



CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 31

WEDNESDAY, AUGUST 7, 2019

NO. 31

INSIDE YOUR FORUM

NEWS



Be a Volunteer
CV Library seeks High Schoolers for Homework Assistance Center
Page 4

LIVING



Flower Power
There's nothing ho-hum about cauliflower and these recipes prove it
Page 6

SENIORS



Is It Covered?
Medicare only covers ambulance services that are medically necessary
Page 9

INDEX

Classified Ads	16
Community Calendar ...	5
Crosswords	6
East Bay Living	6
Homes	13
Horoscope	5
Obituaries	18
Seniors	8
Sports	12
Weather	2

PHONE: (510) 614-1560



PHOTOS BY FRED ZEHDNER

PIONEERS IN THE HEALTH FOOD INDUSTRY: Nancy Falls with her son Ethan in front of Health Unlimited in Castro Village which, along with the San Leandro store, will celebrate 50 years in business on Saturday, August 17.

Health Unlimited Stores to Celebrate 50th Anniversary

It all began back in August of 1969, when Neil Diamond's "Sweet Caroline" and Johnny Cash's "A Boy Named Sue" topped the country's music charts and American astronauts had just become the first humans to step onto the surface of the moon.

The Falls Family had decided to trek into the world of health food stores in San Leandro.

Nancy Falls knew very little about the industry she was getting

into or how it would evolve over the years. Being a mother of seven children, she took on the challenge of running a successful business in the historic Pelton Center, the second oldest shopping center in California.

Nancy was intrigued by the mid-century philosophies of Adelle Davis and Henry G. Bieler, M.D., that showed her and her family the best medicine one can invest in would be healthy eating.

Nancy, being the first generation to work in a health food store, raised her seven children, Allyn, Lulu, Lisa, Matthew, Sara, Ethan, and Adam in the stores. All of the children helped out their mom by working at Health Unlimited at one point or another in their lives. Today, three generations of the family are working together.

Ethan currently works as the general manager for both of the

see *HEALTH* on page 7

45 Arrested in Prostitution Stings

The Alameda County Sheriff's Office and the Hayward and Oakland police departments arrested 43 would-be sex buyers and two pimps in a series of prostitution sting operations in Alameda County last month.

The four covert operations, revealed last Friday, were conducted in a Hayward hotel and along International Blvd. in Oakland, according to the Alameda County District Attorney's office. It included both street and on-line

solicitations.

The arrests were part of a nationwide sting involving more than two dozen police agencies in 11 states during which more than 500 would-be customers were arrested.

Swalwell to Host Forum on Gun Violence Tonight

Rep. Eric Swalwell will host a community forum on ending gun violence and domestic terrorism this evening, Aug. 7, in Hayward.

"Following the massacres at Gilroy, El Paso, and Dayton, and as our cities reel from gun violence day after day, it's time to discuss the action that's needed to save American lives," Swalwell said.

"I want to update my 15th Congressional District friends and neighbors on what local and federal law enforcement, national stake-

holders, and Congress are doing, and I want to hear from residents about their concerns and wishes."

The event is free and open to all 15th Congressional District residents, including Castro Valley, Hayward, San Ramon, Dublin, Pleasanton, Livermore, Sunol, Union City, San Lorenzo, Cherryland, Ashland and Fairview as well as parts of Fremont and Danville.

The Forum will begin at 6:30 p.m. in the Hayward City Council Chambers, 777 B Street, Hayward.

About Those Trucks On Redwood Road

Residents may have noticed there has been no steady line of dump trucks hauling soil down Redwood Road in recent days.

While there has been a hiatus of the 200 round-trips a day, the removal of the excess dirt by the East Bay Municipal Utility District from the Miller Road site in Castro Valley is not complete.

Trucking will be intermittent

during the coming week depending on the needs at the former Alameda Naval Air Station site where the soil is being deposited, according to Andrea Pook, spokesperson for the East Bay Municipal Utility District.

The former Navy base, now called Alameda Point, is importing soil from multiple sources to remediate past contamination from its military past.

Lateral Replacement Grants to be Available Beginning August 19

The Castro Valley Sanitary District is offering up to \$2,000 in financial assistance to qualified homeowners in the district to replace entire defective sewer lines (laterals) later this month.

The lateral is the portion of the sewer system that begins at the junction of the home's plumbing system, usually located within two feet of the foundation of the house, and extending to the connection to the public sewer main.

These laterals are the private property of homeowners who are responsible for all installation, repair, or removal costs.

A total of \$50,000 in funding has been allocated to the Lateral Replacement Grant Program, which is scheduled to start at 7:30 a.m. on Monday, Aug. 19.


CVSan is offering reimbursements at 50% of approved cost, up to a maximum of \$2,000 per lateral. All work under the program must be performed by a CVSan-qualified contractor. Not all applicants will qualify for the grants.

For more info, visit: cvsan.org/grants, or contact the Castro Valley Sanitary District, at 21040 Marshall Street, or call 510-606-1300.

Castro Valley Weather Aug. 7 - 11, 2019

Wednesday	Thursday	Friday	Saturday	Sunday
Clouds then Sun	Mostly Sunny	Clouds then Sun	Morning Showers	Clouds then Sun
High 80° Low 57°	High 78° Low 56°	High 75 Low 56°	High 82° Low 57°	High 79° Low 56°


Almanac Moon Phases



Sun sets at 8:13 p.m. today, rises at 6:13 a.m. Thursday.

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

Aug. 7
Aug. 15
Aug. 23
Aug. 30





The Survivors' Lap kicked off this year's East Bay Relay for Life at Chabot College in which 287 participants raised a grand total of \$116,909.84.

East Bay's Annual 'Relay for Life' Event Raises Close to \$117,000

Close to \$117,000 was raised in this year's East Bay Relay for Life, held June 22-23 at Chabot College in Hayward.

Some 287 participants from Castro Valley, Hayward, San Leandro and San Lorenzo made up the 41 teams who walked laps during the 24-hour event, raising money for the American Cancer Society.

That money will provide cancer

patients and caregivers free rides to appointments, free wigs, free lodging, free support groups and up-to-date cancer treatment information.

The top fundraisers were Scott Campbell from Team Bald Mommy (\$13,774) followed by Tammy Ham from Team Softball for Life Tournament (\$11,000). The top team, Heroes Helping Heroes from Eden Medical Center raised

\$28,000.

Local sponsors included Chabot College, Fremont Bank, Eden Health District, Eden Medical Center, Sons of Liberty Alehouse, Reflexion, and EpicCare Partners in Comprehensive Care.

The many volunteers, including the entertainment and music throughout the day, were also singled out for their help in creating such a huge success

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SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



One of Three Shoplifters Caught with Heroin

Sunday, August 4: at 9:10 p.m., Sheriff's deputies arrested a 24-year-old man with no permanent residence on suspicion of possession of heroin. The man was one of three suspects in a shoplifting incident at a grocery store on Castro Valley Boulevard near Redwood Road. Deputies caught up with the man in front of the Castro Valley BART station and discovered the narcotic during questioning. The man was taken into custody.

Street Fighting Man

Sunday, August 4: at 9:50 a.m., a 43-year-old man from Castro Valley was arrested as part of a warrant for previous charges of fighting in public and false imprisonment. Deputies served the warrant at an apartment on Anita Avenue. The man was identified and taken to Santa Rita Jail pending \$25,000 in bail.

Suspect Changes His Tune

Saturday, August 3: at 9:38 p.m., deputies arrested a 32-year-old man with no permanent residence on charges of providing false identification to authorities. The man was suspected of shoplifting at a grocery store on Castro Valley Boulevard near Redwood Road. A witness followed the man to the Castro Valley BART station parking lot on Norbridge Avenue and called the police. Deputies report the man gave them a false ID until it was revealed that person had an active warrant. The man reconsidered and gave his true identity but was taken into custody.

Felon Attempts Gun Sale

Saturday, August 3: at 5:26 p.m., a 42-year-old man from Alameda was arrested on suspicion of illegal possession of a firearm, ammunition, stolen property, and narcotics. Deputies report the man had a criminal record, making possession of the gun and ammo illegal.

The man had tried to sell the weapon at a gun store on Castro Valley Boulevard near Redwood Road, but a quick background check tipped off the store owner to a potential crime. Deputies took the man into custody.

Drove Drunk with Stolen Property

Saturday, August 3: at 9:33 a.m., deputies served a warrant for the arrest of a 46-year-old man from Castro Valley in connection with a drunk driving charge. The man was traveling on Castro Valley Boulevard near Marshall Street when deputies pulled him over for driving with an expired registration. Deputies also discovered stolen property in the vehicle during questioning. The man was taken to Santa Rita Jail pending \$20,000 in bail.

Domestic Assault

Friday, August 2: at 5:15 p.m., a see **REPORTS** on page 19



PHOTO COURTESY OF CVSAN

Garbage In, Recyclables Out

Eighteen Castro Valley residents got a close-up view of the massive Materials Recover Facility at the Davis Street Transfer Station in San Leandro last month. The tour, provided by the Castro Valley Sanitary District, began with an overview of CVSsan's new agreement with Alameda County Industries (ACI), which coordinated the tour with Waste Management. The unique experience provided the attendees a firsthand look at where CVSsan's organics, recycling and garbage is processed.

ALL STORES OPEN DURING CONSTRUCTION



EXCITING CHANGES UNDERWAY

Pardon our dust as we make some exciting changes at Castro Village. All shops are open during construction, so be sure visit the friendly faces that have provided you with the eateries, stores and services for over 60 years! This summer, think local, shop familiar and stop by Castro Village Shopping Center.

A WOMANS TOUCH CHIROPRACTIC
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ROBIN'S NEST
ROSS
SAYANG HOLIDAYS
SEE'S CANDIES
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STARBUCKS
TEA BAR - COMING SOON
TJ MAXX
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VILLAGE BARBER SHOP
VISION GALLERY OPTOMETRIC CENTER
VITALITY BOWLS
WALGREENS
WORLD WIDE ART



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CASTRO VILLAGE

Homework Volunteers

The Castro Valley Library is looking for dedicated and enthusiastic High School students to volunteer a few hours a week for its after-school Homework Assistance Center.

If you are looking for community service hours or need some job experience for your resume, sign up for hours on Mondays, Tuesdays, Wednesdays, and Thursdays from 3:30 to 5:00 p.m. and help students tackle their homework, gain valuable experience, and have fun.

There are 2 separate orientations on Wednesday, Aug. 21:

- Returning Homework Center Volunteers, should arrive between 4:00-4:30 p.m. to schedule your hours.

- New volunteers should arrive at 4:30 p.m. for orientation and scheduling of hours.

Call Nathan Silva, Librarian II, 510-608-1141 for more information or stop by the CV library. Be sure to bring a completed and signed Homework Center Volunteer application to the orientation.



Artists' Reception: Free, This Saturday

"Coyote Hills," a painting by Attila Czeglényi, will be on display with the works of 34 other artists — all members of Artists Relaxing Together—through August 28 at the Lindsay Dirx Brown Art Gallery in the San Ramon Community Center at 12501 Alcosta Blvd. An artists' reception, free to the public, will be held from 2 to 4 p.m. this Saturday, Aug. 10. Refreshments will be served.

COMING UP *at* SMALLTOWN

● **Thursday, August 15:** THE LAB: Songwriter and Poet Showcase & Workshop — Sign-ups for performances by email only: info@smalltownsociety.com. THE LAB is a monthly gathering that allows songwriters and poets to workshop and collaborate on new and existing pieces through exercises and brief performances, in front of and among friends. Everyone is welcome! This month's featured artist is Wilson Wong 7:00 p.m.

● **Saturday, August 17:** 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 Duke James. Free. 10 a.m. to 1 p.m. at 3483 Castro Valley Blvd.

● **Date Change: Friday, August 23:** Smalltown AUGUST Gathering. Connect with your community, hear from local artists, musicians and advocates,

and experience the developing narratives of your neighborhood! The music of YIANN, the photography of Rosendo Del Rio, Plethos Productions, food, beer, wine & more! Free (suggested contribution \$15) 7:30-10 p.m. Doors open at 7 pm.

● **Saturday, August 24:** American Graffiti Screening and Fundraiser. Join Smalltown Society and CVNews at The Chabot as Castro Valley Cruise Night presents a free screening of the classic "American Graffiti." We will be collecting donations at the door as well as hosting a raffle to raise money for upgrades for the new, locally-owned Chabot! Arrive early with your entire group, no seat saving. Free 3 p.m.

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



Luke James will be rocking us with soulful blues at Pampa's Cafe Aug. 17th. A free family friendly live music series. Live music and art vendors!

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CVSan MARSHALL STREET PROJECT UPDATE



On June 17th Castro Valley Sanitary District (CVSan)'s contractor Devaney Engineering, Inc. began construction on the Marshall Street Capacity Improvement/Repair & Rehabilitation Project. This \$1.85 million project involves replacing sewer pipes and performing spot repairs at various locations throughout Castro Valley.

The first phase of construction on Marshall Street has been completed. Additional construction on nearby Marshall Lane, Veronica Avenue, Normandy Court, and Vincent Court will continue until mid-August. Traffic will only be impacted on these specific streets.

For more information on CVSan's construction projects, visit www.cvsan.org/Projects or call (510) 537-0757 ext. 108.

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This ad was funded by WW Outreach

CVSan





Community Calendar

CASTRO VALLEY FORUM
Wednesday, August 7, 2019 **5**

The Week Ahead

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

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

● Thursday, August 8: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting from 7:15 to 9:15 p.m. tomorrow in the boardroom at 4400 Alma Avenue. For the agenda and board packet, visit bit.ly/CVUSDBBoardMeetings

● Thursday, August 8: Libertarian Party Meeting

The Libertarian Party of Alameda County will hold its next meeting from 7:15 to 9:15 p.m. tomorrow at The Englander Pub, 101 Parrott St., San Leandro, to discuss logistics for the LPAC Summer BBQ and the LPAC booth at the Oakland Pride Festival Sept. 8. Volunteers welcomed to help staff the booth. Membership not required to attend, no fee, purchase your own food and beverage at The Englander. RSVP at www.facebook.com/LPAlamedaCounty/events/

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● Saturday, August 10: Amador Valley Quilters Meeting

Michelle Pearson, an avid world traveler, will present a lecture and trunk show of her original quilts inspired by her experiences from 1:30 to 4 p.m. at this Saturday's general meeting of the Amador Valley Quilters at the at Phoebe Hearst Elementary School, 5301 Case Ave. in Pleasanton. The Amador Valley Quilters meet the second Saturday of the month (usually at Pleasanton Middle School). For more info, visit www.amadorvalleyquilters.org

● Saturday, August 10: 5th Annual Health Fair

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

● Saturday, August 10: CVHS Class of 1964 Reunion

The Castro Valley High School Class of 1964 will hold its 55-year reunion at El Sol Winery, 8626 Lupin Way in Livermore this Saturday. The cost is \$35 per person. Send checks to: Judy Loomis Alexander, 819 E. Cromwell, Fresno, CA 93720. To request a flyer or for more info, email 1964cvhs@gmail.com

● Sunday, August 11: Free Summer Concert

The 10th Annual Summer Concert Series continues this Sunday, Aug. 11, from 1 to 5 p.m. at the outdoor amphitheater behind the Hayward Plunge in Hayward Memorial Park, sponsored by HARD and Hayward Odd Fellow Sycamore Lodge. Sunday's bands will feature 3 O'clock Jump and What's Up Big Band, benefiting the HARD Foundation. Bring a blanket or lawn chairs and a picnic (no alcohol please) an enjoy at afternoon of music, art and kids activities.

● Monday, August 12: Municipal Advisory Council Meeting

The Castro Valley MAC will hold a land-use meeting at 6 p.m. on August 12 at the Castro Valley Library. Visit acgov.org/bc/cvmac for the complete agenda.

● Wednesday, August 14: Neuropathy Support Group

Those suffering from peripheral neuropathy, a disease with typical symptoms of chronic numbness, pins and needles tingling, and sporadic sharp pains, are encouraged to attend the monthly free meeting of the Neuropathy Support Group at 1:30 p.m. next Wednesday, Aug. 14, in the library of First Presbyterian Church, 2490 Grove Way in Castro Valley. We meet every second Wednesday. For more information, please call Greg at 510-886-6758.

● Wednesday, August 14: Sons in Retirement Luncheon

Sons in Retirement (SIR) Branch 26, an organization of retired men, will meet Aug. 14 for a social hour at 11 a.m. and lunch at noon at the Fairview Event Center at Metropolitan Golf Course, 10051 Doolittle Drive, Oakland. A guest speaker from the USS Hornet will tell the history of this Aircraft Carrier. Luncheon is \$25, payable by checks to SIR Branch #26. Sponsored guests are welcome at meetings on the second Wednesday of each month. Call Ken at 510-537-4804 for information.

● Wednesday, August 14: George Mark Children's House

A private tour of the George Mark Childrens House in San Leandro is being offered at 1 p.m. on Wednesday, August 14. If you are interested in attending, contact Al Bronzini for details at 510-581-2339 or vabronzini@yahoo.com

● Saturday, August 17: Free Mattress Recycling

The Mattress Recycling Council will hold a free used mattress collection event from 8 a.m. to 2 p.m. on Saturday, August 17, at 20095 Mission Blvd. at the corner Hampton in Hayward. Visit ByeByeMattress.com for more information.

● Saturday, August 17: SLz Pioneer Cemetery Clean-Up Day

Drop by Usher and College streets in San Lorenzo from 9 a.m. to noon on Saturday, Aug. 17, 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, August 18: Baby Boomers Dance to a Live Band

The Cabrillo Civic Club No. 11 invites all ages to a Baby Boomers' Dance from 2-5 p.m. on Aug. 18 at the Ashland Holy Ghost Hall, 16490 Kent Ave. in San Lorenzo. Wear '60s or '70s outfits. Prizes given for best outfit and dance contest winners. Cost is \$13. Call Shirley at 510-329-1705 for information.

● Tuesday, August 20: Lions Club Restaurant Walk

The Castro Valley Breakfast Lions Club will hold its annual Restaurant Walk from 6-8 p.m. on August 20. The walk, with most its participating restaurants located in Castro Village, has been a sell-out for the past seven years. Tickets (\$20 per person) can be purchased at the Castro Valley/Eden Area Chamber of Commerce, Cobblers Shoe Repair on Foothill Blvd in Hayward, or by calling Joe at 510-581-2897. Participating restaurants include Don Jose's, Shari's, Mr. Pickles, Aroma, Lime Leaf Thai, Loard's, Rigatoni's, Starbucks's, Knudsen's and Chipotle. Funds from this event are used to support community programs in Castro Valley and Hayward.

● Tuesday, August 20: Rotary: "Trades' Apprenticeships"

The NorCal Associate Builders and Contractors will describe their apprenticeship programs for the trades at a Castro Valley Rotary 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, Aug. 19, by contacting Rotary at cvrotary@iCloud.com or 510-402-5123. More information is available at castrovalleyrotary.org.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events (unless otherwise listed) are available at www.cvcfa.com; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. (phone 510-889-8961), or at the Castro Valley Adult School, 4430 Alma Avenue. Tickets for the Center's entire 2019-2020 Series are available for \$173 to \$209.

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

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

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"Born Yesterday,"** the Broadway hit that many consider to be the funniest American comedy of the 20th Century, continues at the Chanticleers Theater through Aug. 11, with performances at 8 p.m. on Fridays and Saturday, and a Sunday twilight matinee at 6 p.m. For tickets (\$25 adult, \$20 seniors, students and military) visit www.chanticleers.org or call 510-733-5483. Chanticleers Theatre is located within the Castro Valley Community Park at 3683 Quail Ave. in Castro Valley.

ART GALLERIES & ART INSTRUCTION

● **A.R.T., Inc. Members' Art** will be exhibited in the Lindsay Dirx Brown Art Gallery, 12501 Alcosta Blvd. in San Ramon through Aug 28. A public reception will be held from 2 to 4 p.m. this Saturday, Aug. 10. There will be no art demonstration in the Adobe Art Center in August. In September we will return to our monthly demonstrations every second Saturday from 2 to 4 p.m. As always, the full-filled two hours are free and everyone is encouraged to watch and participate.

● **Superhero Drawing Class:** The Adobe Art Center in Castro Valley is offering a Superhero Drawing Class this Fall. Registration opens today, July 31. In this awesome art class you'll learn to draw superheroes in action. You'll practice drawing shapes with shading and 3-D forms, learn to use shapes as building blocks for your figures, make powerful action poses, and practice drawing details to make your superhero look realistic. You'll watch videos of the world's best comic artists and see how they sketch and hear about being a professional, including artists who draw Wonder Woman and Black Panther. The class will be held Tuesdays for ages 10-13, and the first and third Saturdays of the month for ages 10 through 100. Register through the Hayward Area Rec District. Visit ArtSpaceCastroValley.com for more info!

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): A chaotic atmosphere taxes the patience of the Aries Lamb, who prefers to deal with a more orderly environment. Best advice: Stay out of the situation until things settle.



TAURUS (April 20 - May 20): Tension runs high in both personal and workplace relationships. This can make it difficult to get your message across. Best to wait until you have a more receptive audience.



GEMINI (May 21 - June 20): This is a good time to take a break from your busy schedule to plan for some well-deserved socializing. You could get news about an important personal matter by the week's end.



CANCER (June 21 - July 22): An offer of help could come just when you seem to need it. But be careful about saying yes to anything that might have conditions attached that could cause problems down the line.



LEO (July 23 - August 22): Sometimes a workplace colleague can't be charmed into supporting the Lion's position. That's when it's time to shift tactics and overwhelm the doubter with the facts.



VIRGO (August 23 - Sept. 22): You continue to earn respect for your efforts to help someone close to you stand up to a bully. But be careful that in pushing this matter you don't start to do some bullying yourself.



LIBRA (Sept. 23 - October 22): Don't ask others if they think you're up to a new responsibility. Having faith in your own abilities is the key to dealing with a challenge. P.S.: That "private" matter needs your attention.



SCORPIO (October 23 - November 21): This is a good time to use that Scorpion creativity to come up with something special that will help get your derailed career plans back on track and headed in the right direction.



SAGITTARIUS (Nov. 22 - Dec. 21): While change is favored, it could be a good idea to carefully weigh the possible fallout as well as the benefits of any moves before you make them.



CAPRICORN (Dec. 22 - Jan. 19): The Goat continues to create a stir by following his or her own path. Just be sure you keep your focus straight and avoid any distractions that could cause you to make a misstep.



AQUARIUS (Jan. 20 - Feb. 18): A colleague's demands seem out of line. But before reacting one way or another, talk things out and see how you might resolve the problem and avoid future misunderstandings.



PISCES (Feb. 19 - March 20): A personal matter appears to be making more demands on your time than you feel you're ready to give. See if some compromise can be reached before things get too dicey.

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Nothing Ho-Hum About Cauliflower

Cauliflower doesn't get its due. One of the healthiest of the cruciferous vegetables, it can take on many flavors, and goes especially well with cheese and bright, vibrant ingredients like lemon and capers. And its great raw, served with a spicy dip.

When purchasing cauliflower, look for a clean, creamy white, compact curd in which the bud

clusters are not separated. Heads that are surrounded by many thick green leaves are better protected and will be fresher. As its size is not related to its quality, choose one that best suits your needs.

Store uncooked cauliflower in a plastic bag in the refrigerator where it will keep for up to a week.

As with all vegetables be sure not to overcook cauliflower.

Let the cauliflower cool for 10 minutes before cutting it into wedges and serving alongside a big green salad. Serves 6.

BREADED CAULIFLOWER

1 head cauliflower
2 eggs, beaten slightly
1/4 cup flour (or more)
Salt and pepper
1 cup breadcrumbs
Vegetable oil for frying

Cut apart the florets of your Cauliflower, but don't cut them too small. Leave the smaller ones together with the stem to make them as large as your bigger ones.

Rinse, and dry slightly with a paper towel.

Pour about half an inch of oil in frying pan and begin preheating the oil.

In a bowl, beat eggs slightly with a whisk, slowly adding a little flour at a time.

You want a thick enough batter to cling to the cauliflower.

If you have made it too thick, you can always add milk, or too thin, more flour.

Salt and Pepper the florets (or use the Emeril's Essence)

Coat each cauliflower in the batter, then in the bread crumbs and put in preheated oil to fry. Turn to brown all sides. Drain on paper towels. Yields 4 servings.

CAULIFLOWER SALAD

1-1/2 pounds cauliflower, trimmed and cut into florets
3/4 cup chopped bottled roasted red bell peppers
1/2 cup thinly sliced red onion
1/2 cup coarsely chopped fresh flat-leaf parsley
1/2 cup coarsely chopped green olives
1/4 teaspoon crushed red pepper
1 large celery rib, sliced crosswise
2 tablespoons olive oil
1 tablespoon lemon juice
1 tablespoon white wine

SPICY WHOLE ROASTED CAULIFLOWER

1 tablespoon vegetable oil
1 head cauliflower
1-1/2 cups plain Greek yogurt
1 lime, zested and juiced
2 tablespoons chile powder
1 tablespoon cumin
1 tablespoon garlic powder
1 teaspoon curry powder
2 teaspoons salt
1 teaspoon black pepper

Preheat the oven to 400°F and lightly grease a small baking sheet with vegetable oil. Set aside.

Trim the base of the cauliflower to remove any green leaves and the woody stem.

In a medium bowl, combine the yogurt with the lime zest and juice, chile powder, cumin, garlic powder, curry powder, salt and pepper.

Dunk the cauliflower into the bowl and use a brush or your hands to smear the marinade evenly over its surface.

Place the cauliflower on the prepared baking sheet and roast until the surface is dry and lightly browned, 30 to 40 minutes. The marinade will make a crust on the surface of the cauliflower.

vinegar
1/2 teaspoon black pepper
1/8 teaspoon sea salt
1-1/2 ounces provolone piccante, cut into small pieces
Celery leaves (optional)

Set a steamer basket in a large saucepan; fill pan with water up to but not touching the bottom of basket. Bring water to a boil over high heat. Add the cauliflower florets; cover and steam 5 minutes or just until tender.

Transfer cauliflower to a large bowl. Add bell peppers, red onion, parsley, chopped olives, crushed red pepper, and celery; toss gently to combine.

Combine oil, juice, vinegar, black pepper, and salt, stirring with a whisk. Pour dressing over vegetables; toss gently with cheese; toss gently to combine.

Cover and let stand at room temperature 30 minutes to 1 hour. (To serve chilled, refrigerate up to 4 hours.) Sprinkle with celery leaves, if desired. Yields 10 one-cup servings.

CAULIFLOWER SOUFFLE WITH ONIONS

1/2 pound cauliflower, separated into florets
2 turnips, peeled, quartered
1 medium potato, peeled, quartered
4 medium onions, peeled and left whole
1 large egg, separated
1/3 cup shredded Cheddar cheese
1/2 teaspoon ground ginger
2 teaspoons olive oil
1 cup vegetable broth

Fit a large pot with a steamer basket. Add enough water to come up to the base of the steamer. Place cauliflower, turnips and potato in the steamer. Cover and bring the water to a simmer over medium-high heat. Turn the heat down to medium-low and steam until the vegetables are soft enough to puree, about 20 minutes.

Fill a large pot with water and bring to a boil. Boil the onions until the layer separate easily, but don't fall apart, about 5 minutes. Let them drain and cool in a colander.

Heat the oven to 375°F.

In a food processor or blender, puree the cauliflower, turnips and potato with the egg yolk, cheese and ginger. Beat the egg white until stiff and fold into the cauliflower mixture.

Scoop out enough of each onion so that they can be filled with an equal portion of cauliflower. Lightly rub the inside of each onion with olive oil and fill with the cauliflower puree. Place the filled onions in a baking dish large enough to hold them and add

enough vegetable broth to come up 1 inch on the sides. Bake for 30 minutes. Serves 4.

CAULIFLOWER SOUP

1 medium head cauliflower, broken into florets
1 medium carrot, shredded
1/4 cup chopped celery
2-1/2 cups water
1 vegetable bouillon cube
3 tablespoons butter
3 tablespoons flour
3/4 teaspoon salt
1/8 teaspoon pepper
2 cups 2% milk
1 cup shredded Cheddar cheese
1/2 to 1 teaspoon hot pepper sauce, optional

In a large bowl, combine cauliflower, carrot, celery, water and bouillon. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until vegetables are tender (do not drain).

In another large saucepan, melt butter. Stir in the flour, salt and pepper until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Reduce heat. Stir in the cheese until melted. Add hot pepper sauce if desired. Stir into the cauliflower mixture. Yields 8 servings (about 2 quarts).

DEVELOPED CAULIFLOWER CASSEROLE

1 large cauliflower
6 tablespoons butter or margarine
1/4 cup flour
1 teaspoon salt
2 cups milk
1/3 cup thinly sliced celery
2 tablespoons prepared mustard
1/2 cup coarsely crushed saltine crackers
1/3 cup wheat germ

Trim green leaves from cauliflower; break head into flowerets. Cook, covered, in boiling salted water in large saucepan for 7 minutes or just until crispy tender. Drain. Spoon into a shallow, 6-cup baking dish.

Melt 3 tablespoons of the butter in a small saucepan; stir in flour and salt. Cook, stirring constantly, until bubbly. Stir in milk; continue cooking and stirring until sauce thickens and bubbles for 3 minutes. Stir in celery and mustard; pour over cauliflower. Melt remaining butter in a small skillet; remove from heat. Stir in cracker crumbs and wheat germ; sprinkle around edge of baking dish.

Bake in moderate (375°F) oven for 20 minutes or until bubbly and crumb topping is toasted. Serves 6.



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Health: 50th Anniversary

continued from front page
Castro Valley and San Leandro locations. The grandchildren, Tyler, Jacob, and Brandon have grown up around the stores and are now working at both locations.

As the years went on, Health Unlimited went through many changes. One location quickly grew to two and then finally three by 1971. All three locations used to include a deli counter where sandwiches with homemade bread and chicken salad were prepared.

Fresh organic produce was not as readily available in the early years, yet the industry has grown and it is now a staple in Castro Valley.

While trends in the industry have come and gone throughout the years, Health Unlimited, one of the first Health Food Stores in the East Bay, has been in the forefront of new research and products as they evolve.

The stores sell a variety of vitamins, fresh organic produce, natural foods, cosmetics, herbal teas and accessories, while providing exceptional customer service from their friendly, knowledgeable staff.

Both locations, 182 Pelton Center in San Leandro, and 3446 Village Drive in Castro Valley, will celebrate Health Unlimited's 50th



Health Unlimited made lots news with its successful growth and popularity during its first half century. Ethan and Nancy Falls hold a display of some of the newspaper headlines from over the years.

anniversary in business on Saturday, August 17, from 9:30 a.m. to 6 p.m.

To express their gratitude to their loyal customers throughout the years, the stores will have free

giveaways and give 25% off on purchases.

"We hope to continue serving the communities of San Leandro and Castro Valley for many years to come," says Nancy Falls.

SSI Can Help Seniors With Low-Income

By Jim Miller
SPECIAL TO THE FORUM

Supplemental Security Income (or SSI) is a program administered by the Social Security Administration that provides monthly cash benefits to people that are disabled or over the age of 65 based on financial need.

Currently, more than 8 million people are receiving SSI benefits. Here's what you should know.

Eligibility Requirements

To qualify for SSI you must be either age 65 or older, blind or disabled, and must be a U.S. citizen or lawful resident. You must also have limited assets and income.

Your assets must be less than \$2,000 or \$3,000 for couples. This includes cash, bank accounts, other personal property, and anything else that could potentially be converted to cash. But your home, household goods and one vehicle, along with life insurance policies and burial funds valued under \$1,500, do not count towards countable assets.

The income limit to qualify for SSI, however, is much more complicated.

see SSI on page 8



Soiree Seniors Invite You to Join the Fun!

Soiree Seniors, a non-profit organization that provides social and recreational activities for adults over 55, invites you to participate in their breakfast, dinners, social hours, coffee breaks, picnics and BBQs. Members get together for movies, board games, garden parties, dances, walks, bowling and bocce. Those wishing to receive the group's newsletter listing monthly activities (you may participate in three activities before annual dues are required) should contact the New Membership Chairperson at 510-581-9008 or 510-562-8996.



Get your hearing ready for the sounds of summer.

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

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

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The Hearing Center of Castro Valley is now HearUSA.



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SSI: How to Determine if You Are Eligible

continued from page 7

Countable income includes wages or any other kind of money you earned from working, plus money you get from other sources like unemployment, Social Security retirement, or gifts from friends, but also, free food or shelter.

In 2019, the SSI allowable income limit is \$771 a month for an individual or \$1,157 a month for a couple. So, if your countable income is over the SSI allowable

limit (this is based on a complex set of rules and calculations – see [SSA.gov/ssi/text-income-ussi.htm](https://www.ssa.gov/ssi/text-income-ussi.htm)) you would not qualify. But if you are under it, you would qualify for some benefits depending on his countable income.

To help you determine if you are eligible for SSI, take the Social Security Administration's benefits screening test at [SSAest.benefits.gov](https://www.ssa.gov/benefits/ssi/ssaest/benefits.gov). This online questionnaire takes approximately 5 minutes to complete and screens for a variety of benefits, not just SSI.

You should also know that most states – except Arizona, Mississippi, North Dakota and West Virginia – supplement the federal SSI payment with payments of their own.

In some of the states that pay a supplement, you may qualify for the state payment even if you don't meet the federal SSI eligibility criteria.

How to Apply

If you think that you are eligible for SSI, call 800-772-1213 and set up an appointment to apply at your local Social Security office.

To help make the application process go quickly and smoothly, you should bring your Social Security number; birth certificate or other proof of age; information about the home where you live, such as your mortgage, or lease and the landlord's name; payroll slips, bank books, insurance policies, burial fund records and other information about your income and the things you own; your proof of U.S. citizenship or eligible noncitizen status; and if you are applying for SSI because you are disabled or blind, the names, addresses and telephone numbers of doctors, hospitals and clinics that have information related to your condition.

For more information visit [SSA.gov/ssi](https://www.ssa.gov/ssi) or call Social Security at 800-772-1213 and ask them to mail you a copy of publication 11000 "Supplemental Security Income (SSI)." You can also read it online at [SSA.gov/pubs/EN-05-11000.pdf](https://www.ssa.gov/pubs/EN-05-11000.pdf).

Other Assistance Programs

Depending on your income, needs and location there are other



If your countable income is over the SSI allowable limit you would not qualify. But if you are under it, you would qualify for some benefits depending on the countable income.

financial assistance programs that may be able to help you like Medicaid, prescription drug assistance, food stamps and energy assistance.

To find out what you may be eligible for go to [BenefitsCheckUp.org](https://www.benefitscheckup.org). This is a free, confidential Web tool that contains more than 2,500 programs.

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

CVHS REUNIONS

• The CVHS Class of 1964 will hold a 55-year reunion at El Sol Winery, 8626 Lupin Way in Livermore on Aug. 10. The cost is \$35 per person. Send checks to Judy Loomis Alexander, 819 E. Cromwell, Fresno, CA 93720. To request a flier or for more info, email: 1964cvhs@gmail.com

• The CVHS Class of 1969 will be celebrating its 50-year reunion on Saturday, Sept. 14, at the DoubleTree Hotel in Pleasanton. Join us to reminisce and enjoy seeing people you knew many years ago. We are planning a fun, energy filled event, a casual time to visit, reconnect and discover what has been happening for the last 50 years. Tickets must be purchased in advance. For more info email: cvhs69reunion@yahoo.com

• Rick Vanderbilt, Castro Valley High School Class of 1979, is leading the team putting together the official 40th reunion of the CVHS Class of 1979 on Friday, Sept. 20, at Canyon Lakes Golf Course & Brewery in San Ramon. Tickets and more info at www.cvhsclassof79.com. For more info you can also contact Rick at cvhsclassof79@gmail.com

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What Can be Done to Help Aging Parent With a Hoarding Problem?

Q: My 70-year-old mother has become somewhat of a hoarder. Since my father died a few years ago, her house is so disorganized and messy with stuff that it's becoming a hazard. What should I do to help her?

By Jim Miller

SPECIAL TO THE FORUM

A: Clutter addiction is a problem that effects up to five percent of Americans, many of whom are seniors.

The problems can range anywhere from moderate messiness to hoarding so severe it may be related to a mental health disorder like obsessive-compulsive disorder.

Here's what you should know, along with some tips and resources that can help your mom.

• Why People Hoard

The reasons most people hoard is because they have an extreme sentimental attachment to their possessions, or believe they might need their items at a later date.

Hoarding can also be a sign that an older person is depressed or showing early symptoms of dementia.

Common problems for seniors who live in excessive clutter are tripping, falling and breaking a bone; overlooking bills and missing medications that are hidden in the clutter; and suffering from the environmental effects of mold, mildew and dust, and even living among insects and rodents.

• What to Do

To get a handle on your mom's problem, the Institute for Challenging Disorganization offers a free "Clutter Hoarding Scale" that you can download online at: [ChallengingDisorganization.org](https://www.challengingdisorganization.org).

If you find that your mom has a moderate cluttering problem, there are a number of things you can do to help.

Start by having a talk with her, respectfully expressing your concern for her health and safety, and offering your assistance to help her declutter.

If she takes you up on it, most professional organizers recommend decluttering in small steps. Take one room at a time or even a portion of a room at a time. This will help prevent your mom from getting overwhelmed.

Before you start, designate three piles or boxes for your mom's stuff — one pile is for items she wants to keep-and-put-away, another is the donate pile and the last is the throwaway pile.

You and your mom will need to determine which pile her things belong in as you work. If your mom struggles with sentimental items that she doesn't use, like her husband's old tools or mother's china for example, suggest she keep only one item for memory sake and donate the rest to family members who will use them.

You will also need to help her set up a system for organizing the kept items and new possessions.

• Find Help

If you need some help with the see **HOARDING** on page 9

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If a car or taxi could transport you without endangering your health, Medicare won't pay.

Emergency? How Medicare Covers Ambulance Services

By Jim Miller

SPECIAL TO THE FORUM

Medicare covers emergency ambulance services and, in limited cases, non-emergency ambulance services too, but only when they're deemed medically necessary and reasonable. So, what does that mean?

First, it means that your medical condition must be serious enough that you need an ambulance to transport you safely to a hospital or other facility where you receive care that Medicare covers.

If a car or taxi could transport you without endangering your health, Medicare won't pay.

For example, Medicare probably won't pay for an ambulance to take someone with a simple arm fracture to a hospital. But if he or she goes into shock, or is prone to internal bleeding, ambulance transport may be medically necessary to ensure the patient's safety on the way. The details make a difference.

Second, the ambulance must take you to the nearest appropriate facility, meaning the closest hospital, critical access hospital, skilled nursing facility or dialysis facility generally equipped to provide the services your illness or injury requires.

It also means that the facility must have a physician or physi-

cian specialist available to treat your condition. Thus, Medicare may pay for an ambulance to take you to a more distant hospital if, for example, you are seriously burned, and the nearest hospital doesn't have burn unit.

Similarly, if you live in a rural area where the nearest hospital equipped to treat you is a two-hour drive away, Medicare will pay. But if you want an ambulance to take you to a more distant hospital because the doctor you prefer has staff privileges there, expect to pay a greater share of the bill.

Medicare will cover the cost of ambulance transport to the nearest appropriate facility and no more.

Non-Emergency Situations

In limited cases, Medicare will also cover non-emergency ambulance services if such transportation is needed to treat or diagnose your health condition and the use of any other transportation method could endanger your health.

Not having another means of transportation is not sufficient for Medicare to pay for services.

Some examples here are if you need transportation to get dialysis or if you are staying in a skilled nursing facility and require medical care. In these cases, a doctor's order may be required to prove that use of an ambulance is medically necessary.

How to Appeal

If an ambulance company bills you for services after Medicare denies payment, but you think the ride was medically necessary, you can appeal (see Medicare.gov/claims-appeals). Often, a lack of information about a person's condition or need for services leads to denials.

If you need some help, contact your State Health Insurance Assistance Program (SHIP), which has counselors that can help you file an appeal for free. To locate your local SHIP, visit ShiptaCenter.org or call 877-839-2675.

For more info on this topic, call Medicare at 800-633-4227 and ask them to mail you a copy of the "Medicare Coverage of Ambulance Services" booklet, or you can see it online at Medicare.gov/

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

Giving Your Home to Children Can Have Tax Consequences

I am thinking about giving my home to my son now, so that probate can be avoided and my affairs simplified when my time comes. Any comment as to whether this plan makes sense?

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

A Caution: Transferring your home to your son by gift during your lifetime can have adverse tax consequences.

Example: assume that you purchased your home many years ago for \$100,000, and suppose it is worth \$650,000 today. If you give it to your son during your lifetime, he "steps into your shoes" and the IRS will treat the home as if your son had acquired it for \$100,000. This is called "carry over basis." If he then sells the home for \$650,000, he will be obliged to recognize the \$550,000 difference (\$650K - \$100K) as capital gain and pay tax accordingly.

This could result in a whopping tax bill for him and actually less-

en the net value of your gift.

True, there would be some relief from this tax situation if your son moved into the home and lived in it for at least 2 years before sale. In that event, he would be entitled to exclude a part of the capital gain, i.e. \$250,000 if he is single and up to \$500,000 if he is married.

However, this 2 year residential requirement is often impractical if your son already owns a home, or plans to sell it sooner than 2 years, or prefers to treat it as a rental.

By comparison, if you hold the home until your death and pass it to your son as an inheritance, this tax problem can be avoided. The IRS will then treat the home as if your son had acquired it at its date of death value.

In tax parlance, the home's tax basis would be "stepped up" to its market value at the date of your death. Example: if it is worth \$650,000 at your death and your child then sells it for \$650,000, his capital gain would then be "0"



and no tax would be due. Quite a difference!

In your situation, you may wish to consider a Living Trust, which would accomplish your objective of avoiding probate while simultaneously obtaining the favored tax treatment which accompanies transfers upon death.

This arrangement would also allow you to retain home ownership in case you later need to obtain a reverse mortgage to help with your future long-term care expenses.

Sometimes parents who have received long term care benefits from the Medi-Cal program, consider a gift of their home in order to avoid a Medi-Cal recovery claim after their death. However, if that is the motivation, there are ways to both avoid a Medi-Cal recovery claim while still preserving favored tax treatment.

If this is a concern, professional guidance from an attorney knowledgeable in Medi-Cal planning is extremely important.

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

Hoarding: Seek Professional Assistance

continued from previous page
decluttering and organizing, consider hiring a professional organizer who can come to your mom's home to help you prioritize, organize and remove the clutter.

The nonprofit group National Association of Productivity and Organizing Professionals has a directory on the website at NAPO.net to help you locate a professional in your area.

If your mom has a bigger, more serious hoarding problem (if her

daily functioning is impaired, or if she is having financial difficulties, health problems, or other issues because of her hoarding) you'll need to seek professional help.

Antidepressants and/or talk therapy can help address control issues, anxiety, depression, and other feelings that may underlie hoarding tendencies, and make it easier for her to confront her disorder.

To learn more and find professional help see the International OCD Foundation which provides a hoarding center on their website (Hoarding.iocdf.org) that offers information, resources, treatments, self-help groups, and more. Also see HoardingCleanup.com, a site that has a national database of qualified resources including cleaning companies and therapists that can help.

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The Importance of Children's Dental Health

Healthy teeth are an important part of your child's overall well-being, so make sure you are doing all you can to protect their teeth and gums.

"According to the Centers for Disease Control and Prevention, tooth decay remains the most common chronic disease in children, though it is almost entirely preventable," said Walter Lucio, DDS, a dental consultant for Smile, California, Medi-Cal Dental's campaign to improve oral health among its members.

Daily brushing and flossing are important to help your child have a healthy smile, and so are regular dental check-ups.

"Children should start seeing the dentist when their first tooth appears and every six months thereafter," explains Dr. Lucio. "Parents who set this routine early will help their child with a lifetime of good oral health."

While free dental exams are provided with Medi-Cal—and most insurance plans—less than half of children enrolled in the program have been to the dentist.

To help, Smile, California



aims to increase dental utilization among all 13.5 million members, especially children. This includes preventive services such as teeth cleanings, fluoride treatments and molar sealants as well as restorative services to fix problems.

Smile, California offers these five tips to keep your child's teeth and gums in great shape.

1. Do it Right from the Start: Caring for your baby's smile begins the moment he or she is born. Baby teeth do fall out, but it is important to take good care of them until they do. Baby teeth help your child chew and speak properly.

2. Go to the Dentist: Use your free or low-cost Medi-Cal dental services and see a dentist for regular check-ups and cleanings. Your baby should see a dentist at the

first tooth or first birthday, whichever comes first. After their first visit, they will need to go to the dentist every six months.

3. Practice Good Habits Every Day: Help your child with proper daily oral hygiene, schedule regular dental check-ups, and limit sugary foods or drinks to lower the risk of infection, gum disease and tooth decay. Be a good role model with your healthy habits.

4. Ask for Molar Sealants: Protect your child's permanent molars from harmful bacteria and cavities by scheduling a check-up and asking the dentist to apply molar sealants. It's quick, painless and can last for years.

5. Seek Care Right Away: If your child has unexpected dental problems or concerns in between your regularly scheduled visits, call your dental office for help. If your child is in pain, see your dentist right away or go to the emergency room.

Visit SmileCalifornia.org for more oral health information and helpful tips, to learn about covered services and to find a dentist.

—North American Precis Synd., Inc.



It's the responsibility of the parents to get control of this and guide their children, from a young age, on the positives and negatives of screen time.

Prevent Digital Damage: 4 Tips To Manage Child's Screen Time

By Christine Kyriakakos Martin
SPECIAL TO THE FORUM

The digital age has given new generations of parents something extra to worry about: How much screen time is too much?

Physicians, teachers and psychologists generally agree that spending inordinate amounts of time immersed in computers, smartphones or social media can negatively impact a child's developing mind and body.

A screen time study published recently in JAMA Pediatrics found a link between excessive screen time and later development milestones.

Other studies have associated digital overuse with teen depression, and the American Academy of Pediatrics has issued guidelines suggesting daily limits on screen time for different age groups.

It's the responsibility of the par-

ents to get control of this and guide their children, from a young age, on the positives and negatives of screen time.

Parents can often think it's acceptable for a young child to spend a couple hours with an iPad, but the type of education the iPad game is providing isn't always the type of learning most needed at that stage.

Here are some suggestions for how parents can manage screen time and decrease a child's risk for screen-related health or developmental problems:

- Distinguish screen time from play time. Play is a fundamental learning tool for young children, but parents should not think of screens as toys for play time.

When screen time is limited and separated from other types of play, parents show their children the importance of setting boundaries, using their imaginations, and being active.

- Get involved. Parents who engage with their children about on-screen activities can help them increase their communication skills and teach them how to navigate digital media.

Parents can talk with their children about the videos they watch and games they play like they would discuss characters and plotlines in a book. When there is parental engagement like this, a child's vocabulary and literacy skills develop and family communication gets stronger.

- Make mealtimes screen-free. Eliminate screens from the meal table, including when you're out at a restaurant.

While it can be tempting to pack the iPads to have some adult conversation while you're out to eat, doing this doesn't teach your children about manners, properly engaging in conversation, or being mindful of other patrons.

see DIGITAL on page 11

CREATE YOUR OWN ZERO WASTE BACKPACK

Your backpack can carry more than just books! Before heading out of the house, pack your own Zero Waste backpack to help you reduce waste while on the go.



Cloth napkins can be used when dining at places that use single-use paper napkins.

Reusable straws come in various shapes and sizes. There are even reusable straws for pearl milk tea!



A reusable bottle does not need to hold just water. Request to have your favorite soda, milk tea, or coffee put inside.



Reusable take-out containers come in handy for leftovers at restaurants.



Use reusable utensils when dining at places that only offer single-use options.

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— Maria Montessori

Three Tips to Help Children Embrace Their Unique Selves

By Jennifer Lynch
SPECIAL TO THE FORUM

Some small children don't care what anyone thinks about them.

If they want to sing at the top of their lungs, they sing at the top of their lungs. If they want to wear a silly hat, mix-matched socks or gloves on a hot day, they do it – with no regard for how others might judge their eccentricities.

Somewhere along the line, though, most children long to fit in and begin to worry that their differences make them stand out – and not in a good way. So, they try to conform to what they perceive their peers or society expect from them.

Unfortunately, in the process they begin to hide what makes them unique instead of embracing it.

They become embarrassed or sad about their differences, maybe feel that people think they are strange, and that other kids won't like them or won't play with them. And in truth, other children sometimes will bully a child who is seen as different.

In working as an advocate for

children in the court system, foster care and treatment facilities, I've found you often have to help them overcome their insecurities about their differences.

It's important for them and all children to believe in themselves. They need to understand that different is okay. It's our differences that make us special.

This message is so universally important that it became the theme of my children's book, which is based on my daughters and their distinct personalities.

My two girls are so unlike one another that it's almost shocking. It made me think back to the children I encounter in the court system who say they dislike or even hate themselves because they feel different from their peers or their siblings.

Some of the ways parents or other adults can help children include:

- Remind them that differences make people special. While it's natural for children to long to fit in with their peers, it's also important for them to understand that their individuality is what makes them unique. Differences are interesting and life enriching. Part of the message is that you should appreciate the diverse traits in everyone you

know, and also appreciate what makes you special.

- Talk to them about the ways in which they shine. Kids like talking about themselves, so get them involved in a conversation about what they are good at. Maybe that is sports. Maybe it is writing.

Maybe they make good grades or they are a good big brother or friend. Whatever their special talent is, explore it with them so they know that there is something they do well.

- Encourage them to help other kids feel good about themselves. Young people can feel empowered not only by embracing their differences, but also by providing support and being a friend to others who are different.

When you help a child pick out positive things about themselves, they begin to focus on that, not the hurtful things that weigh so heavy on their hearts and minds.

Jennifer Lynch is an educator and child advocate who serves as a guardian ad litem, a person appointed to represent a child's interests in a court case. She has worked as a special education teacher and as a preschool teacher.



UNIQUELY YOU: It's important for all children to believe in themselves. They need to understand that different is okay. It's our differences that make us special.

Digital: How To Cut Kids' Screen Time

continued from previous page

Set a good example. It will be harder for a child to disengage from screens if his or her parents are consistently looking down at their own phones or tablets.

Remember, your children learn from your example. If they see you spending a lot of time with your face in front of a screen, they'll also want to use technology at the same time.

Try your best to save your time on social media for your lunch break, during nap time, or after your children have gone to bed.

Learning how to use screens, verbally communicate or socially interact will have a positive impact on language skills, relationships and overall health.

Spending time with their parents and learning through play is what young children need and want.

Christine Kyriakakos Martin is the author of "You've Got This! Keys To Effective Parenting For The Early Years." An early education expert and consultant, she has spoken on child-development topics at national education conventions and colleges.

Are We Lazy In Education Of Our Boys?

The problem of boys in education is not a new one – data has been mounting for many years that our sons are simply falling behind our daughters, says pioneering veteran in education, Edmond J. Dixon, Ph.D. But, he says, it's not because boys are any less intelligent than girls.

A recent study from researchers at the University of Georgia, which followed 10,000 students as they moved from kindergarten to eighth grade, indicates that though boys scored well on tests, indicating mastery of material, girls got better grades.

Researchers account for higher scores in girls because they comported themselves better than boys while in the classroom.

"I think that, by now, most academics have accepted that boys and girls have fundamentally different learning needs; girls are better at sitting still and listening, whereas boys learn better via kinesthetic learning, which involves more physical activity," says Dixon, who has more than three decades experience as a teacher and is a parent of boys.

"There are many other studies, however, showing boys underperforming in school; now, it's a matter of what we're going to do about it."

Dixon, a cognitive-kinesthetics specialist, discusses why his first three "secrets" are so important *see BOYS on back page*

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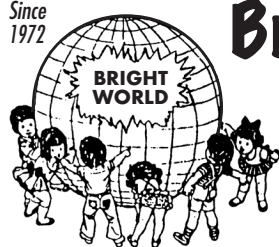
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ATHLETE OF THE WEEK



This week's Athlete of the Week is Diego Agron. He swims for Castro Valley's Chabot Marlins swim team and won a gold medal at the East Bay Swim League's annual Championship meet at Chabot College on Saturday, July 27.

Agron won the 50 yard backstroke for 15-18 year olds. His outstanding performance saw him finish with the Marlins' second fastest time in the freestyle and butterfly events and the third fastest time in the backstroke.

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CV Crocodiles Best Season

The Castro Valley Crocodiles swim team capped off its best season ever with a fifth place finish at the 45th Annual East Bay Swim League's Championship meet at Chabot College on July 27.

The League consists of 12 teams, separated into an upper and lower division. The Crocs finished undefeated in the lower division for their second consecutive year.

Next year will be the first time that the Crocs will have the opportunity to swim in the upper division in its 21 year history.

"The rise from the bottom has been epic," said Head Coach Steve Heinsma. "In 2015, the Crocs finished in 12th place, but have placed better every year since."

Crocodile swimmers lit up the pool with 5 relay and 8 individual medals. Quentin Monaga, Alec Dughi, Mathew Kuan and Beckman Hart destroyed the Crocs' 15-18 boys medley relay record by 5 seconds, with a time of 1:43.82 (only 2.3 seconds off of the league record).

Leah Lui, Alexa Mendoza, Joy Lee and Charlotte Aalsma broke the 8-and-under girls free relay record with a time of 1:17.14. Both Ayana Croke-Boym and Anna Dughi broke the 11-12 girls backstroke record, with Croke-Boym edging out Dughi by 0.001 seconds for a new record of 34.84 seconds.

Alec Dughi nudged down his previous 15-18 boys breastroke record to 28.76 seconds, while Matthew Kuan did the same with his previous 15-18 boys butterfly at 24.01 seconds.

Kuan also broke the 15-18 boys freestyle record with a time of 22.20 seconds.



PHOTOS BY MONIKA MOMIYAMA



Of note, Dughi and Kuan ended their storied rivalry with an absolute tie in their final 15-18 boys individual medley, with a time of 1:00.36. Kristie Lin set a new 15-18 girls butterfly record with 28.90 seconds in her final summer league competition and Brayton Lewis-Murphy improved his own 9-10 boys backstroke record to 18.02 seconds.

On this record setting day, the swimmers set 159 personal records (PRs), which is the main

focus of the program.

The theme for the season was "Croc for Life" and that is the feeling you get every season from the Crocs. The Crocodiles are looking forward to next season, always looking for the next crop of young swimmers, starting as young as four years old.

Practice is at the Castro Valley Swim Center next to CVHS. Registration starts in February and more info can be found at: www.castrovalleycrocodiles.org.



Operating Engineers Local 3 Business Manager Dan Reding presents Lucy Henneker with a \$12,500 college scholarship award.

CV Student Awarded \$12,500 Scholarship

Lucy Henneker of Castro Valley has been awarded a \$12,500 college scholarship from Operating Engineers Local 3.

Henneker, the daughter of Local 3 member Thomas Henneker, was chosen for her outstanding academic performance, having maintained straight As throughout her years at Connecting Waters Charter School, where she ranked at the top of her class.

In addition to excelling in all of her classes, she served as secretary of the East Hills 4H Club, co-president of the Math Club, volunteered at her church and pursued her personal interest in writing novels.

"Lucy is a wonderful student," said her math teacher Mindy Gray. "She genuinely enjoys learning and is eager to go beyond rote memorization to a depth of understanding that crosses subjects."

Henneker will be taking general education classes this fall, as she decides whether to pursue a degree in mathematics or biochemistry, with the ultimate goal of becoming a college professor.

Operating Engineers Local 3 represents about 37,000 equipment operators and other workers in construction, public works and law enforcement and will award 31 college scholarships this year.

REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Buyer's Lack of Understanding Fuels HOA Fears of Extra Costs

Owners in a local condo development recently received the shock of their lives. Opening their mail, they discovered notifications they were being assessed close to \$70,000 per unit. While aware the development had been in poor condition for some time, the amount required to correct the issues was substantially higher than any imagined. Compounding the issue was the fact that the local building department had visited the development and red-tagged stairs, balconies and other key structural components. While the price tag was eventually lowered considerably, this situation highlighted a fear many have of buying into a development with an HOA. Many buyers are put off by the monthly HOA fees, the lack of control they have over rate increases and potential special assessments. While a valid concern on one

level, the fear illustrates a lack of understanding of the actual costs of owning a home. As an example, I frequently visit single family homes with deferred maintenance or obsolescence that will cost in the multiple tens of thousands of dollars to remedy. No matter what type of home you occupy, deferred maintenance will catch up with you. Then there is the matter of the monthly fee. As an owner of a single family home, I'm faced with monthly expenses that include the following: pool maintenance - \$200/month (including weekly cleaning visits, filters, chemicals, water, electricity), landscaping - \$100/month (blow and go), homeowner's insurance - \$120/month, garbage & water - \$100/month, routine exterior maintenance - \$200/month, deferred maintenance - \$500/month (eg. roof repair/replacement) and so on. Add all this up and it dramatically exceeds the \$340 average*

HOA fee in the Central County. Bottom line: I'd love to have an HOA at my house. For those concerned about escalating monthly fees, the increases are affecting detached homeowners as well. The rising costs of labor, building materials and property insurance are impacting all of us equally. If anything, costs are lower for HOAs because they can get bulk discounts. If you are truly concerned about the costs of HOA fees and the potential of special assessments, carefully read the HOA financial packages and meeting minutes before buying. Any projected increases and assessments should be visible. Want to monitor things more closely? Once you own, get on the HOA board. That way, you will know exactly what is going on and can do your part to keep costs as low as possible. *Calculated based on the average of 736 condos/townhouses 2019 HOA fees listed on the MLS in the Central County.

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.

Kill Dormant Crabgrass Seeds

By Buzz Bertolero
Special to the Forum

My backyard lawn has patches of crabgrass. Which "Weed and Feed" should I be using to control it? I haven't been successful with the ones I've tried.

A Bayer Advanced All-In-One Weed and Feed is a granular product that fertilizes the lawn, kills broadleaf weeds including crabgrass and other undesirable grasses. This is the first year it has been available.

It uses the same active ingredient that you would find the liquid types of crabgrass control. The liquid crabgrass killer comes in a ready-to-spray container that you attached to your hose. There are several brands available.

So far, I've found these products to be disappointing in controlling the actively growing Crabgrass. They're very slow-acting, taking weeks for the results to show up.

Crabgrass goes dormant in the winter and reappears around the 4th of July. It thrives until November when it goes to seed and dies out.

The best most effective meth-

od of controlling crabgrass is to kill the dormant seeds. Pre-emergent crabgrass turf products are applied in January and February. That being said, I'm going to try the All-In-One Weed and Feed to see if it's more effective than the liquid. 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](https://www.facebook.com/Buzz.Bertolero)



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WEEKEND GARDENER

Wildfire Protection

Hot, late-summer weather is right around the corner and it is time to pay attention to fire safety around your home and yard, especially if you live in a wooded hillside area. You should maintain a defensible space—a minimum of 30 feet—around the house, with all shrubs pruned to three feet or less. Remove dead and flammable debris, including tree branches lower than eight feet from the ground. Keep climbing plants away from buildings and fences. Sweep gutter, eaves and the roof of leaves and other debris.

Flowers

Feed azaleas, camellias and rhododendrons with an acid fertilizer for the last time this year to help them set buds for early spring bloom. Continue feeding begonias, fuchsias and summer annuals. Feed chrysanthemums until their buds begin to show color and open.

Hedges

Shape hedges for the last time this season.

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

CITY GUIDE

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21925 Vernetti Way	94546: \$677,000 1,242 SF - 1959
3901 Forest Circle	94546: \$680,000 2 BD - 1,239 SF - 2009
4268 Omega Avenue	94546: \$700,000 2 BD - 1,240 SF - 1947
2248 Lessley Avenue	94546: \$730,000 3 BD - 1,379 SF - 1948
20395 Summerpark Pl	94552: \$732,000 2 BD - 1,282 SF - 1998
3246 Somerset Avenue	94546: \$760,000 3 BD - 1,230 SF - 1956
4407 Gem Avenue	94546: \$770,000 3 BD - 1,312 SF - 1950
20073 Diamond Court	94546: \$808,000 3 BD - 1,276 SF - 1949
4757 Rollinghills Way	94546: \$830,000 3 BD - 1,176 SF - 1959
18833 California Street	94546: \$882,000 2 BD - 1,484 SF - 1958
4772 Malabar Avenue	94546: \$920,000 5 BD - 2,279 SF - 1957
18640 Sandy Road	94546: \$1,002,000 3 BD - 1,675 SF - 1949
18543 Mountain Lane	94552: \$1,080,000 3 BD - 2,376 SF - 1967
TOTAL SALES:	16
LOWEST AMOUNT:	\$540,000
HIGHEST AMOUNT:	\$1,080,000
MEDIAN AMOUNT:	\$746,500
AVERAGE AMOUNT:	\$774,750

Moving Bougainvilleas Difficult, Not Impossible

By Buzz Bertolero
Special to the Forum

Q I need to move an established bougainvillea so we can enlarge our family room. Can it be transplanted at this time of the year? I really would like it to survive.

A Bougainvilleas can be successfully transplanted from containers, but this is not always the

case with established plants.

They have a very fine root system that doesn't knit tightly to form a solid rootball. When they're moved, the root ball breaks apart, reducing the survival rate.

This is not an ideal time to move with the warm days and nights. You'd be better off if you waited until October, but that may not be an option. So, here is how I'd go about moving it now.

I'd try to do this during the

early morning or evening, avoiding the heat of the day. The first thing to do is prune the canopy back severely. This reduces the demand on the roots.

Then dig around the plant to form the root ball and support it by lining it with cardboard secured with ties. I'd use several bungee cord ties available at any home improvement store and secure it tightly.

Next, carefully tip the root ball over, cutting the roots as

you go. The rootball is then picked up or slid carefully to a new location and placed upright in the new hole.

As the backfill is added, remove the ties but not the cardboard (it will decompose naturally). Cut off any cardboard that extends above the soil.

Proper planting techniques are employed by amending the backfill with soil amendments, and be sure not to bury the root ball too deep. Finally, take a

few digital pictures of it for the refrigerator before you start. In this way, you avoid the last memory of your favorite plant, collapsing, turning brown, and then dying.

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](https://www.facebook.com/Buzz.Bertolero)



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Preparation is Key for First-Time Painters

By **Samantha Mazzotta**
Special to the Forum

First-timers often are daunted by the amount of paint and paint products to choose from, conflicting instructions from various sources, and sometimes a lack of helpful information from home-improvement store paint sections.

Others feel it's simple enough to just buy a bunch of paint and brushes and just go for it. The

reality falls somewhere in between.

Preparation is the most important rule to follow, however. You'll want to prepare the walls (and presumably trim) in your house or apartment for painting. You'll need to figure out not just what color paint to use, but how much of it to buy, and if the colors even work the way you think they will. Here are a few tips to get you started:

- Buy sample sizes of paint

colors you're interested in, and paint a stripe of each in an inconspicuous section of the wall. Paint looks different when wet and when dry.

- How much paint should you buy? A gallon of latex paint covers 350 square feet. Measure the length of each wall and add the figures together. Measure the height of the room from floor to ceiling. Multiply the first number by the height of the room and you'll have your square

footage.

- Wash all surfaces to be painted with a damp sponge soaked in a soap and water solution and then squeezed to remove most of the water. Let the surfaces dry for about a half-day, longer if it's rainy or humid.

- Remove protruding nails and patch nail holes and small (less than 1/2 inch) dents and holes with spackling compound. Once it's dry, sand the compound lightly and wipe with a

damp sponge to remove dust.

- Mask off areas you don't want to paint using blue painter's tape, which comes off more easily than masking tape.

- Covering a dark wall with a lighter paint? Prime the wall first with a primer that is close to or matches the color of the new paint.

- Ditto for covering one type of paint, such as an oil-based paint, with a different type, such as latex paint. A primer coat will

keep your new paint from bubbling, cracking or peeling.

- Make sure the area being painted is well ventilated; additionally, wear a filter mask (not a dust mask) to reduce inhalation of paint fumes.

Home Tip: Paint stores will pre-mix your paint after you purchase it, saving a lot of time, but you still should stir the paint for a few seconds immediately before beginning to paint with it.

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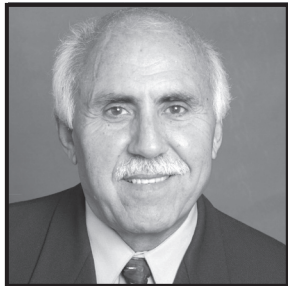
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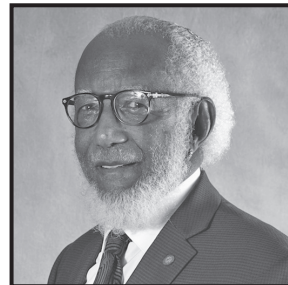
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Edward John Linney

November 17, 1958 - August 1, 2019

Edward was affectionately known as Ted by his family and friends all his life. He was the fourth child born into a family of 8 children; he was the firstborn son. He was a 5th generation San Francisco native of Irish descent. A very caring and giving person, Ted helped many people throughout his life. If Ted sensed you were earnest and true, he was loyal forever, but he would not suffer fools or double mindedness.

Ted worked for 25 years as a union carpenter in San Francisco, then ventured out on his own as a general contractor. After a life filled with physical labor, his later years saw him suffer physical pain but he never complained nor shirked a task. Often times that task would be to assist a person in need. Ted had a natural talent for woodworking and building. He inherited a creative genius from his mother. He had rich, dark eyes that would sometimes stare into the distance as his brilliant mind solved complex problems with innovative solutions. Everyone who knew him commented on his remarkable genius. Like his brothers, he was a natural born storyteller in the Irish tradition. It was a joy to watch him among his family, telling jokes and stories, always with a mischievous gleam in his eyes as he delivered the punch line. He loved to make us laugh and he had a great laugh himself. He was truly one of a kind. Ted never seemed to fully comprehend how much he was loved and respected by so many people. He was cherished by his family and we will be missing him for the rest of our lives. May God bless you and keep you, beloved son and beloved brother Ted.

Ted was preceded in death by his father Edward, and sisters Joni and Katie. He is survived by his mother, Connie Linney, his three brothers Brian, Neil, and Paul Linney, two sisters, Valerie Johnson and Laura Pica, and by his former wife and friend Carol Linney. He was a much-loved uncle to many nieces and nephews and a great friend to countless others.

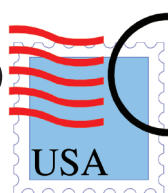
A funeral mass will be held at Our Lady of Grace Church, 3433 Somerset Avenue in Castro Valley at 11 a.m. on Tuesday, Aug. 13, followed by a reception.



Letters to the Editor must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. We do not publish unsigned or anonymous letters. Email Letters to: fredz@ebpublishing.com or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

LETTERS

TO THE EDITOR
FREDZ@EBPUBLISHING.COM



Traffic Congestion

Editor:

While sitting in traffic at the intersection of Cull Canyon and Crow Canyon, I spied something spectacular. A beautiful painting of two deer on a lush green backdrop on a common utility box. My blood pressure was immediately lowered as I enjoyed the scene. Throughout Hayward and now CV there are themed paintings on these electrical boxes. They are so beautifully done — a great artist is at work. Plus it reminds everyone to drive slow for the wildlife.

Can someone please come up with a plan to relieve the traffic congestion at Canyon? It is the worst mess each morning and afternoon. My ideas: (1) Hire school crossing guards so parents feel safe letting their kids cross the streets around Canyon. The cars take the turns around that area very fast and the guards are needed. The school district needs to budget for the crossing guards. I'm sure they can afford it. (2) Put together car pools in every neighborhood for Canyon kids. (3) Have themes: Tuesdays ride a bike to school, or Wednesday parents walk with their kids, or Thursday bus days. (4) Have drop-off sites away from the school and walk the rest of the way in groups.

—Barbara Silva
Castro Valley

Myths or Truths?

Editor:

It would have been appropriate if Mal May ("Myths About Immigrants," *Letters*, July 31) had distinguished Truth vs. Myth regarding immigration.

Truth: We truly have no idea who or what is crossing our borders. The first ten may well be teachers, doctors etc. as the writer pointed out. But the next ten may have an arrest record as long as your arm from wherever they came and have no intent but to do harm to America and its citizens. We honestly don't know.

Truth: We see it at least once a month in the news, an immigrant 8-1/2 months pregnant crawl under the border fence illegally to have their child which, of course, makes the child an American citizen. And, who usually ends up paying for the care of that child? You got it.

Truth: My dentist, my family attorney and my landscaper are all fairly recent immigrants to the U.S. Their families all went through the legal process to become American citizens. None complained about conditions or the process. And, most importantly, none has ever asked for one cent in welfare or government handouts.

Can we say that about immigrants at the Mexican border today? Or is this just another "myth"?

—Jane Mason
Castro Valley

Letter Carrier More Like a Friend

Editor:

Julian Ng (*Postal Worker Reflects on His 30-Year Career*, Page 1, *The Forum*, July 31) was my letter carrier a few years ago when I lived on Berdina. He was more than a mail man, more like a friend who delivered the mail.

It was always a pleasure to see him and chat. He was always helpful with mail problems. I wish him the best in his retirement.

—Karl Anderson
Castro Valley

School District's Custodians

Editor:

I love, love, love how the Castro Valley Sanitary District honored the Castro Valley Unified School District's custodians. In today's world, where we give respect and accolades only to celebrities, athletes, millionaires and other "highly accomplished" people, it's not only refreshing but necessary to recognize those who do important work without anyone cheering them on - or even noticing they're there.

Thank you CVSAN. You honoring them makes me want to honor you!

—Jaime Richards
Castro Valley

Democratic Club Picnic

Editor:

Thanks to the Forum for putting a notice in the Community Calendar for our Castro Valley Democratic Club Picnic. Thanks to everyone who came and made it such a great picnic.

We hope to see you all at our meeting at 7 p.m. on August 23 at Faith Lutheran Church on Redwood Road. We will have a special speaker, Alameda County District Attorney Nancy O'Malley.

—Mary Swain
Castro Valley



SELFIE BY BRUCE JOHNSON

What happened to Al Proietti and who cuts his hair?

Al Proietti, who was a staple at Village Barber Shop for 20 years before it closed the end of June, can now be found at Reflections of Hair (near Trader Joe's) on Redwood Road, where after getting my haircut on Saturday, I returned to find Al getting a haircut from another Village Barber, Al Martinez!

—Bruce Johnson, Castro Valley

THE FORUM CROSSWORD

1	2	3	4	5	6	7	8	9	10	11
12			13				14			
15			16				17			
		18					19			
20	21				22	23				
24				25				26	27	28
29			30					31		
32			33				34			
			35				36			
37	38	39				40				
41				42	43				44	45
46				47				48		
49				50				51		

ACROSS

- 1 Moment, for short
- 4 Nevada neighbor
- 8 Detergent brand
- 12 Savings plan acronym
- 13 Actor LaBeouf
- 14 Moby Dick's pursuer
- 15 Insect repellents
- 17 "___ Lisa"
- 18 Harbor structure
- 19 Asian nation
- 20 Not intoxicated
- 22 Actor Newman
- 24 On in years
- 25 San Francisco carriage
- 29 Under the weather
- 30 Divine
- 31 "... and seven years ___"
- 32 1776 crossing site
- 34 Porn
- 35 Sampras of tennis
- 36 Vatican heads
- 37 "Caribbean Queen" singer Billy
- 40 Sleeve end
- 41 Bedframe piece
- 42 Stump
- 46 Drunkard
- 47 On
- 48 Carnival city
- 49 Do as you're told
- 50 Say it isn't so
- 51 Tackle's teammate

DOWN

- 1 [Uncorrected]
- 2 Geological period
- 3 "Wichita Lineman" singer
- 4 Leading man in the theater?
- 5 Norse hammer thrower
- 6 Melody
- 7 Owns
- 8 Mexican entree
- 9 Breakfast chain acronym
- 10 Carvey or Delany
- 11 Abba of Israel
- 16 Piper's adjective
- 19 Seventh of a series
- 20 Put into words
- 21 Leer at
- 22 Chaplain
- 23 Competent
- 25 Layer
- 26 Marshmallow toaster
- 27 Chills and fever
- 28 Decays
- 30 Verdon or Stefani
- 33 Carelessness?
- 34 Couch
- 36 Lightweight boxer?
- 37 Norway's capital
- 38 Organization
- 39 Relaxation
- 40 "Be a sport"
- 42 Scoundrel
- 43 Corroded
- 44 Martini ingredient
- 45 Affirmative action?

ANSWERS ON PAGE 5

Reports: CV

continued from page 3

911 call about a loud and aggressive-sounding argument sent deputies to a home on Ray Avenue near Center Street. There, they arrested a 53-year-old man on suspicion of assault on a family member. Deputies handcuffed the man and took him into custody. The victim was treated at the scene.

New Yorker With False ID

Thursday, August 1: at 11:47 a.m., deputies pulled over and arrested a 36-year-old man from New York City as part of a warrant issued for his capture. The man was traveling on Castro Valley Boulevard near San Miguel Avenue when deputies conducted a traffic stop. Deputies report the man was previously charged with possession of a phony ID and stolen property. The man was taken to Santa Rita Jail pending \$15,000 in bail.

Mother and Son Arrested

Thursday, August 1: at 3:50 p.m., a 55-year-old woman from Castro Valley and her 32-year-old son were arrested as part of a warrant issued for the son's capture. Deputies served the warrant at a home on Tyee Street near Strobbridge Avenue. The man was wanted for previous charges of possession of a stolen vehicle and violating the terms of his probation. The mother denied knowing her son's whereabouts, but deputies found him on the property. Both mother and son were charged with resisting arrest and the mother was charged with harboring a fugitive.

see REPORTS on back page



PHOTO BY SUSAN RUTBERG

When Life Hands You Lemons...

Solo performance stars Brian Copeland, holding the lemonade, 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. For tickets (\$40), visit www.CharlieVaron.com

Niles Canyon Stroll and Roll

Niles Canyon Road will be closed to motor vehicles on Sunday, Sept. 22, for this year's "Stroll and Roll" to give full access of the road to hikers, runners and bicyclists, and to raise awareness about a proposed new public trail through the scenic canyon.

On that day, cars will be barred on the stretch of Niles Canyon Road between Mission Blvd. in Fremont and Main Street in Sunol from 7 a.m. to 2 p.m. From 7 a.m. to 8 a.m., the road will be open to bicyclists only.

Participants in the unusual event also will have the chance to discuss proposals to improve public access to Niles Canyon with officials from Alameda County and the East Bay Regional Park District.

A 2017 study suggested that a 10-foot-wide paved pathway running mostly along the north side of Niles Canyon Road would be the best way to provide access to the canyon for pedestrians, bicyclists and possibly equestrians.

Proposals for a public trail through the canyon have been driven by the canyon's breathtaking scenery, which is accessible only via Niles Canyon Road, a winding two-lane portion of State Highway 84.

Bicyclists have repeatedly called for a trail due to safety concerns related to sharing the narrow roadway - which includes no shoulder space in some sections - with automobiles.

Visit www.84strollandroll.com

LEGAL NOTICES

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JULY 05, 2019
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By-----, Deputy
FILE NO. 560919
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Pursuant to Business and
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Sections 17900-17930

The name of the business:
At Your Service Bartending, LLC located at 22990 Palazzo Del Kayla, Hayward, CA 94541, in Alameda County is hereby registered by the following owner(s): At Your Service Bartending, LLC, 22990 Palazzo Del Kayla, Hayward, CA 94541. This business is conducted by a Limited Liability Company. This business commenced on July 2014.
/s/At Your Service Bartending, LLC
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JULY 05, 2024

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

FILED
JUNE 17, 2019
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County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 560351
**FICTITIOUS BUSINESS
NAME STATEMENT**
Pursuant to Business and
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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
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JULY 17, 24, 31, AUG 7, 2019
0124-CVF

FILED
JULY 11, 2019
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ALAMEDA COUNTY
By-----, Deputy
FILE NO. 561119
**FICTITIOUS BUSINESS
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Pursuant to Business and
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Sections 17900-17930

The name of the business:
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/s/Alvaro Prieto M.
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Expires JULY 11, 2024

JULY 24, 31, AUG 7, 14, 2019
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FILED
JULY 12, 2019
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FILE NO. 561154
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By-----, Deputy
FILE NO. 561662
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Pursuant to Business and
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Sections 17900-17930
The name of the business:
Coastal Paella at 4719 James Ave., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Tony Ng, 4719 James Ave., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on N/A.
/s/Tony Ng
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Expires JULY 29, 2024
AUG 7, 14, 21, 28, 2019
0130-CVF

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Reports: CV

continued from page 19

Two Women Arrested

Wednesday, July 31: at 12:54 a.m., deputies arrested two women from Hayward in the parking lot of a grocery store on Redwood Road near Grove Way. A 35-year-old woman at the scene was wanted for her arrest. A 40-year-old accompanying her was charged with possession of stolen property. The women were taken to Santa Rita Jail. The younger woman was held without bail.

Passed Out in Car with Drugs

Wednesday, July 31: at 5:31 a.m., a 31-year-old man from San Francisco was arrested on suspicion of possession of several illegal narcotics including ketamine, methamphetamine, and illegal amounts of marijuana. Deputies found the man asleep in his car on Modesto Street near Redwood Road after a passerby reported a suspicious person passed out in a car.

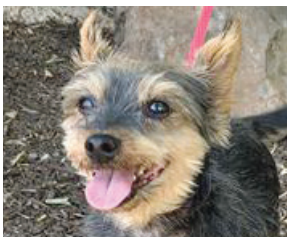
Stranded Motorist Wanted by the Law

Tuesday, July 20: at 2:23 a.m., deputies arrested two people whose car was broken down near the intersection of Castro Valley Boulevard and Lake Chabot Road. The driver, a 28-year-old man from Oakland, was charged with providing deputies with three separate fake identifications before revealing his real one.

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DRACO is a goofy, active and loving 1 year old Siberian Husky looking for an active, loving family. He plays well with active dogs and doesn't mind sharing his treats. He might be OK with young kids. Neutered. Info: Hayward Animal Shelter: 510-293-7200.



GEORGE is a pint sized, 10 yrs young Yorkie mix with a huge personality. He's playful and loves to chase toys, and he's also good at sharing them. He plays well with other dogs. Might be OK with young kids. Neutered. Hayward Animal Shelter: 510-293-7200.



ARCHIE is a 3 month old gray and white tuxedo boy who sadly, was abandoned at a Walmart. This survivor baby is active and playful. Archie is neutered, vaccinated, microchipped and negative for FIV/FeLV. For more info, email: Loveallpawzrescue@gmail.com.



MARGOT is a sweet, fuzzy gray and white tuxedo girl who's almost 4 months old. She's friendly, affectionate and loves to snuggle. Margot is spayed, vaccinated, microchipped and FIV/FeLV negative. For more info, email: Loveallpawzrescue@gmail.com.

Boys: Let them Use 'Movement Wiring'

continued from page 11

in helping boys with active minds and bodies.

- **Movement matters:** Nearly ever time, the student who disrupts class because they cannot sit still is a boy. Research reveals that young boys' brains develop a tremendous amount of neural wiring to facilitate movement and sensitivity for how things "fit" together.

When a boy is a toddler, we would never think that a sedentary child is a good indicator of health, so what makes us think that he should change while in grade school? One tip: Allow a boy to use his "movement wiring" by allowing him to use his body as he learns to represent the topic.

- **Games work:** Their testosterone makes males are naturally competitive. If you want them to become suddenly engaged in something, make a game out of the lesson—it's just like flipping a switch on.

Just look at sports talk shows with analysis such as "Pardon the Interruption;" each expert has a clock clicking down to make his point. Little gaming tricks like this works on the male brain.

Tip: create clear rules – they help boys understand victory, and they add legitimacy to the lesson. Games also serve as an excellent method for male bonding, too.

- **Make them laugh:** Observe a

group of males; whether young or old, they bust each other's chops. Not only is it okay, they enjoy it! Everyone has a positive chemical reaction with laughter; boys, however, often use humor as a form of communication, an asset with which most girls do not have a problem.

Research has demonstrated that boys' emotions are processed initially in the more primitive parts of the brain and come more indirectly to the speech centers. That's why making a crude joke is easier for males to communicate sensitive feelings.

Tip: Before starting homework or an assignment, ask a boy to consider what might be funny, weird or strange about it; his mind will be more focused on the topic afterwards.

"This is just the tip of the iceberg; if parents and teachers are serious about getting their boys off to a better start in life, I encourage active participation and education," Dixon says.

Edmond J. Dixon, Ph.D., is the author of "Helping Boys Learn: Six Secrets for Your Son's Success in School," (www.HelpingBoys-Learn.com).

CHAMBER NOTES

RENEWING MEMBERS

- Centruy 21 Marquis
- El Rancho Supermercado
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- AC Transit
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- Bank of the West
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- Ambro Insurance Services
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- Foothill Chiropractic Center
- Rebecca Sayami - Realtor
- Studio W Salon
- We are Hemp

NEW MEMBERS

- Bright Now Dental
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