Scrape away excess with the putty knife.

Clean excess putty from the window and the frame using the putty knife and a wet cloth. Let the putty dry and cure for about four days before painting.

Home Tip: Wear heavy work gloves to protect your hands when removing or cleaning up pieces of broken glass, especially when prying shards loose.

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OPEN HOMES SATURDAY & SUNDAY OCTOBER 8TH & 9TH

CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
A	—	1-4	981 Dowling Blvd.	\$599,000	3/1.5	Village Properties	Terry Martinez	772-3746
H	1-4	1-4	1105 Palisade Street	\$765,000	3/2.5	J. Rockcliff Realtors	Kristy P.	925-251-2536
C	—	1:30-4:30	2403 Austin Court	\$799,000	4/2.5	Berkshire Hathaway	The Brent Team	333-9404
L	—	1-4	57 Canary Court	\$865,000	4/3	Berkshire Hathaway	The Brent Team	333-9404
C	—	1-4	17844 Center Street	\$1,250,000	3/2.5 - 3 car	Coldwell Banker	Trish Radovich	367-7999

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.

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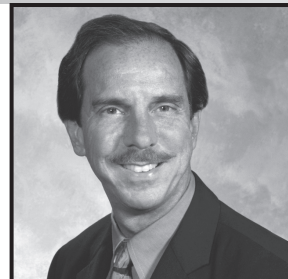
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LETTERS

TO THE EDITOR
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More Applause for Castro Valley 'Hero Mailman'

Editor:
We miss having Mr. Brooks ("CV Mailman Arrives at the Right Place at Right Time," Page 1, The Forum, Sept. 28) as our mailman. He is the nicest mailman, always greets everyone with a smile and is genuinely interested in the people on his route. He is a community builder, a helper and a hero! Thank you Mr. Brooks!
—Maureen Gilhooly, Castro Valley

CVHS Needs More Trash Cans, Responsible Students

Editor:
I hike all over Castro Valley and sometimes I pick up trash. Mostly from old Lake Chabot Road and the area around Castro Valley High. I can't believe the amount of trash the students throw upon the

streets. All the food and drink containers from lunch. I guess their parents didn't teach them to pick up after themselves. At the high school parking lots, there is one trash can for three lots. The school should put out more trash cans for the students. The other big offenders are the smokers, pick up your discarded packs and butts. Lets do our part to keep our city clean. Its not too much to ask.
—David Warmuth, Castro Valley

Supports HARD Measure F1, Respect for Rodeo Animals

Editor:
I will be voting in favor of Measure F1, the bond measure for the Hayward Area Recreational District. And I strongly encourage everyone else within the H.A.R.D. boundaries to do the same. I am particularly pleased to see that some of these bond funds will be used to expand the hospital at Sulphur Creek and to build a Wetland Habitat Room at the Interpretive Center, along with re-roofing the IC building and adding solar. As someone who cares deeply about animals and has worked for over 30 years to improve the quality of life for companion animals in Hayward, these are ways in which I like to see my tax dollars spent. I also hope that after the election, the H.A.R.D. Board will return to its long record of making rodeos at Rowell Ranch among the most humane in the country. As with the new and improved facilities which the bond funds will make possible, we want all the events at H.A.R.D. facilities to be as kind to and respectful of animals as humanely (not a misspelling) possible.
—Jeanne Gocker, Hayward
Co-founder, Hayward Friends of Animals

What? We're Supposed to Get Paid?

Editor:
For the people who "expect" the Forum to give us voters an analysis of whom to vote for and why, give me a break! What's next, a Clinton or Trump recommendation, your fantasy picks for Football, etc.? I believe the people at the Forum have enough to do, and are not getting enough money for it.
—Jack Gayle, Castro Valley

Keep Unauthorized Dogs Out of Food Stores

Editor:
Since dog poop was mentioned in the letters last week, I'd like to add that dogs don't belong in super markets as well. Federal law prohibits dogs from being in food stores and of course farmers' markets because that's food, too. Only service dogs are allowed.
—Lois Goggin, Castro Valley

Educators Support New Slate for Hayward SWchool Board


Editor:
We are retired educators who have had positive experiences working in Hayward Unified School District and neighboring districts. We are increasingly concerned about the lack of constructive leadership on the current board. We are not the only Hayward citizens who are

Castro Valley Hair Stylist to Appear On Oprah Winfrey Show Saturday

The first woman to win NBC's "The Biggest Loser" – who now works as a hair stylist at Stacy Monroe's Salon in Castro Valley – will be featured on the Oprah Winfrey Network (OWN) show, "Where Are They Now" this Saturday night, Oct. 8, at 10 p.m. Alison Vincent, who won the TV weight-loss competition in 2008, was accompanied by a TV crew from OWN one day last June, taping her day at the salon at 20590 Redwood Road for this Saturday's broadcast. Salon owner Stacy Monroe said that aside from updates to Vincent's story since her last appearance on Oprah's show, the producers were interested in the outpouring of support she received when she posted her frustration with recent weight gain on her Facebook page. "The San Francisco East Bay Area will be rooting for Ali as she takes up a new weight loss challenge for herself," Monroe said.

alarmed. A number of Hayward civic leaders and community members formed a coalition called Hayward CLASS (Civic Leaders Advocating Student Success). After extensive research and recruitment, CLASS endorsed three highly qualified candidates for the three seats on the ballot in November, positions currently held by incumbents. This August, a consultant who specializes in working with school boards, was called in to assist the Board. After watching several recorded meetings and observing the Aug. 6 meeting, this independent facilitator made the following statements to the Board as reported in the East Bay Times by Darin Moriki on Aug. 18: "Hayward school trustees waste time on petty grievances instead of focusing on student issues and are disrespectful of the public. I've never seen it this bad anywhere that I've been in this state." Please support the efforts of CLASS to restore excellence on the School Board and create positive change in Hayward schools. The current School Board has not made students and student-learning a priority. We urge you to support the following slate of candidates: Robert Carlson, Retired Chabot College President; Todd Davis, Youth Mentor/Telecommunications Specialist; and Daniel Goldstein, Parent/Cybersecurity Engineer. Go online to learn more about CLASS and their candidates at HaywardCLASS.com Please support the children of Hayward Unified and the future of our schools by voting in November for new leadership.
—Nancy Evans, Joe Farias, Fran Krug, Joel Thornley and 18 other retired educators

LETTERS TO THE EDITOR must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. Email Letters to: fredz@ebpublishing.com, or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.



Barks & BREWS

Sunday October 9, 2016
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ANSWERS ON PAGE 4

Obituaries

Kathleen Marie Peterson

"Kathy", age 77 of Castro Valley, passed away on September 23, 2016 in Castro Valley. Visitation will be held at the Jess C. Spencer Mortuary on Friday, Oct. 7, from 4 to 8 p.m. Funeral services will be held at Redwood Chapel on Saturday, Oct. 8, at 1 p.m. with Reverend Emy Malakoff celebrating her life. Kathy was born in Albany, California to Dominick "Don" and Frances Accornero on September 13, 1939. She went to Hayward High School and graduated in 1957. She went on to attend two years of college at San Jose State University. She was a housewife and mother. She was active in the PTA and served as the school librarian at Parsons Elementary School. She enjoyed her Sunset Cooking group and was involved in her church, Redwood Chapel, planning, cooking and serving many church dinners over the years. She also served on the Guild at St. Mary's College. She enjoyed cooking, planning parties, designing baskets of goodies, and her flowers. She loved her many cats, dogs and rabbits. Kathy is preceded in death by her father, Don Accornero, and her mother, Frances Accornero. Kathy is survived by her husband of 54 years, Robert "Bob" Peterson of Castro Valley; and her sister, Sara Accornero of Castro Valley. She is also survived by her four children and their families: her daughter, Deanne "Dee Dee" Peterson Judice, and Darrin Judice of Castro Valley, and grandsons, Trent and Jordan Judice of Louisiana; son, John, and Kristi Peterson, and grandchildren, Clayton and Chloe of Granite Bay, California; her son, Robert "Bob", and LuAnn Peterson, and granddaughters, Morgan and Bailey of Dublin, California; and daughter, Julie Peterson, and Deborah Peterson of Clayton, California. The family wishes to extend their gratitude to Eden Medical Center, Sutter Care at Home Hospice, Jess C. Spencer Mortuary, Redwood Chapel and all her friends and family for the love, support and comfort provided to Kathy and her family. Flowers may be sent to the Jess C. Spencer Mortuary, 21228 Redwood Road, in Castro Valley or contributions may be sent to Dusty Paws Rescue Inc., the Hayward Animal Shelter or the religious organization of your choice.

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Bernice Lewand
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MEMORIAL SERVICE
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First Presbyterian Church
San Leandro
Reception to Follow
FD 1168 CR49

Public Invited to Unique Art Show And Awards Reception This Friday

By Gerald & Winne Thompson
SPECIAL TO THE FORUM

The Hayward Arts Council will award \$3,000 in cash prizes at the Artists' Reception for the Hayward Arts Council Open Juried Show at 5:30 p.m. this Friday, Oct. 7, in the Hayward City Hall Rotunda.

57 artists from throughout the Bay Area are participating in the John O'Lague Galleria show.

This first-of-its-kind exhibit showcases local and regional artists who use a wide variety of media ranging from acrylic to dissembled wasp nests and sumi ink on birch wood, and includes abstract, animal portraits, botanical watercolor, figure drawing, landscape, still life, social com-

mentary, symbolic, trompe l'oeil, urban scene, and word artwork.

Oil painting "Far Beyond Driven" by Fremont Artist and Technical Illustrator, Christopher J. Walsh depicts the final resting place of old cars beside US Route 66 in Arizona.

After working as a technical illustrator in the aerospace industry and designing manuals for semi-conductor industries, Walsh gained a reputation for his outstanding attention to detail, a trait that is evident in his paintings.

Afghanistan-born Biz Hasam's oil painting "Distant Moon Over Bay" portrays an evening view of the Oakland Port. He came to the U.S. at a very young age and began drawing at age 9. As a shy kid

he found it easier to communicate with others through art rather than words.

For Biz, painting is an opportunity to explore beauty and communicate with the world around him; it is about discovery of self and a connection to life.

These two artists exemplify the deep cultural tapestry woven into this outstanding exhibit.

The public is invited to the free show reception and awards presentation. Light refreshments will be available. Awards will be announced at 6:30 p.m.

Gerry and Winnie Thompson are Co-Presidents of Hayward Arts Council. Visit www.hayward-arts-council.org for more events and art gallery exhibits.



CVSAN PHOTO

CVSan Board of Directors President Ralph Johnson (left) presents a \$1,280 check to Steve Ontiveros, president of Castro Valley Educational Foundation.

Earth Day Donation

One of the charities selected by the Castro Valley Sanitary District for this past spring's 14th Annual Earth Day Clean-Up was the Castro Valley Educational Foundation.

CVSan presented foundation president Steve Ontiveros with a check for \$1,280 at the Sept. 6 CVSan Board of Directors meeting, representing \$5 for each Earth Day volunteer who chose the Educational Foundation as their donation recipient.

The foundation has donated more than \$350,000 to Castro Valley School District since its inception more than 30 years ago.

"The Foundation offers grants and scholarships to Castro Valley students with the express intention of fostering academic excellence, student success, and an innovative spirit among Castro Valley students," Ontiveros said.

Miley: Medical Marijuana Dispensaries

continued from front page

rated area – one on East Lewelling Boulevard in Ashland and one on Foothill Boulevard in Cherryland.

"More data on who is being served needs to come in from the dispensaries, but from what I've been told, there are waiting lists," said Miley. "This is a new industry and there is a lot to understand. And if it's legalized for recreational use, there's a lot more we'll have to understand."

Miley was referring to Prop. 64 on the Nov. 8 ballot that could legalize recreational marijuana use

statewide.

If the new Alameda County ordinance is approved by the supervisors, it could go into effect as early as Dec. 23. The state estimates that permits for recreational sales would go into effect sometime in 2018, so any dispensaries that have already been permitted for medical use would likely have the jump on recreational pot sales, if Prop 64 is approved.

Members of the MAC have asked why dispensaries are often found in unincorporated areas and not in cities such as Dublin

or Pleasanton. Miley said that's because it's up to the discretion of those city's councils whether to allow dispensaries.

"Unfortunately, cities can limit dispensaries and I do mean that it is very unfortunate," said Miley.

The MAC was also critical of medical marijuana dispensaries as unincorporated areas do not directly receive the sales benefits from the products like cities do. In the unincorporated areas, the sales tax goes to the county's general fund, to be distributed however the county sees fit.

And medical marijuana sales can be lucrative for a city. For example, in San Leandro, it is estimated that the sales tax from a single dispensary will add \$100,000 annually to that city's coffers and that's before any recreational sales area added. San Leandro has approved three medical marijuana dispensaries.

Miley says that he wouldn't be opposed to tweaking the legislation so the money from a dispensary could be earmarked to go directly back to the town where it is located.

"I can't speak for the whole board, but I'd be open to keeping the money in Castro Valley one way or another," said Miley.

Miley said that the opposition from the MAC members was "unfortunate" but vowed to keep the conversation going between the MAC, the public, and the Board of Supervisors before the ordinance is put to a vote.

"We are doing our due diligence right now," said Miley.



CALIFORNIA HIGHWAY PATROL PHOTO

CHASE COMES TO A FIERY END: A San Leandro man was arrested after a car chase that went through Castro Valley early Monday morning and ended in a fiery wreck in Oakland. The California Highway Patrol said Terry Nguyen, 29, faces a number of charges after he refused to stop for a CHP patrol, leading officers on a chase around 1:30 a.m. that continued on city streets in Oakland with Nguyen's vehicle ablaze from driving on metal rims after hitting a CHP spike strip.

Benefits: Social Security Applications

continued from page 7

curity benefits, you'll need to be able to document some information about your identity and work history. So before applying, have the following information handy:

- Your Social Security number.
- Your birth certificate (original or certified).
- Proof of U.S. citizenship or

lawful alien status if you were not born in the United States.

- A copy of your U.S. military service papers if you had military service before 1968.
- A copy of your W-2 forms and/or self-employment tax return for last year.
- Your bank information (including your account number and

the bank routing number) you want your benefits direct deposited to.

For a complete checklist of information you'll need to complete your application, see ssa.gov/hlp/isba/10/isba-checklist.pdf.

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

5TH ANNUAL Parent University

Saturday, October 15, 2016
8am - 12:30pm

KEYNOTE: Nancy Rose
Author and Parent Educator

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- Helping Kids to Feel Grounded
- The Truth About Concussions
- Managing Teen Stress
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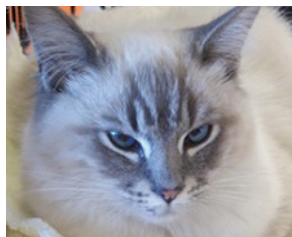
ADOPT-A-PET



THOMAS is an affectionate, playful and social kitten who loves being the center of attention. He'll meow for pets and cuddles. More info: Hayward Animal Shelter. (510) 293-7200.



PIXIE is a young kitty who enjoys being held and getting chin and cheek scratches. She warms up quickly with a little TLC. Info: Hayward Animal Shelter. (510) 293-7200.



LENA and her nearly grown and lookalike kitten April were found dumped. She is about one year old, good girl with a warm heart. Complete an application at www.dustypawsrescue.org



APRIL loves attention. She is very sweet and talkative, and follows her foster mom everywhere. April has beautiful blue eyes. Complete an application at www.dustypawsrescue.org

Reports: Wanted Man; Shoplifter; Drugs

continued from page 3

and violating the terms of his parole. The man was also wanted as part of a warrant issued for his capture. The man was driving along Lake Chabot Road when deputies chased him into Barrett Court. There, the man jumped out of the car and on the roof of a home in the court to evade arrest. Deputies eventually pulled him off the roof and took him to Santa Rita Jail pending \$25,000 in bail.

Citizen's Arrest

Wednesday, September 28: at 8:31 a.m., a 35-year-old man from Hayward was arrested on suspicion of refusing to leave a business after repeated requests. Deputies were called to a restaurant on the Boulevard near Lake Chabot Road after a store manager reported a disruptive patron who refused to leave the building. The man was given a citation and told to appear in court.

Wanted Man

Wednesday, September 28: at 8:01 p.m., deputies arrested a 35-year-old man with no permanent address on suspicion of possession of illegal narcotics and violating

the terms of his parole. The man was also wanted as part of a warrant issued for his capture. Deputies were called to Eden Medical Center on Lake Chabot Road following reports of a patient with narcotics in his possession. The man was taken to Santa Rita Jail and held without bail.

Shoplifter

Tuesday, September 27: at 4:00 p.m., deputies arrested a 43-year-old woman from CV on suspicion of shoplifting from a department store on Jamison Way. Store security detained the woman after she walked out of the store with an unspecified amount of unpaid merchandise.

The woman returned the property but was given a citation and instructed to appear in court.

Drug Paraphernalia

Tuesday, September 27: at 10:49 p.m., two people with warrants for their capture were arrested in the Castro Village shopping center for possession of illegal drug-related paraphernalia. Deputies caught up with the pair following a sweep of the area. A 39-year-old man from San Francisco and a 22-year-old woman were identified and stopped for questioning. Deputies discovered their paraphernalia and took both to Santa Rita Jail pending \$2,500 in bail apiece.

Apply for Artists Registry

Alameda County Arts Commission invites professional artists to prequalify for inclusion in a registry that will be used for upcoming public art opportunities associated with projects in the county.

The opportunities include both outdoor and indoor projects in a range of budgets and in a variety of materials and styles, including two-dimensional, low-relief, or wall sculptural artwork.

The Artist Registry is open to artists in Alameda and 13 other counties in the general Bay Area.

Future public art projects include community murals in Castro Valley, San Lorenzo, Ashland and other nearby sites.

An informational meeting for interested artists is scheduled from 5:30 to 7 p.m. tomorrow, Oct. 6, at the Castro Valley Library. Other meetings in other cities are scheduled for later in the month. All are free and open to the public.

Application and info at: www.acgov.org/arts (click on "Opportunities") or call 510-208-9646. The application deadline is Nov. 30.



BATTLE OF THE VALLEY

Creekside Athletic Booster Club will host the 18th annual "Battle of the Valley" flag football game between the Creekside Wildcats and the Canyon Condors on Friday, Oct. 14, at Castro Valley High School. Gates open at 5:30 p.m. and opening ceremonies begin at 6:15 p.m. All proceeds fund the athletic programs at Creekside and Canyon Middle Schools. The entire community is welcome at this family-friendly, fun-filled event.

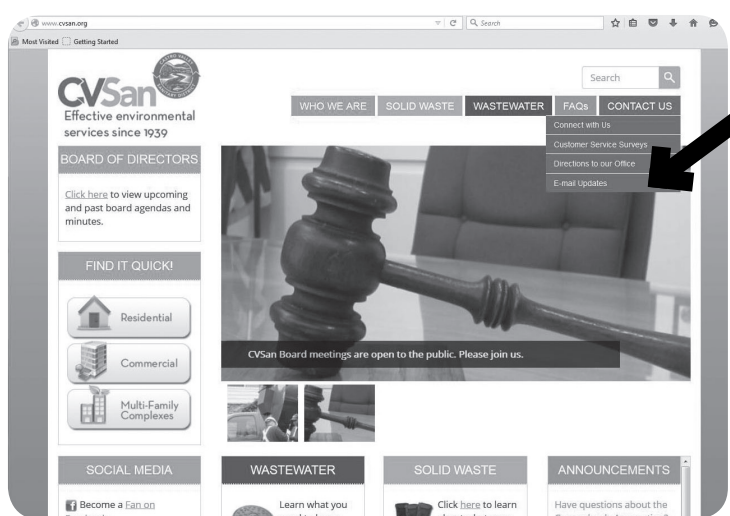
CV School Board Public Hearings

The Castro Valley School Board will hold public hearings on three issues at its regularly scheduled Board meeting next week.

The hearings are on: (1) the adoption of the findings and award of energy services contract, (2) the initial proposal by the California School Employees Association to the school district for the re-openers for the 2016-2019 contract, and (3) assurance of sufficient textbooks and instructional materials.

Meeting will begin at 7 p.m. next Thursday, Oct. 13, at the school district headquarters, 4400 Alma Ave. Agenda and board packet will be available online on Monday at bit.ly/CVUSDBBoardMeetings

SIGN UP FOR CVSan EMAILS



Stay informed of CVSan programs and events all year by subscribing to updates sent directly to your email. To sign up, go to www.cvsan.org/EmailLists and select the type of information you'd like to receive, such as:

- Education Opportunities (Learn Workshops)
- Holiday updates to WM collection schedule
- Commercial Business or Multi-Family updates
- Construction & Traffic updates
- Board & Committee meetings
- Events (collection, give-aways, etc.)
- Volunteer Opportunities, & more!

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**Yom Kippur – Eden UCC / Pioneer Chapel
Tue., Oct. 11, Kol Nidre Service - 7:30pm**

Wed., Oct. 12, Morning Service: 10am
Children's Service: 1:30 pm
Discussion in the Garden: 2 pm
Yizkor & Concluding Service: 3:15pm
Break the Fast: 5:30pm

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