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Pride Celebration

3

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YEAR 33

WEDNESDAY, JUNE 23, 2021

NO. 25

INSIDE YOUR FORUM

NEWS



Reading Game

County Library invites you to the 2021 Summer Reading Adventure

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LIVING

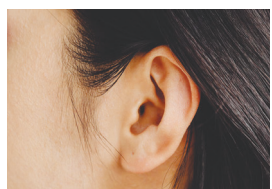


Ah, Artichokes!

These tasty artichoke recipes are guaranteed to steal your heart

Page 6

HEALTH



Ear Rings

Tips and treatments for tinnitus, the sensation of ringing in your ears

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PHONE: (510) 614-1560



PHOTO COURTESY OF ALAMEDA COUNTY FAIRGROUNDS

AND THEY'RE OFF!: Four more weekends of live horse racing are on tap at the Alameda County Fairgrounds in Pleasanton. Post time is 2:45 p.m.

Live Horse Racing Returns

Live horse racing is back at the Pleasanton Fairgrounds every Friday through Sunday through July 18. Post time is 2:45 p.m. daily, including Monday, July 5.

Racing fans are being welcomed back this summer with two restaurants and a range of seating options.

Sky Lounge, an indoor restaurant, offers picturesque views, attended serving stations, air conditioning, and private betting windows.

Trackside Terrace is an open-air outdoor dining experience with elevated views of the racetrack, attended serving stations, betting machines, and in-person betting clerks. Box Seats and Grandstand Reserved Seats offer great views of the track and access to concessions.

All dining and seating options include parking. Tickets are available online only.

This year racing fans can watch and wager in person and catch the

excitement of horse racing at the Stella Artois Grandstand.

2021 Stakes Races

- Saturday, June 26 - She's A Tiger, \$75,000 Guaranteed

- Saturday, July 3 - Oak Tree Sprint, \$75,000 Guaranteed

- Saturday, July 10 - Everett Nevin Stakes, \$75,000 Guaranteed

Racing Seminars return daily at 1 p.m. at the Farmhouse, co-hosted by Dennis Miller and Craig

see **RACING** on page 6

Prolonged Effects of Drought

By Michael Singer

CASTRO VALLEY FORUM

California's drought will do more than prevent you from watering your lawn every day. It could also make your groceries more expensive and energy bills rise.

Alameda County is currently in its second driest year since 1977 when water conservation was at an all-time high. This is also the 10th driest year to date in 127 years, according to the California Department of Water Resources (DWR).

Statewide, 75 percent of California is considered in the most extreme levels of drought, also known as "exceptional drought."

The severe drought conditions mean water shortages are widespread; surface water is depleted, and federal irrigation water deliveries are lower than in previous years, according to DWR.

The dry conditions also mean food supplies can be negatively impacted without help from alternative water sources. Exports such as avocados, berries, broccoli, grapes, and lettuce could all see prices rise about 3 percent (between 17 to 62 cents) according to the USDA.

California provides one-quarter of the food supply in the United States, according to the California Department of Food and Agriculture. It's a \$50 billion industry that depends highly on water resources.

In addition, the exceptional drought conditions are restricting recreational activities that center on water resources. While foot traffic to theme parks isn't expected to be impacted by cuts in water availability, any recreation that takes place on a reservoir, lake, or river will be curtailed. Already, 130 boats and houseboats on Lake Oroville were asked to relocate to a dry dock or risk being run aground after water levels sunk below two of the lake's main docks.

The impact of the drought could also fuel an already dangerous fire season. Last year, more than 8,200 wildfires burned, displacing towns and communities up and down the state. Additionally, the dry conditions are putting a strain on both the power grid since hotter temperatures often result in more electric consumption for air conditioning and refrigeration systems.

Part of the reason for the water shortages is the lack of snowmelt and runoff from the

see **DROUGHT** on page 5

MAC Endorses Safety Corridor

By Amy Sylvestri

CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) unanimously endorsed Assemblymember Bill Quirk's proposed legislation to designate Crow Canyon Road as a Safety Corridor, and got an update from the Sheriff's Office at their Monday night meeting.

Broadly speaking, a safety corridor is an area or segment of highway identified due to increased accident rates, fatalities, traffic volume and other criteria.

In designated safety corridors, traffic violations can be punished with double fines.

Over the years, Crow Canyon Road has been increasingly used by commuters and is heavily trafficked with over 18,000 vehicles per day.

On the road, there have been nearly 500 accidents, 272 injuries, and 14 fatalities since 2010, in addition to over 3,000 speeding tickets issued. The California Highway Patrol estimates that over 60,000 drivers are going above the speed limit on Crow Canyon on any given week.

see **MAC** on page 6







Castro Valley Weather June 9-13, 2021



Wednesday
Afternoon Breeze
High 104° Low 51°



Thursday
Afternoon Breeze
High 111° Low 50°



Friday
Partly Sunny
High 109° Low 50°



Saturday
Sunny
High 106° Low 57°



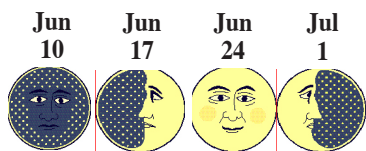
Sunday
Mostly Sunny
High 70° Low 58°

Almanac



Past Week's Rain: 00.00
Season To Date: 10.21
Normal To Date: 20.87
Season Average: 21.22

Moon Phases



Sun sets at 8:31 p.m. today, rises at 5:48 a.m. Thursday.

**GOT A NEWS TIP? CALL 510-614-1560
OR EMAIL: fredz@ebpublishing.com**

Project Steno: Steering Students To a Career in Court Reporting

By Renee Bush
SPECIAL TO THE FORUM

Court reporters (aka stenographic reporters) make the official record of the spoken words in legal proceedings inside and outside of courtrooms. They also provide closed captions for live TV, and provide immediate translation onto computer screens of the spoken words in the classroom and elsewhere for deaf and hard of hearing people.

It is a technology-driven, high-paying profession that

is experiencing an extreme shortage in 2021 throughout the nation, but especially being felt in California and the San Francisco Bay Area. There are more court reporters retiring than entering the profession.

Court reporting training is a difficult course, much like learning an instrument or a foreign language. It is typically a two to two-and-a-half-year program.

Project Steno, founded in 2017, is an independent, non-affiliated organization that relies on financial support from

the community to promote the stenographic reporting profession and recruit promising students. We have an online, free, 12-hour introductory course (called Basic Training) given in two-hour sessions over six weeks offering potential students an introduction to court reporting and captioning without making a financial commitment.

Project Steno provides a steno machine, textbook, and training materials at no charge. Guest speakers come to each *see STENO on page 10*

Plethos Productions to Stage Its First Children's Musical

Plethos Productions will stage its first children's musical show! The local theater group is bringing Mo Willems' best-selling children's book series to life in a whole new way with the hit musical "Elephant & Piggie's 'We are in a Play!'"

This magical summer musical for the whole family will be staged at the beautiful hillside farm - Heirloom East Bay at 9990 Crow Canyon Road in Castro Valley.

Heirloom's picturesque meadow stage is nestled between trees and the perfect venue for an outdoor, socially distanced show.

Audiences will meet the "bestus" of friends, Gerald the elephant (played by Curtis Manning) and Piggie the pig (played by Julia Wright). This fun, jazzy showtune-style musical is a story guaranteed to melt hearts of all ages from preschool to post-graduate.

Gerald is afraid that something could potentially end their friendship, but the



PLETHOS PRODUCTIONS PHOTO

The cast of the Plethos Productions musical, "Elephant & Piggie's 'We Are in a Play!'"

fun-loving Piggie is unafraid and more excited than ever when they both are invited to a party hosted by the Squirrelles (played by local elementary students Allison Mikowski, Jayelle Richey and Noah Richey). And so begins

the unfolding of a day where anything is possible.

Performances are Friday thru Sunday July 9-11 and July 16-18, or stream digital performances July 19-August 1. Tickets are available at plethos.org.

Summer Reading Game Reimagined

Alameda County Library invites people of all ages and abilities to come along for a 2021 Summer Adventure, the reimagined Summer Reading Game.

Through Aug. 15, communities can engage in this year's "A World of Stories" theme

by exploring new and creative ways to share their stories while also learning about others' stories through listening, watching, and reading.

An Adventure Guide with activities for all to enjoy, including youth we serve through Social Justice Services, is available at Castro Valley Library and other county branches.

"We all have stories to tell, no matter how young or old we are. Sharing stories is

a powerful way to connect and cultivate kindness in our communities," said Cindy Chadwick, County Librarian. "You can write a story, make a video, do a dance - create in your own way.

Join us for a World of Stories, to create, explore, connect, and learn your way to a book gift and other exciting prizes. Prizes and book gifts have been purchased locally to support Alameda County small businesses.

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ARIES (March 21 - April 19): (March 21 to April 19) You feel ready to face up to a major change, although it might involve some risks. A once-dubious family member comes around and offers support and encouragement.



TAURUS (April 20 - May 20): A misunderstanding is easily cleared up. Then go ahead and enjoy some fun and games this week. A Libra might have ideas that merit serious consideration for the future.



GEMINI (May 21 - June 20): A misunderstanding is easily cleared up. Then go ahead and enjoy some fun and games this week. A Libra might have ideas that merit serious consideration for the future.



CANCER (June 21 - July 22): You might feel as if you're in an emotional pressure cooker, but the situation is about to change in your favor. Take time out for some well-earned fun.



LEO (July 23 - August 22): A shift in your workplace responsibilities creates resentment among some co-workers. Deal with it before it becomes a threat to your success on the job.



VIRGO (August 23 - Sept. 22): Expect some surprises in what you thought was one of your typically well-planned schedules. Deal with them, and then enjoy some lighthearted entertainment.



LIBRA (Sept. 23 - October 22): Be careful: What appears to be a solid financial opportunity might have some hidden risks attached. A hazy personal matter needs to be cleared up.



SCORPIO (October 23 - November 21): It's a good time to strengthen ties with family and friends. You might feel unsure about a recent workplace decision, but time will prove you did the right thing.



SAGITTARIUS (Nov. 22 - Dec. 21): Just when you thought your relationship was comfortable and even predictable, your partner or spouse could spring a potentially life-changing surprise on you.



CAPRICORN (Dec. 22 - Jan. 19): Your usually generous self is overshadowed by your equally strong suspicious nature. You might be judging things too harshly. Keep an open mind.



AQUARIUS (Jan. 20 - Feb. 18): Love and romance dominate the week. Married Aquarians enjoy domestic harmony, while singles could soon be welcoming overtures from loving Leos.



PISCES (Feb. 19 - March 20): An old health problem recurs, but it is soon dealt with, leaving you eager to get back into the swing of things. A favorable travel period starts this week.

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Sheriff's Reports

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Couple Arrested

Sunday, June 20: at 8:30 p.m., Sheriff's deputies arrested a CV couple on drug-related charges stemming from an interaction at Eden Medical Center. A 31-year-old man and 30-year-old woman were visiting the hospital on Lake Chabot Road when deputies identified the man as having a warrant issued for his arrest. The woman was found to have methamphetamine drugs and paraphernalia in her possession. The couple was taken to Santa Rita Jail.

Failed to Register

Sunday, June 20: at 3:56 p.m., a 39-year-old man with no permanent residence was arrested on suspicion of failure to

register as a sex offender with authorities. Deputies stopped the man for questioning outside a grocery store on Redwood Road near Grove Way. The man was also found with illegal drug paraphernalia in his possession. Deputies took the man to Santa Rita Jail.

Stolen Vehicle

Saturday, June 19: at 2:04 a.m., deputies pulled over and arrested a 26-year-old man from Castro Valley on suspicion of possession of a stolen vehicle. The man was traveling on Castro Valley Boulevard near Redwood Road when deputies ran his plates revealing the vehicle was reported stolen. Deputies took the man into custody.

Stolen Property

Saturday, June 19: at 3:07 p.m., three people with no permanent residence were arrested on suspicion of possession of stolen property. Deputies stopped the trio for questioning in front of a business on Redwood Road near the Boulevard. A 36-year-old woman and a 40-year-old man were charged with holding stolen goods. Their 47-year-old male companion was additionally charged with possession of methamphetamine drugs, drugs packaged for sale, and related paraphernalia. All three were transported to Santa Rita Jail.

Wanted Woman

Saturday, June 19: at 9:40 a.m., a 37-year-old woman with no permanent residence was arrested as part of a warrant issued for her capture. Deputies stopped the woman for questioning outside a business at the 580 Market Place shopping area on East Castro Valley Boulevard. The woman was previously charged with assault and battery, public intoxication, possession of narcotics and related drug paraphernalia, illegal possession of medical equipment, failure to leave a business after being asked to by a manager, contempt of court, and resisting arrest. Deputies took the woman to Santa Rita Jail.

Assault with a Deadly Weapon

Wednesday, June 16: at 12:00 noon, deputies arrested a 74-year-old man from Castro Valley on suspicion of assault *see ARRESTS on back page*



Rafi Overton verifies that a team's catapult meets regulations at the 2019 Castro Valley Elementary Science Olympiad Tournament. This year's competition day will be replaced with fun workshops via Zoom.

REGISTER BY MONDAY

Castro Valley High to Stage Virtual Science Camp in July

By Rafi Overton

SPECIAL TO THE FORUM

When Mark Twain said, "I have never let my schooling interfere with my education," he surely wasn't prophesying the horror stories of school away from school over a century later.

Nor were the Cults envisioning children locked in their houses when they sang, "I really want to go outside".

Likewise, parents of elementary-age children could never dream of the trying 18 pandemic months which seemed a curse on education.

Doing the school thing has been no bed of roses. According to the New York Times, third graders fell 33% behind in reading in the past year. UC Berkeley economist Emi Nakamura told me, while interviewing me for a college, that her elementary-age kids grew bored and unmotivated even with short school days. Many students are finding a deficit in the science department.

"Science class has gotten harder because we can't do labs or learn like a real scientist," said Kevin Lee, a rising 8th grader at Canyon Middle School.

Tami Shatsky shared that sentiment, lamenting, "This pandemic has negatively impacted my scientific experiences because I was not able to do much hands-on, as that is my favorite way to learn."

Student leaders on the CVHS Science Olympiad teams were saddened to learn that their younger peers were no longer enjoying science class and wanted to help.

Founded in 2013, CVHS SciOly has a unique perspective on science and education. Founding coach Garland Dughi believes that the greatest *see SCIENCE on back page*



AIDS and LGBTQ-rights activist Cleve Jones

Castro Valley Pride Month Celebration

Celebrate Pride Month and share LGBTQ history at 6 p.m. this Saturday, June 26, at the Chabot Theater at a screening of the award-winning film "Milk," starring Sean Penn, followed by a special on-stage appearance by AIDS and LGBTQ-rights activist Cleve Jones for a Q&A session.

In 1983, at the onset of the AIDS pandemic, Jones co-founded the San Francisco AIDS Foundation, which has grown into one of the largest and most influential AIDS advocacy organizations in the United States.

He conceived The Names Project AIDS Memorial Quilt, which – at 54 tons – has become the world's largest piece of community folk art.

Jones will personally sign copies of his book, "When We Rise: My Life in the Movement," which will be available for purchase.

Tickets are available at: www.thechabot.com. The evening is sponsored by Castro Valley Pride, Books on B in Hayward, and the Chabot Theater. A pop-up dinner restaurant will begin at the Chabot at 5 p.m.

Happy Summer!



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The Week Ahead

● Today, June 23: School Board Meeting

The Castro Valley Board of Education will hold an open virtual board meeting today, June 23, at 5:30 p.m. While the meeting will be held remotely, public participation is encouraged. To observe the meeting by video conference, click on LINK on the agenda at the noticed meeting time. The complete board packet and more information are available at www.cv.k12.ca.us/board-docs/. For questions, contact Aimee Cayere, Executive Assistant to the Superintendent at acayere@cv.k12.ca.us

● Thursday, June 24: Screening of 'Racially Charged'

The League of Women Voters of the Eden Area is sponsoring a free virtual screening followed by a facilitated discussion of the film "Racially Charged: America's Misdemeanor Problem" starting at 7 p.m. tomorrow. The film exposes how our country's history of racial injustice evolved into an enormous abuse of power within the justice system. Thirteen million people a year – most of them poor and people of color – are caught in this system. Zoom Link: us02web.zoom.us/j/83941254291. Watch trailer at www.youtube.com/watch?v=CwdRmHZze1w

● Saturday, June 26: Celebrating Pride Month

Celebrate Pride Month and share LGBTQ history at 6 p.m. this Saturday, June 26, at the Chabot Theater for a screening of the award-winning film "Milk," starring Sean Penn, followed by a special on-stage appearance by AIDS and LGBTQ-rights activist Cleve Jones for a Q&A session. Tickets are available at: www.thechabot.com.

● Saturday, June 26: Free Art Workshop

Hayward Arts Council invites the public to a free art workshop titled "Let Your Creativity Flow" by Castro Valley award-winning visual artist, graphic designer, and educator Ann Maloney-Mason from 2 to 3:30 p.m. on Saturday, June 26. She will illustrate the process and development of a painting and how to find inspiration and motivation to paint during challenging times. RSVP is required at: www.haywardartscouncil.org/

before June 25. After registering, each participant will receive a confirmation email the day before the workshop containing the link to join.

● Saturday, June 26: An Evening with Cathy Chow

Enjoy "La Bella Vita" from 6:30 - 9:30 p.m. on Saturday, June 26 as Cathy Chow presents her wonderful creations – paintings, sculptures in clay and bronze, bas relief and more. Hear the musical stylings of the Michael Udelson Trio. Event page and tickets at edenmusicandarts.com/calendar/premier-event-cathy-chow. Presented by Eden Music & Arts and Siena Music.

● Saturday, June 26: Virtual Concert by the Tinseltones

The Tinseltones are delighted to be back and to share their music online at 2 p.m. this Saturday. "Ain't No Mountain High Enough," an uplifting potpourri of music, including pop, rap, show, American standards and R&B, captures the struggles our nation has faced and how we prevail over challenges. Register for this free concert at haywardrec.org, activity #18781 and a zoom link will be sent to you. For More information, please call Jen at 510-881-6742.

...and Beyond

● Thursday, July 1: Library's Reopening Concert

Enjoy an Outdoor Summer Concert as the James Henry Trio presents Music from Around the World to celebrate the Castro Valley Library's reopening, at 6 p.m. on Thursday, July 1. Bring lawn chairs, bring a picnic! James Henry has toured internationally as a master percussionist. His music is deeply rooted and soulful and will take you on a global journey. Register at: tinyurl.com/rxsfbm2v. Parking will be limited at the library and social distancing practices will be maintained. Alcoholic beverages are prohibited. For more information, call 510-667-7900, or see Events at aclibrary.org/location/castro-valley-events/.

● Thursday, July 1: 'First Thursdays' Free Concert

Enjoy Country Music by the Bootleg Country Band from 5:30 to 8:30 p.m. on Thursday, July 1, at Redwood Canyon Golf Course, 17007 Redwood Road in Castro Valley. Food and drinks available for purchase. Bring your own chair or blankets. Limited reserved tables and chairs will be provided, \$40 per reserved table, includes linen, 6 chairs and 6 beer tickets. RSVP requested due to Covid restrictions. All current guidelines will be followed. Visit www.redwoodcanyongolf.com to reserve your table. For more info, call 510-537-8001.

● Tuesday, July 6: Rotary Topic: Mars Rover

A spokesperson from NASA Ames will describe the mission

of the latest Mars Rover at the next lunch meeting of the Rotary Club of Castro Valley from noon to 1:30 p.m. on July 6 at Redwood Canyon Golf Course, 17007 Redwood Road in Castro Valley. The cost of lunch is \$15 and reservations must be made by 9:00 p.m. on Sunday, July 4, by contacting Rotary at cvrotary@iCloud.com or 510.402.5123. More information is available at castrovalleyrotary.org.

● Friday, July 9: Plethos Childrens Musical

Plethos Productions will bring Mo Willems' bestselling children's book series to life in a new in-person musical "Elephant & Piggie's 'We are in a Play!'" with performances Friday to Sunday July 9-11 and July 16 to 18, at Heirloom East Bay, 9990 Crow Canyon Road in Castro Valley, or stream digital performances July 19-August 1. This fun, jazzy show-tune-style musical is a story guaranteed to melt hearts of all ages from preschool to post-graduate. Tickets are available now at plethos.org.

Today, June 23:

Virtual Seminar Today: Dental Health Concerns

The Kenneth Aitken Senior Center is partnering with Dr. Prarthana Joshi of the Office of Dental Health, Alameda County Public Health Department for an informative and interactive virtual presentation titled "A Healthy Smile Goes a Long Way!" at 2 p.m. today.

Dental health is a key part of our overall health. Brushing teeth twice a day and flossing helps keeps one's mouth healthy and pain-free. And seeing a dentist at least once a year helps prevent severe, time-consuming, and costly problems.

As we grow older, we may have health issues such as diabetes or high blood pressure. These make dental health even more important.

Dr. Joshi will cover ways to maintain good dental health, how to make brushing and flossing easier, and will answer such questions you may have about dry mouth, dentures and which toothbrush is best.

HARD Looking for New Fitness, Art Instructors

The Hayward Area Recreation District has both fulltime and part-time openings for group fitness instructors and fine arts instructors.

If you are a fitness professional, personal trainer or wellness professional, the district would like you to join its community of trainers and wellness buffs who believe that working out should be fun and accessible to everyone.

The district is also looking to hire fine arts instructors to join our community of artists who believe that creativity should be encouraged and accessible to everyone. If you are an art instructor or have a love of color theory or mixed media, HARD wants to hear from you.

If you are motivated and enthusiastic with a great personality and want to build a career in the field of fitness or art, HARD is now open for business and accepting new fitness and art class proposals using one of the many outdoor parks or indoor community



centers to share your enthusiasm and knowledge of fitness or art.

Instructors will have flexibility on types of course offered, class times and days of the week. Course fees are negotiable. Negotiable course fees.

For fitness qualifications and further information, contact Cody George, Recreation Supervisor at geoc@haywardrec.org or 510-888-0123.

For art positions, contact Debbie Hernandez, Recreation Supervisor at HerD@haywardrec.org or 510-888-0117.

In your email, include a short description of the type of program you are interested in bringing to the community.

CASTRO VALLEY FORUM

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Submissions to The Forum

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

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P	I	E	R	D	O	G	G	Y	B	A
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D	I	O	R		Y	E	S	S	E	E

Drought: Reservoirs 64 Percent Full

continued from front page
Sierra Nevada. East Bay Municipal Utility District said its reservoirs are currently 64 percent full. The water supplier relies on snow and rain in the Mokelumne River watershed, 90 miles from the East Bay, which is now just 54 percent of average.

That's because the melting snow was consumed by trees or evaporation before it could reach the rivers, according to EBMUD's Director of Operations and Maintenance Dave Briggs.

"Many water suppliers

were surprised at how little runoff we got," said Briggs. "We predicted in the spring that we would end our water year at 475 thousand acre-feet of storage. But because of the dryness ... and the inability of our snowpack to run off and create water in our watersheds, we did not get as much water as we thought from the little bit of snowpack we had accumulated."

But help is on the way. Starting in August, EBMUD may purchase up to 58,000-acre feet of water from the Sacramento River delivered

through the Freeport Regional Water Facility, which can move up to 100 million gallons daily to the East Bay. The system, last used during the dry years of 2014-2016, may help provide groundwater and recycled water for irrigation and fisheries.

In the interim, customers are asked to conserve water by reducing early morning watering to no more than three times a week, locating and fixing water leaks, updating faucets and showerheads, and using drought-resistant plants in landscaping.

More Hot Weather for the Weekend

Pleasant weather is expected to continue in Castro Valley through the end of the week with temperatures in the 70s.

Enjoy it while you can; more hot weather in on the way, but forecasters say it

probably won't be as bad as last Thursday's blistering heat wave that pushed temperatures into the triple digits in parts of the East Bay, even with the start of summer yet three days away.

Livermore recorded a high of 107, Concord 106.

Areas of low clouds and fog will be around tomorrow morning, then it will be sunny. Temperatures will move into the 80s over the weekend.

GREEN NEIGHBOR COMMUNITY AWARD



Congratulations to Property Manager Jessica and Maintenance Manager Jose of Magnolia Grove, the latest multi-family community to be certified by Castro Valley Sanitary District in the Green Neighbor Community Recognition Program. The program recognizes local multi-family communities who practice the 4Rs – Reduce, Reuse, Recycle, and Rot – to help make Castro Valley a more sustainable place to live and work.

JUNE 26th 2021

CHABOT PRIDE CELEBRATION



**IN PARTNERSHIP WITH
CV PRIDE & BOOKS ON B**

On Saturday, June 26th The Chabot theatre, together with Castro Valley Pride and Books on B will celebrate Pride month and share LGBTQ history. The award-winning film 'MILK' will be shown, with a special appearance by Cleve Jones. After the film, Cleve will take the stage for a live Q&A session, and will then personally sign copies of his book 'When We Rise: My Life in the Movement' which will be available for purchase. Cleve Jones is an American AIDS and LGBTQ rights activist. He conceived the Names Project AIDS Memorial Quilt, which has become the world's largest piece of community folk art. In 1983, at the onset of the AIDS pandemic Cleve co-founded the San Francisco AIDS Foundation, which has grown into one of the largest and most influential AIDS advocacy organizations in the United States. Please join us.

HAPPY PRIDE



**6 PM SHOWING OF
MILK (2008) & Q&A
AT THE CHABOT**

**POP-UP DINNER
(RESTAURANT TBA)
BEGINS AT 5PM**

It's Prime Time for Artichokes

If you're lucky enough to have artichokes growing in your backyard garden (and they are easy to grow here in the East Bay), you've probably been enjoying them for the past couple of weeks.

But if not, you'll find plenty of them on local produce shelves or at the Farmers' Market.

Real fans might want to drive down to Castroville over the July 24-25 weekend for the Annual Artichoke Festival at the Monterey County Fairgrounds (visit artichokefestival.org). Most of the nation's supply comes from that part of California.

To cook artichokes, wash them under cold running water. Peel the stems at the base and remove the small bottom leaves. (If desired, trim sharp tips of leaves.)

Stand artichokes upright in a deep saucepan large enough

to hold them snugly. Add 1 teaspoon salt and two to three inches boiling water. (Lemon juice, herbs, garlic powder or onion powder may be added, if desired.)

Cover and boil gently 35 to 45 minutes or until base can be pierced easily with fork. (Add a little more boiling water, if needed.) Turn artichokes upside down to drain. Serve hot or cover and refrigerate to chill.

There are, of course, many way of serving artichokes—stuffing them or incorporating them into other dishes. But that often takes more fussing than true artichoke lovers have the patience for. The easiest way to serve them is with a favorite dipping sauce.

For the novice, here's how to eat them. Pull off the outer petals one at a time, dip, and draw the end through your front teeth, scraping off the edible pulp from the inside of

the leaf. When you reach the purple cone of light-colored leaves, scrape away the fuzzy portion with a spoon to reveal the artichoke heart which extends down into the stem. Cut into bite-sized pieces, dip and enjoy.

HERBED MAYONNAISE

- 1 cup mayonnaise
- 1 teaspoon each chopped parsley and chives (or green onions, green part only)
- 1/4 teaspoon tarragon

Mix all ingredients well and serve with cooked artichokes.

HERBED BUTTER SAUCE

- 1-1/2 cups dry white wine
- 1/3 cup minced shallots
- 1 tablespoon lemon juice
- 1 teaspoon oregano, crushed



- 3 tablespoons butter, chilled
- 1 tablespoon minced parsley

In small saucepan, heat wine and shallots over medium heat until mixture is reduced to about 3/4 cup. Add lemon juice and oregano. Cool slightly, return pan to low heat. Slowly add butter in small amounts, stirring constantly until sauce thickens. Garnish with parsley and serve with hot or cold artichokes. Makes 4 servings.

HONEY-MUSTARD DIPPING SAUCE

- 1/4 cup prepared mustard
- 2 tablespoons cider vinegar
- 2 tablespoons soy sauce
- 2 tablespoons honey

Combine all ingredients and mix well. Makes about 3/4 cup.

LOW-FAT RANCH DIP

- 1/4 cup nonfat plain yogurt
- 1/4 cup lowfat Ranch salad dressing

Combine ingredients and mix well. Makes 1/2 cup.

ROASTED ARTICHOKES

- 4 large artichokes
- 1-1/2 tablespoon salt
- 1/2 teaspoon whole black peppercorns
- 1/2 teaspoon mustard seed

- 1 small bay leaf
- 1 teaspoon hot red pepper flakes
- 3 sprigs fresh thyme
- 2 garlic cloves, crushed
- 6 tablespoons extra virgin olive oil
- 1/2 lemon
- Freshly ground black pepper

Using a serrated knife, cut off the top third of each artichoke. Cut off the thorns from the remaining leaves with scissors. Cut off all but 1/2 inch of the stem.

Quarter each artichoke and place in a large pot with 1 tablespoon salt, the peppercorns, mustard seed, bay leaf, red pepper flakes, thyme, garlic, 2 tablespoons oil and the juice of the lemon. Add the lemon half, then cover with water.

Cover the pot and bring to a boil over high heat. Adjust the heat to maintain a gentle simmer and cook until you can easily remove an inner leaf, about 25 minutes. (Err on the undercooked side, as the artichokes will be cooked further.) Drain the artichokes on several thicknesses of paper towels and let cool.

Preheat oven to 375°F. Using a spoon, scoop out the fibrous choke and prickly inner leaves from each artichoke quarter.

Place quarters in bowl and toss gently with remaining oil, 1/2 tablespoon salt and sev-

eral grinds of pepper. Spread the quarters heart-side up on a baking sheet and roast for about 25 minutes, until golden brown with crisp edges. Serves 4.

GRILLED GARLIC ARTICHOKES

- 2 large artichokes
- 1 lemon, quartered
- 3/4 cup olive oil
- 4 cloves garlic, chopped
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Fill a large bowl with cold water. Squeeze the juice from one lemon wedge into the water. Trim the tops from the artichokes, then cut in half lengthwise, and place halves into the bowl of lemon water to prevent them from turning brown.

Bring a large pot of water to a boil. Meanwhile, preheat an outdoor grill for medium-high heat.

Add artichokes to boiling water, and cook for about 15 minutes. Drain. Squeeze the remaining lemon wedges into a medium bowl. Stir in the olive oil and garlic, and season with salt and pepper.

Brush the artichokes with a coating of the garlic dip, and place them on the preheated grill. Grill the artichokes for 5 to 10 minutes, basting with dip and turning frequently, until the tips are a little charred. Serve immediately with the remaining dip. Serves 2.

CREAMY THAI DIP

- 1/4 cup creamy peanut butter
- 1/4 cup firmly packed brown sugar
- 2 tablespoons cider vinegar
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 1/8 teaspoon ground ginger

Combine all ingredients; mix well. Makes 3/4 cup.

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- 1/4 cup lowfat Ranch salad dressing

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MAC: Shoplifting from Supermarket

continued from front page

The MAC also heard about a three-phase improvement project from Crow Canyon which will include safety improvements with bike lanes, resurfacing, storm damage repair, guardrails in certain areas, emergency pullouts, and pavement reconstruction. Construction will begin in January of 2022 and last most of the year and there will be partial closures.

Surge in Shoplifting

Finally, the MAC heard an update from Alameda County Sheriff's Office Commander Colby Staysa about his department's activities in Castro Valley.

Staysa reported "a lot of theft" at the Redwood Road Safeway and also said that auto burglaries and thefts are on the rise.

"The amount of thieving that is happening in Castro Valley is startling," said Staysa. "There's really no criminal penalties due to legislation."

Currently in California, shoplifting less than \$950 in property is considered a misdemeanor.

Cops Taken Off Campus

Staysa said that the Sheriff's Office has been asked by the Castro Valley School District to take School Resource Officers (SROs) off their campuses and subsequently the youth Sheriff's Explorer program has been discontinued, which Staysa described as "very sad."

MAC Member Chuck Moore staunchly disagreed

with the School District's stance and wants the SROs and Sheriff's Explorers back.

"I'm totally disappointed in Castro Valley (school board)," said Moore. "Get involved because the school board is elected. If you don't like them, vote them out. That's what I'm going to do. I'm damn mad."

The Homeless

MAC Chair Ken Carbone asked Staysa what's being done about homelessness, especially the encampments in the creek.

Staysa said it's a frustrating issue that involves mental illness and substance abuse. Staysa suggested that the

MAC write a formal letter to CalTrans, who owns much of the property where the encampments are set up.

CalTrans used to have an "open-ended complaint" filed with the Sheriff's department which allowed law enforcement to arrest people with multiple trespassing complaints but Caltrans ultimately withdrew the complaint under pressure from community activities who believe it unfair and cruel to homeless individuals.

Staysa said Caltrans might refile the complaint if the MAC told them to do so, but there is little his department can do now.

Digital Vaccine Records

California health officials announced a new digital Covid-19 vaccine record for Californians on Friday. The tool is an option for vaccinated residents to access their record from the state's immunization registry systems.

The digital records can be used to gain access to businesses or events like concerts or sports events that require proof of full vaccination. The digital record will show the same information as the paper card.

Officials recommend, however, that Californians hang on to their paper cards from the CDC.

"If one of the state's nearly 20 million vaccinated Californians misplaces their paper

card, the Digital COVID-19 Vaccine Record provides a convenient backup," said California State Epidemiologist Dr. Erica Pan.

Getting your digital copy is simple. If you were vaccinated in California, go to myvaccinerecord.cdph.ca.gov and enter your information to access the digital record.

California lifted many pandemic-related restrictions last week. Vaccinated people are no longer required to wear masks at most indoor locations.

Everyone must continue to wear masks in some places such as mass transit. And employers can choose to keep everyone masked, vaccinated or not.

Racing: Returns to the Fairgrounds

continued from front page
Braddick. These daily seminars offer a chance to learn about the day's racing schedule and get insider tips and picks each day of racing.

The Fairgrounds has unveiled a new contactless payment system and has launched a new Community Rewards Program powered by Trio, offering a community-based rewards program that will assist in supporting small businesses and bring economic

lift to the community.

Trio will provide all ticketing at Live Racing and the Fall Fair (October 22 to 31), contactless payments, and community rewards for the Fairgrounds.

Guests will be able to order food and beverages, pay, and keep track of all rewards from one spot in the Trio Rewards mobile app and will have the option to order food and drink before leaving their seats.

All tickets must be pur-

chased online and include parking.

Buy box seat tickets at: <https://alamedacountyfairgrounds.ticketspice.com/live-race-meets-2021>

Buy Trackside Terrace and Sky Lounge tickets at: <https://alamedacountyfairgrounds.ticketspice.com/sky-lounge-trackside>

For more information about Horse Racing visit: alamedacountyfair.com/live-horse-racing.

Chabot Offering Immigration Services

The Chabot College Dream Center, in partnership with the East Bay Community Law Center, is currently offering free immigration legal services and DACA fee grants to Chabot students.

The grants cover the \$495 DACA initial or renewal application filing fee for appoint-

ments scheduled with the Law Center.

The filing fee assistance is available on a first-come, first-serve basis. The Law Center continues to offer free immigration legal services to Chabot students.

To schedule an appointment, visit: ebclimmigrationlegal-clinic.as.me/CommunityCollege.

For an appointment, questions or additional support, visit: chabotcollege.edu/student-services/dreamers/dream-center.php

Chabot College is located at 25555 Hesperian Blvd. in Hayward.

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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



The Hidden Costs of Selling a Home

Talk to potential home sellers about selling costs and they usually focus on commissions.

While the commission historically was usually the largest fee a seller might encounter, in the everchanging market, this is no longer true. There are now significant costs that today's sellers are either unaware of or are failing to properly recognize.

If not carefully factored in, these "hidden costs" could make a sale less than profitable.

Capital gains taxes. According to Investopedia.com, "You can sell your primary residence and be exempt from capital gains taxes on the first \$250,000 if you are single and \$500,000 if married filing jointly. This exemption is only

allowable once every two years."

As an example, if a married couple filing jointly purchased a primary home for \$200,000 and sold it after more than 2 years for \$700,000, they would deduct the purchase price from the sales price and end up with a profit of \$500,000. They would then each deduct their \$250,000 exemption for a total of \$500,000, which would in turn negate any capital gains tax implications.

This worked well until recently: with median single-family home sales prices soaring to \$1,210,000 in May, 2021, many sellers are suddenly realizing they will be hit with significant capital gains taxes once they sell their home.

Our advice: talk to a quali-

fied tax accountant.

Capital improvements. With the demand for move-in ready homes rising steadily, sellers are discovering they can make significant gains by renovating their homes prior to sale.

Unfortunately, with the rising costs of labor and materials, improvement outlays are ramping up dramatically. It is not unusual for a seller to spend upwards of \$100,000 to get a home ready for the market.

Our advice: ask your Realtor to add your projected upgrade costs to a net sheet showing anticipated proceeds.

City taxes. If you live in San Lorenzo, Castro Valley and other unincorporated areas of Alameda County including parts of San Leandro and Hayward, you will only pay the County transfer tax of \$1.10 per thousand dollars of purchase price. If, however, you reside in an Alameda County city from Hayward northward, expect to pay an additional City transfer tax which varies from city-to-city.

Our advice: make sure you know if you will be required to pay city transfer taxes.

Selling is stressful enough without any surprises: do your homework so you know your true bottom line.

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.

Mortgage Rates Still Decreasing

Thirty-year fixed-rate mortgages averaged 2.93% for the week ending June 17, down from the previous week when they averaged 2.96%. A year ago at this time, they averaged 3.13%.



3 bed 2.5 bath

Located in highly sought after Woodland Estates, this lovingly maintained 2,053 sq ft view home is move-in ready! Situated on a .26 acre low maintenance lot within a cul-de-sac of well maintained homes. This split level home boasts a formal living room w/gas fireplace insert, dining w/slider to deck & yard, great for entertaining, eat-in kitchen w/built-in appliances & slider to back patio & yard. Primary bedroom w/walk-in closet & bath w/stall shower, 2 additional bedrooms & hall bath w/shower over tub. Located downstairs is a large family room w/fireplace, laundry area, 1/2 bath and access to oversized 2 car garage. Relax, entertain, BBQ or play in your backyard w/stairs to the top for amazing views! Some upgrades include, new interior paint, recessed lighting, all new baseboards, crown molding, light fixtures, carpeting, refinished hardwood flooring, waterproof WPC tile, switches & plugs & so much more. Don't miss this one!



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Linda Neff: 510-557-9185 / linda@lindanef.com / DRE #01495978

Kelly McCoy: 925-786-2681 / DRE #02095209

THE DIRT GARDENER

Keeping a Pond Free of Mosquitos

By Buzz Bertolero

SPECIAL TO THE FORUM

Q: Is there a way to prevent mosquitoes from breeding in my pond? I'm not having a problem yet, but afraid it's not too far off.

A: Mosquito's are easily controlled in ponds, fountains, water gardens, and birdbaths with a larvicide. They're only going to be a problem where water is stationary and not moving.

I'd also include any saucer where water may collect for more than 24 hours. With concerns about West Nile Virus, we need to be diligent in controlling mosquito's now that the rainy season is over.

A larvicide (also larvacide) is an insecticide specifically targeting an insect's larval life stage.

For mosquitoes, *Bacillus sphaericus* is explicitly used. When ingested, a toxin destroys their digestive tract. They are naturally occurring bacterium and pose no threat to kids, pets, other insects, or the environment.

In water, Mosquito Dunks and Bits, made by Summit Chemical Co, are available for controlling mosquitoes.

The Mosquito Dunk is a solid

material in the shape of a donut. They float on the water's surface and will keep on working for 30 days or longer. While floating, they slowly release the Larvicide on the water's surface, where it is eaten by the mosquito larvae, which then die before reaching maturity.

You would apply one dunk per 100 square feet of surface water. They can easily be broken up to treat small areas, and any unused dunks retain their potency so you can store them indefinitely.

Mosquito Bits are designed to provide a quick kill when a large population of mosquito larvae is

present. They're also used in those areas where the dunks are not practical such as in saucers. This fast-acting control needs to be reapplied every 14 days.

Note: It is only the female mosquito that bites. Her typical life span in nature is two weeks. Mosquitoes don't produce venom. Instead, the saliva from the bite is what causes the pesky welt and the bothersome itching.

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com.



Summer Planting

Shrubs, vines, ground covers and herbs can be planted now. This is the last weekend to plant tomatoes, squash, peppers, eggplant, melons and cucumbers from seedlings. Put in corn and beans from seed. These vegetables need constant hot weather to become prolific producers.

Water tomatoes and melons deeply enough that water penetrates at least 2 feet down.

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RECENT HOME SALES

Home sales information is compiled and provided by CalREsource and includes Bedrooms, Square Feet and Year Built when available

CASTRO VALLEY

Total: 10 - Average Price: \$999,700
High: \$1,300,000 - Low: \$670,000

3958 North Canyon Court
\$670,000 2 BD - 984 SF - 1996

19993 Lorena Circle
\$768,000 2 BD - 1,276 SF - 1995

18810 Stanton Avenue
\$881,000 3 BD - 1,100 SF - 1930

3253 Keith Avenue
\$885,000 2 BD - 1,731 SF - 1947

18636 Vineyard Road
\$982,500 4 BD - 1,930 SF - 1954

4641 Gordon Road
\$1,100,000 2 BD - 1,290 SF - 1942

21438 Justco Lane
\$1,110,500 4 BD - 1,652 SF - 1990

20110 Emerald Court
\$1,120,000 3 BD - 1,740 SF - 1950

4415 Edwards Lane
\$1,180,000 3 BD - 1,904 SF - 1958

5807 Dawn View Court
\$1,300,000 3 BD - 2,229 SF - 1972

SAN LEANDRO

Total: 16 - Average Price: \$736,593
High: \$1,020,000 - Low: \$235,500

680 Fargo Avenue #15
\$235,500 2 BD - 850 SF - 1965

15059 Hesperian Boulevard #39
\$417,000 2 BD - 745 SF - 1985

3825 Wedgewood Street #55
\$450,000 2 BD - 896 SF - 1987

2489 Fairway Drive
\$585,000 3 BD - 1,308 SF - 1974

15229 Beatty Street
\$700,000 3 BD - 1,020 SF - 1950

2225 Barrow Street
\$750,000 3 BD - 1,918 SF - 1951

14552 Lark Street
\$752,000 2 BD - 1,002 SF - 1945

1364 Drake Avenue
\$780,000 3 BD - 1,476 SF - 1951

1285 Linton Street
\$818,000 3 BD - 1,119 SF - 1952

1552 Arena Street
\$830,000 4 BD - 1,561 SF - 1955

1656 Fairmont Drive
\$830,000 3 BD - 1,312 SF - 1990

2219 Cherry Street
\$838,000 3 BD - 1,467 SF - 1951

1563 View Drive
\$880,000 3 BD - 1,604 SF - 1960

316 Bellevue Drive
\$890,000 2 BD - 1,077 SF - 1939

790 Cary Drive 94577: \$1,010,000 [3
BD - 2,015 SF - 1936 YRBLT]

14346 Juniper Street
\$1,020,000 3 BD - 1,934 SF - 1952

SAN LORENZO

Total: 6 - Average Price: \$853,166
High: \$981,000 - Low: \$765,000

17775 Via Rincon
\$765,000 3 BD - 1,334 SF - 1944

17244 Via Del Rey
\$775,000 3 BD - 1,388 SF - 1950

1261 Via Dolorosa
\$808,000 3 BD - 1,043 SF - 1950

650 Hacienda Avenue
\$825,000 3 BD - 1,068 SF - 1948

1558 George Way
\$965,000 4 BD - 1,826 SF - 1990

15730 Via Seco
\$981,000 3 BD - 2,040 SF - 1955



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(1 week)

RENTALS

\$35 10 words
(1 week)

SERVICES

\$30 10 words
(1 week)

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CLASSIFIED ADS RUN EVERY WEDNESDAY IN THE CASTRO VALLEY FORUM AND EVERY THURSDAY IN THE SAN LEANDRO TIMES

PLACE YOUR CLASSIFIED AD ON OUR WEBSITE AND SAVE \$5 PER WEEK OFF THE ABOVE PRICES!

ANNOUNCEMENTS

You can run a classified ad for a little as \$30 a week. Your ad runs in both of our newspapers, the Castro Valley Forum on Wednesday and the San Leandro Times on Thursday. You can also save \$5 by placing your ad on our website at castrovalleyforum.com or sanleandrotimes.com. We'll call you for your credit or debit card info for payment. To place an ad by phone call Patrick Vadhais at 510-614-1560, Mon-Fri 9 a.m. - 1 p.m.

CONTRACTOR SERVICE

NOTICE TO READERS

California law requires that contractors taking jobs that total \$500 or more (labor or materials) be licensed by the Contractors State License Board. State Law also requires that contractors include their license number on all advertising. Advertisers appearing on this page without a license number indicate that the contractor is not licensed. You can check the status of your licensed contractor at www.cslb.ca.gov or (800) 321-2752. Unlicensed contractors taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

NEED - MUSIC LESSONS or PIANO TUNING?

Check the Classified Ads under "MUSICAL SERVICES" for help.

FENCES/DECKS

FENCE LEANING? Don't replace... repair and save! Call Randy 510-706-6189.

FENCES, DECKS, RETAINING WALLS Repair or Replacement. Gutter cleaning. Drain pipes unclogged, repaired/ replaced. Yard cleaning experts in removal of Juniper, Ivy, haul away all yard debris. Insured/Bonded. Credit cards accepted. Jerry 510-410-2427.

GARAGE SALES

CASTRO VALLEY

4-FAMILY YARD SALE 6/26, 9am-2pm. Good prices. 21380 Lake Chabot Rd. (look for the teepees) C.V.

GARAGE SALES

Final Moving Sale 6/26 & 6/27, 9am-2pm. Household items, clothes, Lularoe new/ used, & more! EVERYTHING MUST GO! 5064 Seaview Avenue, Castro Valley.

HAYWARD

ESTATE SALE - 1413 Highland Blvd., Hayward. June 26th and 27th, 9am-1 pm.

SAN LEANDRO

FINAL Garage Sale on SUNDAY, June 27, from 9am-2pm. 2327 W. Ave. 133rd, San Leandro, 94577.

MULTI-FAMILY GARAGE SALE Sat. 6/26, 10am-3pm. 800 Oakes Blvd., San Leandro. Great stuff! No early birds please.

GARAGE SALES

GARAGE SALE 6/25 & 6/26, 8am-12noon. Tools, antiques, Giants wear, pottery, etc. 2274 Prosperity Way, San Leandro.

ESTATE SALE 6/26, 8am-. Tools, fishing, housewares, furniture, etc. 1320 143th Ave., San Leandro.

GARDENING

***ANY YARD WORK.** Cleanups and Maintenance. Free Estimates. Call 510-798-1833.

***BEAUTY GARDEN LANDSCAPING** Design - Construction - Maintenance. Cleanups, New Lawn, Artificial Grass, Irrigation, Patios, Pathways, Brick, Stone, Concrete Fence/Decks. Free Estimates! Lic.#925130. 510-691-8852. www.beautygardenlandscaping.com

GARDENING

***NAVA'S COMPLETE GARDENING:** Mowing, trees, cleanup/ hauling. FREE estimates. 510-512-5857

JAIME'S GARDENING Maintenance, Trimming, Cleanups, Hauling, Sprinkler Repair/ Timers. FREE Estimates. Insured. 510-299-9583

GIVEAWAYS

FREE - MIYATA 1200 CR-MO Pro Level 3 bicycle frame, handle bars, wheels, etc. (not complete) in good condition. Call 510-352-8513.

FREE - Tree chips. Delivered free. Call 510-889-1169.

FREE - Tree chips. Delivered free. Call 510-889-1169.

CLASSIFIED AD DEADLINE:
Monday 5:00 p.m.

HOME SERVICES DIRECTORY

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Professional Home/ Office Carpet Cleaning
Reasonable Rates
This Ad Space Could Be Yours! To reserve this ad space call advertising Sales Rep Patrick Vadhais at 510-614-1560

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Licensed Child Care
Nurturing Environment
Contact Us Today
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Additions / Remodels
Kitchens / Baths • French Drains
Foundations / Dry Rot / Stucco
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Decks / Construction & Repair

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FREE ESTIMATES LIC. #818840
www.bayareacontractor.com

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Sump Pumps
Excavating/Drilling
Retaining Walls
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General Engineering
Contractors License# 562641
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for advertising with us
for over 12 years!

BANNER ROOFING CO.

★ New Roofs ★ Re-Roofs ★
★ Roof Repairs ★

ROOFING TYPES

ASPHALT SHINGLES
FIREPROOF TILE & SLATE
CEDAR SHINGLES
METAL ROOF SYSTEMS
TAR & GRAVEL
SINGLE-PLY SYSTEMS

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LIC # 657692 • FREE ESTIMATES
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We truly appreciate all of our advertisers!

San Leandro Times / Castro Valley Forum

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Lic. #311818



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• Interior/ Exterior
• Power Washing



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www.diegopainting.com

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• Re-roofing • Attic Ventilation • Roof Repair • Rain Collection Systems • Attic Ventilation
• Certified Roof Inspections
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Utilize the best tool in your box...

Advertise!

Reach over 60,000 readers for one low price!

CASTRO VALLEY FORUM
San Leandro Times

For more information on how to advertise in this section, call Patrick at 614-1558.



GIVEAWAYS

FREE - 8 bags of red gravel (like you find at a trailer park), also free-beige (50"x84") drapes in good condition. Call 510-398-8276.

FREE books for young readers (ages 7-10) : Mysteries, animals, inventors and their inventions, interesting Americana, ecology and more. 510-538-1765.

HANDYMAN SERVICE

Handyman & More! All Types of Construction: Electrical, Plumbing, Painting, etc. Specializing in Windows & Doors. No job too small. 510-565-9458.

Polished Concrete Specialist. 20+ Years of Handyman and Concrete Services. Setefano 510-330-6921.

TORRES, A PERFECT HANDYMAN
•Honest •Dependable •Responsible
Painting, Plumbing, Retaining Walls, Fences, Tiles, etc. **FREE** Estimates. 510-305-3205

HAULING SERVICE

HAULING: Small and Big Jobs. Furniture, Concrete, Wood, Trash, Metal, Demolition. Also house inside/outside cleanups. 510-715-1578.

HEALTH & FITNESS

CHIROPRACTIC

Do you suffer from work from home pain or stiffness? Neck pain? Low back pain? Chronic headaches? Come see me! Dr. Rachel Nemy D.C. at Katona Chiropractic on Redwood Road in Castro Valley! Mention this ad and receive a **FREE** consultation and examination on your first visit! Call 510-727-0121.

HELP WANTED

GENERAL



The City of San Leandro is now accepting online applications for:

Librarian - \$5,927 - \$7,204/month

For more detailed information, please visit www.sanleandro.org. EOE

Do you love helping people? Carlton Senior Living is the place for you! Now Hiring Full Time NOC shift Care Partners. Must be available weekends. Walk-ins welcomed. 1000 E. 14th Street or visit our website www.CarltonSeniorLiving.com to apply online.

HEALTH CARE

NOW HIRING Direct Care Staff/ DSP needed to work with D.D. Adults in care home in San Leandro. Overnights, weekends and afternoons available. Salary+ benefits. 510-563-5140.

HOUSE CLEANING

RAMIREZ HOUSE CLEANING. Reasonable rates. Excellent references. Call Hilda 510-588-0448.

LANDLORDS - Advertise your units! - A vacancy day is money lost forever - **R. Bowman**

NEED - MUSIC LESSONS or PIANO TUNING?

Check the Classified Ads under **"MUSICAL SERVICES"** for help.

HOUSE CLEANING

WALTON'S JANITORIAL
Licensed / Bonded / Local

For a **SPARKLE CLEAN OFFICE** or Home
Windows • Floors
• Carpets • Restrooms

Phone 510-254-2659

Member of S.L. Chamber of Comm.

LOST & FOUND

LOST - Dark prescription women's eye glasses (probably Bayfair area). Call 510-357-7977.

MISC. FOR SALE

Bowling ball, bag, and shoes \$40. 510-813-6550.

You can place a **FREE "MISC. FOR SALE"** ad for items **\$50** or less at: sanleandrotimes.com or at: castrovalleyforum.com or more info call Patrick Mon-Fri. 9am-1pm at 510-614-1560 (some restrictions may apply)

AUTO PARTS

2005 - 2008 Toyota Tacoma pickup chrome front grill in excellent condition. \$50. 510-813-6550.

COLLECTIBLES

Oakland A's & SF Giants 70', 80's 90's 200 cards including some rookie cards \$15, Yankees, Red Sox, Dodgers & small MVP cards total 160 cards 70's thru 2000's \$15. Call Mike 510-393-3005.

ELECTRICAL SUPPLIES

1 box of new electrical supplies (plugs, dimmers, plates, etc.). Call 510-813-6550.

MISC. FOR SALE

FURNITURE

Murphy bed (wall bed) with bookcase, touch lighting, and mattress. \$200. 510-909-8652.

Miscellaneous Furniture: Lamps couches, tables, area rugs, etc. Great prices! Misc. paintings. Also several HVAC Purolator (12"x24"x2" and 14"x24"x2") heavy duty air filters. Also new stainless steel garage pail w/push pedal \$50. Call at 510-813-6550.

HOUSEHOLD

Copperware: Bride's Basket, beautiful pattern on handle and inside, Double boiler w/lid Serving dish w/lid, two handles and three legs Teakettle w/lid ... ALL for \$50. Also antique child's doll buggy \$35. 510-538-1765.

VARIOUS ITEMS

Sofabed (queen size) mixed light colors in excellent condition. Also miscellaneous knickknacks. Call 510-895-1555.

Furniture, Little Giant Ladder, artwork and more. Fair prices. 510-352-5253.

POWERTEC WORKBENCH MULTI SYSTEM YELLOW MODEL MB-MS11 WITH MANUAL IN LIKE NEW CONDITION \$1,575. **BODYCRAFT MODEL T3 LIFE TREE** WITH MANUAL IN LIKE NEW CONDITION \$675. EMAIL Kevin at tepi1@aol.com for additional information.

1920's Easter card (little girl w/duck); large, mechanical & colorful in mint condition \$7, Native American doll standing 17" tall (colorful and detailed costume) w/accessories excellent condition \$20, Gorgeous handmade placemats (9) white cotton w/lace-looking design and never used \$27 set. Call 510-538-1765.

MISC. WANTED

Helicopter hobbyist assistant 510-409-4250.

WANTED: Old toys, pedal cars, license plates, old coins. 510-886-3195.

WANTED: April 30, 2020 & Feb 4, 2021 San Leandro Times newspapers. Call Patrick 510-517-3351.

REAL ESTATE AGENTS



Are you interested in buying or selling a home or property?

Would you like the help of a Professional Agent?

For assistance call ...

***SCOTT HARRISON** - Realtor Coldwell Banker **510-388-4536**

RENTALS

APARTMENTS

Hayward 1-bedrooms \$1,575 - \$1,675, 2-bedrooms \$1,800 - \$1,950 (check availability). Patios, balconies, pool, parking, storage, spacious. Call 510-887-6633.

Hayward spacious 1-bedroom \$1,200+, 2-bedroom \$1,500+. Balcony, patio, pool. 510-581-4702.

LANDLORDS - Advertise your units! A vacancy day is money lost forever ... **R. Bowman**

RENTALS

HOUSES

Castro Valley (Palomares Hills) 4-bedroom, 2.5 bath. \$4,000 month. 209-605-1979.

San Leandro 62+ community (NO ONE UNDER 62), Floresta Gardens area, \$1,895; small house, private court, 2-bdrm, single story, central heat, air conditioning, microwave, dishwasher, washer and dryer in unit, patio, garage. NO pets/smoking. Call 510-352-7023 for phone interview prior to viewing.

RENTALS/ROOMS

San Leandro (Washington Manor) room in nice, clean, quiet house. \$875+ \$500 deposit. Utilities & Wifi included. Off street parking, backyard. Credit check. 510-978-6803.

RENTALS/RV SPACES

RV Spaces Hayward/ San Leandro/ Oakland. \$850/ month. Call 510-481-9901.

TREE SERVICE

***A CAREFUL TREE SERVICE.** Certified. Arborist. Lic.#694067. Trimming, Removals. **FREE** Estimates. Bonded. Call 510-581-7377.

YOUR INFO

CLASSIFIED AD DEADLINE:
Monday 5:00 p.m.

HOME SERVICES DIRECTORY

Fences/Decks

Fence Leaning? Don't Replace... Repair & Save!

*Reinforcement of existing fences is my only business, Rotted posts are my specialty.

FREE ESTIMATES!

510-706-6189

Randy McFarland

Hardwood Flooring

FERREIRA'S HARDWOOD FLOORING

Sand • Install • Refinish
Glist • Oil Base

25 Years Experience

FREE ESTIMATES

Call Jeff Today!

510-366-6491

Lic. #803455

REACH OVER 60,000 READERS

Advertise your services in both of our newspapers... at one low price!

CASTRO VALLEY FORUM
San Leandro Times

HOME SERVICES DIRECTORY

For More Information, Call 614-1558



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CAPELLI PLUMBING & DRAIN CLEANING

Compare Our Prices!

FREE ESTIMATES
24/7 SERVICE

Military & Senior Discounts
Family Owned & Operated

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LIC. #904794

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RIDOUT ROOFING CO.
~ SINCE 1922 ~

ALL TYPES OF ROOFING & GUTTERS
P.V. SOLAR / SKYLIGHTS

FREE ESTIMATES

SENIOR DISCOUNTS

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STATE CONTRACTORS LICENSE NUMBER 260176

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BANNER ROOFING CO.

★ New Roofs ★ Re-Roofs ★ Roof Repairs ★
— RESIDENTIAL & COMMERCIAL —

WE CONTROL YOUR RAIN!

★★★★
ALL TYPES OF ROOF REPAIRS

★★★★

PROFESSIONAL WORKMANSHIP

★★★★

FREE ESTIMATES

SENIOR DISCOUNTS

LIC # 657692 **BBB A+**

ROOFING TYPES

- ASPHALT SHINGLES
- FIREPROOF TILE & SLATE
- CEDAR/SHAKE SHINGLES
- METAL ROOF SYSTEMS
- TAR & GRAVEL
- SINGLE-PLY SYSTEMS

GUTTER TYPES

- SEAMLESS ALUMINUM,
- PREPAINTED IN 20 COLORS
- GALVANIZED 5", 6" & 7"
- COPPER GUTTER SYSTEMS
- SHEETMETAL FABRICATION
- OVERHANG SOFFIT & FASCIA
- CLEANING & REPAIRS

20% OFF

20% OFF ANY OF OUR ROOFING & GUTTER SERVICES
20% OFF ANY COMPLETE OR PARTIAL ROOFING JOB
20% OFF ANY COMPLETE OR PARTIAL GUTTER JOB
20% OFF ANY ROOFING OR GUTTER REPAIR JOB
— ONE DISCOUNT PER HOUSEHOLD —

LICENSED / BONDED / INSURED • 2424 CLEMENT ST., ALAMEDA

510-895-4433

ACROSS

- 12 Jet speed measure
- 13 Greek mountain
- 14 Big name in scat
- 15 Docking site
- 16 Leftovers carrier
- 18 Screenwriter's creations
- 20 Reddish horses
- 21 "I'm not impressed"
- 22 Martini liquor
- 23 Skilled
- 26 Flood protection
- 30 Gun the engine
- 31 Witty one
- 32 "As I see it," to a texter
- 33 Sleazy hotel
- 36 Be nosy
- 38 Train lines (Abbr.)
- 39 Aunt, in Acapulco
- 40 Part of Hispaniola
- 43 Iced desserts
- 47 Cinched
- 49 October birthstone
- 50 Words to a back-stabber
- 51 In the style of
- 52 Alpha follower
- 53 Couturier Christian
- 54 "Of course"
- 55 Appear

DOWN

- 1 Actress Ward
- 2 Aspiring atty.'s exam
- 3 Fall bloom
- 4 Formerly called
- 5 Hand signals
- 6 Video game giant
- 7 Recognizes
- 8 Hosp. section
- 9 Haggles
- 10 Fed. food inspector
- 11 GI dining hall
- 12 Leary's drug
- 18 Patty Hearst, for one
- 21 Feed-bag morsel
- 23 Outback bird
- 24 Mimic
- 25 100 percent
- 26 Barber's offerings
- 28 Flabbergast
- 30 Learning ctr.
- 31 Common title start
- 33 Museum-funding org.
- 34 Prof's degree
- 39 "Pride and Prejudice" suitor
- 41 Pear variety
- 42 Peter Fonda's beekeeper role
- 43 Male deliveries?
- 45 Beholds
- 47 Partially mine
- 48 Genealogy chart
- 49 Neighbor of Leb.
- 51 By way of
- 53 Sgt., e.g.

ANSWERS ON PAGE 4

Wonderlin ROOFING SYSTEMS
Castro Valley Lic. #642517 Insured/Bonded

FAMILY OWNED & OPERATED since 1992
Reroofs • Repairs
Dry Rot Repair
Seamless Pre-painted Gutters
FREE ESTIMATES

\$200.00 OFF

COMPLETE REROOFING WITH TEAR-OFF
One Coupon Per Customer Expires 8/31/21

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www.WonderlinRoofing.com



IN UNIFORM



2nd Lieutenant Paolo Pimentel of Castro Valley, just after his commissioning as a U.S. Army officer, standing in front of the Hawaiian Warrior, symbol of the Warrior Battalion of the University of Hawaii Army ROTC. Pimentel was a 2017 graduate of Castro Valley High School. He just graduated from University of Hawaii with a history degree.

Health and Fitness: Tips and Treatments For Ringing in Ears

By Jim Miller
SPECIAL TO THE FORUM

Tinnitus (pronounced tin-NIGHT-us or TIN-a-tus) is the sensation of hearing a ringing, buzzing, roaring, hissing or whistling sound in one or both ears when no external sound is present.

New research indicates that tinnitus, a common hearing problem, affects around 50 million Americans. Here's what you should know along with some tips and treatments that may help.

The sounds, which can vary in pitch and loudness, are usually worse when background noise is low, so you may be more aware of it at night when you're trying to fall asleep in a quiet room. For most people tinnitus is merely annoying, but for many others it can be extremely disturbing.

Tinnitus itself is not a disease, but rather a symptom of some other underlying health condition. The best way to find out what's causing your tinnitus is to see an audiologist, or an otolaryngologist – a doctor

who specializes in ear, nose and throat diseases (commonly called an ENT).

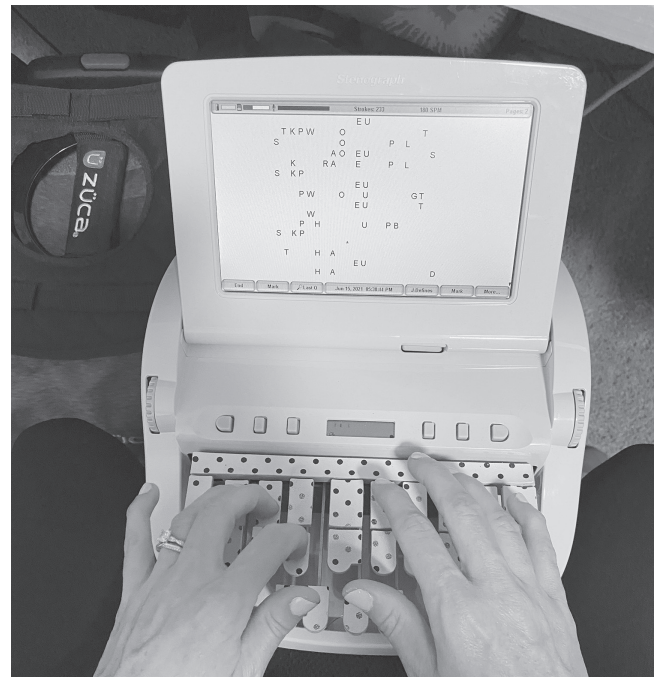
The various things that can cause tinnitus are:

- Hearing loss, which is the most common cause.
- Middle ear obstructions usually caused by a build-up of earwax deep in the ear canal.
- The side effects of many different prescription and nonprescription medicines like aspirin, ibuprofen, certain blood pressure medicines and diuretics, antidepressants, cancer medicines and antibiotics.
- Various medical conditions such as high blood pressure, vascular disease, diabetes, allergies, ear or sinus infections, traumatic brain injury, depression, stress and more.

Treatments

While there's no cure for tinnitus there are many ways to treat it depending on the cause. For example, if your tinnitus is caused by a wax build-up in your ears or a medical condition like high blood pressure or a thyroid problem, treating

see EARS on back page



A steno machine is used by a court reporter to make a written verbatim record of a proceeding as it happens, by typing in syllables rather than letter.

Steno: Court Reporting

continued from page 2
session and explain the various professions available to anyone with stenographic skills.

Basic Training students tell us they are far ahead of their peers when they start an official program.

Project Steno offers students incentive-based merit awards (two at \$1,000 each), mentor and encourage them along their journey to graduation and as they become a new professional in our field.

Project Steno's initiative at this point is our High School Awareness Campaign. For decades, parents have been steering their teenage children to 4-year colleges and decades of debt. We are mobilizing volunteers nationwide to bring Basic Training to their local high schools.

Students in the East Bay and the Bay Area in general have taken the Basic Training course and started court reporting thereafter. During the 2020-2021 school year, presentations about court reporting as part of the legal profession were

given to interested students in Alameda, Castro Valley, and throughout California.

Currently, Project Steno hopes to bring Basic Training to high schools in the East Bay.

To sum it up, Project Steno's mission is to promote the stenographic court reporting/captioning profession through community outreach, get the right students into court reporting school, help reduce tuition costs by way of our Merit Award Program, and provide mentorship to our students throughout school and as they enter the workforce.

If you are interested in learning more about Project Steno and the court reporting profession, go to www.projectsteno.org. Check out videos by students and about our profession on YouTube at www.youtube.com/results?search_query=project+steno.

Renee Bush, a Castro Valley resident, is a Certified Court Reporter, previous firm owner, and member of Project Steno. If you have questions, contact her at renee@projectsteno.org.

Three Castro Valley Students' Scholastic Honors

Brandon Xie of Castro Valley, a Northeastern University student majoring in computer science, was recently named to the University's dean's list for the Spring semester, which ended in May 2021. To achieve the dean's list distinction, students must carry

a full program of at least four courses, have a quality point average of 3.5 or greater out of a possible 4.0.

Joshua Cheng, of Castro Valley, was named to the spring 2021 dean's list at the University of Findlay. To earn this achievement, a student

must attain a grade point average of at least 3.5 on a 4.0 scale. Located in Findlay, Ohio, the University is known for science and health professions.

Sarah Dove of Castro Valley was recently recognized by Bradley University's Slane

College of Communications and Fine Arts. Dove, a Theatre Arts Performance major, and was awarded the Irene Ryan Nominee Award for Good Kids and Excellence in Acting Award. Bradley University is a top-ranked, private university in Peoria, Illinois.

LEGAL NOTICES

FILED JUNE 02, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 579617

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

The name of the business(es):
Jameson Glass Design. located at
24009 Fairlands Road Ca 94541, in Alameda County, is hereby registered by the following owner(s): Timothy Jameson, 24009 Fairlands Road, Hayward Ca 94541. This business is conducted by an individual. This business commenced N/A
/s/ Timothy Jameson
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JUNE 02, 2026

JUNE 23, 30, JULY 07, 14, 2021
0367-CVF

FILED MAY 11, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 578917

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

The name of the business(es):
Sukhi Lensky Hypnotherapy located at 19339 Brusk Ct., Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Donna Lensky, 19339 Brusk Ct., Castro Valley, CA 94545. This business is conducted by an individual. This business commenced April 14, 2021.
/s/ Donna Lensky
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MAY 11, 2026

JUNE 02, 09, 16, 23, 2021
0359-CVF

FILED MAY 19, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 579270

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

The name of the business(es):
Salydum Ventures. located at 142 Sunset Blvd, Hayward, CA 94541, in Alameda County, is hereby registered by the following owner(s): Salome Ikechiuku. located at 142 Sunset Blvd, Hayward, CA 94541. This business is conducted by an individual. This business commenced N/A
/s/ Salome Ikechiuku
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MAY 13, 2026

JUNE 16, 23, 30, JULY 07, 2021
0368-CVF

FILED JUNE 11, 2021
MELISSA WILK County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 579942

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

The name of the business(es):
Creative Dimensions In Dentistry. located at 20265 Lake Chabot Rd, Castro Valley Ca 94546, in Alameda County, is hereby registered by the following owner(s): Maass, MacKenzie, Alvaro, Salehinia, Erickson, Griggs, & Chhina, 20265 Lake Chabot Rd, Castro Valley Ca 94546. This business is conducted by a corporation. This business commenced 1968
/s/ Maass, MacKenzie, Alvaro, Salehinia, Erickson, Griggs, & Chhina
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires JUNE 11, 2026

JUNE 23, JUNE 30, 07, 14, 2021
0370-CVF

NEWS BRIEFS

HARD Swim Lessons Available in CV

The Hayward Area Recreation and Parks Department Swim Lessons have spaces available at Castro Valley Swim Center as well as the Arroyo and Sunset swim centers. For a complete list of Summer 2021 Classes visit: www.haywardrec.org/407/Current-Recreation-Guides

Meals on Wheels Receives Three Large Gifts

Meals on Wheels of Alameda County has experienced a 35 percent increase in need for meals throughout the Covid pandemic. Matching that need, three companies have provided the largest gifts the organization has ever received. Amazon contributed \$100,000, East Bay Community Energy contributed \$85,000, and Menorah Park contributed \$75,000 to Meals on Wheels in 2020. These three generous gifts will guarantee delivery of more than 25,000 nutritious meals for homebound seniors.

Regional Parks Getting Back to More Normal Operations

By Ned MacKay
SPECIAL TO THE FORUM

In concert with California's statewide move on June 15 to pre-Covid day-to-day life, the East Bay Regional Park District has also been opening up to more normal operations. Because the district offers such a variety of facilities and programs, the situation is a bit complicated. It seems best to consult the park district website, www.ebparks.org, for up-to-date information in advance of your visit.

'An Evening with Cathy Chow' Coming Saturday

Start the summer with a beautiful evening of art and music from 6:30 to 8:30 p.m. this Saturday, June 26, as Eden Music & Arts presents its premier event "La Bella Vita, - An evening with Cathy Chow."

Meet artist Cathy Chow in person and see her paintings, sculptures in clay and bronze, bas relief and more at the William D. Hayward Amphitheater, 24591 Fairview Ave. in Hayward.

Chow will talk about her art, inspirations, and will answer questions about any of the

pieces (or would like a custom piece created for you!) she will be there to answer any questions.

Live music will be provided by the talented Michael Udelson Trio featuring jazz, classic rock and more, while you enjoy hors d'oeuvres and beverages.

Presented by Eden Music & Arts in Partnership with Siena Music and Lone Tree Cemetery Association.

For the event page and tickets, visit edenmusicandarts.com/calendar/premier-event-cathy-chow

And while masks won't always be required, it's a good idea to have one handy in case it's needed.

With that in mind, here are some highlights of the new and welcome environment:

Anthony Chabot campground near Castro Valley returned to full capacity on April 29. Del Valle campground south of Livermore was to reopen at full capacity on June 18, now that the water system renovation is complete. Del Valle Convenience Cabins ("glamping") will reopen on July 16.

Reservable group campsites district-wide were to resume full capacity on June 15. Del Valle group campsites will reopen at full capacity on July 2.

Most visitor centers have been open at 50 percent capacity since May 1. They will be open with no capacity limits starting this Saturday, June 26. Because they are indoor facilities, visitors will be required to wear face covering to enter.

The Botanic Garden at Tilden Regional Park near Berkeley, Tilden's Little Farm, and Ardenwood Historic Farm in Fremont will resume normal operations and capacities on June 26, with no reservations required.

District reservable facilities such as Tilden's Brazil Room will resume normal operations at full capacity on July 1.

The park district's day camp programs will resume on July 19. Public nature interpretive and outdoor recreation programs restarted on May 1. Reservable group picnic areas will be open to maximum capacity starting June 18.

The district's swimming facilities have been operating at 25 percent capacity, with reservations required for Cull Canyon in Castro Valley, Don Castro in Hayward, Contra Loma in Antioch, Roberts Pool in Oakland and Castle Rock pool in Walnut Creek.

The swim beaches at Lake Del Valle were limited by the number of day use vehicles entering.

First-come first-served entries were to resume last Saturday, with no attendance restrictions.

The district staff is trying out a pilot program for the swim areas at Contra Loma, Cull Canyon, Roberts and Don Castro. It will be in place for all weekends and holidays through October 31.

Fifty percent of total swim entries will be reservable, based on the maximum capacity for each area. The remaining 50 percent will be first-come, first-served. The idea is that this enables people to plan their park visit, while also accommodating those who have technology or other issues that limit their ability to use the reservation system.

All entries on weekdays will remain first-come, first-served onsite. The park district's phone number for information and reservations is 888-327-2757, option 2.

You can swim in the Bay at Crown Beach in Alameda and Keller Cove in Richmond, but there's no lifeguard service.

Columnist Ned MacKay is a retired East Bay Regional Park District employee.

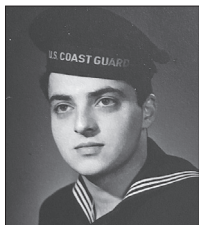
Obituaries

Richard Price

March 1, 1931 - June 17, 2021

Richard Price was born to Madeline and Gerald Price on March 1, 1931. He had an older brother, Bob Price. All have passed before him. So sorry to say Richard passed away at home on June 17, 2021.

He will forever be missed by his loving family. Wife, Sallie Price, sons, Eric, Richard and Gerry, daughter-in-laws, Dana, Lisa and Jennifer, grandchildren, Daniel, Rachael, Halle and Maddox, brother-in-laws Jack Lamendola and Gary Lamendola, and sister-in-law, Rose Lamendola. Our hearts are missing him terribly but our minds know he is free of his pain and we are grateful for that. *His Loving Family*



CASTRO VALLEY FORUM OBITUARIES

may be emailed to: obits@ebpublishing.com or faxed to: 510-483-4209. Please include a phone number. For help, call Patrick Vadnais at 510-614-1558. The Forum is delivered to more than 99% of homes in Castro Valley.

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Obituaries

Jeff Glass

May 16th 1957 - May 17th 2021

Jeff Glass passed away on May 17th, the day after his 64th birthday. He was lap swimming in San Ramon when he succumbed to a heart attack. Earlier in the month he was elated that the pool had finally reopened post-covid. The yearlong break from swimming was the longest he'd had in decades. Watching him swim was like watching poetry.

Jeff did not die in a Barcalounger, remote control in one hand and beer in the other. His was a life well-lived, inspired by an adage seen on billboards when he was budget backpacking through the Australian outback in the early 1980s: "Life: Be in It."

Jeff was born at the old Eden Hospital in Castro Valley on May 16th 1957, the second of four sons of Bill and Arden Glass. He attended area schools and graduated from Castro Valley High School in 1975 where he was a member of the varsity swim team and excelled in most subjects except wood shop. He attended Claremont Men's College (now Claremont McKenna College) where he swam competitively and was an All-American who competed in the Nationals. He graduated with a BA in Economics in 1979, later earned an MBA in finance from Haas Business School at UC Berkeley, and was the class valedictorian at Perfect Husband School, an achievement for which Olympic gold medalist Ryan Lochte personally congratulated him.

Jeff was an analytical clipboard-toting spreadsheet lover, but he did not let that define him. A true Renaissance man, Jeff had a passion for music, art, architecture, and world travel, and his years as a Boy Scout ignited a lifelong love affair with the outdoors. On his final hike the day before he passed, he was engrossed in photographing that which most hikers tramp right past: a backlit orange madrone leaf, a ginormous black beetle, a sheath of fallen branches whose dead leaves spilled in a waterfall pattern. Nothing escaped his notice. His curiosity was unquenchable.

Adventure and curiosity were in his DNA. Descended from a line of adventurers, it's easy to see why Jeff was hungry for exploration, be it Ayer's Rock, Machu Pichu, or Mt Everest base camp.

Jeff's 3rd-great grandfather—Hubbard McKoy—came to California to pursue gold rush dreams in 1850. His wife Betsey (Newhall) stayed behind in Wisconsin until he could send for her, at which point she traveled to the East Coast, took a ship to Panama with her two toddlers in tow, crossed the isthmus of Panama by burro, and caught another ship north to San Francisco. (McKoy was the last operator of Sutter's Mill, and eventually was one of the first settlers of Felton, in Santa Cruz county.) Jeff's great grandfather, William Henry Glass, chased gold during the Klondike gold rush. Like those before him, Jeff did not reap personal fortune from his adventures, but they enriched his life with tales of grit and wonder.

Jeff met his wife, Karen, at the dawn of the Internet, and the two quickly became Internet pioneers seeking their own gold rush opportunities. Jeff and Karen teamed up on many projects, including Cat Scouts, a media company for adventure-loving felines. Ever the entrepreneur, Jeff founded several startups and was awarded a patent for technology he developed. Most recently, he was the co-founder of 415 Advisors, a financial services company enabling investors to defer capital gains taxes for 30 years.

Jeff was kind and gentle, a lover of all beings great and small. He impressed Karen early on with his penchant for capturing any insect trapped indoors and freeing them outside—even bees (to which he was allergic) and scorpions (a choice to which Karen objected, because, well, *scorpions*). He rescued skunks from the brink of death, delighted at the sight of a hillside full of grazing goats, and spent hours watching bird-and-squirrel videos on youtube...with his cats.

Each morning, Jeff walked the streets of Parsons' Estates, saying his rosary. He was a man of deep faith, a consolation for those he left behind. He is survived by his wife, inamorata, and best friend, Karen Nichols, his three brothers, Chris Glass (Renee) of San Diego, Tim Glass (Vera) of Burbank, and Dave Glass of Castro Valley, two nieces, Erin Glass (Clinton Tolley) and Megan Glass of San Diego two nephews, Bryan Glass and Sean Glass of San Diego, one brand new grandnephew, Francis Glass-Tolley, and three devoted cats: Banzai, Homer, and Reno.

Jeff was a member of the Traditional Latin Mass Community at St Margaret Mary Church in Oakland, where a Requiem Funeral Mass will be held at noon on July 15th, with interment at Holy Sepulchre Cemetery in Hayward. A reception will follow at his home in Castro Valley. (The Rosary and visitation are at 6pm on July 14th at San Leandro Funeral Home, 407 Estudillo Ave., San Leandro). In lieu of flowers, the family requests that donations be made in his name to Community Concern for Cats in Walnut Creek (tinyurl.com/jeffglass), or that you adopt a cat in his memory.



Arrests: CV

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with a deadly weapon. The man was spotted in an altercation with an unknown person behind a business in the Castro Village shopping center on Village Drive. Deputies separated the two and took the senior into custody. The victim was treated at the scene.

Traffic Stop Ends in Drug Possession Arrest

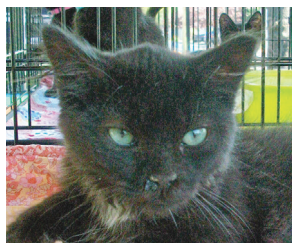
Monday, June 14: at 9:02 p.m., a 46-year-old man and a 24-year-old woman from Castro Valley were arrested on drug possession charges following a traffic stop on Eden Canyon Road. Deputies followed the couple exiting the Interstate 580 freeway and pulled them over for a traffic infringement. During questioning, deputies uncovered methamphetamine drugs, illegal narcotics, and related drug paraphernalia. The woman was also charged with resisting arrest. Deputies took the pair to Santa Rita Jail.



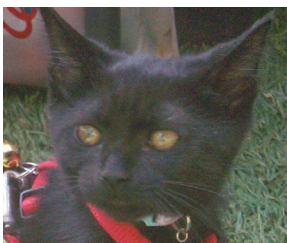
Luna is a sweet female bunny who is very particular about her room and will rearrange her bedding until it is just right. To adopt call Hayward Animal Shelter (510) 293-7200.



Dottie is 7-years-young, loves people, going for walks and stopping to smell the flowers. She would like to be the only pet in the home. To adopt call Hayward Animal Shelter (510) 293 - 7200.



Tika is a beautiful 3 month old kitten. She loves people and rolls over for tummy rubs. Spayed, vaccinated, chipped and FIV/FelV negative. Info: Email Loveallpawzrescue@gmail.com.



Walnut is a sweet, friendly 3 month old kitten. She's learning to walk on a leash. Spayed, vaccinated, chipped and FIV/FelV negative. Info: Email Loveallpawzrescue@gmail.com.

Ears: Ring

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the problem may reduce or eliminate the noise.

Or, if you think a medication you're taking may be causing the problem, switching to a different drug, or lowering the dosage may provide some relief.

Or if you have hearing loss, getting a hearing aid can help mask your tinnitus by improving your ability to hear actual sounds.

Another treatment option that can help suppress or mask the tinnitus so it's less bothersome are "sound therapies" that can be as simple as a fan or a white noise machine.

There are also apps created by hearing aid companies, like ReSound Relief (ReSound.com) or Relax by Starkey (Starkey.com), which allow you to stream customized sounds directly to your hearing aids, or (if you don't use hearing aids) through Bluetooth audio devices like headphones or speakers to help you manage your symptoms.

While currently there's no FDA approved drugs specifically designed to treat tinnitus, there are also certain medications that may help. Your audiologist or ENT can help you figure out the best treatment options.

For more information on tinnitus treatments, visit the American Tinnitus Association at ATA.org.

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

ATHLETE OF THE WEEK



Kyla Dolorfino

Kyla Dolorfino is our Athlete of the Week. This CVHS graduate was a captain her Senior Year and a starter on the Varsity team. Kyla not only was in the Top 5 within the team for minutes played, but she also held a 4.17 GPA and off the field was involved in CVHS' Club Interact and Broadcasting. Along with her accomplishments, Kyla will also be continuing to further her education and playing career as she will be attending UC Merced in the Fall to pursue her education and has also signed an athletic scholarship to be a part of the UC Merced Women's Soccer Team. Coach Vanessa Amaral stated "The staff and I are extremely thrilled for Kyla to pursue her talents at the next level and is much deserved. On the field, she continuously puts in the extra work and loads of hours of training, working to get better while motivating her teammates and off the field, she routinely leads by example and we have seen tremendous growth since she began in the program. We are very excited and happy for her to be playing at the collegiate level".

CVSan RECYCLES DAY BY APPOINTMENT ONLY

CANYON MIDDLE SCHOOL
19600 Cull Canyon Road
Saturday, July 24, 2021
8:00 a.m. to 2:00 p.m.

APPOINTMENTS REQUIRED
Registration open from
June 28th to July 14th online at
cvsan.org/RecyclesDay.

ACCEPTABLE ITEMS FOR DROP-OFF



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(CVSan residents only)



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(Paint, Chemicals, Pharmaceuticals, E-Waste)

COMPOST GIVE-AWAY



FREE compost to CVSan residents only.
Three 1-cubic foot bags per household.

COVID-19 SAFETY

Event participants are required to follow all safety requirements below:

- **Appointment required. Bring event ticket.**
- Face coverings required.
- Stay inside vehicle at all times.
- Keep vehicle windows rolled up.
- Place drop-off items in trunk of vehicle.
- Open trunk from inside vehicle if possible.

For full instructions and to register for an appointment, visit cvsan.org/RecyclesDay.

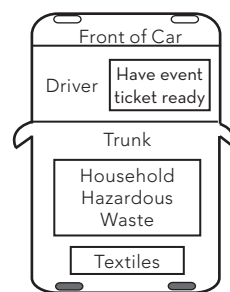
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Science: Answers Question of 'Why?'

continued from page 3

gift a parent can give a child is their time, struggling alongside them in intellectual and creative pursuits.

Science is not only exigent for young kids; it is exciting. In an age when a microscopic virus can cause immeasurable destruction, science answers every child's burning question of "Why?"

Where the pandemic has deprived children of months of learning, exploration of the natural world is the best defense against idle musings from video games. After all, what captivates a child's attention more than seeking the magic in the world around them?

In company with nonprofit CV Science, I am proud to announce STEAM Team, a virtual science camp, from July 9 to 11, 2021. Third- to

fifth-graders and their parents will follow along with student leaders in studying evolution with chopsticks, osmosis with gummy bears, electricity with real circuits, and more.

In addition to the fun side, this camp is meant to prepare students who want to join Science Olympiad in sixth grade.

Registration closes next Monday, June 28, so sign up now! Visit tinyurl.com/CVSciCamp for more info, or email cvhscioly@gmail.com.

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www.castrovalleysoccer.com

