



CASTRO VALLEY FORUM

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INSIDE YOUR FORUM

NEWS



Hello, Neighbor
35th Annual 'National Night Out' celebration is next Tuesday
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LIVING



Plum Crazy
Whether sweet or savory, cooking with plums will leave you wanting more
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SENIORS



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State law permits gifts to be made to an adult for the benefit of a minor
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Artist rendering of what the Castro Valley Marketplace will look like when it opens next spring.

'Goodbye Daughtrey's, Hello CV Marketplace' on August 9

By Michael Singer
CASTRO VALLEY FORUM

You are cordially invited to a final farewell to the Daughtrey's building on Castro Valley Boulevard on August 9 before renovations begin later this fall.

The event—held between 6 and 8 p.m.—will be open to the public. There will be tours of the three-story, 44,900-square-foot building in its current phase along with renderings of the space as the designers had envisioned it side by side a list of future improvements.

Members of the Alameda County Board of Supervisors, Castro Valley Municipal Advisory Council and other local community dignitaries are expected to attend. Property management company, Main Street Property Services is hosting the event.

"This will be a tribute event to celebrate the history and legacy of Daughtrey's," Rita Liu, with Main Street Property Services, told the Castro Valley Forum. "We will have photos of the milestones of the building as people remember it and then we will provide sketches and illustrations to

serve as an introduction to the Castro Valley Marketplace."

When Castro Valley Marketplace is finished, guests will be immediately greeted by the Seven Hills Baking Company and the Castro Valley Natural Grocery on the main floor. A butcher shop, seafood store, side walk cafe, floral shop, sushi stand, and juice bar are also planned.

The mezzanine floor will include Lab 200, a co-working space designed for work-at-home professionals, independent contractors, and business en-

see **MARKETPLACE** on page 15

Community Groups Wary Of Pot Shops

By Amy Sylvestri
CASTRO VALLEY FORUM

Alameda County is considering a potential ordinance that would allow cannabis manufacturing, testing laboratories, and other pot-related businesses such as bakeries which make edibles.

The county is currently visiting various community groups in the unincorporated areas to see whether they'd be open to such cannabis-related businesses, and last week they discussed the matter and the Board of Supervisors Unincorporated Services Committee meeting at the Castro Valley library.

The Unincorporated Services Committee is made up of Supervisors Nate Miley and Wilma Chan, but Chan wasn't in attendance, so Miley had the floor and he again expressed his support of the cannabis industry.

Chan has already indicated she didn't want such businesses in her district in San Lorenzo, and Supervisor Scott Haggerty has said he doesn't want any more in the unincorporated east county area, either.

But Miley, who represents the unincorporated areas of Castro Valley, Cherryland, Fairview and most of Ashland, has long been a proponent of having marijuana businesses in his district.

Last year, Miley led the successful push to increase the number of dispensaries allowed in the unincorporated area from two to four and was also supportive of the decision to allow recreational marijuana use in addition to the existing medical marijuana use.

Miley was also criticized when it was pointed out that he received \$60,000 in campaign funding from marijuana business owners during his most recent campaign.

Appointed leaders in the unincorporated areas are also wary of medical marijuana dispensaries because those municipalities do not directly receive the sales benefits from the products like cities do. In the unincorporated areas, the sales tax goes to the county's general fund, to be distributed however the county sees fit.

Last month, the Castro Valley Municipal Advisory Council (MAC) gave the idea of pot infrastructure business a resounding "no," but the MAC is just a board that offers its opinion and can be overruled by the Board of Supervisors.

The MAC said that they believed such businesses would lead to an increase in crime and MAC Member Chuck Moore said he didn't like the idea of the county foisting any type of business on communities.

"I want to see us asking for business rather than having businesses dumped on us," said Moore.

MAC member Linda Tangren said that the MAC may oppose the idea, but that doesn't mean the Board of Supervisors won't ignore their desires just like they did when they voted last year to double the number of cannabis dispensaries allowable in the unincorporated area.

"Are we just spinning our wheels here?" asked Tangren.

At a meeting of the Cherryland Community Association in July, comments were mixed, with some speakers saying that they were worried the area was being over-

see **WARY** on back page

Swalwell Town Hall This Saturday: Taking Questions, Talking New Bill

Rep. Eric Swalwell, who introduced a bill last week that would improve the existing ban on high U.S. officials receiving financial benefits from foreign powers, will provide an update on all of the latest happenings in Washington, D.C. this Saturday, Aug. 4, at Hayward High School.

After brief opening remarks, Swalwell will take questions.

While the Constitution already prohibits government employees—including elected officials, but not their relatives—from receiving "emoluments"

or gifts from foreign states except as allowed by Congress, Swalwell says his bill would strengthen current law.

"Unlike other Presidents, Donald Trump has failed to distance himself from his private business interests while serving our nation, and so he and his family are getting richer from Trump companies that receive money and benefits from foreign powers," Swalwell said.



Saturday's Town Hall meeting, free and open to residents of Castro Valley and all others in the 15th Congressional District, is scheduled to run from 11 a.m. to 12:30 p.m.

Hayward High School is located at 1633 East Avenue. Those planning to attend are encouraged to print free tickets through EventBrite at tinyurl.com/CA15TownHall for speedier entry into the meeting.

Constituents requiring more information can call the Congressman's Castro Valley office at 510-370-3322.

Castro Valley Weather August 1 - 5, 2018



Wednesday
Clouds then Sun
High 73° Low 55°



Thursday
Mostly Sunny
High 72° Low 54°



Friday
Mostly Sunny
High 77° Low 55°



Saturday
Mostly Sunny
High 75° Low 56°



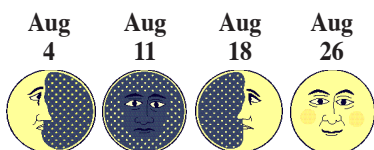
Sunday
Mostly Sunny
High 73° Low 59°

Almanac



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

Moon Phases



Sun sets at 8:17 p.m. today, rises at 6:15 a.m. Thursday.

Michele Markovich Antiques
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michele.estatesales@gmail.com

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Castro Valley Night of Honor

Around 275 people — 90 of them First Responders — attended the 19th Annual Castro Valley Night of Honor Monday evening, hosted by Redwood Chapel Community Church as a way to thank local police and fire departments, Sheriff's office, California Highway Patrol, and EMTs for their daily service and sacrifices. The evening was highlighted with a presentation by the Color Guard of the Alameda County Sheriff's Office. Pastor Eric Junginger emceed the event, and Pastor Sam Morgan spoke to all of the first responders about their servant leadership in this community.

Local Writers Collective to Present Evening of Community Readings

The B Street Writers Collective in collaboration with The Cannery Café will hold its fourth annual evening of poetry and prose at 7 p.m. on Saturday Aug. 18 to celebrate the launch of its book, "What Is Love."

Local members will read their poems and stories from the book, which speaks of the many faces of love — existential, familial, of pets, romantic, or the lack thereof.

This is the collective's second anthology, following successful publication of Fly With Me.

In addition to local writers, poet Lorenz Mazon Dumuk of Poetry Center San Jose will read from his poetry collections, "Ay Nako: Writing Through the Struggle, and I Think in Poetry."

Content Magazine says of Dumuk, "He writes about the complicated love that he feels for his family and for his Filipino culture. He writes fearlessly about the transformative power that he finds facing his inner demons."



Poet Lorenz Mazon Dumuk of Poetry Center San Jose will read from his poetry collection at the Evening of Community Readings on Aug. 18.

Dumuk is an alumnus of VONA/ Voices of Our Nations and of the Multicultural Arts Leadership Institute. He curates Glowing with the Moon, an open mic and interactive community space in San Jose and Open Space at Eastridge Mall in San Jose.

Hayward's Poet Laureate Bruce Roberts will make a special ap-

pearance, and the evening will be emceed by AT Stevens, former executive director of The Hayward Area Historical Society (HAHS).

Dinner will be available for purchase from The Cannery Café, inside the Hayward Area Historical Society Museum starting at 6 p.m. with music provided by local favorite Sezu. The program begins at 7 p.m.

Tickets to the event are \$10 and can be purchased at The Cannery Café counter (cash or check only) or online at bswc.brownpapertickets.com.

Proceeds benefit the HAHS at 22380 Foothill Boulevard in Hayward. "What Is Love" is available at the reading, at Books On B, and the HAHS gift shop.

B Street Writers Collective, an East Bay writing community, welcomes new members. Meetings are the first Saturday of the month on B Street in Hayward. For information, email bstreetwriterscollective@yahoo.com

'National Night Out' on Tuesday For Neighborhood Camaraderie

The Alameda County Deputy Sheriffs' Activities League will host a free celebration of the 35th Annual National Night Out from 4:30 to 8 p.m. next Tuesday.

The yearly community-building campaign that promotes police-community partnerships and neighborhood camaraderie will take place at St. John's Catholic Church, 264 E. Lewelling Blvd. in San Lorenzo and will include a complimentary dinner, outreach groups, a sports showcase, ar-

mored vehicle tours, bounce houses and a rock climbing wall.

Across the country, more than 38 million people are expected to participate in over 16,000 communities from all 50 states, U.S. territories and military bases worldwide.

The event has been held on the first Tuesday in August annually since 1984, beginning simply with neighbors turning on their porch lights and sitting and visiting in front of their homes.

National Night Out is an example of the Deputy Sheriff's Activity League's larger mission to change how law enforcement serves the community.

The League and the Alameda County Sheriff's Office provide a wide variety of programs to reduce crime and improve the lives of area residents through a variety of recreational, behavioral health and such creative activities as soccer, basketball, boxing and economic development.




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The Week Ahead

● Thursday, August 2: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting beginning at 5:30 p.m. tomorrow in the Boardroom at the School District Headquarters, 4400 Alma Avenue. The complete agenda and board packet are available at: bit.ly/CVUSDBBoardMeetings

● Friday, August 3: Hot Summer Luau Dinner & Dance

Put on your dancing shoes and dance the night away this Friday with music by the Len & Rich Band from 5:30 to 10 p.m. at the Hayward Area Senior Center, 22325 North 3rd Street. Dinner will be served at 5:30 p.m. Admission is \$20 advance, \$25 at the door.

● Friday, August 3: Eden Area Village Outreach

Join us at Hayward City Hall (777 B St.) at 2 p.m. this Friday to meet some of our members and find out how we are working together to help local seniors remain active and independent in our own homes and community. Visit edenareavillage.org for more information.

● Saturday, August 4: Gardening with Succulents

Alameda County Master Gardener Ed Ellebracht will discuss succulents and how to grow them in from 11 a.m. until noon this Saturday in

the demonstration gardens at Quarry Lakes Regional Rec Area, 2100 Isherwood Way, Fremont. The talk is free but a \$5 parking fee is charged at the park entrance. Visit acmg.ucanr.edu or email acmg@ucanr.edu for more information.

● Saturday, August 4: Rep. Eric Swalwell Town Hall

Residents of the 15th Congressional District (Castro Valley) are invited to Congressman Eric Swalwell's Town Hall meeting from 11 a.m. to 12:30 p.m. Saturday at Hayward High School, 1633 East Ave., for an update on the latest in Washington, D.C. and a Q&A. For speedier entry, residents are encouraged to print free tickets through EventBrite at tinyurl.com/CA15TownHall. For more info, call 510-370-3322.

● Saturday, August 4: Relay for Life of the East Bay

Join Relay for Life, a fundraiser for the American Cancer Society, from 9 a.m. Saturday to 9 a.m. Sunday at Alden E. Oliver Sports Park, 2580 Eden Park Place, Hayward.

● Saturday, August 4: Meditation with Dr. Marshall Zaslove

Experience joy and peace in a troubled world with Board-certified psychiatrist Dr. Marshall Zaslove, who returns to the Castro Valley Library at 2 p.m. this Saturday to present a new program to help you learn how to find relief from stress and find inner peace in these turbulent times. The free program will include guided meditation.

● Sunday, August 5: Free Summer Concert Series Begins

Plunge into Music, Arts and Dance from 1 to 5 p.m. this Sunday at Hayward Memorial Park, 24176 Mission Blvd. for a celebration of Mexican heritage with Ballet Folklorico Mexico Danza and a performance by the Youth Orchestra of Southern Alameda County, a benefit for the East Bay Center for the Preservation of Cultural Arts (squareup.com/store/ebcpc). Bring a blanket or lawn chairs, a picnic (no alcohol), and enjoy an afternoon in the park.

● Tuesday, August 7: Rotary: East Bay Regional Parks

The Rotary Club of Castro Valley will host Dennis Waespi, member of the Board of Directors of the East Bay Regional Park District, who will provide an update on the district's activities at a buffet lunch at Redwood Canyon Golf Course in Castro Valley from noon to 1:30 p.m. on Aug. 7. The cost of lunch is \$15 and reservations must be made by 9 p.m. on Sunday, August 5, by contacting Rotary at cvrotary@iCloud.com or 510-402-5123. More info is available at castrovalleyrotary.org

● Tuesday, August 7: CVSan / Private Sewer Lateral Program

At next Tuesday's regular meeting, the Castro Valley Sanitary District Board will have two actions related to the proposed Private Sewer Lateral Program. The first is approval of the draft ordinance. The second is to approve a public hearing for this program, which is proposed to be at the Sept. 4th Regular Board Meeting. The board meets at 6:30 p.m. on the first Tuesday of each month at the District Headquarters, 21040 Marshall Street. Visit www.cvsan.org

● Tuesday, August 7: Buon Tempo Family Dinner

Everyone is welcome to the next Buon Tempo Italian American Club family dinner at 7 p.m. on Aug. 7 at Mt. Tabor Hall in Transfiguration Church, 4000 E. Castro Valley Blvd., where Chef Mike Baldwin and his team will be serving a five-course, family-style dinner of spaghetti and meatballs. Red and white wine, and soda, are included. Happy hour at 6:30. The dinner if \$15 for members, \$20 for non-members. Make reservations by this Friday, Aug. 3, by calling 510-483-6929, option 1.

● Wednesday, August 8: Hearing Loss Association Meeting

The Hearing Loss Association will hold a mid-week evening meeting next Wednesday during our summer break, when audiologist Dr. Anish Thakkar will speak on "Hearing-loss Issues and Understanding your Hearing Chart." Bring your hearing chart; enjoy a piece of pie! The meeting will be 7-9 pm, in the Parlor at First Presbyterian Church, 2001 Santa Clara Ave., Alameda. More info at info@hearinglosseb.org or 510-221-6080.

● Saturday, August 11: Hopping Jalapeños Chili Cookoff

Join the fun from 11 a.m. to 4 p.m. on Aug. 11 as the Chili Cookoff winner advances to the ICS World Championships. Free admission, chili tasting (\$1 each), raffle prizes, trophies, live music and a BBQ at the Hayward-Castro Valley Moose Lodge, 20836 Rutledge Road in Castro Valley. To enter the contest or for more information, email

cvmoosecookoff@gmail.com

● Saturday, August 11: Documentary Screening

The Hayward Area Historical Society will screen Abby Ginzberg's documentary "And Then They Came For Us," exploring the lingering impact of Japanese American incarceration during WWII, at 2 p.m. on Aug. 11 at the HAHS Museum, 22380 Foothill Blvd, Hayward, followed by a panel discussion. Info at: www.haywardareahistory.org

● Friday-Sunday, Aug. 17-18-19: Hayward High Alumni

Hayward High School will host an all-alumni weekend Aug. 17-19, to celebrate the opening of its new lighted athletic field, starting with an all-alum tailgate party behind the HHS gym from 3 to 7 p.m. on Friday, Aug. 17 followed by the school's first varsity home football night game under the new lights (admission \$8).

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events listed below are available online at www.cvcfa.com; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. (phone 889-8961), or at the Castro Valley Adult School, 4430 Alma Avenue.

● Castro Valley Arts Foundation 2018-2019 Series

From Country to Classics, tickets are on sale now for six concerts—**Led Zepagain, Mark Mackay, Pasquale Esposito, Vox Fortura, Johnny Cash Tribute** and **The Sun Kings**, plus the New Year's Eve Cabaret. Buy season tickets and save \$5 per ticket, free ticket exchange and best seat selection. *See ticket info above.*

THEATRICAL & MUSICAL PERFORMANCES

● **“Crimes of the Heart,”** a funny and deeply touching play about the intrigues, secrets and scandals of three eccentric sisters in Mississippi, will be presented by Chanticleers Theatre, 3683 Quail Ave. in Castro Valley. The youngest sister is out on bail having just shot her husband. The middle sister, a would-be singer, has retreated from Hollywood by way of a psychiatric ward, and the eldest sister is facing her 30th birthday with no romantic prospects. The show continues through Aug. 19. For tickets (\$25 adults, \$20 seniors/students), visit www.chanticleers.org or call 510-733-5483.

● **“The Mousetrap,”** by Agatha Christie, will be presented by the San Leandro Players through Aug. 19 at the San Leandro Museum/Auditorium, 320 West Estudillo Ave. in San Leandro. A group of strangers trapped by a snowstorm discovers that a murderer is among them. Show times are Saturdays at 8 p.m. and Sundays at 2 p.m., plus the Fridays of Aug. 10 and 17 at 8 p.m. Tickets are \$20 general, \$15 seniors. For reservations, call 510-895-2573 or visit www.slplayers.org

● **“Joseph and the Amazing Technicolor Dreamcoat,”** with a cast of 70 and a live orchestra, will be presented by Woodminster Summer Musicals at 8 p.m. on Aug. 3, 4, 5, 9, 10, 11 and 12 at Woodminster Amphitheater, Joaquin Miller Park, Joaquin Miller Road at 3540 Sanborn Drive) Oakland. This family favorite is a lively musical retelling of the Biblical tale of Joseph and his coat of many colors. For tickets or info, call 510-531-9597 or visit www.woodminster.com

AT THE GALLERIES

● **“Elevate,”** Adobe Art Gallery's Inaugural Fundraiser and Silent Auction Exhibition Preview Party will be held from 1 to 3 p.m. on Saturday, August 11, with the work of more than two dozen artists. Proceeds will go toward improving the exhibition space with new mobile walls for the visual display of artists' work and additional lighting. The exhibition will continue through Sept. 29 at the gallery, 20395 San Miguel Avenue. For more info, visit adobegallery@haywardrec.org

● **Loyal Americans: Japanese American Imprisonment During World War II**, an exhibition of artifacts and stories of people whose civil rights were violated, continues in the Special Gallery at the HAHS Museum of History & Culture through Oct. 28, at 22380 at Foothill Blvd in Hayward.

● **‘Teachers Exhibit’ Watercolors**, featuring botanical works by artists who have taught in Castro Valley and Hayward are currently on display at the Castro Valley Library. The exhibition continues until Sept. 6. View more paintings at www.sfbotanicalartists.com

● **“Black & White in Black & White: Images of Dignity, Hope, and Diversity in America,”** a collection of early 20th Century portraits of African Americans in Nebraska printed from glass plate negatives, will be on display in the Community Gallery at the HAHS Museum of History & Culture, 22380 Foothill Blvd. in Hayward through Aug. 19. The images were taken between 1910 and 1925.

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ARIES (March 21 to April 19) There might still be some uncertainty about the decision you made. But a quick check of the facts should reassure you that you're doing the right thing.



TAURUS (April 20 to May 20) The tidy Taurean needs to be a little more flexible about accepting some changes to those carefully made plans. You might be pleasantly surprised by what follows.



GEMINI (May 21 to June 20) Consider stepping away from your concentrated focus on your new project for a bit so you can get some perspective on what you've done and where you plan to take it.



CANCER (June 21 to July 22) The understandably angry Crab might not want to accept the reason why someone might have tried to hurt you. But at least you'll have an insight into why it happened.



LEO (July 23 to August 22) There might be some facts you still need to know before leaping onto center stage. Best to move carefully at this time so that you can observe what's happening around you.



VIRGO (August 23 to September 22) It's a good time to expand your outlook by getting out and around, whether you do some long-range traveling or just explore the great things to see closer to home.



LIBRA (September 23 to October 22) Your wise counsel continues to be needed as that family situation works itself out. Meanwhile, the decisions you made on your job begin to pay off quite nicely.



SCORPIO (October 23 to November 21) Your job situation brightens thanks to all your hard work. Now, spend some time repairing a personal relationship you might have neglected for too long.



SAGITTARIUS (November 22 to December 21) Aspects favor action in the workplace. Line up your facts and show your superiors why you're the one they're looking for.



CAPRICORN (December 22 to January 19) Your hard work pays off on the job. Personal relationships also can benefit from more of your time and attention. Spend the weekend with loved ones.



AQUARIUS (January 20 to February 18) Early feedback on your project might be disappointing. But don't be discouraged. Use it to make needed adjustments, then submit it to your superiors again.



PISCES (February 19 to March 20) Flattery could lure the otherwise sensible Fish into making an unwise decision. Be careful. All that praise might be an attempt to reel you in before you can learn the facts.

Unity Church of Castro Valley

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Plum's the Word!



A plum's outside color offers little clue to what's inside. Pick a red one and it might be yellow inside. A blue plum might be green inside. And a yellow plum can have red flesh. A fresh plum, whatever its color and variety, is great for eating without embellishment, but you'll need extra napkins or paper towels. Ripe plums are juicy!

Color is no guide to ripeness, either. You must squeeze a plum gently in the palm of your hand. When it gives slightly, yielding to light pressure, it's ripe.

As with peaches, you can ripen plums by leaving them in a loosely closed paper bag. And, like peaches, they can go quickly from almost-ripe to overripe, so watch them carefully.

As good as plums are when fresh and raw, they do lend themselves to some excellent cooked dishes. If a recipe calls for peeled plums, hold the plum in boiling water for a few seconds until the skin cracks, then peel as you would a tomato.

For measuring purposes, one pound of fresh plums equals 6 medium-sized plums, or 2-1/2 cups sliced, or 2 cups dices, or 1-3/4 cups puréed.

PLUM PIE

- 4-1/2 cups quartered and pitted plums (about 1-3/4 pounds)
- 1 cup sugar
- 1/4 cup quick-cooking tapioca
- 3 tablespoons port wine
- 2 teaspoons grated orange peel
- 2 teaspoons vanilla
- 1/2 teaspoon nutmeg
- Pastry for double-crust 9-inch pie
- 1 large egg, lightly beaten

In a large bowl, stir plums, sugar, tapioca, port, peel, vanilla and nutmeg. Let stand for at least 15 minutes or up to an hour for tapioca to soften. Stir occasionally.

On a lightly-floured board, roll half of chilled pastry into 12-inch circle and ease into a 9-inch pie pan. Fill with plum mixture. Roll out remaining pastry into a 10-inch square. With pastry wheel or knife, cut into 8 equal strips.

Arrange strips on top of pie in lattice fashion, making flush with rim of pan. Flute edge. Brush pastry (not the filling) with the egg. Set pan in a foil-lined 10x15-inch pan (pie will bubble over while cooking). Bake in a 400°F oven until pastry is golden and filling is bubbling in the center, about 1

hour. Serve wedges warm or cool. Serves 6 to 8.

PLUM CRUMBLE

- 7 large plums, pitted and quartered
- 1/2 cup packed brown sugar
- 3 tablespoons plus 1 cup all-purpose flour, divided
- 1 teaspoon cinnamon
- 1 cup sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground mace
- 1 egg, lightly beaten
- 1/2 cup butter, melted

In a large bowl, combine the plums, brown sugar, 3 tablespoons flour and cinnamon. Spoon into a greased 2-quart baking dish.

In a small bowl, combine the sugar, baking powder, salt, mace and remaining flour. Add egg; stir with a fork until crumbly. Sprinkle over plum mixture. Drizzle with butter.

Bake at 375°F for 40-45 minutes or until plums are tender and top is golden brown. Cool for 10 minutes before serving.

Serve warm or at room temperature. Yields 8 servings.

PLUM UPSIDE-DOWN CAKE

- 1/2 cup dark brown sugar, packed
- 5-1/2 tablespoons butter or margarine, melted
- 1-1/2 pounds plums, washed and dried
- 3/4 teaspoon ground cardamom
- 1 cup flour
- 1/2 teaspoon baking powder
- Pinch of salt
- 3 large eggs
- 1-1/4 cups sugar
- 1 tablespoon lemon juice
- 1 pint frozen vanilla yogurt or ice cream

Generously spray nonstick

spray onto bottom and sides of 8- to 10-inch heavy skillet with ovenproof handle. Place brown sugar in bottom of pan and pour in melted butter. Use fork to blend butter and brown sugar well. Pat mixture with hands evenly over bottom of pan.

Halve plums lengthwise, remove pits and slice into 1/2-inch thick wedges. Starting around outside edge of pan, arrange plum slices in neat circle rows over sugar layer. Sprinkle plums with cardamom.

Sift together flour, baking powder and salt and set aside.

Beat eggs in bowl of electric mixer at high speed about 1 minute. Gradually add sugar in thin stream. Continue to beat until mixture is thick and pale yellow, about 5 minutes. On slow speed, gradually add flour mixture. If necessary, turn off machine and scrape down sides of bowl. Stir in lemon juice. Pour batter over plums.

Bake on center shelf at 350°F until top is golden brown and cake starts to pull away from sides of pan, about 35 to 40 minutes.

Remove skillet from oven and immediately run knife around inside edge. Invert skillet onto large, round plate or serving tray. Let skillet stand upside down 1 minute (so all fruit is released), then remove skillet.

Serve cake warm (it's best eaten the same day) with scoop of frozen yogurt. Makes 8 to 10 servings.

PLUM BREAD

- 1 cup pitted, chopped fresh plums
- 1 tablespoon flour
- 1/2 cup margarine
- 1 cup sugar
- 1/2 teaspoon vanilla extract
- 2 eggs
- 1-1/2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda



A Plum Crumble (or plum crisp) made with fresh plums and a crunchy topping.

- 1/3 cup plain yogurt
- 1/4 cup brown sugar (not packed)

Preheat oven to 350°F.

Spray a 9x5-inch loaf pan with cooking spray, or line with parchment paper.

Sprinkle chopped plums with the 1 tablespoon of flour in a bowl, and toss to coat. Set aside.

In a large bowl, beat the margarine, sugar, and vanilla extract with an electric mixer until light and fluffy. Beat in the eggs.

In another bowl, sift together the 1-1/2 cups of flour with salt and baking soda. Stir the dry ingredients into the egg mixture, alternating with yogurt until the mixture forms a smooth batter.

Lightly stir in the flour-coated plums, and pour the batter into the prepared loaf pan. Sprinkle the top of the batter with brown sugar.

Bake in the preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Remove from oven, and let cool in the pan 10 to 15 minutes before removing from pan for slicing.

OVEN-ROASTED CALIFORNIA PLUMS

- 1/2 cup orange juice
- 1 vanilla bean
- 6 fresh plums, pitted and halved lengthwise
- 2 tablespoons sugar
- Cinnamon sugar for sprinkling (optional)
- Ice cream, whipped cream or ricotta cheese topping

Heat oven to 400° F. Pour orange juice into an ovenproof baking or gratin dish. With the tip of a sharp knife, scrape the insides of the vanilla bean into the dish, reserving the pod.

Place halved plums, cut-side down, in the baking dish. Sprinkle with sugar and lay the vanilla pod on top of the plums. Bake until the plums are slightly slumped and feel a little soft, about 10 to 12 minutes. Cool to room temperature in the baking dish, then remove and chill until ready to serve. Reserve any pan juices to pour over the plums later.

To serve, place three plum halves cut-side up on a plate. Top with ice cream, whipped cream

or ricotta cheese topping, and sprinkle with cinnamon sugar, if desired. Drizzle with reserved pan juices. Serve immediately.

To make ricotta cheese topping, blend 3/4 cup skim milk ricotta cheese and 3 tablespoons honey in a food processor until smooth. Chill until ready to serve.

PEPPERY PLUM SALAD WITH PARMESAN

- 2 tablespoons red wine vinegar
- 1 tablespoon honey
- 1/2 teaspoon cracked black pepper, plus more
- 6 ripe plums, cut into wedges
- 1/4 cup shaved Parmesan
- 2 tablespoons olive oil
- Salt

Stir vinegar, honey, and 1/2 teaspoon pepper in a medium bowl until honey is dissolved. Add plums to dressing and toss until coated. Add 1/4 cup Parmesan and gently toss again just to evenly distribute throughout salad.

Transfer plum salad to a shallow bowl. Top with more Parmesan, drizzle with oil, and season with salt and more pepper. Serves 4.

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How Medicare Covers Diabetes

By Jim Miller
SPECIAL TO THE FORUM

Medicare provides a wide range of coverage to help beneficiaries who have diabetes, as well as those who are at risk of getting it – but they don't cover everything.

Here's a breakdown of what Medicare covers when it comes to diabetes services and supplies along with some other tips that can help you save.

Screenings: If you have pre-diabetes or some other health conditions that put you at risk of getting diabetes – such as high blood pressure, high cholesterol and triglycerides, are overweight, or have a family history of diabetes – Medicare Part B (medical insurance) will pay 100 percent of the cost of up to two diabetes screenings every year.

Doctor's services: If you're a Medicare beneficiary, Medicare will pay 80 percent of the cost of all doctor's office visits that are related to diabetes. You are responsible for paying the remaining 20 percent after you've met this year's \$183 (for 2018) Part B deductible.

Prevention program:

Just launched in April, the Medicare Diabetes Prevention Program provides lifestyle change programs offered by health professionals to help you prevent diabetes. This is available for free to all Part B beneficiaries who have pre-diabetes.

Self-management: If you have diabetes, Medicare covers 80 percent of the cost of self-management training to teach you how to successfully manage your diabetes.

Supplies and medications: Medicare Part B covers 80 percent of the cost of glucose monitors, test strips (100 per month if you use insulin, or 33 per month if you don't), lancets, external insulin pumps and insulin (if you use a pump), after you've met your deductible.

If, however, you inject insulin with a syringe, Medicare's Part D prescription drug benefit will help pay your insulin costs and the supplies needed to inject it – if you have a plan.



Part D plans also cover most other diabetic medications too. You'll need to check your plan for coverage details.

Nutrition therapy: Medicare will pick up the entire tab for medical nutrition therapy, which teaches you how to adjust your diet so you can better manage your condition. You'll need a doctor's referral to get this service.

Foot care: Since foot problems are common among diabetics, Medicare covers 80 percent of foot exams every six months for diabetics with diabetes-related nerve damage. They will also help pay for therapeutic shoes or inserts as long as your podiatrist prescribes them.

Eye exams: Because diabetes increases the risks of getting glaucoma and diabetic retinopathy, 80 percent of dilated medical eye exams are covered each year, but eye refractions for glasses are not.

For more information, see "Medicare's Coverage of Diabetes Supplies & Services" online booklet at [Medicare.gov/Pubs/pdf/11022-Medicare-Diabetes-Coverage.pdf](https://www.medicare.gov/Pubs/pdf/11022-Medicare-Diabetes-Coverage.pdf).

see **MEDICARE** on back page



SENIOR RESOURCES

Help with Chores & Small Jobs

By Jim Miller
SPECIAL TO THE FORUM

Getting help at home for any number of household tasks is a lot easier than it used to be thanks to a number of web-based tools that can quickly and easily connect you to a wide variety of skilled, carefully vetted workers. Here's what you should know.

Finding Qualified Help

One of the best ways to find qualified, reliable, trustworthy people that can help with home chores and other small jobs is through referrals from people you trust. But if your friends or family don't have any recommendations, there are a number of online companies you can turn to now like TaskRabbit.com and Takl.com.

These are on-demand service companies that can quickly and easily connect you to skilled workers to handle a wide variety of household chores and small jobs, like cleaning and house-keeping, moving and packing, lawn and yard cleanup, handyman tasks, grocery shopping, running errands, furniture assembly, closet organizing, and much more.

TaskRabbit currently has more than 60,000 Taskers (workers) in 47 U.S. cities, while Takl currently serves 75 U.S. cities with around 35,000 workers.

All you need to do is download their app, or go to their website, and select the service you want done and set a time when you'd like the worker to show up.

The software then matches your request and provides you a list of qualified, feedback rated workers (including their hourly rate) from which to choose. Once the job is complete, payment is done through the company's app.

see **CHORES** on page 7

CUTMA Accounts: Gifts For Grandkids

Q. As a grandparent, I keep hearing about CUTMA accounts, usually in discussions about gifts to grandchildren. What are they, actually?

By Gene L. Osofsky
SPECIAL TO THE FORUM

A. CUTMA is an abbreviation for "California Uniform Transfers to Minors Act" and, as you surmise, it refers to gifts made to minors.

Minors cannot own property in their own name, as the law presumes they are incapable of managing it. As a result, the law came up with a solution, and that is to permit gifts to be made to an adult for the benefit of a minor.

The gift document must specify the age at which the custodian must release the asset to the minor, which is usually age 18, but may be up to age 25, if a testamentary gift.

This form of gift is usually much simpler and less expensive than creating a formal minor's trust, which is another option under Internal Revenue Code section 2503(c). It is also an alternative to creating a "529 Plan", which is reserved for gifts to fund a child's college education.

Here are some significant features about CUTMA accounts:

1) The custodian must be named in the gift instrument, and a successor custodian may also be named. It is usually best for the transferor not to name himself, so that any income earned by the gift is taxable to the minor rather than to the transferor.

2) Each gift transfer may be made only for one minor, and only one person may be the custodian.

3) Special language must be used in the transfer, such as:

"I hereby transfer the sum of \$30,000 to Jerry Jones, as Custodian for Barney Smith, a minor, until age 18, under the "California Uniform Transfers to Minors Act".

see **OSOFSKY** on back page

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A young girl and a young boy are smiling in a swimming pool. The girl, on the left, is wearing a black swimsuit with 'MARIAS' and a logo. The boy, on the right, is shirtless. They are standing in the water, with pool lanes visible in the background.

This fall Arakawa will be a sixth grader and Willits will be an eighth grader, both at Canyon.


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—*Al Bronzini*



MICRO SPRINT RACE WINNER: Castro Valley's sprint car driver, Jake Andreotti, won The Clay Cup Nationals \$10,000 micro sprint race at Deming Speedway, in Everson, Washington, which took place Thursday-Saturday, July 19-21. The Clay Cup Nationals is ranked as one of the largest races on the west coast. The Andreotti family poses for a victory photo with the trophy and \$10,000 check.

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The diagram illustrates the hierarchical structure of the word 'HOTMED' using a tree-like representation. The root node is 'HOTMED'. It branches into 'Decay' and 'Means'. 'Decay' further branches into 'HIREWT' and 'Guard'. 'HIREWT' branches into 'CONKER' and 'RALPOT'. 'CONKER' branches into 'Figure' and 'Means'. 'RALPOT' branches into 'Guard' and 'Means'. The final nodes are 'CONKER', 'RALPOT', and 'HOTMED'.

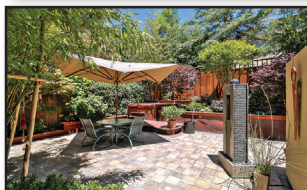
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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Sellers Voicing Discontent With the Shifting Market

For sellers accustomed to a market where the only ceiling seemed to be their imaginations, the currently shifting California housing market has many voicing discontent.

With offer deadlines coming and going without receiving any contracts and price reductions rising dramatically, it's a whole new ballgame.

It's no secret local homeowners have had the ride of their lives. Market prices climbed steadily since the market turned in February of 2011, when the average value for a single-family home in Alameda County was \$447,000.

Fast forward to June 2018, and the average price has soared to an astonishing \$1,128,000 - an 252% increase. With June 2017 prices hovering at \$993,000, we've chocked up a 13.6% boost in the last year alone.

Many are looking for answers for the shift. I believe there a number of factors.

Primarily, high prices have bumped many out of the hunt and the remaining pool of buyers is substantially smaller. With a flood of homes hitting the market this past May, home-owner-wannabes suddenly had inventory to choose from, reducing urgency.

Rising interest rates have pushed others to the sidelines. The potential of impending

trade wars is threatening job security for some and international buyers are dropping out of the Bay Area market, reasoning that property here is no longer a good investment value.

It's all a matter of perspective. Whenever the status quo appears to be threatened, unease sets in.

While buyers have been lamenting the surging prices along with their dwindling chances of homeownership, sellers have been able to sit back and smugly watch home values continuously increase like the escalators at the mall.

Occasionally, however, escalators stop working and, based on experience, grumbling ensues. Sellers are unhappy because future prospects are unsure; no one likes the idea of receiving less because they may have missed the market's peak.

Buyers are facing uncertainty, not wanting to overpay if the market is indeed shifting downward.

In the middle of all of this, Realtors often end up as scapegoats as everyone is looking to vent their frustrations. It is sometimes difficult to remember that Realtors do not control the market - they are facilitators subject to the market whims like everyone else.

Don't forget: there is a down escalator as well. Problem is, most local homeowners haven't been on it for quite a while and have forgotten that what goes up ... must eventually come back down.

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.



By Buzz Bertolero
SPECIAL TO THE FORUM

Q I had a wonderful crop of blueberries this year. Should I continue fertilizing them as the plants are still very lush looking?

A The short answer is yes; you continue to feed blueberries after harvesting the crop. Blueberries like to be fed monthly throughout the growing season March through October. They prefer an acid type fertilizer, so a camellia, azalea, and rhododendron food is recommended. Mycorrhizae type fertilizers such as Dr. Earth or EB Stone Organic are very advantageous for blueberries.

The end of the harvest season is an excellent time to check the soil pH as blueberries like an acid soil. Early next year would also work. They like a pH between 5.0 and 6.0.

The soil pH can rise during the non-rainy season especially if the your water quality is marginal or varies. An improper pH will affect the crop of berries next year.

It's not necessary to have your soil tested by a lab. Instead, you can purchase a simple pH kit at your favorite garden center. I'd take three different reading and



then average the results.

You correct a pH problem by adding an acidifier to lower it. Aluminum Sulfate, PH Adjuster, FST and Soil Sulfur are a few of the acidifiers available. The amount and frequency depends on the acidifier. This ensures that plants continue to be productive year af-

ter year.

Buzz Bertolero is an Advance California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com or on Facebook at [Facebook.com/Buzz.Bertolero](https://www.facebook.com/Buzz.Bertolero)

Mortgage Rates Shifted Slightly Higher

Mortgage rates moved up slightly last week to their highest level since late June.

The 30-year fixed-rate mortgage averaged 4.54 percent last week, up from 4.52 percent a week earlier. A year ago at this time, the 30-year FRM averaged 3.92 percent.

Fifteen-year fixed rates averaged 4.02 percent, up from 4.00 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.87 percent last week, unchanged from the week before.

"The next few months will be key for gauging the health of the housing market," said Freddie Mac Chief Economist Sam Khater. "Existing sales appear to have peaked, sales of newly built homes are slowing and unsold inventory is rising for the first time in three years."



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C	1-4	1-4	17674 Trenton Ave.	\$899,500	3+2.5	Berkshire Hathaway	Cathy Brent	510-381-1065
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Stopping an Agapanthus Invasion

By Buzz Bertolero
SPECIAL TO THE FORUM

Q I have three agapanthus plants that are out of control. Their roots are spreading into other plants, which consequently, are not doing well. How would I curb its growth?

A This problem is not difficult to solve. Agapanthus, (or Lily Of The Nile) has a fleshy and clumping root system.

With a round nose shovel, slice away the root mass that's interfering with the other plants. You can carve out a big or small section, whatever works the best for you. You're not going to

damage the mother plant and the sections you cut out can then be replanted or discarded.

Buzz Bertolero is an Advance California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com or on Facebook at [Facebook.com/Buzz.Bertolero](https://www.facebook.com/Buzz.Bertolero)



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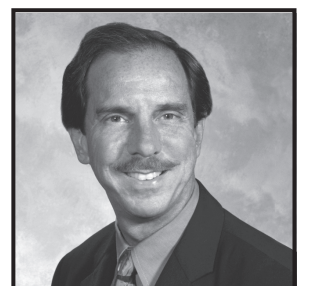
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Use Bolts to Anchor Pictures to Wall

By Samantha Mazzotta
Special to the Forum

If you're hanging some heavy pictures on your walls, you may be confused by the number of bolts available for the job.

It depends on the weight of the item, but the most common are expansion bolts or anchors (also known as Molly bolts, for some reason), and toggle bolts.

Both kinds of bolts are helpful in anchoring somewhat heavy objects to drywall when a stud can't be located or used.

Expansion bolts have an exterior plastic sheath, which is straight when inserted into a hole drilled into the wall, but expand behind the wall once placed. They're designed for heavy objects like large framed pictures, mirrors or shelves.

Toggle bolts have metal wings that unfold once inserted on the other side of the drywall, providing a sturdy backing for much heavier objects like small cabinets.

To use an expansion bolt, mark the spot on the wall where you plan to hang a picture or heavy

item. Drill a hole at the width specified to fit the expansion bolt. With the metal screw inserted fully into the expansion sheath, push the bolt through the hole or gently tap in with a hammer. Turn the screw head clockwise until it's tight -- this action expands the sheath so that it sits snug against the wall.

Unscrew the metal screw from the expansion bolt sheath and mount the picture by inserting the screw through the picture's hanger or screw hole and back into the expansion bolt.

To use a toggle bolt, first drill a hole in the wall at the width specified. Unscrew the metal flange (the spring-loaded expansion unit)

from the metal screw. Run the screw through the screw hole or the picture's hanger, then screw the metal flange back onto the screw, on the opposite side of the hanger or screw hole.

Pinch the flange closed with one hand and push it through the drilled hole while guiding the picture into position. Once the flange is all the way through, pull the metal screw until you can feel the flange pressing against the back side of the wall. Tighten the metal screw until it and the picture are secure.

Home Tip: Metal or wooden studs are located approximately 16 inches apart on average.

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August Chores

August is a time of transition in the garden. You'll be harvesting many of your summer vegetables—especially zucchini and tomatoes—and getting the soil ready for the fall-winter garden.

Chard grows beautifully in late summer and fall. Harvest the outer leaves and leave the crown intact for extended use of fewer plants. Cauliflower and broccoli must be in the ground a good two months before frost, which mean no later than the middle of this month.

Plant beans now through Labor Day. Use a nitrogen-fixing bacteria powder to increase the yield. Plant spinach as early as possible this month. To promote growth, apply a half-pound of composted chicken manure or other high-nitrogen fertilizer into each square foot of garden space.

Feed tasseling corn and other vegetables that are setting fruit.

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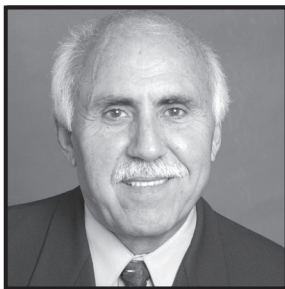
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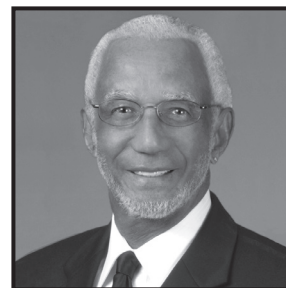
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LETTERS

TO THE EDITOR

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Take a Tour of CV's Wildfire Hazards on August 13

Editor:

I encourage interested residents to join the Castro Valley Municipal Advisory Committee on Monday, Aug. 13 at 4 p.m. for a tour of the Ten Hills Trail to learn about "Wildland Urban Interface" and potentially devastating fires threatening our community.

This tour will gather at Redwood Road and Camino Alta Mira (adjacent to the Ten Hills Trail). Attending the tour fire and safety representatives from Alameda County, East Bay Regional Parks District and East Bay Municipal Utility District to discuss dangers of and mitigations for potential Wildfires.

A group of Parson Estates residents have been meeting and working with the MAC to address this issue, and bring attention to extreme fire danger effecting various parts of Castro Valley. The tour is a follow up to their March meeting on the subject.

Castro Valley is blessed with surrounding regional parks, open space and forests. All of our neighbors need to be concerned that a devastating Wildfire may not only burn adjacent properties, but can sweep into the city. Look only at the fire destruction in Santa Rosa.

We look forward to collaborating with various agencies to ensure that Castro Valley is a high priority in Wildland Urban Interface Fire prevention, planning and response.

Our group hopes these efforts may include widening Ten Hills Trail,

clearing fire fuel, installing trail/firebreak waterlines and hydrants, educating property owners on fire safe and developing and funding a comprehensive plan for Castro Valley.

Let's work pro-actively on preventing Castro Valley from becoming another devastating Wildfire event like Santa Rosa, Sonoma County, or the Berkeley-Oakland Hills.

—Steve Hollister, Castro Valley

A Wildfire That Could Threaten Downtown Castro Valley

Editor:

Our East Bay Park District invites all Castro Valley residents to inspect the critical fire hazard along the Ten Hills trail at an important meeting at 4 p.m. on Aug. 13. Please meet at Redwood Rd. and Camino Alta Mira.

Just like in Santa Rosa, a forest fire on Lake Chabot property would wipe out the homes on the ridge and then spread to downtown Castro Valley.

Many years ago plans were put in place to protect Castro Valley with basic trail maintenance. Today, the goal posts have moved. The forest and undergrowth have grown enormously, despite the trail maintenance. We now have a fine thread that could wipe us out. Unlike 50 or 60 years ago, huge trees now overhang the trail and reach into the backyards of neighborhood houses. Can we save Castro Valley? Absolutely! But first we must all agree that we have a real problem and that the status quo will no longer work.

Nature gave us a bigger forest. The trail must be cleaned of trees and vegetation to form a fire trail 100 feet wide, which must be maintained. Water and fire hydrants must be installed so that fire fighters and equipment can safely stop a fire. At this crucial point any measure taken short of that will obviously result in another Santa Rosa like catastrophe.

How about funding? For years, special funding from measure KK and CC has been directed to East Bay Parks for trail maintenance and fire prevention. Gov. Brown's recent state budget provides for 256 million dollars for fire prevention. On July 23, the East Bay Times front page article mentioned our state now flush with cash, doling out \$2.5 billion on new grants. Our East Bay Parks District recently received a \$2.1 million grant for habitat restoration.

The money is there, but we need to unite. We simply need to have the various agencies, EBMUD, Parks District and Fire Prevention to sit down with us and formalize a plan to justify receiving these grant monies. Together we can save Castro Valley.

—John Sullivan, Castro Valley

Angry Over 'Mis-characterization' of CV Area Veterans

Editor:

I was totally taken aback by Mr. Ashley's letter ("A Better Use for Castro Valley's Old Library Building," Letters, July 25).

His malicious false, unsubstantiated statements and mis-characterization of our Castro Valley area veterans left me too angry and full of rage to respond till now.

I served in our Navy for 28 years and continue to serve as a Charter member of our VFW Post 9601 Castro Valley. I serve as a member of our Honor Guard. Our post renders Military Honors in funeral/memorial services as requested, participates in parades and leads numerous events at the Castro Valley Veterans Memorial.

As a Brown Water Navy sailor, I served in rivers/harbor of Vietnam and Cambodia. As result of my service in Vietnam I lost most of my right lung due to an Agent Orange exposure.

As a Senior Chief in the US Navy, I know the difference between fact, stretching the truth and sea story. Mr. Ashley managed to spin a fine Sea Story, stereotyping an old Veterans Hall. (Combat Veterans share a special bond. Have they earned the right to tell their story?)

We do not enjoy rent free meeting place with a bar. Our charter does not allow us to have a drink during our Post meetings. Hayward Veterans Memorial Building does not have a bar. Our VFW post was paying \$75 per month to use the Moose Lodge as our meeting place. We pay \$200 a month for storage unit to store lots of equipment and supplies for our needy and disabled veterans (wheel Chairs, hospital bed, walkers, etc.).

Our main goal is to keep the building paid for through an assessment on our property taxes to remain a resource to serve the community as a small meeting and conference center. We oppose the demolition of this Mid-Century modern building.

Our hope is to create a meeting space for all veteran and civic organizations, storage area for the Friends of Library and service organizations, classrooms for vocational training and office spaces for Veterans Service Officers, "Veterans helping Veterans."

Please visit our web site: saveouroldcvlibrary.org/ and sign our petition @ Change.org.

—Keisuke "Kasey" Warner, Castro Valley
Vietnam/Desert Storm Navy Veteran

Calls Sleep-Disorder Columnist 'Ignorant and Unqualified'

Editor:

In response to Dr. Steven Freeman's Special To The Forum in the July 25, 2018 issue "Sleep Disorders Are Frequently Diagnosed, Treated by Dentists," somebody didn't do their homework!

Dentists may not diagnose sleep disorders, and dental sleep medicine is not recognized as a specialty area by the American Dental

Association. Dentists may only refer their patients to qualified medical professionals, to get them sleep tested.

CPAP remains the gold standard treatment for obstructive sleep apnea, (OSA). It is the most effective and least invasive of all the treatments used to treat OSA. A high percentage of patients who begin CPAP and are medically monitored continue using their CPAP — 83% still use their CPAP at 3 years.

There are masks, especially nasal pillows, that don't resemble "gas masks" at all and are quite comfortable. It takes anywhere from 3 days to 6 months to adapt to CPAP.

There's an association between obesity and OSA, but of those who elect surgery to lose weight, only 4% are considered "cured" of their obstructive sleep apnea one year after the surgery (confirmed by a second sleep test). Those who lose weight without surgery experience improvement (not cure) of their apnea.

Oral appliance therapy (OAT), provided by dentists, is not recommended for moderate to severe OSA. OAT is only considered in cases where the patients have been unable or unwilling to initiate/continue CPAP treatment. Something is better than nothing, but OAT alone can't "cure" OSA and is a poor substitute for CPAP.

I searched the American Academy of Dental Sleep Medicine to see whether Dr. Freeman has diplomate status (which is the gold standard in DSM). He doesn't. His Special to the Forum was unfortunate, ignorant and unqualified. It's too bad that he's not alone.

—Pam Gillespie, Castro Valley

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

Obituaries

CASTRO VALLEY FORUM OBITUARIES

may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209. Include a phone number. For help, call Patrick Vadnais at 510-614-1558



Lu Bedard

Friends and Family are invited to a Remembrance for Lu on Friday, August 10, 2018 from 2 p.m. to 4 p.m. at JP's Restaurant, 3600 Castro Valley Blvd. in Castro Valley.

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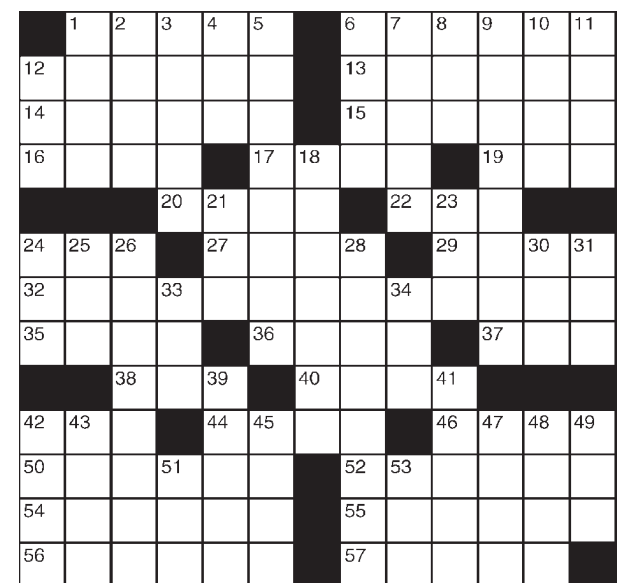
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THE FORUM CROSSWORD



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ANSWERS ON PAGE 5



PHOTO BY PAUL KURODA

LOCAL VETERANS HONORED FOR ARTS PROGRAM: Alameda County Supervisor Valle presents a commendation to Oakland Vet Center Director Dr. David Joseph with local Veterans, Oakland Vet Center Staff, Alameda County Leadership, and Alameda County Arts Commissioners and Staff last Wednesday.

New Salvation Army Team Headquarters in Hayward

Husband and wife Captains — Carlos and Leilani Armendariz — have been appointed as officers at the local Salvation Army headquarters in Hayward.

Originally from El Cajon in Southern California, they met as kids at their local Salvation Army's Vacation Bible School. They were married 15 years ago.

This is their fourth posting since their ordination and graduation from Officer Training College in 2010.

Leilani Armendariz is a seventh-generation Salvationist. Her forebears were among the founders of the Salvation Army when it was established in North Dakota. Her grandmother and mother are both retired officers.

"Our mission is to lead our lives around the practices of Jesus

Christ," she says. "He cared for those whom no-one else noticed and showed love and compassion to all. That's our mission."

"Besides pastoral care, we satisfy the basic needs of food, clothing and shelter when people seek help from The Salvation Army."

With each new appointment, the Captains Armendariz have worked to quickly identified the community's needs and have structured programs and social services accordingly. They have extensive experience with youth ministry and look forward to serving in the East Bay.

The Salvation Army Hayward Corps is located at 430 A St., Hayward, serving all age groups in Castro Valley and the surrounding area. They can be reached at: 510-581-6444.



Carlos Armendariz



Leilani Armendariz

Marketplace: Spring '19 Grand Opening

continued from front page
trepreneurs.

Also overlooking the main floor will be "Pop Out," a small cooking school as well as Night Owl, an after-hours cocktail bar and Asian small plates restaurant.

Community Development Agency Deputy Director, Eileen Dalton expects the renovations to start in earnest in either late September or early October to keep the project on schedule for a Spring 2019 grand opening.

"We do not expect a massive disruption of the surrounding

parking lot or sidewalk around Daughtrey's during the construction," Dalton says. "We are giving updates to the Castro Valley MAC as new information is available."

Improvements around Daughtrey's building have been completed but did not go as smoothly as planned. A reconfigured parking area behind the Daughtrey's, Knudsen's, Joyful House, and Sal's Foreign Car Service as well as open-air walkways between the buildings went weeks over schedule.

Strategically located at the in-

tersection of Castro Valley Boulevard and Santa Maria Avenue, Daughtrey's redesign is the largest and most significant update to the face of the downtown community since the Castro Valley Boulevard streetscape makeover.

The mere mention of the name Daughtrey's in Castro Valley evokes feelings of past glory; a family-oriented shopping experience that served families for three generations. The Castro Valley Marketplace is expected to have its own distinct community identity.

'Elevate' A New Exhibit at Adobe, Preview Party Saturday August 11

The Adobe Art Gallery presents the upcoming exhibit, "Elevate," with a preview party from 1 to 3 p.m. on Saturday, Aug. 11, when the Gallery will be raffling off a membership to the San Francisco Museum of Modern Art.

Proceeds will go toward improving the exhibition space with new mobile walls and additional lighting.

Participating artists include Marsha Balian, Jo Ann Biagini, Debra Collins, Madelyn Covey, Ulysses Duterte, Shelley Gardner, J. M. Golding, Rinat Goren, Susan Honda Eady, Marc Ellen Hamel, Jeannie Ichimura, Kate Jordahl, Maya Kabat, Kathleen King, Leah Korican, Claudine Krause, Ras Manneh, Mary V. Marsh, Craig Pratt, Leah Rosenberg, Radha

Syed and Leah Virsik, with more to be announced.

A closing party with a silent auction and more raffle items will take place from 1 to 3 p.m. on Saturday, Sept. 29.

The public is invited to both free events. Gallery hours during exhibits are from 11 a.m. to 3 p.m. Thursdays, Fridays and Saturdays, and by appointment.

Reports: Cyclist with Drug Paraphernalia; Breaking Into Business; Assault & Battery

continued from page 3

was sitting with no shirt and his pants down in the restricted area. When asked, the man said he was simply "watching the sunset." Deputies took him into custody.

Two-Wheeled Arrest

Tuesday, July 24: at 12:31 p.m., a 50-year-old man was arrested on suspicion of possession of illegal drug paraphernalia. Deputies stopped the man while bicycle riding around the Boulevard near Center Street following a traffic violation. During questioning, the man revealed he had illegal drug paraphernalia. Deputies took the man into custody.

Ex-Wife Uses TV Remote as a Weapon

Monday, July 23: at 9:49 p.m., a 911 call about a loud and aggres-

sive-sounding argument sent deputies to a home on Bridge Court near Grove Way. There, they arrested a 36-year-old woman from Castro Valley on suspicion of assault with a deadly weapon on her ex-husband and his new wife by using a television remote control as a weapon. Deputies also found the woman to have a warrant issued for her capture. The woman was taken to Santa Rita Jail pending \$80,000 in bail. The victims were treated at the scene.

Caught Breaking into Business

Tuesday, July 24: at 2:43 a.m., a silent alarm indicating an intruder sent deputies to a business on Redwood Road near Grove Way. There they arrested a 19-year-old man with no permanent address on suspicion of breaking and entering into a business, resisting

arrest, and violating the terms of his parole. Deputies sent in a K-9 unit after seeing the man inside the building illegally. The suspect locked himself into a back room and remained until deputies could handcuff him and take him to Santa Rita Jail where he was held without bail.

Vehicle Stop Ends in Arrest

Monday, July 23: at 9:10 p.m., deputies arrested a 27-year-old man from Castro Valley on suspicion of assault and battery in front of a business on Castro Valley Boulevard and Anita Avenue. The man was spotted hitting a passenger in the vehicle which did not have headlights, and proper vehicle license plate placement. Deputies handcuffed the man and took him into custody. The victim was treated at the scene.

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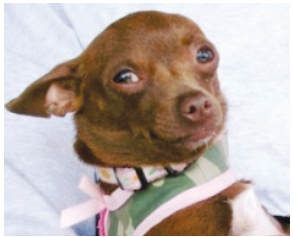
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MOUSE is an especially small Chihuahua. Full grown at 1 to 1.5-years-old, she weighs only 5.5 pounds. She is a sweet, easygoing girl. For more info, visit: dustypawsrescue.org



BAILEY is 1-year-old and has grown into a lovely, quiet young cat. He would do best in a calm adult home without children or dogs. More info at: www.dustypawsrescue.org

Students Sought to Volunteer

Are you looking for community service hours or do you need some job experience for your resume?

The Castro Valley Library is looking for dedicated and enthusiastic high school student volunteers for its after-school Homework Assistance Center.

Sign up for just a few hours a week, from 3:30 p.m. to 5:00 p.m. on Mondays through Thursdays and help students tackle their homework, while you gain valuable experience, and have fun.

Two separate orientations and scheduling of hours will be held Wednesday, August 29 — one from 4 to 4:30 p.m. for returning homework center volunteers, the second at 4:30 p.m. for new volunteers.

Call Nathan Silva at 510-608-1141 for more information or stop by the Castro Valley library. Please be sure to bring a completed and signed Homework Center Volunteer application to the orientation.



HOT PAW-GUST NIGHTS

Free Pet Adoptions Saturday At Hayward Animal Shelter

If you've been looking for a special pet, this Saturday, Aug. 4, is the time to find one. The Hayward Animal Shelter volunteers and www.SantaCon.com are sponsoring Hot Paw-gust Nights again this year with free pet adoptions from 11 a.m. to 5 p.m.

All kinds of pets — dogs, pup-

pies, cats, kittens, bunnies, Guinea pigs and rats — all colors and sizes are available to qualified homes at no cost. Hayward residents do have to pay a \$17 dog licensing fee for dogs.

To help celebrate, there will be a classic car show and a Kid's Booth plus a live band, Milo, performing

from 11 a.m. to 1 p.m.

The Hayward Animal Shelter is located at 16 Barnes Court in Hayward, near the DMV office at Jackson and Soto Road.

For more information, visit www.facebook.com/haywardanimalshelter and www.SantaCon.com

Osofsky: Gifted Assets to Grandchildren

continued from page 6

If the transferor wishes to delay receipt until Barney becomes 21, the following words must be added: "... until age 21 pursuant to California Probate Code section 3909."

Note: if the gift is to be made by Will or Trust, the donor may extend to age 25. However, a gift which defers ownership until the minor is over age 21 will generally not qualify for the Gift Tax Annual Exclusion Amount (currently, \$15,000 per year in 2018).

Thus, it is often best to defer possession only to age 21, especially for gifts made during the donor's lifetime.

4) Assuming the Custodian is

not the minor's parent, any income earned by the gift is taxed as follows: for children or students under age 24, income below \$1050/year is not taxed, income from \$1,050 through \$2,100 is taxed at the child's rate, but income over \$2,100 is taxed at the higher rates applicable to trusts and estates (which begin at 24% in 2018).

5) The custodian has a fiduciary duty to manage the gifted asset for the benefit of the minor, but may use the funds for the minor's benefit without court order and without the need to take into account the



parent's duty to support the minor or the minor's other available income or property.

6) If the minor dies before the time designated for him to receive the property, it then goes to his estate. But this may not be what the donor wanted, especially if the minor has other siblings whom the donor would then prefer to receive that gift. In that case, a gift to a trust for the minor, with provisions for successor beneficiaries in the trust instrument, may be preferable, especially in the case of a very significant gift.

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

Wary: Cannabis-Related Businesses

continued from front page

saturated with pot business. Cindy Towles, president of the Cherryland Community Association Board, said that if the community gets marijuana tax revenue earmarked for the area, the association would consider supporting the ordinance.

Towles further said that her association would only consider testing laboratories on an office-zoned area or as an expansion

of the existing Garden of Eden, but no other cannabis-related activities.

Speakers at the Ashland Community Association Meeting said the pot infrastructure may be an economic boon for the area, but others said that such business would do nothing to enhance livability in the area.

The next opportunity to discuss the proposed ordinance and offer feedback will be at the next meet-

ing of the San Lorenzo Village Homes Association, scheduled for Aug. 19 at 7:30 p.m., 377 Paseo Grande, San Lorenzo.

The next step is for county staff to compile all these responses they've gotten at various meetings and deliver a report to the Alameda County Board of Supervisors Transportation and Planning Committee, which is made up of Supervisors Miley and Haggerty.

Medicare: Financial Assistance Available

continued from page 6

Other Insurance

If you have a Medicare supplemental (Medigap) policy, it may pay some of the costs that Medicare doesn't cover. Call your plan's benefits administrator for more information.

Or, if you're in a Medicare Advantage plan (like an HMO or PPO), your plan must give you at

least the same diabetes coverage as original Medicare does, but it may have different rules. You'll need to check your policy for details.

Financial Assistance

If you're income is low, and you can't afford your Medicare out-of-pocket costs, you may be able to get help through Medicare Savings Programs. To find out if you qualify or to apply, contact your

state Medicaid program.

Also, find out if you are eligible for "Extra Help" which helps Medicare Part D beneficiaries with their medication expenses. Visit SSA.gov/prescriptionhelp or call Social Security (800-772-1213) to learn more.

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



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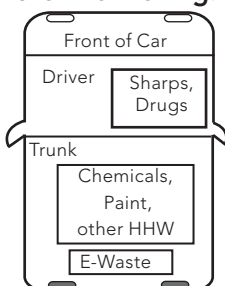
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