

THIS FRIDAY AND SATURDAY

PARADE & COOK-OFF

SEE BELOW

THIS SUNDAY

MOTHER'S DAY 2017

PAGES 6 & 7

INSIDE YOUR FORUM

NEWS

**Closure Extended**  
Palomares Road closure has been extended through June 30th  
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OUR TOWN

**A Sound Future**  
Castro Valley native is making a lot of noise with his smartphone software  
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H&F

**Water Safety**  
May is National Water Safety Month, a good time to teach kids to swim  
**Page 8**

PHOTOS: EAST BAY REGIONAL PARK DISTRICT

**East Bay Regional Park District fire crews have been training to extinguish fast-moving wildland blazes in anticipation of a challenging fire season, which begins on Monday. As hillsides around Castro Valley turn from green to brown, the grasses become fuel that could produce intense fires.**

## WILD FIRE SEASON

WHY OFFICIALS FEAR THIS YEAR COULD BE A VERY BAD ONE

The East Bay Regional Park District is preparing for the 2017 wildland fire season which begins next Monday – a season officials say could be much worse than in past years.

“We have already had our first fire of the year, and our neighboring fire departments are experiencing an abnormally high number of fires,” said Regional Park District Assistant Fire Chief Paul Cutino. “We need everyone to be alert and obey fire danger restrictions in the parklands.”

Park supervisors are working with local fire agencies to get rid of parkland weeds, while members of the park staff are creating defensible spaces around buildings to allow firefighters to safely protect them in the event of a wildfire. Cutino said tree-removal companies and organized neighborhood groups are helping district fire crews in this effort.

This year’s winter rains promoted a heavy grass crop and abundant growth on brush and trees. Now the vegetation is drying – earlier than normal – and any late rains will contribute to an already robust grass crop.

Once these grasses cure, they become fuel that could produce intense, fast-moving fires. This will be especially true on dry, windy days in areas where topography also contributes to fire spread.

The heavier fuels, like brush, will soon be dry enough to burn actively, and the combination of heavy grass

## Arrested Man Confesses to CV Slaying

By Amy Sylvestri  
CASTRO VALLEY FORUM

A Stockton man who was already in police custody has confessed to last December’s murder of 59-year-old optician Andrea St. John at her home on Grove Way in Castro Valley.

At a press conference Monday morning, Alameda County Sheriff Greg Ahern said that Luckie Dacanay, 36, has confessed to stabbing St. John to death and lighting her Castro Valley home on fire to destroy evidence.

Dacanay has been charged with homicide and special circumstances including burglary, robbery, and murder with torture.

Ahern called the confession a “break in the case” as the sheriff’s department was still looking for a suspect when Dacanay admitted to the killing.

“He made statements at San Joaquin County jail...an admission to being the suspect,” said Ahern. “He provided us with information only a suspect would know.”

Dacanay has been in the San Joaquin County Jail for an alleged sexual assault on a family member near Tracy. He turned himself in February and will soon be extradited to Alameda County.

Ahern said that a stolen Toyota Corolla caught on security cameras near St. John’s home has been connected to Dacanay. The sheriff said that several law enforcement agencies including federal agents were involved in solving the case.

see SLAYING on page 15



Luckie Dacanay



Andrea St. John

## 97th Rowell Ranch Rodeo Events Begin Next Week

Almost 100 years ago, local legend, businessman, cattleman, philanthropist and stock contractor Harry Rowell had the idea to start a rodeo.

Rowell “loved the cowboy, loved animals and the outdoors and knew how hard the cowboy worked.” For a boy from England who had started ranching in his new California home it was the perfect blending of his “kindred feeling” towards the cowboy and enthusiasm for his community.

The tradition continues at the 97th Annual Rowell Pro Ranch Rodeo May 19-21, 2017, held at the historic Rowell Ranch Rodeo

Park off of Dublin Canyon Road and Highway 580.

More than 100 cowboys and cowgirls will compete for their share of prize money during this leg of the California rodeo circuit.

Excitement will build over the next two weeks with several rodeo events including a Chili Cook-Off on Friday, held at the rodeo grounds; followed by the Rowell Ranch Pro Rodeo Parade winding down Castro Valley Boulevard on Saturday morning.

A local Team Roping event kicks off the heart of rodeo weekend on Thursday, May 18 at 5:00 p.m.

The Rowell Ranch Pro Rodeo officially thunders into town on Friday, May 19 at 7:30 p.m. with the PRCA Professional Bull Riding “Rocking Bull Bash” event. An after-party follows on Friday night with music and dancing.

Two days of full throttle rodeo action continues on Saturday, May 20 and Sunday, May 21 with performances beginning at 1:30 p.m.

Prior to the Saturday and Sunday performance fans are invited into the arena for the Cowboy Experience at 12:00 p.m. An opportunity for them to see firsthand the care and equipment that goes into



PHOTO BY BRESLOW IMAGING

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PHONE: (510) 537-1792



## REUNION WITH THEIR RESCUERS



ALAMEDA COUNTY FIRE DEPT. PHOTO

Nearly a year ago, Alameda County firefighters rescued Daniel, a 2,200-pound Clydesdale horse, and his trainer, Leah, from the bottom of a ravine in Castro Valley. During an evening trail ride Daniel stepped off the single-track trail and lost his balance. Both he and Leah ended up in the ravine – Daniel initially in the trees and Leah on the rocks at the bottom of the ravine. Both were seriously injured. Today, both Daniel and Leah are healthy and doing well. Thanks to the kindness of Daniel's owners, Allison and Michael, and Rancho De Los Amigos, many of the firefighters, EMTs and Paramedics who responded on June 15, 2016 were able to reunite with Daniel, Leah, Dr. Carol Ormond (emergency equine Vet), local neighbors and support team members to celebrate the positive outcome and share lunch.

## Castro Valley Weather May 10 - 14, 2017



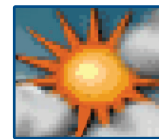
Wednesday  
Partly Sunny  
High 68° Low 54°



Thursday  
Partly Sunny  
High 67° Low 51°



Friday  
Partly Sunny  
High 65° Low 49°



Saturday  
Partly Sunny  
High 66° Low 47°



Sunday  
Mostly Sunny  
High 67° Low 49°

### Almanac



Past Week's Rain: 00.00  
Season To Date: 36.22  
Normal To Date: 21.07  
Season Average: 21.22

### Moon Phases



May 10



May 19



May 25



June 1

Sun sets at 8:09 p.m. today, rises at 6:03 a.m. Thursday.

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## Change Your Own Car Oil? CVSan's Used Motor Oil Filter Exchange Program Returns

If you change your own oil and live in a single-family home in Castro Valley, here's the way to get a free motor oil filter.

(1) Drain the used motor oil filter from an automobile, motorcycle, or boat into a pan for 24 hours (an important step, since filters can hold up to a quart of oil).

(2) Place filter in the zippered bag that comes with the free recycling kit from Waste Management.

(3) Notify Waste Management's Customer Service Center at least 24 hours before setting out used motor oil and filter(s) curbside, by calling 510-537-5500 weekdays from 8 a.m. to 5 p.m.

(4) Set sealed bag next to your used motor oil at the curb for collection on regular trash pickup day.

From now to June 9, participants in CVSan's award-winning Used Motor Oil Filter Exchange Pro-

gram will receive a coupon in the mail for a new oil filter when they place their used oil and filter curbside. Residents can receive a maximum of one coupon per household per week during the filter exchange program period. Coupon may be redeemed for one filter up to \$10 (including tax) until June 26.

Visit [www.cvsan.org/usedoil](http://www.cvsan.org/usedoil) for more information on how to recycle used motor oil and filters.

## Palomares Road Closure Extended

The Alameda County Public Works Agency has extended the closure of Palomares Road to all through traffic between Palo Verde Road in Castro Valley and Niles Canyon Road in Fremont through June 30.

Crews performing clean-up work on an earlier slope failure

discovered additional unstable boulders and debris on the hillside. Geologists have also determined that the hillside is still moving, increasing the possibility of more debris slides.

The roadway remains fully closed at mile marker 8.70. Residents on either side of the clo-

sure must continue to access their homes from either Palo Verde Road or Niles Canyon Road as appropriate.

For more info, contact the Maintenance and Operations Department at 510-670-5500 or visit the Public Works Agency website at: [www.acpwa.org](http://www.acpwa.org) for updates.



By Rob Rosas

**IF YOU suffer from lower back pain and sciatica, you are among four out of five Americans who will suffer with this crippling spinal condition.**

Shooting, stabbing and burning pains from the lower back region, often teamed with pain through the buttocks and down the legs are all classic symptoms of Sciatica or "pinched nerves".

In severe cases, it often leads to muscle wasting and or numbness with a constant tingling down to the tip of the toes. Left untreated, the intense pain can rapidly wear you down and drain the joy out of life.

### New Treatment Discovery

Recent advances in the treatment of sciatica and lower back pain have led to the development and huge success of Non-Surgical Re-Constructive Spinal Care.

The excellent results of this treatment have been published in major medical journals. Success rates as high as 90% now have some leading back surgeons recommending their patients to try this treatment first before considering back surgery.

In Pleasanton, you can try Non-Surgical Re-constructive Spinal Care at the Intero Chiropractic – the office of the man who has dedicated helping hundreds of people with low back pain and sciatica.

Jerry and his team of fully trained spinal care specialists have helped hundreds of patients find relief from their agonizing back pain and sciatica.

## Special CASTRO VALLEY FORUM Reader Offer

PAID ADVERTISEMENT

# Got a Painful Nerve?

## Is your Sciatic nerve causing you crippling leg and lower back pain?

According to Jerry, "We use a combination of ultra-advanced technology, not found elsewhere in Pleasanton, for precisely diagnosing the cause of your lower back pain and sciatica. From this, a unique program for reconstructing the damaged area causing the pain is designed; this means superior long-term results for most people."

### Personal Tailored Recovery Plan

Because the treatment is non-surgical, safe and easy, most patients report an almost immediate relief from their pain.

Patient Hector H. says, "My back pain was unbearable but the worst thing was the searing burning pain I felt in my buttock and leg.

I couldn't work or do anything useful and the drugs my GP prescribed hardly did anything.

My wife insisted I respond to one of these ads, I thought it would be a total waste of time, but I'm so glad she kept on at me.

Thank goodness I called your number, I'm so much better in just a couple of weeks."

**Your invitation for a comprehensive consultation and examination to pinpoint the cause of your lower back pain and sciatica...**

Rossmoor News has teamed up with the spine therapy specialists at Intero Chiropractic to help readers find relief from their persistent back and sciatic pain.

All you have to do to receive a thorough diagnostic examination with their advanced technology and a comprehensive easy to understand report on your state of health is call (925)255-5805.

• **Mention this article CODE: BOS20SCMS7b and Jerry will happily reduce his usual consultation fee \$100 to just \$20.**

• **That's a saving of \$80 - So hurry, due to obvious reasons - this is a time limited offer**

• **Only 100 reader consultations available at this exclusively discounted rate.** My advice, don't suffer a moment longer...

Find out if Non-Surgical Re-Constructive Spinal Care can help you, book a consultation with Peter and his team now by calling (925)255-5805, they are waiting to take your call today.

**They actually treat the cause of your health problem, not just your symptoms.**

**That's why hundreds of grateful patients tell them "You gave me back my life!"**

Over the years, they've treated hundreds of patients with back

problems and sciatica. The vast majority of them have enjoyed a superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

### Why Prolong Your Agony?

**Call them now and get a full and thorough examination to pinpoint the cause of your problem for just \$20, the normal cost of such an exam is \$100!**

Don't suffer from the pain and immobility any longer. Discover the natural treatment that can eliminate the cause of your problem and give you the safe, lasting relief you deserve.

**Call them now at (925)255-5805 and cut out or tear off this valuable article to take to your appointment. You'll be entitled to a comprehensive examination to diagnose the cause of your problem - and you'll be on your way to lasting relief! Don't delay your important diagnosis and treatment another moment!**

Please note, if you call during the week, they are very busy, so if they don't pick up straight away leave a message. You can even call at the weekend and leave a message to secure your spot.



**Dr. Jerry Hsieh, DC says,** "I've never seen a treatment as effective as Non-Surgical Re-Constructive Spinal Care for patients with sciatica or lower back pain."

They can't help everyone at this reduced price, so please call **NOW** to secure your special opportunity.

**Special Reader Opportunity is limited to the first 100 reader consultations. Don't delay, call (925)255-5805 and Quote Special Offer Code BOS20SCMS7b.**



## CV INVENTOR

# Building A Sound Future

By Michael Singer  
CASTRO VALLEY FORUM



**Caleb Madsen of Castro Valley is inventor of Acoustic Masterminds, a software app designed to help people hear live music and speaking presentations.**

**A** CASTRO VALLEY NATIVE is making a lot of noise with a startup designed to help improve the way people hear live music and speaking presentations.

Caleb Madsen is the brains behind Acoustic Masterminds, a software company he initially dreamed up when he was in 8th Grade, but officially launched while attending college at Cogswell Polytechnical College in San Jose.

Madsen's one-man operation makes two applications for smartphones – Room Calc and AcousticTools. The software can help professionals synchronize speakers in a large auditorium or small room. This synchronization helps prevent an echo effect that sometimes crops up if you are sitting in the back row or off to the side of a stage.

"Have you ever had trouble hearing someone across the table from you in a restaurant, cafe, or a similar setting no matter how loud you were talking?" Madsen says. "These are experiences I envision solving by revolutionizing the acoustic industry with the speedy, mobile diagnostic technology."

Beyond a better sound experience, Madsen says products like his are potentially better for your brain since listening to out-of-synch audio for long periods may cause increased stress and listening fatigue.

"Whether I'm at a conference, concert, or restaurant, I am aware of the acoustic issues," he says.

Madsen's business idea originated from Google's "Project Tango Developer" contest in 2015.

The search engine giant annually offers prizes and notoriety to young entrepreneurs in multiple categories.

The prototype app for Room Calc made it to the finals in the Utility category. A year later, the software won the Software Engineering: Best Program or App category in the Cogswell Excellence Awards. Madsen says he's humbled by the awards but is very excited about the feedback he is getting.

"Everyone has been very supportive," Madsen says. "Early in the process, I showed my software to different professionals and got feedback from engineers and other people who love audio. That's the most valuable to me."

As for staying in Castro Valley, Madsen says he'll remain in town for the long haul. He expects to earn a Bachelor of Science in Digital Audio Technology from Cogswell this month.

"It's a good central location that is not in a busy city and that

is close to innovation," Madsen says. "It's a good location for everything that is happening in the tech world."

While the company is currently seeking financial backing from investors, Madsen says he is pursuing filing paperwork to transform his provisional patent into a full-fledged patent for his inventions.

Visit Acoustic Masterminds online at: [acousticmasterminds.com](http://acousticmasterminds.com)

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



### Drug Runners Arrested Following Traffic Stop

Monday, May 8: at 2:40 a.m., Sheriff's deputies arrested two people on drug and concealed weapons charges following a traffic stop on Grove Way near Center Street. The driver, a 25-year-old man from Hayward, was charged with possession of narcotics for sale and carrying a concealed weapon. The passenger, a 27-year-old woman from Vallejo (Solano County), was charged with possession of stolen property. The woman was also previously wanted as part of a warrant for her arrest. Deputies handcuffed the pair and took them to Santa Rita Jail pending \$17,000 in bail.

### Meth Pipe in Her Pants

Monday, May 8: at 3:42 a.m., a 26-year-old woman from Pleasant Hill (Contra Costa County) was arrested on suspicion of possession of methamphetamine drugs and illegal drug paraphernalia. Deputies stopped the woman on a probation violation as she was in the parking lot of a restaurant on Castro Valley Boulevard near Yeandle Avenue when they discovered her stash. The woman reportedly stowed her glass pipe in the front of her pants pocket. Deputies took the woman into custody.

### Refused His Breathalyzer Test

Friday, May 5: at 11:10 p.m., deputies arrested a 51-year-old man on suspicion of public intoxication. The man was also wanted as part of a warrant for his capture. Deputies stopped the man while traveling on the Boulevard near Strobbridge Avenue where they smelled alcohol on his breath. The man refused to submit to a field sobriety test. Deputies took the man to Santa Rita Jail pending bail.

### Traffic Stop Nets Two Arrests

Friday, May 5: at 3:39 a.m., two people were arrested near the intersection of Crow Canyon Road and Cull Canyon Road following a traffic stop. The driver, a 31-year-old woman from Hayward, was arrested for driving with a suspended license. The passenger, a 35-year-old man from CV, was arrested on suspicion of violating the terms of his parole, possession of burglar tools, and violating a restraining order against him. The couple was taken into custody.

### Under Narcotics Investigation

Thursday, May 4: at 1:44 p.m., deputies arrested a 37-year-old man from CV on suspicion of

possession of illegal amounts of marijuana for sale. The man was at a home on Gem Avenue near Marshall Street when deputies arrived. The man was reportedly under a narcotics investigation. Deputies said they had probable cause to question the man when they discovered his stash for sale. The man was taken into custody.

### Finders, Not Keepers

Thursday, May 4: at 8:56 a.m., a 53-year-old woman with no permanent address was arrested on suspicion of possession of stolen property which had identifying marks that suggested it was not hers. Deputies approached the woman in the parking lot of a shopping area on Grove Way near Redwood Road. The woman claimed she found the unspecified item just dumped on the side of the road. Deputies disputed her story and took her into custody.

### Wanted Woman at Eden

Thursday, May 4: at 6:01 a.m., deputies arrested a 39-year-old woman on suspicion of driving with a suspended license, driving with a license that is revoked and

see **REPORTS** on back page

## CV Preschool Enrollment Open Three Days in June

Open enrollment for Alma State Preschool for the 2017-2018 school year will be held on three days next month.

The preschool, operated by the Castro Valley School District, is

for low income families of 3- and 4-year-old children.

Enrollment will be held from 9 a.m. to 2 p.m. on June 5, 6 and 7 at the District Office, 4400 Alma Avenue.

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## CROSSWORD PUZZLE ANSWERS

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M	E	N	T	O	R	A	V	O	W	E
I	N	T	O	N	E	R	E	M	O	V
D	E	E	R	S	W	A	N	F	I	N
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R	H	Y	M	E	S	M	E	S	O	N

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- 2pc. Vanity & Stool .. \$139 & Up
- Curio Cabinet ..... \$269 & Up

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## JOIN US ON THE ROAD TO 100

### 97th ROWELL RANCH PRO

# RODEO

MAY 19 - 21



Friday, May 19

### Rockin Bull Bash

Saturday, May 20 & Sunday, May 21

### Rowell Ranch Pro Rodeo

CELEBRATE YOUR COMMUNITY'S  
RODEO HISTORY ALL MONTH LONG

- Friday May 12 CV Rotary Rodeo Chili Cook-off
- Saturday May 13 CV Rotary Rodeo Parade  
Rodeo BBQ, Dance and Team Sorting
- Thursday May 18 Cowgirl Picnic and Team roping

Visit [rowellranchrodeo.com](http://rowellranchrodeo.com) or call 510-581-2577  
to get your tickets today!

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70 minutes....\$40 • 90 minutes....\$45

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## The Week Ahead

### ● Wednesday, May 10: Sons In Retirement Meeting

SIRs, an organization of retired men, meets today and on the second Wednesday of each month in the Wedgewood Center at the Metropolitan Golf Links, 10051 Doolittle Drive in Oakland. Happy Hour at 11 a.m., followed by lunch at noon. Great guest speakers, neither religious nor political. For more information, call Mel at 510-357-0601.

### ● Thursday, May 11: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting tomorrow at 7 p.m. in the District Office Boardroom, 4400 Alma Avenue. Visit [bit.ly/CVUSDBBoardMeetings](http://bit.ly/CVUSDBBoardMeetings) for the complete agenda and board packet.

### ● Friday, May 12: Castro Valley Chili Cook-Off

Join the fun as the 22nd Annual Chili Cook-Off, sponsored by Castro Valley Rotary, kicks off at the Rowell Ranch Rodeo Grounds, 9275 Dublin Canyon Road in Castro Valley. Come early to sample each contestant's chili while enjoying beer, wine and music from 5 to 8 p.m. Family and kid-friendly.

### ● Saturday, May 13: Annual Rowell Ranch Parade

Stake out your position along the Boulevard early for the Annual Rowell Parade, beginning at 10 a.m. Streets around the area will be blocked. Visit [www.rowellranchrodeoparade.com/parade-route-schedule/](http://www.rowellranchrodeoparade.com/parade-route-schedule/) for details.

### ● Saturday, May 13: Hearing Loss Association Meeting

Hearing-impaired Engineer Steve Sells will discuss Hearing in Difficult Situations which can be helped by use of the "Roger Pen" which works with T-coils in hearing aids. Refreshments at 9:30 a.m., program at 10, at the Oakland Kaiser Permanente Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. All are welcome! Park free on Saturday in the garage across Howe St. For more info, email [athos.artist@att.net](mailto:athos.artist@att.net) or call Kay at 510/886-4717.

### ● Saturday, May 13: Play Bingo de Mayo

Join All Saints Episcopal Church at 911 Dowling Blvd. in San Leandro this Saturday for Bingo de Mayo benefiting the church's house-building mission in Tijuana. For \$25 you join 7 Bingo rounds with prize gift cards ranging from \$50 to \$250! Also a Mexican food buffet. Get your tickets today at [tinyurl.com/BingoDeMayo](http://tinyurl.com/BingoDeMayo)

### ● Saturday, May 13: Wanderlust Night of Food & Culture

All are encouraged to bring a dish, a side, or dessert that harkens from a land far away this Saturday at 6 p.m. at the Castro Valley LDS Church, 3900 Seven Hills Road. Domestic fare also welcome. Enjoy Flamenco dancing by the Barajas family, performances by Fusion Dance Project, and keynote speaker Whitney Anderson sharing her experiences studying in Jordan.

### ● Saturday, May 13: Workshop on Free Downloading of Books

Learn how to enjoy the Castro Valley Library's collection of more than 40,000 eBooks at a workshop from 1:30 to 3:30 p.m. today (or May 20, from 10:30 a.m. to 12:30 p.m.). To register (required) or for complete information, call 510-667-7900.

### ● Saturday & Sunday, May 13-14: Orchid Show & Sale

The Orchid Society of California will hold a Mother's Day Weekend Orchid Show & Sale from 10 a.m. to 5 p.m. this Saturday and Sunday at the Lakeside Park Garden Center, 666 Bellevue Ave. in Oakland. Orchid displays, culture sessions, and plants for sale. Admission is free.

### ● Sunday, May 14: Lag Ba'omer/Mother's Day Family BBQ

Join us for a Lag Ba'omer Mother's Day Family Barbecue celebrating Jewish unity and pride from 5 to 7 p.m. this Sunday at 22125 Orange Ave., Castro Valley. Fun for the whole family with a Moon Bounce, hot dogs, French fries, games and free raffles. Kindly RSVP at [info@jewishcastrovalley.org](mailto:info@jewishcastrovalley.org)

### ● Sunday, May 14: "Roanoke Revival" Bluegrass Band

Celebrate Mother's Day with the "Roanoke Revival" Bluegrass Band at 10 a.m. this Sunday at Eden United Church of Christ, 21455 Birch St., Hayward. For more info, visit [www.edenucc.com](http://www.edenucc.com)

### ● Tuesday, May 16: Start Smart Teen Driver Safety Class

The California Highway Patrol Castro Valley Area and the Castro Valley Library present a "Start Smart" teen-driver safety class at 6 p.m. Tuesday, May 16, at the Castro Valley Library for new and future licensed teenage drivers ages 15-19 and their parents. CHP officers will talk about traffic collisions, their causes and avoidance techniques, and driver responsibilities. To register, RSVP to 510-581-9028 (CHP) or 510-667-7900 (Library).

### ● Tuesday, May 16: Castro Valley Street Eats

Join the Castro Valley Eden Area Chamber of Commerce, HARD, and the Food Truck Mafia for Castro Valley Street Eats at Adobe Art Park, 20395 San Miguel, from 6 to 9 p.m. every Tuesday. Food truck lineup will be announced on Tuesday on the Chamber's Facebook page. HARD will have children's activities and Mobile Rec. Parking is available in the park, on San Miguel and neighboring side streets, but is limited. Walking or biking to the event is encouraged.

### ● Wednesday, May 17: Free Luther and Copernicus Lecture

Faith Lutheran Church, 20080 Redwood Road, continues its lecture series in honor of the 500th anniversary of the Reformation with "Luther and Copernicus" presented by Dr. Ted Peters next Wednesday at 7 p.m., examining the possible connections between the Copernican Revolution and the Protestant Information. The lecture is free and open to the public. For info, visit [www.flccv.org/Refo500](http://www.flccv.org/Refo500) or call 510-582-0818.

### ● Friday, May 19: Hayward Gay Pride Dance

Everyone's invited to a Gay Pride Dance at the Hayward Area Senior Center, 22325 North Third St. beginning at 7 p.m. on May 19. Billy Bradford will be the DJ. Happy hour with beer and wine 7-8 p.m. For tickets (\$17 advance, \$20 at the door) call 510-881-6766 or visit [www.haywardrec.org/seniors](http://www.haywardrec.org/seniors)

### ● Saturday, May 27: Muslim Panel

The Hayward Area Historical Society Museum presents "Speaking for Ourselves: A Panel of Your Muslim Neighbors" from 2 to 4 p.m. on Saturday, May 27, at 22380 Foothill Blvd. Five practicing Muslims discuss being Muslim in America, Islamophobia, the challenges of ISIS, and how we can be better neighbors and friends in our community.

## Arts & Entertainment

### CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events listed below are available online at [www.cvartsfoundation.org](http://www.cvartsfoundation.org); or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. phone 889-8961; or at the CV Adult School, 4430 Alma Ave.

● **Castro Valley High School Choirs** will present a concert at 7 p.m. on Friday, May 12. For tickets (prices to be announced) see above.

● **"Spring Into Action,"** a concert of instrumental music, will be presented at 6 p.m. on Tuesday, May 16, by the Canyon Middle School's Jazz, Intermediate and Advanced bands. For tickets (\$5-\$7) see above.

● **Spring Concert & Awards**, will be presented by Creekside Middle School's Concert Band, Jazz Band and Symphonic Band, performing both classic band and movie music at 6:00 p.m. on Wednesday, May 17. For tickets (\$5-\$7) see above.

● **Creekside Middle School's Concert & Symphonic Orchestras** will present a concert ranging from classical to pop music at 7:30 p.m. on Wednesday, May 17. For tickets (\$5-\$7) see above.

● **"Song & Dance,"** the annual spring concert and awards ceremony, will be presented by Canyon Middle School's 7th/8th grade Intermediate String Orchestra and Advanced String Orchestra, under the direction of Heidi Dahms, at 7 p.m. on Thursday, May 18, taking the audience on a musical journey to leave you with a song in your heart. For tickets (\$5-\$7) see above.

### THEATRICAL & MUSICAL PERFORMANCES

● **"Life is Good!"** this year's free annual spring musical, will be presented by "Vertical" at 7 p.m. this Friday, May 12, and at 2 p.m. on Saturday at the 3-Crosses Main Auditorium, 20600 John Drive in Castro Valley, with an opening mini concert titled "Once Upon a Parable" presented by Project Praise. This is the 10th anniversary of the Community Christian Kids' Choirs that features kids from all over Castro Valley and the surrounding area.

### ART GALLERIES & EVENTS

● **"Wake, Sleep, Repeat: Repetition in the Everyday,"** an exhibition open to all Bay Area artists and featuring a variety of media encompassing the numerous ways repetition is embedded in our daily lives, opens May 20 at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. Artists can still enter their work by visiting [www.adobegallery.org/callsforentry](http://www.adobegallery.org/callsforentry) prior to the May 6 deadline. The public is invited to an artists' reception from 1 to 3 p.m. on May 20. For more information, call 510-881-6735, or visit [adobegallery@haywardrec.org](http://adobegallery@haywardrec.org)

● **Artist Open Studio Every Thursday:** Join this informal gathering of artists working together in a friendly and helpful atmosphere. Begin something new or work on an unfinished art project. Adobe Art Center hosts provides tables, chairs and easels. \$3. Thursdays 10 a.m. to 2 p.m. in the Redwood Studio 1 at the Adobe Art Center, 20395 San Miguel Ave., Castro Valley.

● **"Unmentionable: The Indiscreet Stories of Artifacts,"** an original exhibition exploring topics and artifacts that we, as a society, find uncomfortable to talk about, including race, lifestyle, politics and personal adornment, will be on exhibit thru July 30 at the HAHS Museum, 22380 Foothill Blvd., Hayward.

● **Art IS Education**, sponsored by Hayward Arts Council, features the works of Hayward students at the John O'Lague Galleria in Hayward City Hall thru May 25. Gallery hours: M-F 9-5. For more exhibits and events, visit [www.haywardartscouncil.org/](http://www.haywardartscouncil.org/)

● **Artist Demonstrations**, sponsored by ART, Inc. every 2nd Saturday of the month. Free. Elizabeth Hack will demo acrylic and ink, 2-4 p.m. on May 13.

### REGULAR GOVERNMENT MEETINGS

- Castro Valley Municipal Advisory Council (MAC) meets on land-use issues on the 2nd and 4th Mondays of the month, and holds general purpose meetings on most 3rd Mondays. Meetings are at 6 p.m. at the Castro Valley Library Chabot Room, 3600 Norbridge Avenue.
- Castro Valley School Board usually meets at 7 p.m. on the second and fourth Thursdays of the month at 4400 Alma Ave.
- Castro Valley Sanitary District (CVSan) meets at 6:30 p.m. on the first Tuesday of the month at the District Headquarters, 21040 Marshall St.
- Alameda County Board of Supervisors meets every Tuesday at 10:45 a.m. in the Supervisors Chambers at the County Administration Bldg., 1221 Oak St. in Oakland.

## CASTRO VALLEY FORUM

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### Submissions to The Forum

To submit Calendar listings or news stories for possible publication, send information by the prior Friday in an email, or attach a document with photos to: [fredz@ebpublishing.com](mailto:fredz@ebpublishing.com), or fax information to 510-814-9691.

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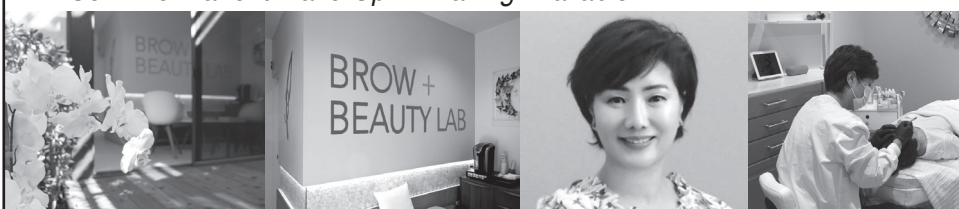
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## HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** The often-skeptical Aries might find that an answer to a question is hard to believe. But check it out before you chuck it out. You might well be surprised at what you could learn.



**TAURUS (April 20 - May 20):** Your resolute determination to stick by a position might make some people uncomfortable. But if you're proved right (as I expect you to be), a lot of changes will tilt in your favor.



**GEMINI (May 21 - June 20):** You might feel conflicted between what you want to do and what you should do. Best advice: Honor your obligations first. Then go ahead and enjoy your well-earned rewards.



**CANCER (June 21 - July 22):** That financial matter still needs to be sorted out before you can consider any major monetary moves. Pressures ease midweek, with news about a potential career change.



**LEO (July 23 - August 22):** A workplace problem threatens to derail your well-planned project. But your quick mind should lead you to a solution and get you back on track without too much delay.



**VIRGO (August 23 - Sept. 22):** An opportunity opens up but could quickly close down if you allow pessimism to override enthusiasm. A trusted friend can offer the encouragement you need.



**LIBRA (Sept. 23 - October 22):** You've come through a difficult period of helping others deal with their problems. Now you can concentrate on putting your energy to work on your own projects.



**SCORPIO (October 23 - November 21):** Forget about who's to blame and, instead, make the first move toward patching up a misunderstanding before it creates a rift that you'll never be able to cross.



**SAGITTARIUS (Nov. 22 - Dec. 21):** Good news for the travel-loving Sagittarian who enjoys galloping off to new places: That trip you put off will soon be back on your schedule.



**CAPRICORN (Dec. 22 - Jan. 19):** A mood change could make the gregarious Goat seek the company of just a few friends. But you charge back into the crowd for weekend fun and games.



**AQUARIUS (Jan. 20 - Feb. 18):** A decision you made in good faith could come under fire. Best advice: Open your mind to other possibilities by listening to your challenger's point of view.



**PISCES (Feb. 19 - March 20):** You can avoid being swamped by all those tasks dangling from your line this week by tackling them one by one, according to priority. The weekend brings good news.



## Nine Tips to Keep Child Safe Around Water This Summer

Few things are as much fun as splashing around at the beach or in a backyard pool, but not every child is confident about taking the plunge.

May is National Water Safety Month, a good time for parents to consider teaching their children how to swim. The American Academy of Pediatrics supports swimming lessons for most children 4 years and older.

Water safety classes can also reduce the risk of drowning in younger children, the pediatrics group reports, but advises that because children develop at different rates, not all will be ready to swim at the same age.

"For some children, the idea of getting in the water and trying to swim can be a bit frightening," says K.J. Hales, author of *It's Hard to Swim* ([www.ellietheweinerdog.com](http://www.ellietheweinerdog.com)).

"But with the proper positive reinforcement, they can overcome their fears and discover just how much fun swimming can be."

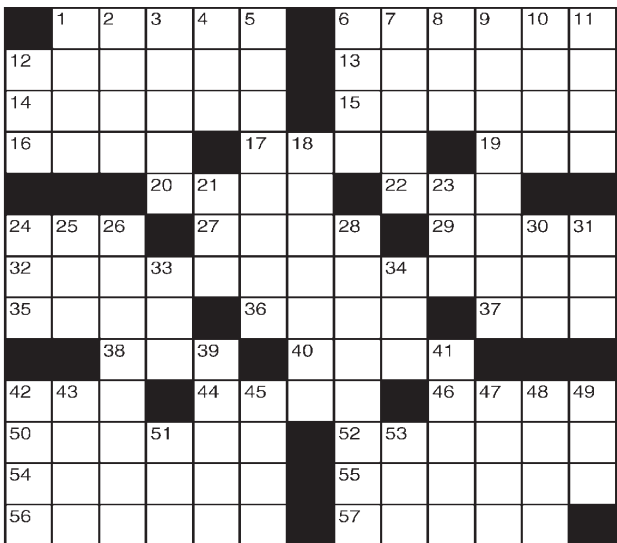
Hales says swimming is a valuable skill that all children should learn.



"Most children are around water in some form, whether it's a pool, a river, a pond, a lake or the ocean," she says. "So learning to swim isn't just for fun. It's also important for safety."

The Pediatric Academy cites several water-safety tips for parents, including:  
*see WATER on page 9*

## THE FORUM CROSSWORD



### ACROSS

- 1 Fundamental
- 6 Land
- 12 Guru
- 13 Stated openly
- 14 Chant
- 15 Take away
- 16 Bambi, e.g.
- 17 Symbol of grace
- 19 Cod piece?
- 20 Arizona city
- 22 Hot tub
- 24 Be behind
- 27 Leftovers
- 29 Reverberate
- 32 Russian czar, 1682-1725
- 35 Goblet part
- 36 Missile shelter
- 37 Banned pesticide
- 38 Trench
- 40 Night light?
- 42 Junior
- 44 "Dukes of Hazzard" surname
- 46 Atmosphere
- 50 Alligator's kin
- 52 Eminem, e.g.
- 54 Bring into harmony
- 55 Vinegary
- 56 Lyricist's concerns
- 57 Physics particle

### DOWN

- 1 Nota follower
- 2 Initial stake
- 3 Rage
- 4 Charged bit
- 5 Oil baskets
- 6 Poet Teasdale
- 7 Levels out
- 8 Male turkey
- 9 Duplicitous
- 10 Jeans maker Strauss
- 11 Paradise
- 12 Central
- 18 Laundry
- 21 Mess up
- 23 Apiece
- 24 Chances, for short
- 25 Drench
- 26 Forever
- 28 Wire
- 30 Owned
- 31 Mel of baseball lore
- 33 Flightless bird
- 34 Moo \_\_\_ gai pan
- 39 Macbeth's title
- 41 Scruffs
- 42 Cicatrix
- 43 Solemn promise
- 45 Individuals
- 47 Doing
- 48 Check
- 49 Joan of \_\_\_
- 51 Silent
- 53 Expert

ANSWERS ON PAGE 3

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## Health Tips for Families

Anytime is a good time to eat more nutritiously. The Society for Public Health Education offers 12 tips to help.

- Go fresh. Choose fresh seafood, lean poultry, and beans as your protein source. If using ground meats, choose 93 percent lean ground turkey or ground sirloin beef.

- Make fresh salsa or black bean dip. Store-bought salsa is often loaded with sodium. If you plan to have more than a tablespoon or two, fresh salsa is a much better option. While guacamole contains healthy fats, it is high in fat and calories.

- Measure out portions. It is easy to overeat on snacks like potato or tortilla chips. Measure out just one serving (usually about 10) so you can save room for the main course.

- Favor whole grains. Brown rice is a whole grain and has more nutrients than white rice. Buy or bake whole grain breads and baked goods.

- Use the plate method. Fill half of your plate with non-starchy vegetables. Fill one quarter of your plate with a lean protein. Then fill one quarter of your plate with a starchy food, such as beans or brown rice.

- Use healthy cooking methods. Grill chicken, fish or vegetables. You can also try baking, steaming or broiling. Small amounts of vegetable oil, olive oil or cooking spray are better options.

- Substitute healthier options for sour cream. Non-fat Greek or plain yogurt and non-fat plain yogurt have a similar taste and texture to sour cream for much less calories and fat.

- Cut your portion size when eating out. If you eat out, split the meal with someone else, or eat only half the meal and bring home leftovers for the next day.

- Snack on fruits and vegetables. Keep a bowl of fruit out on a table or counter to encourage healthy snacking.

- Pack your lunch. Skip eating out and bring your lunch.

Eating healthy foods can help weight management and lower risk for many chronic diseases including heart disease, type 2 diabetes and cancer.

Visit: [www.partnering4health.org](http://www.partnering4health.org).

—North American Precise Synd., Inc.



## What Your Kidneys Do For Your Body

When it comes to internal organs, hearts tend to get all the attention. But when your kidneys don't work, the rest of you won't work, either. That's why now is a good time to show these two fist-sized organs on either side of your spine some respect.

Kidneys are vital organs that keep you alive. They play the powerful roles of filtering everything in your system, keeping your body clear of waste and toxins, balancing your internal fluids, releasing hormones that regulate blood pressure, and controlling the production of red blood cells, among other things.

That's a lot of responsibility, and kidneys live up to it 24/7 in order to keep your system running smoothly.

### The Problem

Many people aren't paying attention to their kidney health.

Twenty-six million Americans are affected by kidney disease today, and millions of them don't even know they have it, says Kevin Longino, CEO of National Kidney Foundation and a kidney transplant patient himself.

"There's a myth that only old people get kidney disease but, re-

ally, it can affect anyone," he adds. "We felt we needed to address prevention, and not just support for people who are already dealing with these issues."

Kidney health isn't something to put off thinking about. When your kidneys stop functioning properly, you're at risk for dialysis or needing a kidney transplant. The effects of kidney failure can be fatal.

"Your kidneys are essential to keeping you alive and healthy," says Longino. "They are powerful chemical factories working non-stop, and if they don't, the effects are life-threatening. Your kidneys help clean out everything in your body—if you think about your body like a machine, kidneys are just as important as the heart in terms of keeping the engine running."

Certain factors can cause chronic kidney disease. People with diabetes and/or high blood pressure are at a higher risk, as are certain demographics such as African Americans, Hispanics and Asians.

If you're in one of these groups, it's important to be diligent about maintaining your overall health, and to speak to your primary care physician about two simple tests (one blood, one urine) that can de-



**Kidney health isn't something to put off thinking about. When your kidneys stop functioning properly, you're at risk for dialysis or needing a kidney transplant.**

termine whether or not your kidneys are functioning properly.

### What You Can Do For Your Kidneys

Kidney health is important even if you're not part of a high-risk population. Taking action toward a healthy lifestyle helps protect them.

Some of the most effective measures are also the easiest. Follow a balanced diet of fruits, vegetables, whole grains, lean meats and low-fat dairy; stay hydrated and minimize alcohol intake; exercise regularly and control your weight; reduce your salt intake; monitor your cholesterol levels; keep an eye on blood pressure;

know your family's medical history; and go in for annual physicals that include honest conversations with your doctor about your lifestyle and habits.

These actions will have a positive effect on not just your kidneys, but your health overall.

For further information, visit [www.kidney.org](http://www.kidney.org) or join the conversation at #heartyourkidneys.

—North American Precip Synd., Inc.

## Water: Tips for Child Safety

*continued from previous page*

- Never – even for a moment – leave small children alone or in the care of another young child while in bathtubs, pools, spas or wading pools, or near irrigation ditches or standing water.

- Closely supervise children in and around water. With infants, toddlers and weak swimmers, an adult should be within an arm's length. With older children and better swimmers, an adult should be focused on the child and not distracted by other activities. Bath seats cannot substitute for adult supervision.

- If children are in out-of-home child care, ask about exposure to water and ratio of adults to kids.

- If you have a pool, install a four-sided fence that is at least 4-feet high to limit access to the pool. The fence should be hard to climb (not chain-link) and have a self-latching, self-closing gate. Families may consider pool alarms and rigid pool covers as additional layers of protection, but neither can take the place of a fence.

- Parents, caregivers and pool owners should learn CPR.

- Do not use air-filled swimming aids (such as inflatable arm bands) in place of life jackets. They can deflate and are not designed to keep swimmers safe.

- All children should wear a life jacket when riding in a boat. Small children and non-swimmers should also wear one at water's edge.

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## ATHLETES OF THE WEEK

### CVHS JV Softball

This week's Athletes of the Week are the members of the Castro Valley JV softball team who won the 30th Annual Walt Wood JV Tournament at James Logan High School on April 29. The last time CVHS won this tournament was in the inaugural year, which was 1988. CVHS went 6-0 during the weekend. In the semi-final game, against California High School, CV came back from a 6-3 deficit in the bottom of the seventh inning, to win 7-6. In the Championship game, against Amador Valley, CV rallied from being down 3-0, in the bottom of the fifth inning, and went on to win 5-4.

Shown top row from left, Coach Gil Jaimes, Dezarae Souza, Gianna Trujillo, Jessica Agu-



ilera, Carson Klemmer and Isabella Jaimes; middle row, Zoey Batchelder, Sam Siu, Sabrina Huey, Juliana Ottria, Annika Huston, Gianna Delgado and Madyson Harnish; in front, Erika Yoos and Mary Martinez. Not pictured were Victoria Marquez and Grace Hastings.

## CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

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### Two Sports Workshops For Parents

Castro Valley Soccer Club has partnered with Positive Coaching Alliance to conduct two separate workshops next Monday evening, May 15, at Castro Valley High School.

The 6 to 6:45 p.m. workshop is for parents who have children in any youth sports up to middle school age, and will explore the three stages of talent development. It will allow parents to share their ideas about what they want their children to get out of youth sports.

All registered attendees will be entered into a drawing for some really cool prizes. (Must be present to win.) To register, visit: [goo.gl/forms/9kJp5vqMkOnGjpc2](http://goo.gl/forms/9kJp5vqMkOnGjpc2) At 7 p.m., a high school parent talk discusses parents' role in building a sports culture that honors the game.

Targeted at parents who have children in high school sports or of high school age in competitive sports, it will touch on what it means to support your child and how you can discuss a game or competition with them after it occurs.

All registered attendees will be entered into a drawing for prizes. Must be present to win. To register, visit [goo.gl/forms/wI3F73B-wwsewDltE2](http://goo.gl/forms/wI3F73B-wwsewDltE2).

For additional information, please contact Rachel Lunt, Vice President of Castro Valley Soccer Club by email at: [vicepresident@castrovalleysoccer.com](mailto:vicepresident@castrovalleysoccer.com)



PHOTO COURTESY OF AL HEARNE

### Greene Wins Golf Tourney

Moses Greene (center), a sophomore at Redwood Christian High School, won the BCL-E League Championship golf Tournament at Chuck Corica Golf Course in Alameda with a score of 66 on Thursday, April 27. He defeated runners up Ryan Grauman (left) of Athenian and Grant Fairbairn (right) of College Prep, who scored 68 and 69 respectively. Greene is the first RCHS golfer to advance to the North Coast Section's Division II qualifier which determines, who will compete in the NorCal Section tournament at Sierra View Country Club in Roseville on Monday, May 22. The NCS Division II qualifier was held on Monday, May 8, at Rooster Run, in Petaluma.

### SPORTS NOTES

#### CVI Sports League

Register now for Summer baseball and flag football. Summer ball costs \$120 plus \$10 VPP fee; flag football costs \$170 plus \$20 VPP fee. For more info and to register, visit: [cvsportsleague.org](http://cvsportsleague.org)

#### Soccer

Castro Valley Soccer Club's fall registration is now open. Review individual programs at [castrovalleysoccerclub.com](http://castrovalleysoccerclub.com), click on "Registration" for detailed information and prices. A refundable volunteer fee of \$40 per player is new this year, refunded after 2

hours of service to the CV Soccer Club. Contact [volunteers@castrovalleysoccer.com](mailto:volunteers@castrovalleysoccer.com). Age groups are determined by year of birth. For more program info, send e-mail: [topsoccer@castrovalleysoccer.com](mailto:topsoccer@castrovalleysoccer.com).

Every under 7 to Under 19 player will need to buy a uniform from Soccer Pro in Dublin (approximately \$60). Uniforms purchased in 2016 or 2015 can still be worn, but older uniforms must be replaced. The uniform is neon yellow and green. This is the last year that CVSC will use this uniform.

Buddies: Players U4 to U12 can request only one mutual Buddy born in the same year. Please check with your buddy before registering to verify that both were born in the same year and registered before April 30. Buddy request will not be granted if not mutual. We will do our best to honor buddy request but they are not guaranteed. Players born between 1999-2005 (U13 to U19) are drafted and can not request a buddy.

Volunteer Coaches: CVSC depends on volunteer coaches. If interested in coaching, complete application online. There is a small probability that players registering in May will get a refund, if they do not get enough volunteer coaches. Please register early.

You will get an e-mail confirmation of payment and complete registration. Please contact the soccer office if you paid and did not get confirmation to verify registration.

CVSC is using a new registration system, if your child did not play for CVSC in 2016, upload your child's birth certificate. All players U11 and older must upload head shot photo for player pass.

For more inf, go to [www.castrovalleysoccer.com](http://www.castrovalleysoccer.com) or contact office via email at [registrar@castrovalleysoccer.com](mailto:registrar@castrovalleysoccer.com). No refunds after June 30.

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The Gift of Being a Jewish Woman

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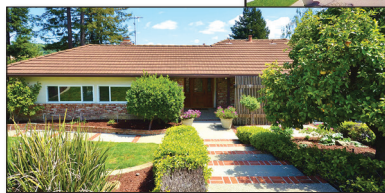
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## Learn the Art of Lawn Mowing

By **Samantha Mazzotta**  
Special to the Forum

Wondering how to get those neat cross-hatch patterns in your lawn like the pros do?

Mowing in a specific pattern isn't the only way, nor the best way, to get those neat checker-board stripes. A healthy lawn and proper mowing technique also are important.

Neat patterns, or stripes, are made noticeable by bending the grass blades in one direction on one stripe, and another direction on an opposing stripe.

Here are a few tips:

- **Raise your mower blades:** Cutting the grass too low to the ground damages the plant, makes it grow unevenly, and leaves it vulnerable to weeds, diseases and pests. It also makes patterns difficult or impossible to create, because the shorter blades don't bend very far.

- **Never cut more than one-third of the grass height:** Depending on the type of lawn, the ideal height may vary – Bermuda, for example, has an ideal height of about 1 inch, fescue or blue grass should be 2 to 3 inches tall, while St. Augustine should be mowed

to a height of 3.5 to 4 inches. Let your grass grow at least one-third higher than its ideal height before mowing.

- **Never cut wet grass:** Cutting when dew or rain is still heavy on the grass will prevent a clean cut, damage the grass, cause clumping and keep you from seeing that ideal pattern.

- **Maintain your mower:** Sharp blades are essential for a good cut, as well as an efficient engine.

- **Change direction:** Once you get that nice pattern on the lawn, the best way to keep it is to change up the way you mow. Every other time, mow in a different pattern.

- **Ideal pattern:** There are a number of striping techniques. Scag, which sells professional

mower equipment, has a tutorial with instructions on how to create several patterns ([www.scag.com/lawnstriping.html](http://www.scag.com/lawnstriping.html)). You'll need a roller attachment to bend the grass to achieve that professional look.

- **Overlap properly:** Each pass should be overlapped by the next by about 3 inches to make sure you don't miss a strip.

- **Don't worry about the corners... yet:** If the lawn has sharp or difficult corners, skip them until you've mowed the pattern you want on the rest of the lawn. Then go back and finish off each corner. Also skip uneven ground until the end, then raise the mower blades so you don't scalp the grass, and carefully mow the raised areas.

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## The Garden Bug Planting in June



JUNE 2017

June 1: **Poor planting day.** Kill plant pests using organic methods.

June 2-4: Sow grains and forage crops. Plant flowers. Favorable for planting peas, beans, tomatoes, and other above-ground crops.

June 5, 6: Good for planting lettuce, cabbage, cauliflower, collards, and other leafy vegetables. All aboveground crops planted now will do well.

June 7-9: **Poor planting days.** Do other chores.

June 10, 11: Plant late beets, potatoes, onions, carrots, and other root crops.

June 12-14: **Poor planting days.**

Source: farmersalmanac.com

## REAL ESTATE REALITY

By **Carl Medford, CRS**  
Special to the Forum

GUEST COMMENTARY



## What Rubs Buyers the Wrong Way?

Although hard to believe in this hot market, there are properties not performing in sync with the rest. Instead of multiple offers, some receive only one, often under asking price. Others languish with no contracts in sight.

What keeps a listing from selling like other surrounding homes?

First, the obvious adage, "Anything sells for the right price," is absolutely true. Homes priced higher than the market is the No. 1 reason homes don't sell, even if they are spectacular. Assuming the seller got the price right, what other factors might keep buyers at bay? Here are our Top 6:

### 1. Odors

Nothing gets a buyer back out the door faster than a nasty smell. Odors from pets top the list, followed by food (think curry or fried fish), mildew and mustiness.

### 2. Small Rooms

In this era of openness, small rooms are a huge turnoff, especially bedrooms. Cramped living spaces are next, with buyers stating preferences for open spaces such as a great room instead of individual kitchens, living and dining rooms.

### 3. Popcorn Ceilings

While many "acoustic" ceilings do not have asbestos, the thought that they might dissuades many buyers. Introduced in the 1950s to help lower construction costs, "popcorn" is messy to remove and retexture. If it *does* contain asbestos, then removal must be done by licensed professionals.

### 4. Wall-to-Wall Carpet

While wall-to-wall carpets were a staple for decades, today's

buyers want hardwood or laminate flooring. A standard practice for selling older homes is to remove all the carpets and polish or refinish the hardwood floors hidden underneath. If there is no existing hardwood, remove old carpets and install laminate in its place.

### 5. Wallpaper

Walk through any builder's model home or upscale hotel and you'll see contemporary wallpaper in abundance. While it looks good in those venues, visit older homes and you are likely to see 1980's country-styled wallpaper complete with bunnies and ducks. Buyers ... hate it.

### 6. Original Kitchens

Complete with laminate count-

ers and Harvest Gold appliances, these kitchens were all the rage a few decades ago and a sure turnoff for contemporary buyers. Most buyers have no idea how to upgrade a kitchen, so they keep going until they find a kitchen they like. The same applies to bathrooms.

It's all about first impressions, and sellers that spend the necessary time and money to remove buyer obstacles will usually be rewarded with a quick sale.

Carl Medford is a licensed Realtor with Keller Williams Realty and a licensed general contractor. This article is sponsored by the Central County Marketing Association at [www.ccmgtoday.com](http://www.ccmgtoday.com).

## RECENT HOME SALES

### Castro Valley

19749 Louise Court	94546	\$857,000	4 BD - 1,793 SF - 1947
3995 Mabel Avenue	94546	\$820,000	3 BD - 2,072 SF - 1988
4995 Proctor Road	94546	\$790,000	3 BD - 1,657 SF - 1961
20111 West Ridge Ct #16	94546	\$545,000	2 BD - 1,440 SF - 1977
4130 Wilson Avenue	94546	\$790,000	3 BD - 1,450 SF - 1955
19586 Xenie Court	94546	\$1,100,000	4 BD - 2,634 SF - 2007
5669 Cold Water Drive	94552	\$950,000	4 BD - 1,669 SF - 1965
5800 Cold Water Drive	94552	\$972,000	5 BD - 2,100 SF - 1967

TOTAL SALES: 8

LOWEST AMOUNT: \$545,000

HIGHEST AMOUNT: \$1,100,000

MEDIAN AMOUNT: \$838,500

AVERAGE AMOUNT: \$853,000

### San Leandro

27 East 14th Street	94577	\$355,000	2 BD - 958 SF - 1997
137 Harlan Street	94577	\$555,000	2 BD - 1,194 SF - 1940
877 Joaquin Avenue	94577	\$563,000	2 BD - 1,238 SF - 1951
1436 Montrose Drive	94577	\$860,000	4 BD - 2,551 SF - 1975
503 Superior Avenue	94577	\$760,000	2 BD - 1,765 SF - 1932
16011 Gramercy Drive	94578	\$530,000	2 BD - 969 SF - 1949
14981 Portofino Circle	94578	\$670,000	3 BD - 1,819 SF - 1984
1470 Thrush Avenue #21	94578	\$330,000	2 BD - 820 SF - 1994
14942 Western Avenue	94578	\$580,000	4 BD - 1,395 SF - 1946
15656 Atlantus Avenue	94579	\$802,000	4 BD - 2,013 SF - 1996
14868 Crosby Street	94579	\$625,000	3 BD - 1,543 SF - 1956
15680 Elko Court	94579	\$624,000	3 BD - 1,293 SF - 1956
680 Fargo Avenue #20	94579	\$374,000	2 BD - 910 SF - 1965
15335 Washington Ave #303	94579	\$380,000	2 BD - 1,010 SF - 1985

TOTAL SALES: 14

LOWEST AMOUNT: \$330,000

HIGHEST AMOUNT: \$860,000

MEDIAN AMOUNT: \$571,500

AVERAGE AMOUNT: \$572,000

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C	1-4	1-4	4746 Ewing Road	\$1,450,000	5/3	Berkshire Hathaway	The Brent Team	510-333-9404

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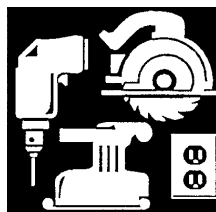
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OPINION:

# The Old Library – a Different View

By Taylor Gonzales

I recently watched a video of former President Barack Obama visiting a Youth Employment Center in South Side Chicago which provoked me to look where in the Bay Area there are centers.

In respect to Castro Valley, the closest YEC's are located in Oakland and San Francisco.

After reading the article Proposals for Future of Old Library Site by Amy Sylvestri about the old Castro Valley library building being considered of being utilized again, it occurred to me that there was a voice missing: a student youth voice.

So here is my proposal of the vacant space, as I have realized that this would be the perfect place for the very first Youth Employment Center in Castro Valley. Not only would this provide opportunities for the youth but also benefit the whole community.

With how rapidly Castro Valley is growing in regards to the increasing number of businesses and population, there is not only a demand for workers but a demographic of workers who may need

help finding a job.

The center could offer job listings, assistance with resumes, listings for community service, workshops, trainings, and more. This new center would be open to the whole youth community including college through middle school.

Castro Valley is full of promising youth with useful skills and time but there is a lack of education in the school systems in regards to job readiness. This center would need funding but I believe that it would be fully supported by the community.

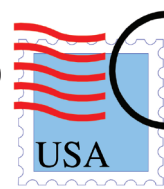
Through volunteers, fundraising, and donations, this project is certainly feasible. The youth of Castro Valley need a Youth Employment Center to continue to thrive and contribute to the community as they develop into the promising young adults that their schools have already set them on the path to be.

*Taylor Gonzales, a 2014 graduate of Castro Valley High School, is the student Northern California Chair of Puente a program in community colleges that prepares students to transfer to four year Colleges and Universities. She is a Sociology major at Diablo Valley College planning to transfer to a university next Fall and is currently studying abroad in Mexico City, Mexico at the Universidad Iberoamericana.*



# LETTERS

TO THE EDITOR  
FREDZ@EBPUBLISHING.COM



## More Reservoirs Needed to Accommodate Population Growth

Editor:

On April 28, the League of Women Voters sponsored a timely discussion on water issues in California and EBMUD. Here are a few interesting points that were mentioned plus my commentary.

Governor Brown continues to push for the twin tunnels to send northern California water to southern California. Environmentalists have successfully restricted population growth in the north while the south has embraced growth. Now they have more people than we do and can vote themselves more northern California water.

Starting with full reservoirs, no rain or snow, and no access to expensive Sacramento river water, how long would the EBMUD water supply last at average annual usage? Two years!

Why hasn't EBMUD built or enlarged more reservoirs to accommodate population growth? The last director who proposed doing that was voted out in the '70's.

—Steve Rosenberg, Castro Valley

## Obituaries

### Marie D. Culwell

June 12, 1927 – April 24, 2017 • Resident of Castro Valley

Marie passed from this earth to Heaven on Monday, April 24, 2017 just ahead of her 90th birthday.

For over 20 years, Marie put her love and knowledge of animals to good use and could be found most days at the Fairmont Animal Shelter feeding dogs and talking with the public about adoption.

Marie is survived by her daughter, Kathy; son, Clifford, and his wife, Michelle, and son, Christopher.

Please join our family in celebration of Marie's life on Saturday, May 13, at 11 a.m. at Castro Valley United Methodist Church, 19806 Wisteria St., in Castro Valley. In lieu of flowers, please send donations to [www.bestfriends.org](http://www.bestfriends.org) or [www.fescfamilyshelter.org](http://www.fescfamilyshelter.org).

### CASTRO VALLEY FORUM OBITUARIES

may be emailed to: [obits@ebpublishing.com](mailto:obits@ebpublishing.com) or faxed to 510-483-4209. Include a phone number.

Brief notices are published free. Longer obituaries, including pictures, are available for a fee.

For help, call Patrick Vadnais at 510-614-1558

### CHENOWETH, Margaret CULWELL, Marie D. McCANN, Robert

■ CHENOWETH, Margaret, 56, lifelong resident of San Leandro, passed away on May 4, 2017, after a short illness.

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### Robert (Bob) McCann

1944-2017

Bob passed peacefully on February 28, 2017 at home in Castro Valley in the loving care of his son, John. Bob was born in Brooklyn, New York, served in the U.S. Army, was a Cable Car Conductor, Safety Engineer in Silicon Valley and held advanced degrees in Physics and Astronomy. He was most proud of his service as a parishioner tending the altar and church functions at Transfiguration Church.

Bob was the loving husband and caregiver to his wife, Margaret (Meg), and father to his son, John, and daughter, Lillian (Lilly) — both grew up and attended schools in Castro Valley.

Family, friends and fellow parishioners will gather for a Memorial Mass at Transfiguration Church in Castro Valley on Friday, May 19, at 10 a.m.

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## An Invitation from Eden Area Village

Editor:

Eden Area Village is developing a virtual community for seniors in the Castro Valley/Hayward/San Lorenzo area. We have been in development for several years and are offering free membership (though donations are always appreciated) in a peer-to-peer network with monthly meet-ups for coffee and conversation, a forum on our website where members can share resources and ideas, and the formation of daily check-in call circles.

We hope to eventually add volunteers and services, such as: referrals to local resources, friendly visitors, light home maintenance, technical help, and coordination of rides.

Please attend an informational meeting (first Fridays at Hayward City Hall, 777 B St. at 2 p.m.) or our first monthly meet-up (Saturday May 20th, 9 a.m. at the Cannery Cafe, Hayward Area Historical Society, 22830 Foothill Blvd.), visit our website [edenareavillage.org](http://edenareavillage.org) or email us at [info@edenareavillage.org](mailto:info@edenareavillage.org), or call us at 510-969-2732.

—Laura McMichael-Cady, Castro Valley

## No Applause for President Trump

Editor:

The first 100 days of the Trump presidency has passed and we now have a good sense of what he is like.

His actions and speeches, despite his well-heeled upbringing, reflect an individual who is unread, unintellectual and crass.

His recent comments about Andrew Jackson and the Civil War expose his lack of knowledge about U.S. history. He knows less about American history than many elementary school children.

He has no knowledge of science and, in fact believes in grandiose conspiracy theories about the environment. Many of his administrative picks have been shown to be incompetent at best and criminal at worst.

Given all of the executive orders he has given, many of which have been deemed illegal by the courts, shows he has no clear grasp of the Constitution. His lauding of such despicable leaders such as Putin, Duterte, Kim Jong-un and Tayyip Erdogan exhibits an underlying immorality and a lack of empathy for the lives of his fellow human beings.

His foreign policy is in shambles with no clear moral direction, and his domestic policies change at the drop of a poll and or new ratings.

He derides the press, yet pathetically clamors for their attention. He is highly narcissistic and unable to admit fault or mistakes, blaming others, in a paranoid manner.

He uses his office as a means of padding his brand, engages in nepotism and he repaid all of his wealthy benefactors with government jobs.

Given all this, Mr. Trump should not be applauded for his first 100 days, but rather...spit upon.

—Robert Thomas, 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 withhold names or print unsigned letters. Email letters to: [fredz@ebpublishing.com](mailto:fredz@ebpublishing.com), or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.



## Rowell: Festivities

*continued from front page*  
making sure the animals and cowboys are always well taken care of at every performance.

The Rowell Ranch Pro Rodeo committee is a non-profit organization that maintains the tradition and coordinates the annual event. Proceeds from the rodeo and related events provide much needed funding to many local charitable organizations including Special Olympics, 4-H Clubs, Future Farmers of America, Hayward Rotary and the Castro Valley Breakfast Lions Club.

Rodeo has become a popular professional American sport that honors the ranching traditions of roping and riding, which continue to be a part of life for many here in the East Bay, who raise cattle on some of the country's most historic ranches.

This time of year there are a series of professionally-sanctioned rodeos that see some of the sport's best athletes hoping to win a piece of the more than \$350,000 in added prize money from the SIXPAC Rodeos that includes rodeos in Rowell Ranch (Hayward), Red Bluff, Clovis, Oakdale, Redding, Livermore and Reno.

Tickets are on sale now for the 97th Rowell Ranch Pro Rodeo. Tickets range from \$15 to \$27. General admission and reserved seating is available. To get tickets visit [rowellranchrodeo.com](http://rowellranchrodeo.com). Tickets can also be purchased at the gate the day of the performance.

## Letter Carriers' Food Drive is this Saturday

The 25th annual Letter Carriers' Stamp Out Hunger Food Drive will take place this Saturday. Castro Valley residents can leave a bag of non-perishable groceries by their mailbox for collection by their carriers.

Donations stay local, benefitting food banks, pantries and hungry families in the local community.

The Salvation Army Hayward is participating in this largest one-day food drive, which will take place in more than 10,000 cities and towns, across the country to raise awareness about the problem of hunger in every community.

Recommended non-perishables include cereal, pasta, pasta sauce or spaghetti sauce, rice, canned fruits and vegetables, canned meals (such as soups, chili and pasta), 100% juice, peanut butter, macaroni and cheese, canned tuna, chicken and turkey and canned or dry beans.

Pet food, toiletries and such other personal care items as diapers, laundry detergent, soap and toilet paper as well as household cleaning items may also be donated in addition to your regular donation. Food banks may be able to direct these items to organizations that serve clients with such needs.

What the Food Drive cannot accept are frozen food, home-made food, home-canned items or food in glass jars. Handling and safety procedures also require food banks to discard food that is opened, damaged, expired or missing the official ingredients.

Single-item donations of baby food products including formula, jarred vegetables and fruits, meals, snacks or infant cereal will also be discarded because of potential contamination risks. Baby food may be donated by the case or pallet.

If your donation is not collected or you miss your letter carrier, visit The Salvation Army Hayward Corps at 430 A St., Hayward, where donations will gratefully be accepted in person, Monday - Friday, 10 a.m. - 3 p.m.

For more information, contact Lt. John Kelley or Amy Mefford at 510-581-6444 with any questions or visit [www.nalc.org/food](http://www.nalc.org/food).



## Fire: Public Needs to be Aware of Danger

*continued from front page*  
and brush is expected to present a challenge to firefighters.

These fires are especially worrisome when they move into dense forest stands, according to Chief Cutino. Torching trees launch burning embers high into the air, possibly igniting fires hundreds or thousands of yards downwind.

"We need the public to be aware of fire danger, and to take action to help us protect people and parks this season," he said.

While efforts to reduce the risk of severe wildfires are extensive, residents can take steps to reduce flammable brush and foliage around their homes too.

The Park District offers these park fire safety recommendations:

- Be extra careful with fire. Of the 6,000+ California wildfires every year, more than 90% are caused by people.
- Be prepared for the worst. Have a plan for gathering family members, pets and valuables in case an approaching wildfire requires evacuation.
- Observe and obey the Fire Department warning signs and



park restrictions.

- Be alert and report any small fires immediately by calling 9-1-1. While visiting our parks use extra caution with charcoal and gas barbecues. Be sure to use your barbecue in a clear area, away from dry grass or brush. Make sure coals are

cold before disposing of them.

In some cases, parks may be closed because of fire danger, and everyone should comply to help prevent fires in our beautiful regional parks.

Visit [www.ebparks.org/fire-weather](http://www.ebparks.org/fire-weather) for more information.

## Slaying: Appears to be a Random Act

*continued from front page*

"It's been a collaborative effort to make sure we came to a conclusion in this investigation," said Ahern.

At this time, it appears that St. John's death was a random act resulting from a burglary gone

wrong.

"We believe the suspect went to the residence in the late evening to commit a burglary, to steal some items from the garage," said Ahern. "At some point he was confronted by the victim. He was walking around and just randomly

picked this residence. It's just a terrible circumstance."

"We are glad this person is not going to commit any more crimes."

Dacanay could face the death penalty if the Alameda County District Attorney's office chooses to seek it.

## REGISTER FOR CVSAN'S CENTER ST. TOUR



One of the design renderings that will be on display at the May 20th tour.

On May 20th from 10:00 a.m. - 12:00 p.m. Castro Valley Sanitary District (CVSan) will host a public tour of its Center St. property. Located on the corner of Center St. and Castro Valley Blvd., this property is planned to be developed into CVSan's corporation yard. The estimated \$6 million project will include LEED-certified architecture and Bay-Friendly landscaping.

The upcoming tour will be an opportunity for the public to provide their input on the site's future design and function. To register for the event or request more information on the project, visit [www.cvsan.org/CenterStreet](http://www.cvsan.org/CenterStreet).

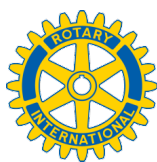
**CASTRO VALLEY SANITARY DISTRICT**  
Effective Environmental Services since 1939  
510-537-0757 | [www.cvsan.org](http://www.cvsan.org)  
This ad was funded by User Fees.



\*Your chance to celebrate

## Local Heroes

Service Above Self

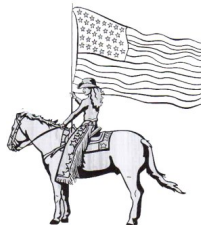


Castro Valley

### Chili Cook-Off

Friday, May 12—5pm  
[CVChiliCookoff.com](http://CVChiliCookoff.com)

Enter



Rowell Ranch Rodeo

### Parade

Saturday, May 13—10am  
[RowellRanchRodeoParade.com](http://RowellRanchRodeoParade.com)

Buy Tickets

### Rowell Ranch Rodeo

May 13-21  
[RowellRanchRodeo.com](http://RowellRanchRodeo.com)



\*Parade Theme: Join the Parade and celebrate your Local Hero - (A hero could be an individual, group, organization, or animal!)



## Reports: Public Intoxication; Driving High

continued from page 3

driving too soon after having her license revoked. Deputies responded to a call about the wanted woman from hospital security at Eden Medical Center. Deputies took her to Santa Rita Jail pending \$15,000 in bail.

### Public Intoxication

Thursday, May 4: at 1:51 p.m., a 29-year-old man with no permanent address was arrested on suspicion of public intoxication. Deputies stopped the man as he was walking along Grove Way near Center Street when they smelled alcohol on his breath. The man failed his field sobriety test and was taken into custody.

### Driving Drugged

Saturday, May 6: at 9:15 a.m., deputies arrested a 41-year-old man with no permanent address on suspicion of driving under the influence of drugs. The man was driving on Redwood Road near Norbridge Avenue when deputies observed him weaving in and out of traffic. Deputies handcuffed the man and took him into custody.

### Driving High

Tuesday, May 2: at 8:05 a.m., a 58-year-old man from San Leandro was arrested on suspicion of driving while under the influence of drugs and possession of illegal amounts of marijuana drugs. Deputies pulled the man over near

the intersection of Somerset Avenue and Santa Maria Avenue after observing him driving erratically. The man was also wanted as part of a warrant for his arrest. Deputies took the man to Santa Rita Jail pending \$5,000 in bail.

### Domestic Assault

Monday, May 1: at 9:46 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on San Miguel Avenue near Somerset Avenue. There, they arrested a 24-year-old man from CV on suspicion of assault on a family member. Deputies took the man to Santa Rita Jail pending \$50,000 in bail. The victim was treated at the scene.

## 'Watercolor Madness': Now on Exhibit at The Foothill Gallery

By Bruce Roberts  
SPECIAL TO THE FORUM

"Water, water everywhere, nor any drop to drink!"

After all the rain we've had this year, this line from Coleridge's "The Rime of the Ancient Mariner" may have been predicting our winter — though he meant salt water, not our fresh-filled reservoirs.

It seems fitting then after our record rainfall that the Hayward Arts Council's current exhibit is nothing but watercolors — "Watercolor Madness" — where 18 local watercolor enthusiasts display multiple works, not to drink, but to enhance the walls of Hayward's Foothill Gallery.

Landscapes, plants, and birds are common themes among this excellent variety of work. "Fall Colors" by Janet Metzler takes the viewer gently to a woods of soft yellow leaves.

Don Markos's "Alone with Waves," is a poignant portrait of a lone oarsman rowing through a foggy bay toward a bridge, a city, whereas Jon Nesseth's "Fun in the Sun" is a delightful collage of Hawaiian beach scenes: hula girls and surfboards.

"Bonelli's Eagle" by Juan Benjumea is a terrifically detailed full body painting of this raptor that roams the Sahara. In contrast, "Barn Owl" by Karla Lopez zeros in on the face, intense and feathery, of our California predator. In



Castro Valley resident Stan Stadelman's watercolor "Cherries 2" is part of the "Watercolor Madness" exhibition at Foothill Gallery in downtown Hayward until June 17.

"Anna's Hummingbird," by Terry Preston, a small, exquisitely portrayed hummingbird perches delicately atop a fuchsia.

That fuchsia is one of many plants catching a painter's eye. Meri Furnari's "Still Fleur" presents a surrealistic array of poppies filling the canvas against a blue sky background, whereas Kate Hardwig's "California Poppy," in the best tradition of botanical painters, focuses on a single plant in precise detail, with no background at all to distract.

A line of rowboats by Stan Stadelman, local scenes by Ruey Syrop, Sara Kahn, and Al Murchad, reclining ladies in swimsuits by Robert Wolff — all serve to fill out

the varied subjects displayed here. The most unique may be Loreta Siegel's "Frenzy," a joyous jumble of vibrant colors looking for order.

The Foothill Gallery at 22394 Foothill Blvd. in Hayward is open Thursday, Friday, and Saturday from 10 a.m. to 4 p.m., and will continue this exhibit until June 17. Watercolor fans everywhere should take a look, remembering always that the water used and represented here is not to drink, but to admire and enjoy.

Bruce Roberts is Hayward Poet Laureate and Hayward Arts Council Board member. Visit [www.haywardartscouncil.org](http://www.haywardartscouncil.org) for more exhibits and events.



## JOB WELL DONE

Earth Day Clean-Up & Recycle  
April 29, 2017:

Canyon Middle School  
Castro Valley Adult School  
Castro Valley Elementary School  
Chabot Elementary School  
Independent Elementary School  
Jensen Ranch Elementary School  
Our Lady of Grace School  
Palomares Elementary School  
Proctor Elementary School  
Redwood High School  
Stanton Elementary School  
Vannoy Elementary School

Adobe Park  
Castro Valley Creek  
Cull Canyon Regional Recreation Area  
Downtown Castro Valley  
Lake Chabot Regional Park

THANK YOU  
CASTRO VALLEY  
VOLUNTEERS &  
SPONSORS!



CASTRO VALLEY SANITARY DISTRICT  
510-537-0757 | [www.cvsan.org](http://www.cvsan.org)  
This ad was funded by WMAC Collection Events

**Clean-Up:** 17 sites, 500+ volunteers, 50 cubic yards of organic debris & 1 cubic yard of litter cleared.  
**Recycle:** 1,468 CVSan residents and businesses dropped off 108 mattresses, 100 gallons of used cooking oil, e-waste, & 887 boxes of documents for shredding. 5,340 bags of compost were distributed.

## ADOPT-A-PET



**CHARLIE** is a 6-years-young, spayed pup who's sweet and affectionate. She likes chasing tennis balls and sitting in your lap while being petted. Great with kids 13 years and older. For more info, call Hayward Animal Shelter: (510) 293-7200.



**SUZZI Q** is a friendly 4 yr old gal who enjoys the company of humans and dogs. She gives soft kisses, loves belly rubs and playing. Good with kids 13 years and older. For more information, call Hayward Animal Shelter: (510) 293-7200.



**KIKO** is an 8-year-old Tuxedo cat, left to be fender by himself, now would like an adult only home. Kiko is not a talker but does love your company. For more information, please complete an application online at: [www.dustypawsrescue.org](http://www.dustypawsrescue.org)



**DAISY** is an American Staffordshire Terrier, 5-6 years old, 40 lbs, and is a sweetheart with a Canine Good Citizen title. She knows some basic commands and walks well on leash. For more info, complete an app at: [www.dustypawsrescue.org](http://www.dustypawsrescue.org)

## IMMIGRANT RIGHTS WORKSHOP FRIDAY

Assemblymember Bill Quirk will be co-hosting a free Spanish "Know Your Rights" workshop this Friday at 6 p.m. in Oliver Hall at United Church of Christ, 21425 Birch St. in Hayward.

The workshop will provide valuable information to the local immigrant and refugee community, including how to protect yourself if faced with deportations and ICE (Immigration and Custom Enforcement) raids.

Individual consultations will be available on site with an immigration and/or family attorney. Free childcare (5-12 years) and a light dinner will be provided.

For more information and registration contact Lyanne Mendez, 510-583-8818.

## SAN LORENZO HIGH '67 CLASS REUNION

The Class of 1967 of San Lorenzo High School will celebrate its 50th Reunion on Saturday Oct. 21, at the Wedgewood Wedding and Banquet Center (formerly Willow Park) in Castro Valley.

Invitations are being sent to all Classmates on the mailing list.

For more info, or if you're not on the mailing list, call Glenda Smith Fore at 703-0933. No tickets will be available at the door.