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THIS FRIDAY

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YEAR 29

WEDNESDAY, MARCH 15, 2017

NO. 11

INSIDE YOUR FORUM

LIVING

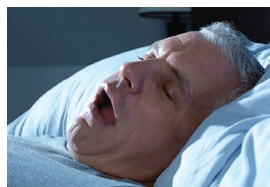


Feeling Lucky?

Try these corned beef and cabbage recipes to celebrate St. Patty's Day

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SENIORS

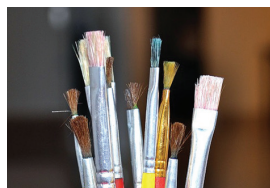


Stop Snoring

Snoring is a common problem that often gets worse with age

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NEWS



Art IS Month

County recognizes March 2017 as 'Art IS Education Month'

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PHONE: (510) 537-1792



BETTER TIMES: Above, Pumpkin the Pit Bull gives a kiss to Daquari Daily of Castro Valley. When first spotted (below) the abandoned and fearful puppy had the remnant of a rope still tied around her neck.

Pit Bull Puppy Rescued After Months-Long Abandonment

By Linda Sandsmark
CASTRO VALLEY FORUM

An abandoned pit bull puppy nicknamed "Pumpkin" has been rescued by a dedicated group of volunteers, and is recovering from more than half a year living outdoors in the Cull Canyon Park area.

Pumpkin was spotted roaming around the park last summer, sometimes by the side of the road appearing to be waiting for a family that never returned to get her.

She was approached in August – with hot dogs – by Castro Valley resident Daquari Daily. Though Pumpkin seemed interested and was never aggressive, she nonetheless kept her distance.

"I knew this was going to be a lengthy rescue mission, but I also knew right then and there she wanted to be rescued. But her fear was overriding it," says Daily.

A chewed-off rope around the dog's neck indicated she had been tied up.

"It was clear that humans had failed her at some point in time in her short, young life," says Daily. "My family and I are huge dog lovers, and we have an extra soft spot for the pit bull breed."

Daily's brother came up with the name Pumpkin because *see RESCUED on page 11*



Eden Health District CEO to Step Down

Dev Mahadevan has announced he will step down this summer as chief executive officer of the Eden Township Healthcare District, now known as the Eden Health District.

Mahadevan, who has lived in Castro Valley for 30 years, made the announcement last week, saying he would retire on July 1 when his current agreement expires.

"My hope is that EHD will continue to provide millions of dollars of community health education, and support out-patient health care for the people in our District for many years to come," Mahadevan said in a press statement.

During his nearly nine years on the job, Mahadevan initially had the task of separating the health-care district's business operations from Eden Medical Center operations.



EDEN HEALTH DISTRICT PHOTO
Dev Mahadevan

He has overseen the relocation of the district's administration offices to three different locations, the demolition of the district's old medical offices, and the building of the new Eden Health District office complex on Lake Chabot Road.

see EDEN on page 2

Daughtrey Building Ideas Brainstormed

By Michael Singer
CASTRO VALLEY FORUM

A plan to revitalize the former Daughtrey's building and surrounding property is sparking interest from community groups eager to ensure Castro Valley residents have a voice in the final outcome.

Members of Castro Valley Matters hosted the first of what is likely to be dozens of brainstorming sessions on the issue. A public meeting this past Sunday aimed at assembling ideas to present to any developer looking to make a fresh start of the long-abandoned building some are calling the, "Heart of Castro Valley."

"I would love to see something truly special at this site," CV Matters spokesperson and 20-year resident, Catherine Tengan told the Forum. "Castro Valley has been waiting so long for something to happen here. We want to put the space to the best possible use we can and that's why we're asking for public input now."

About two-dozen people at the meeting broke into groups and

bantered around ideas that included restaurants, retail space, a rooftop garden attraction, and even potential mixed-use housing.

The mere mention of the name Daughtrey's in Castro Valley evokes feelings of past glory. People attending the CV Matters meeting opined about the cozy and family-oriented shopping experience during Daughtrey's heyday in the late '50s and '60s.

Alameda County's Economic and Civic Development Agency (ECD) has received several unsolicited inquiries from interested developers – several have toured the building. Any proposal is required to include an upscale dining experience; use of the driveway between Daughtrey's and Knudsen's Ice Creamery to the east; outstanding architecture; and most importantly, a project that will generate new sales and property tax revenues.

Some at the meeting suggested razing the building to make way for a completely new structure or an open meeting space in the middle of downtown as an alternative to renovation or replacing the *see DAUGHTREY on page 3*

Summer Enrichment Program: Set Your Kids Up For Success

By Linette Escobar
SPECIAL TO THE FORUM

Whether you've got a child who is entering kindergarten or elementary school, Castro Valley Adult & Career Education is sponsoring an exciting summer enrichment program to promote future academic and career success.

Classes run Monday-Friday mornings from June 19 to July 14 (no class July 3rd and 4th) at Independent Elementary School.

For children making the transition to kindergarten this fall, Pre-Kindergarten prepares them for the structure, academics and fun of "big kid" school.

"Attending Pre-Kindergarten helps students feel more confident because the experience mirrors what they will encounter on the first day of school," says Susie Passeggi, Director. The program is taught by Castro Valley teachers in real kindergarten classes. Children will socialize and learn music, math and more. The cost is \$399.

For K-5 students, Summer Enrichment gives them the opportunity to explore a topic in-depth while also sharpening their academic,

leadership, and team-building skills. The program offers hands-on courses in art, science, writing, and engineering, with a focus on college and career readiness. Cost is \$425. Classes include:

- Tinker Time: STEAM Studio: Using Science, Technology, Engineering, Art and Math (STEAM) students will investigate roller coaster design, fire catapults, and use a variety of materials from duct tape to circuits and motors.

CASTRO VALLEY ADULT & CAREER EDUCATION

- Young Actors' Studio: Students learn the fundamentals of acting and auditioning, then put on a play for family and friends.

- Inventors Workshop: Young inventors will explore their ideas and use critical thinking skills to bring them to life.

- I Dig Dinosaurs! Learn all about dinosaurs and how fossils are formed.

- LEGO Engineering and LEGO Robotics: Use LEGOS to

bring science, technology, engineering and mathematics to life building everything from bridges to robots.

- Pre-Med Community Hospital and Pre-Med Emergency Room: In grades 1-3, students learn about the medical field while working in a simulated hospital. Older students in Pre-Med Emergency Room become part of a modern emergency room team learning the speed and critical nature of this work.

- Creating and Connecting with Art Around the World, and Creative Side to Literacy: Your budding Picasso or Toni Morrison will build their artistic skills and and experience multicultural literature and art in a whole new way in these classes.

Registration is open now for Pre-K. K-5 registration opens next Monday, March 20. Parents are encouraged to register quickly as space is limited. Visit www.cvaldult.org or contact Castro Valley Adult & Career Education at (510) 886-1000.

Linette Escobar is Marketing Chair for Castro Valley Adult & Career Education.

Castro Valley Weather Mar. 15 - 19, 2017



Wednesday
Mostly Cloudy
High 67° Low 53°



Thursday
Mostly Cloudy
High 67° Low 47°



Friday
Mostly Cloudy
High 71° Low 51°



Saturday
Mostly Cloudy
High 67° Low 52°



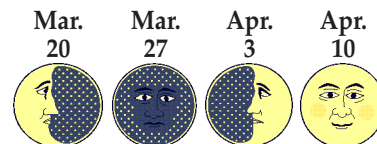
Sunday
Mostly Cloudy
High 67° Low 51°

Almanac



Past Week's Rain: 00.00
Season To Date: 31.32
Normal To Date: 20.17
Season Average: 21.22

Moon Phases



Sun sets at 7:17 p.m. today, rises at 7:17 a.m. Thursday.

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Eden: District's Future Isn't Quite Clear

continued from front page

The district has gone from operating at a deficit to positive cash flow in 2013 and potentially a fully profitable year in 2018.

While the district has been operating without tax subsidies for

nearly 40 years, its future isn't clear.

Last year, the district came under fire by some county government officials and others who claimed the district was redundant and its function could be handled better by the county.

And last year's Alameda County Grand Jury report said the district had "failed in its mission" and lacked a plan for its future.

The district countered that the county simply wanted to get control of its money and that if its functions were to be absorbed by the county health structure, no one

would be looking out specifically for the vital needs of the Eden Area.

At public meetings in Castro Valley and San Leandro last fall, dozens of speakers supported the continuation of the Eden Township Healthcare District.

In addition to his role at the Eden Health District, Mahadevan has served in a number of local organizations including the Centers for Elders Independence Board of Directors, the San Leandro Rotary Club and the Hayward Area Recreation District Foundation Board of Directors.

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M	E	N	T	A	L	S	T	A	I	N
O	R	O					A	R	M	
R	A	M	P	M	I	N	U	T	I	A
E	L	I		A	K	A	Z	I	G	
M	I	N	I	S	T	E	R	B	E	R
E	M	U		R	I	O				
S	E	R	A	P	H	A	N	N	A	L
C	R	A	G	A	P	T	M	O	A	T
O	G	L	E	L	E	O	O	N	C	E
T	O	S	S	E	A	R	T	E	E	M

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SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Domestic Battery

Sunday, March 12: at 5:59 p.m., Sheriff's deputies arrested a 48-year-old man from Hayward on suspicion of spousal battery. An emergency call about a loud and aggressive-sounding argument sent deputies to a business on Jamison Way near Redwood Road. The man was taken into custody. The victim was treated at the scene.

Trespasser Arrested

Sunday, March 12: at 4:11 a.m., a 26-year-old man from San Leandro was arrested on suspicion of trespassing and failing to leave the property after being asked to do so by the owner. Deputies responded to the call at a home on Jensen Road near Castro Valley Boulevard. The man was handcuffed and taken into custody.

Medical Scammer Caught

Saturday, March 11: at 4:35 p.m., deputies arrested a 45-year-old woman with no permanent address on charges related to her conspiring to scam a hospital into providing narcotics illegally. The woman was also wanted as part of a warrant for her arrest. Hospital staff called deputies to Eden Medical Center on Lake Chabot Road after the suspect misidentified herself with a false ID and proceeded to request prescription drugs for her elderly parent. Deputies questioned the woman and found her in possession of illegal narcotics, illegal drug paraphernalia, stolen property, a false ID and forged documents. The woman was taken to Santa Rita Jail and held without bail.

Family Fight

Saturday, March 11: at 1:50 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to an apartment on Center Street near Grove Way. There,

they arrested a 25-year-old man from Castro Valley on suspicion of assault on a family member. The man was taken into custody. The victim was treated at the scene.

Wanted Woman

Friday, March 10: at 1:30 p.m., deputies arrested a 40-year-old woman on suspicion of assault and battery as well as damaging private property. The woman was at a home on Rahlves Drive near Seven Hills Road when she became involved of an altercation. Deputies broke up the fight and identified the woman's outstanding warrant for her capture. The victim was treated at the scene. The suspect was taken to Santa Rita Jail pending \$15,000 in bail.

Transient with Drugs

Sunday, March 12: at 1:00 a.m., a 62-year-old man with no permanent address was arrested on suspicion of illegal narcotics and illegal drug possession. Deputies stopped the man for questioning on Park Way near Castro Valley Boulevard when they discovered his stash. The man was taken into custody.

Joy Ride Ends in Arrest

Saturday, March 11: at 9:21 p.m., deputies arrested two people from Oakland on suspicion of driving a stolen vehicle on Strobbridge Avenue near the Interstate 580 freeway. The driver, a 39-year-old woman, was additionally charged with providing false identification to deputies. She and the passenger, a 38-year-old man, were taken to Santa Rita Jail and held pending \$25,000 bail apiece.

Refused a Breathalyzer

Thursday, March 9: at 8:33 p.m., a 49-year-old man with no permanent address was arrested on suspicion of public intoxication. Deputies stopped the man for

questioning on Lake Chabot Road near Castro Valley Boulevard when they noticed alcohol on his breath. The man refused to take a field sobriety test and was taken into custody.

Public Intoxication

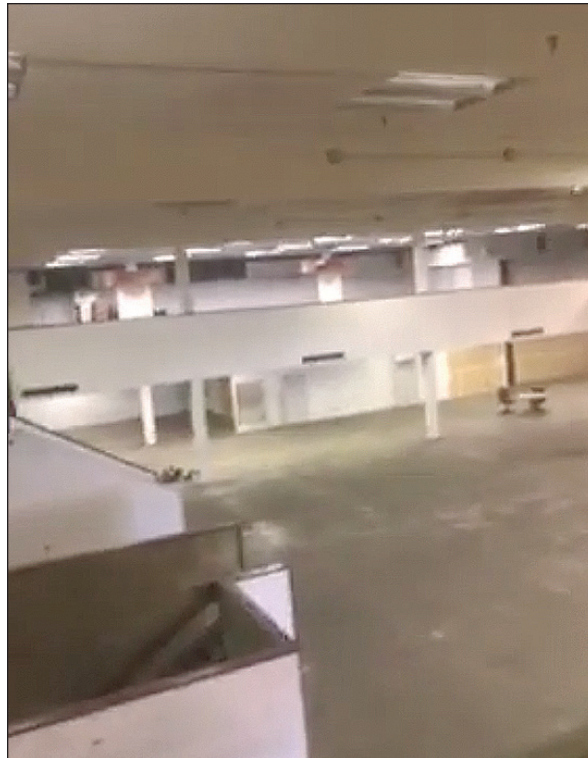
Thursday, March 9: at 5:18 p.m., deputies arrested a 48-year-old man with no permanent address on suspicion of public intoxication. The man was traveling on Santa Maria Avenue near Castro Valley Boulevard when deputies approached him. The man failed his field sobriety test and was taken into custody.

Drug Possession

Thursday, March 9: at 1:20 a.m., a 35-year-old man from San Leandro was arrested on suspicion of possession of illegal narcotics and illegal drug paraphernalia and other restricted medical equipment. Deputies stopped the man for questioning on Stanton Avenue near Miramar Drive when they discovered his stash. The man also had an outstanding warrant for his arrest. Deputies took him to Santa Rita Jail pending \$12,500 in bail.

Stubborn Squatter

Thursday, March 9: at 12:08 p.m., deputies arrested a 34-year-old woman with no permanent address on suspicion of illegally living on *see REPORTS on page 9*



FREEZE FRAME FROM DAUGHTREY BUILDING TOUR

A Look Inside of the Daughtrey Building

Many who live in Castro Valley have never stepped foot inside the old Daughtrey Department Store on the Boulevard. Last week, when the Castro Valley/Eden Area Chamber of Commerce toured the structure with some prospective developers, Chamber President Michael Tacconi recorded portions of the tour. You can watch this amazing bit of Castro Valley history by visiting these sites:

www.covideo.com/v/hsGjT2gKhM
www.covideo.com/v/FD9wu6QXww
www.covideo.com/v/wc6WulGoCz
www.covideo.com/v/iE4PnYhSTW

Daughtrey: Renovation Of Structure

continued from front page
structure.

"I would love a pavilion-like space with grass where you could have a small stage with bands and places for food trucks," said Castro Valley resident Sue Ralston.

Strategically located at the intersection of Castro Valley Boulevard and Santa Maria Ave., a Daughtrey's redesign would be the largest most significant update to the face of the downtown community since the Castro Valley Boulevard streetscape makeover.

The vacant 39,000 square foot building has 15,000 square feet on the ground floor, a 15,000 square foot full, usable basement, plus a 9,000 square foot mezzanine.

David Greensfelder's "Lost Worlds" project was the last development slated for the existing building. Greensfelder – the County's preferred developer at the time – withdrew his bid last November after the proposed tenant was rejected by Castro Valley's Municipal Advisory Council (MAC).

The CV Matters brainstorm is the first of about a dozen of opportunities for the community to lend its input into the future of the Daughtrey's site.

Current MAC board member Ken Carbone who was a member of the MAC when the building originally went up for sale more than 25 years ago, says Alameda *see DAUGHTREY on back page*

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The Week Ahead

● Wednesday, March 15: Italian Pasta Night

Enjoy the flavors of Italy and learn how to prepare a classic Italian meal including spinach-ricotta ravioli from scratch, a creamy tomato vodka sauce, a light antipasto salad, and a Rome-inspired tiramisu cake for \$50 plus a material fee of \$10 payable to the instructor, from 6 to 8 p.m. today at the Kenneth C. Aitken Senior & Community Center, 17800 Redwood Road in Castro Valley. Call 510-881-6742.

● Wednesday, March 15: East Bay Rose Society Meeting

Master Rosarian Joe Truskot, who has grown more than 500 roses in his garden, will discuss climbing roses at the meeting at 7:30 p.m. today at the Lakeside Garden Center, 666 Bellevue in Oakland. Enjoy snacks and meet people who talk roses. www.eastbayroses.org

● Wednesday, March 15: Castro Valley Women's Club

Castro Valley historian and author Lucille Lorge will be guest speaker at the meeting of the CV Women's Club this afternoon at 1 p.m. at the Clubhouse, 18330 Redwood Road. Lucille, whose family has deep roots in Castro Valley, is a member of the Hayward Area Historical Society. The public is invited. For more info, call 510-461-7692.

● Wednesday, March 15 : Bicycle & Pedestrian Committee

The Castro Valley Bicycle and Pedestrian Advisory Committee, which provides advice and recommendations to the Alameda County Public Works Agency on matters related to bicycle and pedestrian projects in the Castro Valley community, will hold a public meeting from 6:30 to 8:30 p.m. today at the Castro Valley Library.

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, or fax information to 510-814-9691.

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● Saturday, March 18: Rotary Charity Poker Tournament

Register now for the 2017 Castro Valley Rotary Texas Hold 'em Poker Charity Tournament to be held this Saturday at the Castro Valley Masonic Center, 4521 Crow Canyon Road in Castro Valley. Food and drinks at 5 p.m., play begins at 6. Great prizes for the top 10 finishers. Seating limited to the first 90 players. Table sponsorships available. Must be 21 or older to play. Advance reservations required. Call 510-276-9902. Online registration and payments for both players (\$200) and table sponsors (\$300) at castrovalleyrotary.org

● Saturday, March 18: Pets Available for Adoption

Dusty Paws Rescue will be showing dogs and cats available for adoption from 11 a.m. until 2 p.m. this Saturday at Pet Food Express, 3385 Castro Valley Blvd. Check www.dustypawsrescue.org for available animals.

● Saturday, March 18: It These Walls Could Talk!

This Scots-Irish immigration tale will tell you the story of the McConaghy family's immigration: the happenings of their home countries causing them to leave, what we know of their immigration, and how their story relates to the American Dream at 9 a.m. this Saturday at McConaghy House, 18701 Hesperian Blvd., Hayward. Tickets (\$15 General, \$10 HAHS Members, Seniors, Students) must be purchased in advance at www.haywardareahistory.org or by calling 510-581-0223.

● Saturday, March 18: Paranormal Investigation

Learn from leaders in the paranormal field, then investigate the historic Meek Mansion or McConaghy House in Hayward. Tickets (ages 18 and over) must be purchased in advance. The space for investigation is limited to 20 people per location. For tickets or information, call 510-581-0223 or visit www.HaywardAreaHistory.org.

...and Beyond

● Thursday, March 23: Seniors' Safe-Driving Class

Stay safe on the road! Eden Medical Center and the California Highway Patrol present "Age Well - Drive Smart" from 10 a.m. until noon on Thursday, March 23 at the Eden Medical Center Medical Office Building Conference Room on the 2nd floor at 20101 Lake Chabot Road in Castro Valley. Space is limited, so register now by calling 510-727-3176.

● Friday, March 24: Deadline to Order Homemade Biscotti

The Italian Catholic Federation branch of Our Lady of Grace Church will be selling homemade biscotti (\$6 a dozen) as a fundraiser for student scholarships. Call in your order by Friday, March 24 to 510-886-8664 and pick up orders after all masses on Sunday, April 9 at Our Lady of Grace Church. Buon appetito!

● Tuesday, March 28: Start Smart Teen Driver Safety Class

The California Highway Patrol Castro Valley Area Office and the Castro Valley Library present a "Start Smart" teen-driver safety class at 6 p.m. Tuesday, March 28, at the 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, March 28: Have Coffee with a Cop

Join your neighbors and local police officers for coffee and conversation from 12:30 to 2:30 p.m. at Café 4 at 20600 John Drive in Castro Valley. No agenda or speeches, just a chance to ask questions, voice concerns and get to know the officers in your neighborhood. For more information, call the California Highway Patrol Castro Valley Area Office at 510-581-9028.

● Thursday, March 30: Taste of Castro Valley

The public is invited to sample local foods, chat with business owners and shop retail vendors at this new Castro Valley Business Expo from 4:30 to 7:30 p.m. at the Moose Lodge, 20835 Rutledge Road. Tickets are \$10 (children under 10 admitted free). Businesses can still register for booth space by calling 510-537-5300.

REGULAR LOCAL GOVERNMENT MEETINGS

• Castro Valley Municipal Advisory Council (MAC) usually 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. Agendas are available at acgov.org/uninc/

• 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.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events listed below are available online at 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.

● **Disney's "Mary Poppins"** will be presented by the award-winning Castro Valley High School Drama and Music departments at 7 p.m. on March 17, 18, 24, 25, and at 2 p.m. on March 19, 26. This visually stunning musical features over 75 of our high school's finest performing artists. It is our most technical show to date featuring many spectacular special effects including flying with actors. For tickets (\$15-\$20) see above.

● **Castro Valley Adult School Band Concert** will be presented at 7:30 p.m. on Wednesday, March 29 (not on March 27 as previously listed). The event is free.

THEATRICAL & MUSICAL PERFORMANCES

● **"Spring Concert: Stage & Screen,"** will be presented by the Morrisson Theatre Chorus under the direction of César Cancino at 8 p.m. this Friday and Saturday, March 17-18, and at 2 p.m. on Sunday, March 19, at the Douglas Morrisson Theatre, 22311 N. Third St., Hayward, featuring a selection of works from the stage and the movies. For tickets (\$18 adult, \$15 HARD residents, \$12 seniors over 60 and youth) visit www.dmtonline.org or call 510-881-6777

● **"Side by Side by Sondheim,"** a musical revue featuring the songs of the incomparable Stephen Sondheim, will be presented by the Douglas Morrisson Theatre, 22311 North 3rd St. in Hayward April 7-23. Performances are at 8 p.m. on Fridays and Saturdays and Thursday, April 20. Matinées are at 2 p.m. on Sundays and on Saturday, April 15. For tickets (\$10-\$29), visit www.dmtonline.org or call 510-881-6777.

ART GALLERIES & EVENTS

● **"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 from April 5 to July 30 at the HAHS Museum, 22380 Foothill Blvd., Hayward.

● **Hayward Area Photography**, the work of 23 local photographers including 10 members of the Castro Valley Photo Club will be on display through March 31 at the John O'Lague Galleria at Hayward City Hall, sponsored by the Hayward Arts Council.

● **"Getting to Know the Map,"** an exhibition of 40 years of photography by Geir and Kate Jordahl, featuring the images and projects which have been shaped by forty years of exploring, studying, traveling and teaching, is now on display at PhotoCentral Gallery, 1099 E Street in Hayward. A Book Release & Signing will be on April 13 from 7-9 p.m. For more, visit info@photocentral.org

● **"Finding the Quiet Places,"** a display of pastel paintings by Castro Valley artist Sarah Schneider, is on view at the Castro Valley Library. These landscapes show calm and restful scenes, a reminder of the local beauty of our area. Schneider is a member of A.R.T., Inc.

● **"Identity,"** an art show that engages with race, ethnicity, gender, religion, age, politics, world view, personality, individual characteristics, what we have in common, and how we differ. Students from area high schools will express their view of Identity; how they see themselves and how they relate to the world, through April 16 at the Community Gallery at the HAHS Museum of History & Culture, 22380 Foothill Blvd, Hayward.

● **Hayward Elementary Students' Art** will be on display through April 21 as part of the Art IS Education Exhibition at Foothill Gallery, 22394 Foothill Blvd. in Hayward, sponsored by the Hayward Arts Council. Gallery hours are 10-4 Thursday-Saturday.

● **The Artist Within 2**, the works of Sorensdale Recreation Center featuring a variety of media including two and three-dimensional pieces, will be on exhibit at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley from March 25 to April 29, with a reception from 1 to 3 p.m. on March 25.

● **Hayward Chinese School Art** featuring Chinese calligraphy, brush painting, mixed media and crafts by the art students of the Multicultural Education Research Center will be on display from March 16 to April 26 at The Alameda County Law Library, 125 12th St. in Oakland. The Law Library is open from 8:30 a.m. to 4:30 p.m. Monday through Friday. For more information, visit www.haywardchineseschool.org

How to Stop the Snoring

By Jim Mitchell
SPECIAL TO THE FORUM

Snoring is a very common problem that often gets worse with age. Around 37 million Americans snore on a regular basis according to the National Sleep Center.

Snoring occurs when the airway narrows or is partly blocked during sleep usually due to nasal congestion, floppy tissue, alcohol, or enlarged tonsils.

But snoring can be much more than just an annoyance. It can also be a red flag for obstructive sleep apnea, a serious condition in which the snorer stops and starts breathing during sleep, increasing the risks of cardiovascular disease, stroke, cardiac arrhythmia and hypertension.

According to the American Academy of Sleep Medicine, 34 percent of men and 19 percent of women who snore routinely have sleep apnea or are at risk for it.

Self-Help Remedies

Even if you are unsure whether it is a primary snoring problem or sleep apnea, sleep experts suggest you start with these steps.

- Open a stuffy nose: If nasal congestion is causing your partner to snore, over-the-counter nasal strips such as Breathe Right may help. Or, if allergies are the cause, try saline nasal sprays.



According to the American Academy of Sleep Medicine, 34 percent of men and 19 percent of women who snore routinely have sleep apnea or are at risk for it.

- Elevate the head: Buying a foam wedge to elevate a person's head a few inches can help reduce snoring, or buy a contoured pillow to lift the chin and keep the tongue from blocking the back of the throat during sleep.

- Also check out Nora (smartnora.com), a wireless snoring device that slides under the pillow and gently moves the head to a different position when snoring is detected. This, they say, stimulates the relaxed throat muscles and opens the airway.

- Sleep on side: To prevent back sleeping, which triggers snoring, place a pillow against your partner's back to keep him or her from rolling over. Or check out the Night Shift Sleep Positioner (nightshifttherapy.com), a device that's worn around the neck that vibrates when you roll on your back.

- Avoid alcohol before bed: Alcoholic beverages can relax the muscles in the throat, and constrict airflow. One should not consume

see SNORING on page 7

Q&A: Advance Planning is Still Required for Medi-Cal Eligibility

Q A while back you wrote an article advising that the obligation to repay Medi-Cal, for benefits received during life, changed as of January 1, 2017.

Does that mean that we no longer need to include Medi-Cal planning powers in our estate planning documents?

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

A Not at all. While the rules requiring "payback" to Medi-Cal have changed dramatically for persons dying after January 1, 2017, (making only estates that go through probate subject to recovery), there is still a need to plan ahead for Medi-Cal eligibility and those rules have not changed.

Background: Elders in need of nursing home care face costs of \$9,000 per month or more, and risk running through a lifetime of savings to finance that care. Fortunately, the Medi-Cal program offers a safety net, helping those who qualify avoid financial ruin.

However, Medi-Cal has strict resource caps to qualify: \$122,900 in non-exempt assets for a married person, and only \$2,000 for an unmarried person.

Persons over the resource caps must either shoulder the entire financial burden themselves until they "spend down" to the caps, or engage in proactive Medi-Cal planning to bring themselves under these caps.

However, to engage in this planning the applicant must either

have full mental capacity at time of need, or have legal documents in place – with special provisions – so others can do so for him. Consider these examples:

(1) Mary: Married Person: \$300,000 in Cash Assets: In this case, Mary and her spouse are over the Medi-Cal resource cap by \$177,100, and Mary would not qualify for a Medi-Cal subsidy.

However, there may be lawful strategies that could be used to bring the couple's assets down below the resource caps. Examples: give away the excess to children, albeit in a very special, Medi-Cal compliant manner; use the excess funds to purchase a very special kind of annuity; or, convert excess cash assets into exempt assets, such as by paying down a home mortgage.

However, if Mary is incapacitated, she may be unable to join in these actions, unless special powers were included in her Power of Attorney and/or Trust authorizing others to do so for her.

(2) John: Single Person: Home Sale Contemplated: Let's suppose John cannot live safely at home. His family anticipates the need to sell his home, worth \$750,000, to finance care in an Assisted Living Facility ("ALF") on a private pay basis.

If his care needs later increase and he needs nursing home care ("NH"), the sale proceeds still in his name would then likely place him over the Medi-Cal resource

cap and render him ineligible for a NH subsidy.

A better plan: if a special Medi-Cal Asset Protection Trust ("MAPT") were created to hold title to the home, and the home were placed into this trust before sale, then the sale proceeds would not go to John, but rather to his Trustee, who could use them initially for John's care in the ALF.

When he later needed a Medi-Cal NH subsidy, the proceeds would not be treated as owned by John. He might then qualify for a NH subsidy if his other resources were below the cap, and thereby preserve his estate for family.

However, if John lacked capacity, this planning option may be unavailable, unless he had advance planning documents in place to permit others to create the MAPT.

In sum, it is still wise to include special Medi-Cal planning powers in your estate planning documents, for possible future need.

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

Senior Resource

If you or someone you care about is among the over 64 million adults age 60 and older in the U.S., here's a resource you need to know about: the Eldercare Locator.

Funded by the Administration on Aging, a part of the Administration for Community Living, it's the National Association of Area Agencies on Aging's largest and longest-running national, direct-to-consumer program.

Where to Turn

The Locator's Call Center at (800) 677-1116 is an essential, trusted gateway to help older adults, caregivers and health professionals navigate the maze of aging programs and services, as well as to assist them in identifying and accessing the resources that match their needs best.

The Eldercare Locator website, www.eldercare.gov, lets visitors search for local resources and services, check benefits and download and print informational materials, among many other helpful features.

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Snoring: Checking for Sleep Apnea

continued from previous page
alcohol three to four hours before bedtime.

- Lose excess weight: Fat around the neck can compress the upper airway and impede airflow and is often associated with sleep apnea.

- Quit smoking: Smoking causes inflammation in the upper airways that can make snoring even worse.

Need More Help

If these lifestyle strategies don't make a big difference, your partner should see the doctor, a sleep specialist, or an otolaryngologist who may recommend an overnight study to test for apnea.

For primary snoring or mild to moderate sleep apnea, an oral appliance that fits into the mouth like a retainer may be prescribed. This shifts the lower jaw and tongue forward, keeping the airway open.

Some other options are Theravent snore therapy (theravent.com) and Provent sleep apnea therapy (proventtherapy.com), which are small nasal devices that attach over the nostrils to improve airflow.

But the gold standard for moderate to severe sleep apnea is a continuous positive airway pressure, or CPAP, device. This involves sleeping with a mask and is hooked up to a machine that gently blows air up your nose to keep the passages open.

If these don't work or are intolerable, surgery is an option too. There are procedures available today that remove excess tissue in the nose, mouth, or throat. And a newer procedure called hypoglossal nerve stimulation that uses a small device implanted in the chest to help control the movement of the tongue when it blocks the airway.

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

Services That Can Help Seniors With Rigors of Travel

Q Do you know of any services that help seniors with the rigors of traveling? My youngest daughter is getting married in a few months and would love to have my 82-year old mother attend, but she needs help flying across the country.

By Jim Miller
SPECIAL TO THE FORUM

A Traveling can be daunting under the best circumstances but for elderly seniors, those with disabilities, or those recovering or rehabilitating from an illness or injury, it can seem particularly overwhelming or unmanageable.

Fortunately, there are a number of companies that provides traveling companion/escort services to help older adults with the rigors of travel.

Whether it's seniors going on vacation or grandparents wanting to join their far-off families for weddings and graduations, travel companions help clients who need help moving through airports, managing luggage, navigating busy terminals and hotel lobbies and much more.

Some companion services even provide personal care like medication reminders, dressing, bathing and feeding. And for those with specific medical needs, traveling nurse services are available too.

But be aware that these services aren't cheap. You will pay for the travel companion's tickets, the companion's hotel room if necessary, meals, incidentals and fees for the service.

The price to accompany a client on a plane trip within the United States – including the companion fees and travel costs for all parties – can range anywhere from \$1,500 to \$5,000 or more for coach airfare. Business or first class would cost more.

To locate a travel companion service in your area, search online



Whether it's seniors going on vacation or grandparents wanting to join their far-off families for weddings and graduations, travel companions help clients who need help moving through airports, managing luggage, navigating busy terminals and much more.

for "senior travel companion" or "senior travel escort," followed by your mom's city or state.

Or use an experienced national service like Flying Companions (FlyingCompanions.com) or FirstLight Home Care (FirstLightHomeCare.com), which has a na-

tional network of franchises that provides in-home care for seniors, and offers travel companion programs in about one-third of its 130 franchises.

Or, for medical travel companions do a search for "traveling nurse escort" or "medical travel

companion," or checkout Travel Care & Logistics (YourFlightNurse.com), which provides registered nurses as escorts.

If, however, your mom doesn't require a lot of assistance, or if you can't afford a travel escort, consider asking a trusted family member

or friend that has some air travel experience.

Questions to Ask

If you're interested in hiring a travel companion service to help your mom, there are a number of things you need to check into to ensure you get the right escort.

First, if your mom requires personal or medical care while traveling, find out if the escort is trained to manage her healthcare needs. What sort of medical certifications do they have? (Nursing credentials? C.P.R. training? etc.)

Also, find out how many trips the companion has taken with clients. Have they completed trips with travelers like your mom? How long has the travel service company been in business? What is the company's safety record? And what sort of insurance does it carry, and what and who does it cover?

Also, get a quote breaking down exactly what you'll be required to pay, in addition to the companion's fees. And, get a list of two or three clients/references who has used their service and call them.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org.

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Katy has been in business for over 36 years, 23 of which have been in Castro Valley. She is well-known for artistic styles, bridal, and special up-dos. Her knowledgeable staff updates their education to make sure they keep their clients in style. Some of the many services offered are facial microdermabrasion, eyebrow and eyelash dyeing, hair coloring including highlighting, multicolors, permanent waves, ear piercing, waxing and massage.



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Lynn is a multi-million-dollar producer with a focus on service and real estate with "a personal touch". She brings over 30 years of experience selling residential real estate in this area. She has been awarded the Bay East Association of Realtors' Grand Master Award and is a consistent Top Producer in her area. Lynn has been the President of Soroptimist International of the East Bay and currently is their Membership Chair. A few years ago she served as the district's Fellowship Director awarding over \$100K to women completing their doctorates. Soroptimist is a worldwide group founded in Oakland in 1921 and dedicated to helping women and children locally and throughout the world. At the local level, the group's focus is on helping raise money for the indigent, battered and elderly members of the community. A recent addition is helping at-risk women become free from trafficking in the East Bay. Born in New York City in 1947 to an Italian-American family, Lynn attended Hunter College and then went on to own her own ethnic music store in Greenwich Village, "the House of Musical Traditions." She was an accomplished craftsman, building dulcimers, and later did music management. Lynn has one son who she home schooled and who graduated from Dominican College on a tennis scholarship with a degree in business. And, of course, saving the best for last — 8 years ago, she was blessed with a beautiful granddaughter.



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Rebecca has been in Real Estate for over 10 years. Her hands-on attitude and tech savvy marketing allows her clients to receive a top notch experience. She is well received within the community and her "friend in the business" approach seems to be a welcome change from the perceived idea of Realtors.



Working and residing in Castro Valley, Rebecca understands the importance of giving back to the community. She donates to local schools, animal rescue organizations and volunteers her time assisting seniors. If you are thinking of buying or selling, please give Rebecca a call today. Please visit Rebecca's yelp page for her 5 star reviews.

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Serean Kimmel, Realtor® ReMax Accord, CA DRE#01770629

Serean Kimmel leased JP's Family Restaurant (formally known as Dinos) which will be opening shortly. Contact Serean if you want the inside scoop.



Here's what one client has to say about Serean Kimmel.

"I recommend Serean Kimmel If you are looking for a Real Estate professional. She did an exceptional job selling my project of Six New Town Homes on San Miguel Ave this past year. She handled the paperwork efficiently, got us a good price and we are very happy with her service".
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Teri Martinez Registered Dental Assistant

Teri has been the "Right Hand Person" for Dr. Bruce Stephenson in San Leandro for almost 20 years. Since July 2013, the two of them have formed an entirely new dental practice limited to only Invisalign, Clear Braces and Cosmetic Dentistry. "I love this aspect of dentistry," says Teri. "Often people are not too crazy about going to the dentist but our patients are really happy about it! Every time they see us, we make their smile better! Because we treat so many patients with Invisalign and other types of clear braces, we have the experience to do cases that other dentists thought were impossible. It's really fun and very rewarding!" When Teri is not busy creating great smiles, she enjoys all the myriad activities in San Francisco where she lives and staying in great shape doing "boot camps" and "extreme workouts."



Bruce Stephenson, DDS • 510-394-2570

345 Estudillo Avenue, Suite 103, San Leandro
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Reports: Back to Jail; Crack Pipe in View

continued from page 3

a property and resisting arrest. The woman was reported trespassing at an empty house on Grove Way near Gary Drive. Deputies tried to coax her out but to no avail. The woman was handcuffed and taken into custody.

Back to Jail

Thursday, March 9: at 9:48 p.m., a 33-year-old man with no permanent address was arrested on suspicion of possession of illegal drug paraphernalia and violating the terms of his parole. Deputies reported the man had an outstanding warrant for his arrest. The man was traveling on Grove Way near

Gary Drive when deputies identified him against his warrant. Deputies took the man to Santa Rita Jail and held him without bail.

Crack Pipe in Plain View

Tuesday, March 7: at 10:51 p.m., deputies arrested a 27-year-old man with no permanent address on suspicion of possession of illegal narcotics, methamphetamine drugs and drug paraphernalia. The man was hanging outside a business on San Carlos Avenue near Stanton Avenue with a drug pipe in plain view when deputies approached him for questioning. The man also admitted to drug possession and was taken into custody.

Can't Stay Away

Monday, March 6: at 10:04 a.m., two women from CV were arrested on various counts of possession of drug and stolen property at a home on Lamson Road near Almond Road. Deputies were called to the neighborhood following complaints of suspicious activity. Two women were discovered at the scene. A 55-year-old woman was charged with two counts of possession of methamphetamine drugs and one count of violating a restraining order. A 48-year-old woman also at the scene was charged with suspicion of possession of stolen property. Deputies took the women to Santa Rita Jail.

Hayward Film Festival is Now Accepting Student Submissions for May Showcase

The Hayward Area Historical Society Museum is accepting student submissions for the Third Annual Hayward Film Festival scheduled for May 4.

Launched in 2015 by the Community MultiMedia Academy, the Historical Society and Bay Area Digital Arts, the showcase is designed to give students the opportunity to tell their stories, develop their creativity, and fur-

ther introduce them to the world of filmmaking.

Young filmmakers may submit films for the following categories: Animation, Documentary, Experimental, Narrative, and Public Service Announcements.

Focused on bringing attention to the East Bay, the Hayward Film Festival is dedicated to the future storytellers in Hayward and the surrounding area.

Deadline for submissions for the Film Festival is Thursday, April 6 at midnight.

To learn more about submitting a film, visit haywardareahistory.org/haywardfilmfestival

The Third Annual Hayward Film Festival Showcase will be held from 6 to 8 p.m. on Thursday, May 4, at the HAHS Museum of History and Culture, 22380 Foot-hill Blvd. in Hayward.



ALAMEDA COUNTY ARTS COMMISSION PHOTO

County Recognizes March '17 As 'Art IS Education Month'

Alameda County recognized March 2017 as "Art IS Education Month" last Tuesday. Celebrating the proclamation were, from left, Alameda County Arts Commissioner Anita Carr, Commission Director Rachel Osajima, Board of Supervisors President Wilma Chan, County Librarian Cindy Chadwick, Encinal High School Art Teacher Kirsten Bramstedt, County Library Children's Services Coordinator Anna Gonzalez, and Commission Public Art Coordinator Violet Juno. This is the seventh year that the County Library has partnered with the Arts Commission to present free arts events at 12 library locations across the county.



WOMEN *in* BUSINESS

Women in BUSINESS

Missed the Deadline for our Women in Business Section?

The Next Women in Business Section October 11 & 12, 2017

Here is your chance to tell your career success in picture and story in the San Leandro Times.

These special pages pay tribute to the women movers and shakers in our community. This section salutes top women employees and entrepreneurs through photo profiles.

Format:

Approx. 75-100 words accompanied by a photo

Cost: \$125

For more information call:

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To be the best agent for you, your family and friends she has earned her Certified Residential Specialist and Senior Real Estate Specialist designations through continuing education. She is involved in the Castro Valley & Hayward Chambers of Commerce and participates in charity functions that benefit the community. If you are thinking of buying or selling call Liz Lucero or email: lizzilucero@sbcglobal.net.

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Born and reared in San Leandro, I was exposed to Real Estate my entire life, as my father, Al Rinetti, opened the doors to Rinetti & Co in 1970! I joined the family business in 1999 and now, 17 years later, I find myself appreciating everything that I have been taught, learned and loved doing on a daily basis is still very much alive within me. We have a fantastic team of professional associates, both family and friends that have made the success of my father's business survive and thrive for many years beyond his mentoring. We continue to make a difference in our community by helping sellers with the difficulties in selling their homes and buyers navigate through the stresses of entering into the market. This career is much more than a business to me, it is a life I chose to dedicate my time, love, patience and professionalism to.

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ATHLETES OF THE WEEK



2016-17 CVHS JV Girls Basketball Team

This week's Athletes of the Week are the members of the 2016-17 JV girls basketball team which finished with a 16-4 overall record, and placed second in league, with an 8-2 record.

Their key wins were against Berkeley twice 43-33, 51-46, and James Logan 53-38.

Shown above: top row from left, Kyla Harrison, Gianna Trujillo, Samantha Martinez, Kayla

Craft, Megan Chinn, Malan Potts, Alyssa Tung and Samantha Santos; bottom row, Olivia Gilman-Chun, Jackie Gonzalez, Mandy Kwok, Cassandra Angels and Jada Guzman. Not pictured were Yanni Young, and coaches Jerry Oliver and Rob Gardner.

Team Captains were Olivia Gilman-Chun, Samantha Martinez, and Jackie Gonzalez.

CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

Youth Baseball and Flag Football Programs
www.CVSPORTSLEAGUE.org



MIDDLE SCHOOL CHAMPIONS: The Creekside Middle School seventh grade boys basketball team won the Southern Alameda County Middle School League (SACMAL) Championship on Tuesday, Jan. 24, to cap off an undefeated season. Pictured top row from left, Coach Chris Duran, TJ Knight, Zach Sandoval, Elijah Hosaka, Cahal Connolly, Magnus Tucker, Justin Cataag, Coach Phil Talolo; bottom row, Sam Wu, Ali Nosseir, Lucas Chauvin, Shawn Smith, and Tyler Iwashimizu.

Try These Six Simple Ways to Get Your Golf Game Ready for Spring

By Andy Morris
& Eric Jones
SPECIAL TO THE FORUM

Here are six easy ways to improve your golf game so you can hit the ground running this spring.

1. Chip & Putt – at home, the office, and the course. Short-game “feel” is often the hardest skill to recapture after a layoff. Work on 6-foot and 30-foot putts, chipping from 1-3 yards off the green, and pitching from 15 to 20 yards to stay sharp.

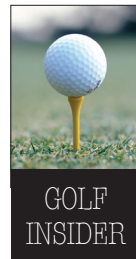
2. Fitness. Get on a regular program to improve your golf-specific fitness, particularly your flexibility

and balance. You know you need to do it anyway.

3. Review the basics of GASP (Grip, Alignment, Stance, Posture). It's how Jack Nicklaus started every season, and if it was good enough for him, well ...

While you are at it, write out and refine your pre-shot routine and include that as part of your “basics.” You'll see a big improvement in your consistency.

4. Work on Swing Changes. The Tour pros make all their swing



changes during the off-season. They don't want to be fighting the uncertainty that comes with making swing changes during season, and neither should you.

In particular, get out your training aids to enhance your feedback and accelerate the change process. If you are looking for great training aids, visit our website.

5. Check your equipment. Take your clubs in and check them for loft, lie, and swing weight, and put new grips on them.

If you are going to be investing in new equipment, now is the time to do it. Having your new equipment now will give you time to become familiar with it over the next few months so you don't have any questions as the season begins.

6. Invest in Instruction and Coaching. Your coach can help you put together a game plan that will keep you focused on mastering your top priorities that will improve your game the most. They'll help you with drills and with putting together a complete training plan so that you are maximizing your time on the range.

For all of these tips find ways to a little in each area, but to do them consistently. When the season kicks off next year you'll already be in the swing of things.

Andy Morris is the instructional program manager at Eric Jones Golf, specializing in helping new golfers. Eric Jones is the Northern California PGA Teacher of the Year and coach at Stanford University with a Masters degree in Sport Psychology. The Eric Jones Golf Academy is located at Redwood Canyon Golf Course in Castro Valley.

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Rescued: Many Community Volunteers Devoted Months to Gaining Dog's Trust

continued from front page
cause of the dog's coloring and the approaching fall season.

Many community volunteers devoted months to gaining Pumpkin's trust. They tried to lure her to a safe point of rescue using food, mild sedation, traps, and other friendly dogs.

Nothing worked, and the weather got colder and wetter. A donated hunter's cam was set up to monitor Pumpkin's movements. Daily's mother, Linda Zuniga, came to the park every day for months to feed the dog and build up trust.

Little by little Pumpkin's "feeding station" was relocated towards the lagoon near the entrance of the park. Then in January, a park ranger saw Pumpkin wander into the women's restroom.

"This was an 'aha' moment for all of us. We all brainstormed and came up with a strategic plan to trap her in the bathroom," says Daily.

In preparation, doors and walls in the bathroom were reinforced. A rope mechanism was designed to close and secure the space once Pumpkin entered. Finally, six months of effort paid off. On January 27, Pumpkin's daily meal was placed in the restroom and



she walked in to eat it. The door was closed and Brian Sparling from Animal Control assisted in retrieving her.

"He walked into the bathroom and introduced himself and told her it was going to be okay," recalls Daily. The dog was calm as he put a leash around her neck. "Pumpkin walked out of the bathroom with dignity and acted like a true lady."

Daily says Pumpkin proves the pit bull breed should be given a chance.

"Living out in the wild, you'd think she'd be pure wild and un-

ruly. She's truly a perfect dog. Gentle, kind, friendly with all dogs and other animals," Daily says. "Behind every four-legged problem is a two-legged problem."

Pumpkin is now staying with Daily's brother Pete and sister-in-law Shelli. She has recovered from a tick infestation and many scabs on her body and she's doing well except for a heart murmur. She will also need to be spayed in the near future.

If anyone would like to contribute to Pumpkin's vet bills and expenses, they may do so via PayPal. Please contact eyecolouryou@yahoo.com.

Daquari Daily, who coordinated much of the rescue, sends thanks out to everyone involved, including Linda Zuniga, Eric Sheets, park rangers Victor and Doug, Sabrielle Melton, Kim W., Al, Kelly, Lucy Rockdale, Marcella Aranda, Animal Control officer Brian Sparling, and Big Dawgs Rescue.

"With their continuous commitment, during long and cold days and nights, they stepped up when no one else would. Without them, this rescue would not have been possible," says Daily. "As my brother says, good things don't come easy. Pumpkin is proof of this."



PHOTO BY FRED ZEHNDER

BART Cops Make a Splash

It was billed as a Polar Plunge when these hardy members of the BART Police Department – most of them in costumes – braved the chilly waters off Crown Beach in Alameda on Saturday as a "photo op" to raise awareness and money for the Special Olympics, which offer year-round training and competitions in 12 sports for individuals with intellectual disabilities. You can donate by visiting: give.specialolympics.org

HARD Holds Board of Directors' Awards

The Hayward Area Recreation District (HARD) presented its 2016 Board of Directors' Awards on Friday.

Cargill Salt Works received the Organization Award, Delina Cheung and Ivy Lum received Individual Awards, Donna Boyer received Special Recognition, and Ann-Marie Tucker was recognized as Volunteer of the Year.

Cargill's salt works in the Bay Area is one of only two sea salt works in the entire United States and has been a major partner and supporter of HARD. Over the last three years, Cargill has demon-

strated a commitment to tangible improvements along the Hayward shoreline by donating over \$24,000.

Delina Cheung and Ivy Lum received the 2016 Individual Board of Directors Award for their work in the Senior Program's Volunteer Income Tax Assistance Program, a free tax program that serves over 700 low to moderate income seniors, families and individuals each year at the Aitken Senior Center in Castro Valley and the Hayward Senior Center.

The HARD Board gave Special Recognition to Donna Boyer

for her work as a member of the Board of Directors and president of the HARD Foundation. Last year, when HARD chose to put a \$250-million Bond Measure on the ballot, Boyer's role was described as "pivotal" in the bond's passage.

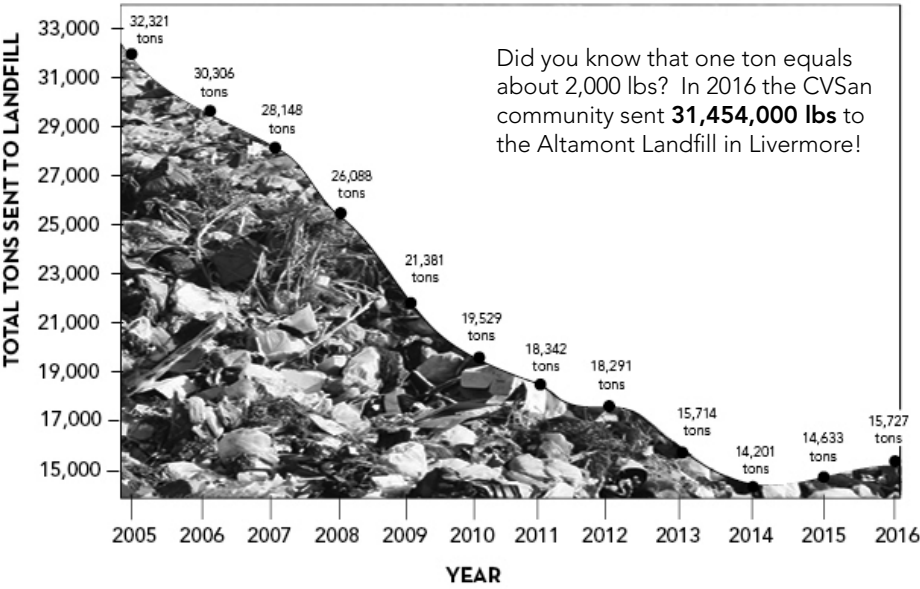
Ann-Marie Tucker received the Volunteer of the Year award for her more than 10 years and hundreds of hours of volunteer work with the Sulphur Creek Nature Center, from cleaning wildlife hospital cages to helping with nature and education programs and the center's public events.

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LETTERS TO THE EDITOR

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Questions Posed to Student Commentary Writers

Editor:

To the students who wrote, "We All Came From Somewhere," (Page 14, *The Forum*, March 8) may I ask them, do your parents have a house? If so, do you have a fence built around at least part of your home? Why?

And, when you leave your home do you lock the door behind you? Of course you do. And why? Because you want your home, your possessions and your family to be as safe as can be from those who do not respect your rights and the laws of the land.

So why can't we, as American citizens, all do whatever is necessary to keep our home, our country safe and free from those who have entered the United States illegally and with the sole purpose to do us harm?

Of course, if you have followed the law and have gone through all of the proper channels to become an American citizen then you should have every right and freedom the rest of us appreciate. But, unfortunately, on 9/11 and for many days since then, our country has been plagued by many who, to say the least, do not follow the laws and instead wish to cause death and destruction to American citizens and our way of life.

Even your teacher, Mr. Musa, acknowledged, "this is a country of law" and the law clearly states that to become an American citizen and to travel freely from and back to our country you must go through a stringent, thorough and comprehensive background check.

Too many people – some good, many bad – have just walked across our border as you would walk across the street. This must end so the rest of us law abiding

citizens can feel safe in our home, at work, at school and in the United States of America.

—Scott Thomason, *Castro Valley*

Accuses School District of Raising 'Liberal Robots'

Editor:

When I read, "We All Came From Somewhere" (*see above*) my first thought was, wow – just what are they teaching our children in Castro Valley?

I was raised in a home and through my education to get your facts straight, make your own decisions and think for yourself.

But after reading this article I can only believe that the Castro Valley School District is in business to tell the kids what to think and raise a bunch of liberal robots.

To be telling our youth such things as, "be extremely wary of the Trump administration" and "they will use everything they can to get rid of us" truly frightens me. This is hardly a fair and balanced approach towards educating our youth about immigration issues.

Does the school district even try to teach the kids about what it takes to become a citizen of the

United States of America and the sacrifices that were made by our forefathers? How about a history lesson on 9/11 and what America needs to do to make sure that never happens again.

I agree fully with the students' assertion that not all Muslims, or immigrants from any other country for that matter, are threats to national security.

But there can be no doubt that some with very bad intentions to destroy our way of life have illegally entered our country. And, until somebody comes up with a better solution, I am all for background checks, travel bans and whatever else deemed to be necessary to keep our country safe.

You can bet your bottom dollar that if a tragedy such as 9/11 happens again, the folks who run the Castro Valley School system will be teaching our youth that it is all President Trump's fault.

—Jane Mason, *Hayward*

Takes Issue with Sponsors Of 'Meet a Muslim'

Editor:

Last week's "Meet a Muslim" event at the CV Library was

misleading. We all know most Muslims are decent people. We all know that most Muslims want to live in peace.

But the problem still remains; Islam teaches Muslims some very dangerous ideas. And we never know when any individual might suddenly start to take the blood-thirsty exhortations of the Koran seriously.

One Muslim website I found proudly claimed "90% of all terrorism in America is committed by non-Muslims." Well that is hardly comforting. Think about it.

Muslims are less than one percent of the US population. So if Muslims commit 10% of all our terrorism, then the average Muslims in America is over ten times more likely to commit terrorism than the average non-Muslim.

The Muslim speaker at the library is not an authority on orthodox Islam. But the imam of the Grand Mosque in Mecca certainly is. He recently said, "Our war with Iran...is truly sectarian. If it was not sectarian, we will make it sectarian...The Jews and the Cross (i.e. Christianity), I swear by Allah that they will have their days...The Prophet said Rome will

be conquered." (Abdul Rahman al-Sudai.) That my friends, represents true Islam.

So the sponsors of the "Meet a Muslim" show insulted our intelligence, because they offered false assurances of a peaceful Islam; assurances which contradict the vast majority of Islamic scholarship, as well as contemporary Muslim authorities.

—Karl Becker, *Castro Valley*

'Lost Count' of the Number Of Fast Food Places in CV

Editor:

I cannot tell you how excited I was to read in the March 8 Forum that another fast food hamburger restaurant is coming to Castro Valley (the Habit). How many is that now? I've lost count.

The tax revenue these fast food places generate must be fantastic! And, all of it comes back to our community! Or does it? Anyway, doesn't matter. I don't think a community can ever have enough sodium-packed, saturated fat, high carb, fast food restaurants.

Don't worry about those fast food leftover bags that get tossed out car windows all over our streets. We can create jobs for trash picker-uppers! It all makes so much sense!

I would like to thank the powers-that-be (MAC?) for looking out for our health and wellbeing by bringing more fast food (and well-paying jobs!) to our town. Hmm...how about filling the Daughtrey building with fast food restaurants? Our long nightmare will finally end!

—Perry Chatter, *Castro Valley*

Still Hoping for that Sprouts At Rite Aid

Editor:

There are enough food and groceries in Castro Village. We can't even find a parking space at times.

Then another burger place. I still think Sprouts could fit nicely at Rite Aid Store with plenty of parking.

Please give us Sprouts. It will also help us seniors and low income families get plenty of veggies and fruit and heart-healthy foods. Let's eat healthy.

—Martha Soto, *Castro Valley*

Says Unions Protect the Rights of All

Editor:

I am proud to be a union woman and member of the SEIU local, although I never have time to attend the meetings. The SEIU is a union which works tirelessly on behalf of California's home health care workers, but also works nationwide to assure fair earnings, benefits, and employment situations for people in nearly 100 professions or jobs.

The SEIU is one component of a system of unions that have worked for over 100 years to make America a better place to live, a better way to treat people, more income opportunities for the working class, and equality and freedom for all.

Approximately a century ago, children under 12 were laboring in factories and mines. There

Letters continue on page 16

Obituaries

BARDELLINI, Lee Perry

FARFÁN, German

SMITH, Larry Dean

■ FARFÁN, German, a resident of Pleasanton, born September 22, 1981, passed on March 6, 2017 at age 35.

CASTRO VALLEY FORUM OBITUARIES

may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209. Brief announcements are published free. Longer announcements, including photos, are available for a fee. For help, call Patrick Vadnais at 510-614-1558.

Lee Perry Bardellini

July 6, 1947 - March 10, 2017

Lee Perry Bardellini of Castro Valley passed away on March 10, 2017 after a brief illness; he was 69 years old. Lee was born in Oakland on July 6, 1947 and was raised in Oakland and Castro Valley. He graduated from Castro Valley High School, UC Berkeley and Hastings Law School.

He was preceded in death by Susan, his beloved wife of 44 years. He is survived by his loving son, Jason; daughter-in-law, Jennifer; and grandson, Joseph. He also leaves behind a large circle of friends.

Lee was an extraordinary and smart man who touched and enriched the lives of all who knew him. He had a lot of interests, including airplanes, cars, books, music and Cal football, to name a few. He was a member of the Colombo Club, Oakland, since he was 18 years old.

GO BEARS!

A Celebration of Life will be held in late April.



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Larry Dean Smith

September 10, 1938 - February 15, 2017

Long-time Castro Valley resident, Larry Smith was killed in a tragic accident in Fresno on February 15, 2017. He is survived by his wife, Rosalina; son, Sal; 3 grandchildren, Jonas, Tatum and Hunter; his sister, Dorothy of Napa; 3 nieces, Sharon Moreno of San Leandro, Lisa Schwarz of Dublin and Kathy Pomianek of Castro Valley; and 1 nephew, Gary Guintoli of Castro Valley.

Larry was born in South Dakota near the North Dakota border on a large farm near the town of Kidder. He was one of 12 brothers and sisters. Larry came to the west coast in the Army where he would eventually settle in Castro Valley. He spent 15 years working as a machinist and truck mechanic for Deisel truck manufacturer Mack Trucks of Hayward. He then worked for seven years as a maintenance mechanic for Upright Scaffold Co. of Berkeley. Larry finished his working career as an invaluable maintenance worker at the 3Crosses Church in Castro Valley. Larry also did property repair for local companies BSR, CWP and Moal Enterprises, among other clients.

Larry was a 50-plus-year member of the 3Crosses Church, where he will be greatly missed. He spent many years serving in the bus ministry, repairing and maintaining the buses, transporting young people and adults to events such as water ski trips, snow trips, camps and retreats.

A Celebration of his Life and Memorial Service will be held at 1 p.m. on Saturday, March 25, at 3Crosses Church, 20600 John Dr., in Castro Valley. In lieu of flowers, the family suggests memorial donations be made to the Dave Von Rotz Youth to Camp c/o 3Crosses Church.



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Mortgage Rates Hit 2017 High

Thirty-year fixed mortgage rates hit their highest mark of 4.21 percent from 4.10 percent a week earlier. At this time a year ago, the 30-year rate averaged 3.68 percent. The 15-year fixed-rate loan jumped to 3.42 percent from 3.32 percent. A year ago at this time,

the 15-year rate averaged 2.96 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.23 percent, up from 3.14 percent.

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Who Pays for Reports?

Many sellers now provide inspection reports to buyers up front

Buyers looking to buy a home must not only ensure they have enough cash for the down payment, they must factor in one-time closing costs. Ranging between \$7,000 to \$12,000, fees include title insurance, escrow and loan costs and a multitude of other transaction charges. Buyers paying cash fare better because they have no loan-related costs.

While closing costs remain reasonably consistent, and there is clear delineation between buyers and sellers as to who pays for what, there is one area that fluctuates based on market trends. It's viewed as a wildcard because there can be questions as to who will end up paying. The expense?

Inspections. Normally, buyers pay for property, roof and termite inspection reports and can include others if deemed necessary. It's assumed that since the buyer is the one making the purchase, they have the highest level of interest in de-

termining the overall condition of the home.

In a hot market, however, sellers have figured out that they can obtain significant leverage by obtaining the reports up front.

The logic is straightforward: By providing a full battery of inspection reports, along with all the rest of the mandated disclosures, they add an extra level of disclosure which allows a buyer to write more intelligent offers.

With full disclosure, buyers can therefore remove their inspection contingency from the beginning, significantly strengthening their offer.

There is an additional bonus. I've seen transactions blow up when inspections, done after entering escrow, have revealed serious issues that scared away the buyers.

With the inspections prior to marketing, there are no report-related surprises in escrow since everyone knows the condition from the beginning. Since this gives the owner a chance to address any se-

rious issues prior to going on the market, it further enhances their selling position.

It also provides an environment where a buyer can write an offer that is completely "as-is," meaning that they will not be coming back later to ask for any repairs.

Some sellers still push back at the idea of paying for upfront reports, insisting it's customary for buyers to pay, and pay they must. Savvy sellers have realized, however, that with a small upfront investment, they can end up with substantially higher offers because they have effectively removed a primary excuse buyers use to write lower offers.

With comprehensive disclosures and reports in hand, sellers end up smiling all the way to the bank.

Carl Medford is a licensed Realtor with Keller Williams Realty and a licensed general contractor. This article is sponsored by the Central County Marketing Association at www.ccmgtoday.com.

RECENT HOME SALES

Castro Valley

19548 Alana Road	94546	\$650,000	4 BD - 3,157 SF - 1947
19525 Barlow Court	94546	\$825,000	4 BD - 2,000 SF - 1960
21786 Dolores Street	94546	\$580,000	2 BD - 996 SF - 1948
18450 Dominic Lane	94546	\$1,025,000	5 BD - 3,434 SF - 1993
18239 Maffey Drive	94546	\$820,000	3 BD - 1,906 SF - 1961
4537 Sargent Avenue	94546	\$565,000	2 BD - 748 SF - 1945
17714 Trenton Drive	94546	\$750,000	3 BD - 1,826 SF - 1961
20192 Wisteria Street	94546	\$550,000	3 BD - 1,248 SF - 1937

TOTAL SALES: 8
LOWEST AMOUNT: \$550,000
HIGHEST AMOUNT: \$1,025,000
MEDIAN AMOUNT: \$700,000
AVERAGE AMOUNT: \$720,625

San Leandro

2273 Bermuda Avenue	94577	\$606,000	3 BD - 1,129 SF - 1962
129 Broadmoor Boulevard	94577	\$555,000	3 BD - 1,991 SF - 1912
2354 Claridge Place	94577	\$492,000	N/ABD - 1,659 SF - 1977
186 Estabrook Street	94577	\$451,000	2 BD - 1,352 SF - 1935
1547 Hays Street	94577	\$696,000	3 BD - 1,655 SF - 2008
2466 Marineview Drive	94577	\$887,273	4 BD - 2,433 SF - 1962
224 Oakes Boulevard	94577	\$660,000	2 BD - 1,256 SF - 1925
1526 Pierce Avenue	94577	\$515,000	2 BD - 840 SF - 1942
14145 Trinidad Road	94577	\$650,000	3 BD - 1,336 SF - 1961
1451 142nd Avenue	94578	\$505,000	2 BD - 816 SF - 1942
768 Begonia Drive	94578	\$755,000	4 BD - 2,741 SF - 1979
486 Olive Street	94578	\$450,000	2 BD - 865 SF - 1947
14792 Crosby Street	94579	\$610,000	3 BD - 1,148 SF - 1956
680 Fargo Avenue #21	94579	\$350,000	2 BD - 840 SF - 1965
670 Fargo Avenue #6	94579	\$388,000	3 BD - 1,136 SF - 1965
15244 Laverne Drive	94579	\$680,000	4 BD - 2,243 SF - 1958
2220 Oceanside Way	94579	\$709,000	4 BD - 1,923 SF - 1999

TOTAL SALES: 17
LOWEST AMOUNT: \$350,000
HIGHEST AMOUNT: \$887,273
MEDIAN AMOUNT: \$606,000
AVERAGE AMOUNT: \$585,840

Sheffield Village

3145 Middleton Street	94605	\$740,000	3 BD - 1,964 SF - 1947
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OPEN HOMES

SATURDAY & SUNDAY
MARCH 18TH & 19TH



CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
P	—	1-4	4119 Stanley Blvd.	\$703,000	3/2.5	Robert Jones & Assoc.	Matt Jones	357-0120
H	—	1-4	26270 Parkside Drive	\$995,000	4/2.5 - 1 acre	J. Rockcliff Realtors	Kristy P.	925-251-2536
C	—	1-3	8585 Norris Canyon Road	\$1,299,000	5/2.5	J. Rockcliff Realtors	Kristy P.	925-251-2536

CITY GUIDE

A = SAN LEANDRO • B = SAN LORENZO • BW = BRENTWOOD • C = CASTRO VALLEY • D = DUBLIN • E = EMERYVILLE • F = FREMONT • H = HAYWARD • K = BERKELEY • L = LIVERMORE
N = NEWARK • O = OAKLAND • P = PLEASANTON • PH = PLEASANT HILL • S = SHEFFIELD VILLAGE • SR = SAN RAMON • U = UNION CITY • W = WALNUT CREEK • Z = ALAMEDA



All real estate advertised in the Castro Valley Forum is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination because of race, color, religion, sex, handicap, marital status, national origin, or intention to make any such preference, limitation or discrimination. The Castro Valley Forum will not knowingly accept any advertisement for real estate that is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

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Daughtrey: Renovation Of Structure

continued from page 3

County Supervisor Nate Miley has publicly committed to not letting this building project get side-swiped in any way.

"We understand that people have a lot of concerns about what will become of the Daughtrey's building," Carbone told the Forum. "Everything – all the planning and design – will go through the MAC and will be discussed many times in open forums. Until we get the project that Castro Valley is satisfied with, we're not going forward on this."

The next opportunity for public input is the Selection Committee's report out to the MAC with its recommendation of a preferred developer or developers.

Following that MAC meeting, the next opportunity would be an Unincorporated Services Committee meeting where the Economic and Civic Development staff will be presenting a draft Exclusive Right to Negotiate with the "preferred developer."

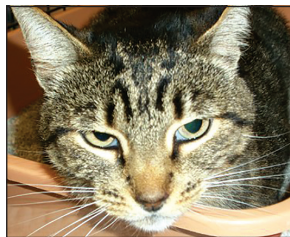
ADOPT-A-PET



LOVEY DOVEY is an independent and chill girl looking for a caring home after a rough start in life. She'd be a wonderful addition to an aviary. Info: Hayward Animal Shelter. (510) 293-7200.



SWEET JIM is a 6-year-old boy who's guardian has passed. True to his name, he's a sweet boy who loves getting cheek and ear scratches. Info: Hayward Animal Shelter. (510) 293-7200.



KATY is a quiet, 9lb, 6-year-old brown tabby. Although independent, she enjoys attention and will sit beside you on the couch. Complete an application online at: www.dustypawsrescue.org



BRIN is a sweet, petite dog that we believe may be an Italian Greyhound/Chihuahua cross. She is 1.5 to 2 years old. Complete an online application: www.dustypawsrescue.org.

LETTERS to the Editor

Continued from page 14

was no such thing as benefits for workers, an 8-hour work day, a 40-hour work week. Until just recently, women, blacks, Hispanics, Asians, people with disabilities and even gay people were denied employment or paid less than white able-bodied straight males. Unions worked to change all of those injustices.

Unions have done a great job protecting the rights of all Americans and have kept big business in check, forcing them to treat their employees safely, humanely, and fairly, something they don't like (and one of the reasons many of them have moved their factories and operations out of the U.S.)

I don't know how anyone can condemn unions unless they want people to work in unsafe conditions, go without benefits, vacations and health care, and be treated as second-class citizens due to their race, gender, gender orientation, or disability. God bless our unions.

—Angela Rachel Shipp, Castro Valley

CV Elementary Encouraging Volunteers to Join Earth Day Beautification on April 29

Editor:

Castro Valley Elementary School has been a Green Ribbon School for 7 years!

In cooperation with CVS and Waste Management, Castro Valley Elementary students and staff have worked very hard to reduce, reuse, recycle and rot rather than throw away waste into the landfill.

All year, the students and staff participated in many activities to learn how to implement our goal

of zero waste. We learned that there is no "away" and that throwing something "away" will not be sustainable in the future.

We will celebrate together on April 29 at our school's annual Earth Day with a school wide beautification project. Volunteers are encouraged to contact me at Castro Valley Elementary School for more information.

—Kathryn Goursole, teacher

Jamison Way Feral Cat Feeder Admonished

Editor:

Please stop! Whomever this lady is, will you please stop feeding the feral cats on Jamison Way in Castro Valley! We know you are trying to do good, but there has been an increase in sighting of rats and other animals! Also, the paper bowls that you are feeding them with get left behind and it makes are neighborhood look unkempt. So please, stop!

—Dick Purdee, 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.

Email Letters to: fredz@ebpublishing.com, or mail to: The Forum, P.O. Box 2897 Alameda, CA 94501

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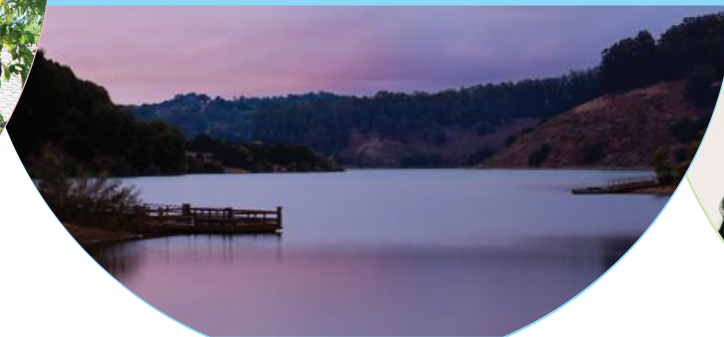
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