

CASTRO VALLEY FORUM

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YEAR 30

WEDNESDAY, APRIL 18, 2018

NO. 16

INSIDE YOUR FORUM

LIVING



Spring Salads

Take advantage of the spring harvest with one of these seasonal salads

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SENIORS



Senior Q&A

Is it possible to appeal a Medicare prescription drug denial?

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NEWS



Book It

Friends of the CV Library will hold another book sale this weekend

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EYE IN THE SKY

SHERIFF OFFICE SHOWS OFF ITS DRONES

By Amy Sylvestri
CASTRO VALLEY FORUM

In the past year, drones have helped put out fires, found drowning victims, and even tested for poisonous gases, according to the Alameda County Sheriff's Office.

Sheriff Greg Ahern and a couple of his officers stopped by the San Lorenzo Village Homes Association meeting last week to talk about their fleet of "unmanned aerial vehicles" or drones.

The sheriff's office has a dozen drones, which they use locally but also lend out to surrounding agencies during emergencies.

The crowd in San Lorenzo was gung-ho about the drones, thanking Ahern for his department's hard work.

But when the county first announced plans to use them five years ago, there were protests.

Dozens of people spoke out against the plan to buy just two of the flying cameras at a special meeting of the Alameda County Board of Supervisors in 2013.

Sheriff's Commander Tom Madigan said there were lots of misconceptions back then.

"People thought we were using Predator drones, the large military drones that fire mis-

see *EYE* on back page

HARD to Upgrade, Expand Local Parks, Create 'Master Plan'

By Amy Sylvestri
CASTRO VALLEY FORUM

New play structures, remodeled bathrooms, more parking – the Hayward Area Recreation District (HARD) will be making a variety of upgrades to their 95 parks over the next few years.

In 2016, voters approved a \$250-million bond for HARD to upgrade and expand parks in Castro Valley, San Lorenzo, Ashland, and Cherryland and the district is now developing a "master plan" for the next decade about how they will spend that money.

On Monday night, Castro Valley Municipal Advisory Council (MAC) members heard about the master plan and some upcoming park upgrades.

A recent survey of the parks showed just 28 percent to be in "good" condition and the rest fair to poor. The bond money will be used to make repairs at the poorest parks, according to HARD.

In addition to improvement and repairs to the parks, the bond will fund several larger capital improvement projects over the next several years, including:

- \$94,000 to renovate the Kenneth Aitken Senior Center in CV
- \$90,000 to upgrade Rowell Ranch
- \$31 million to renovate Kennedy Park

- \$4 million for the Fairmont Terrace Park expansion
- \$2 million for a new 2-acre park at 18470 Via Toledo in San Lorenzo

- \$1.3 million to renovate the Hayward Plunge
- \$1 million to expand the parking lot of the Meek Estate

- \$222,000 for upgrades to the Sulphur Creek Nature Center,

HARD has a basic goal of having a park or playground within walking distance of every resident. So they prioritize their "areas of need" where the population is more dense and parks are farther away.

HARD has identified most of Ashland, parts of Cherryland, western Castro Valley, and the area around Grove Way as needing more park access.

The MAC also heard preliminary plans for a major undertaking that HARD would be part of – a trail to run along the San Lorenzo Creek.

The Friends of the San Lorenzo Creek – a non-profit founded in 2002 and dedicated to preserving and supporting the creek and surrounding nature – want to construct a bicycle and pedestrian trail from the Don Castro Reservoir in Castro Valley all the way to the Bay. It would run by several parks along the way.

"Imagine being able to bike from Cull Canyon to the Japanese Gardens," said Rick Hatcher who belongs to the Friends of the San Lorenzo Creek and is also vice president of the HARD board of directors.

But there is no funding in place for the project and it would also involve getting dozens of property owners along the creek to agree to construction, which could be hard.

"I think it's a great idea but getting all those property owners could be difficult," said MAC member Chuck Moore. "There sure are some challenges ahead of you."

Matt Tuner, Supervisor Nate Miley's constituent liaison said that the next step will be applying for grants this spring in order to get the project off the ground.

Masonic Lodge to Honor Two CV Teachers

Two Castro Valley teachers will be honored by the Crow Canyon Masonic Lodge tomorrow evening, April 19.

Krista Samboy of Chabot Elementary School and Kelly Abbott of Redwood High School were selected by the school district for having taken extra effort with their students in their classrooms.

They will be recognized for their contributions at an awards dinner at the CV Masonic Center, 4521 Crow Canyon Road. A musical performance by Castro Valley High School Madrigals, under the direction of Laryssa Sadoway will

start the award ceremony. Social begins at 5:30 p.m. with dinner served at 6:15. For dinner reservations call 510-258-0654.

The California Masonic Foundation supports public education in three critical areas – elementary-age literacy, advancing instruction in middle school algebra; and expanding the Foundation scholarship program to include students for whom a college education has not been a choice.

Each year since 1985 the Crow Canyon Masonic Lodge has honored outstanding local teachers to mark Public Schools Week.



Teacher Kelly Abbott of RHS with therapy dog "Kilda"



Teacher Krista Samboy of Chabot Elementary School

Castro Valley Weather April 18 - 22, 2018



Wednesday
Mostly Cloudy
High 61° Low 46°



Thursday
Partly Sunny
High 64° Low 46°



Friday
Sunny
High 68° Low 47°



Saturday
Mostly Sunny
High 72° Low 49°



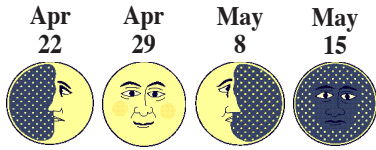
Sunday
Partly Sunny
High 74° Low 52°

Almanac



Past Week's Rain: 00.50
Season To Date: 17.27
Normal To Date: 20.48
Season Average: 21.22

Moon Phases



Sun sets at 7:48 p.m. today, rises at 6:27 a.m. Thursday.

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Prop 13 Reform Discussion Tomorrow

A ballot initiative designed to reform Prop. 13, which limits the increase in property valuations to 2 percent annually, will be discussed at a forum to be held from 6 to 7:30 p.m. tomorrow, April 19, at Hayward City Hall, 777 B Street.

Under Prop. 13, which was passed in 1978, market value re-assessment of a property can only occur with a change of ownership, but a loophole in the law allows

big businesses to pocket billions of dollars annually, according to the League of Women Voters which is sponsoring the forum.

The ballot initiative, called "The California Schools and Local Communities Funding Act of 2018," would close the loophole and restore over \$11 billion per year to California's schools, community colleges and other vital local services, while continuing to

guarantee protections for homeowners, renters, agricultural land, and small businesses.

Helen Hutchison, president of the League of Women Voters of California, and Ben Grieff, campaign director for the nonprofit Evolve California, will speak at tomorrow evening's meeting.

For more information, contact Rita Duncan, program co-chair, at freemyheart@yahoo.com.

Mosquito Season is Back in California

California's legislature declared this week as Mosquito Awareness Week. And for good reason. There has been a steep rise in detections of invasive mosquito species in California, the state's health department reported on Friday.

Two of the species, *Aedes aegypti* and *Aedes albopictus*, have been found in nearly 200 cities and continue to spread throughout the state. This is a sharp increase from just five years ago when only four cities reported one of the invasive mosquito species.

Both species are capable of transmitting viruses that are dangerous to people, including chikungunya, dengue, and Zika.

Mosquito experts throughout the state stress the need for Californians to be aware of the serious health risks that mosquitoes pose and to take measures to reduce mosquito populations and protect themselves.

"All California residents play an important role in protecting public health and this is especially important as threats of mosqui-

to-transmitted diseases continue to rise," said Assemblymember Bill Quirk, who represents Castro Valley. "Mosquitoes can lay their eggs in sources of water as small as a bottle cap, so it is critical that Californians are cognizant of their water use and take steps to diminish mosquito breeding potential."

Reducing outdoor water use and dumping and draining all standing water in the yard are simple steps residents can take to eliminate habitats for mosquitoes.

see **MOSQUITO** on back page

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PHOTO BY FRED ZEHNDER

The REACH Ashland Youth Center serves some 3,000 young people in the unincorporated area of Alameda County.

Plan for Sheriff to Run Youth Center Runs Into Opposition

By Amy Sylvestri
CASTRO VALLEY FORUM

A plan for the Alameda County Sheriff's Office to take over running the REACH Ashland Youth Center is running into opposition from some kids and parents.

REACH stands for Recreation, Education, Arts, Career, and Health. The center, at 16335 East

14th St., was designed to help local youth ages 11 through 24 in all of those areas with a diverse range of such programs as sports, graphic design and college preparation.

Last December, Supervisor Nate Miley declared in an open letter that the sheriff's office would take over lead operations of REACH from the Alameda County Health Care Services Agency, which currently runs the center.

The change of hands was to happen in July, but public outcry led to Miley writing another letter dated April 10 stating that, for the time being, operations would continue as they have been. But Miley has left the door open for the Sheriff's Office to take over at some point in the future. The Sheriff's Office runs the Athletic League at the center.

see PLAN on page 15

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Troubled Teen

Monday, April 16: at 3:39 a.m., Sheriff's deputies arrested an 18-year-old man with no permanent address on suspicion of breaking and entering and resisting arrest. Deputies responded to an emergency call at a business near the intersection of Grove Way and Redwood Road and found a door forced open in the back. As deputies entered the property, the man tried to escape out the front door but was apprehended and taken into custody. Only a day earlier, the same man was arrested on suspicion of possession of illegal drug paraphernalia outside a business on Grove Way. Deputies took the man into custody.

Brandishing Deadly Weapon

Saturday, April 14: at 9:53 a.m., a 27-year-old man from Castro Valley was arrested on suspicion of possession of illegal narcotics, illegal drug paraphernalia, and brandishing a deadly weapon. Deputies were called to a home on Carlton Avenue near Alexis Place following to serve a warrant for the man's arrest. The man was handcuffed and taken to Santa Rita Jail pending \$7,500 in bail.

Wanted Woman

Saturday, April 14: at 10:16 a.m., deputies arrested a 58-year-old woman from Brentwood (Contra Costa County) as part of a warrant

issued for her capture. The woman was spotted in a parking lot on Redwood Road near Castro Valley Boulevard. Deputies report the woman was wanted on a previous charge of robbery and possession of illegal drug paraphernalia. The woman was taken to Santa Rita Jail pending \$102,000 in bail.

Trespassing

Thursday, April 13: at 11:01 a.m., a 33-year-old woman with no permanent address was arrested on suspicion of trespassing on private property. Deputies spotted the woman in a restricted area near Grove Way near Interstate 580 and stopped her for questioning. The woman was also wanted as part of a warrant issued for her arrest. Deputies took her to Santa Rita Jail pending \$5,000 in bail.

Arrested for Vandalism

Thursday, April 13: at 7:02 p.m., deputies arrested a 22-year-old

Family Assault

Thursday, April 13: at 10:55 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Denning Court near Stanton Avenue. There, they arrested a 32-year-old woman from Castro Valley on suspicion of assault on a family member. The woman was also wanted as part of a warrant issued for her arrest. Deputies took the woman to Santa Rita Jail pending \$50,000 in bail.

Intoxicated Worker

Wednesday, April 11: at 9:43 a.m., see REPORTS on back page

CORRECTION:

The page 1 article "Church Proposes Tiny Homes for CV's Homeless," states that the Castro Valley Sanitary District is offering a discount on wastewater services for the proposed tiny homes. This is incorrect. Since structures like tiny homes and in-law units are categorized as "accessory dwelling units," their capacity rate is calculated differently than capacity rates for typical residential homes. The county's tiny homes project will be charged the same capacity rate as any other new accessory dwelling unit that is built in Castro Valley.

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The Week Ahead

- **Wednesday, April 18: Castro Valley Women's Club**
A handmade greeting-card demonstration will be part of the monthly Castro Valley Women's Club meeting at 1 p.m. today at the Clubhouse, 18330 Redwood Road. For more info, or if interested in joining, visit castrovalleywomensclub.weebly.com/ or facebook.com/cvwc or call call 510-461-7692.
- **Thursday, April 19: Masonic Lodge Public Schools Night**
Join Crow Canyon Lodge F&AM at 4251 Crow Canyon Road for Public Schools Night honoring Castro Valley teachers Krista Samboy of Chabot Elementary School and Kelly Abbott of Redwood High School, tomorrow evening beginning with a social at 6 p.m. Entertainment will be provided by the CVHS Madrigals Choir. For dinner reservations call 510-258-0654.
- **Thursday, April 19: Free Forum on Prop. 13**
The League of Women Voters Eden Area will host a forum from 6 to 7:30 p.m. tomorrow in the Hayward City Council Chambers on Prop. 13— approved by voters in 1978 to limit increases in property valuations. A loophole allows big businesses to pocket billions of dollars annually. For more info, email freemyheart@yahoo.com

- **Saturday, April 21: Soroptimist Garage Sale**
Help us to help our community at the Soroptimist International of the East Bay fund-raiser Garage Sale from 8 a.m. to 4 p.m. this Saturday at 3841 Somerset Ave. in Castro Valley. Come and enjoy a shopping experience – clothes, tools, kids' stuff, household good and treasures, while knowing your purchases will help others. For more information, call 510-593-7377.
- **Saturday, April 21: Ethnic Dance Festival**
Eden Area Interfaith Council presents a festival featuring Folk Dances of North India: Gidda, American Square Dancing, Odissi Dance: Classical Dance of North India, and Jewish Folk Dancing (with audience participation), with international vegetarian cuisine, from 3 to 6 p.m. this Saturday at First Presbyterian Church, 2490 Grove Way, Castro Valley. Get tickets (\$20, \$35 families up to 4) at brownpapertickets.com/events/3370423 or at the door. Proceeds support the Eden Area Interfaith Council. For info, email: info@edeninterfaith.org
- **Monday, April 23: Eden Garden Club Meeting**
HARD Board Member Rick Hatcher will discuss urban and community gardening, and volunteer opportunities at the next meeting at 9 a.m. Monday at the Moose Lodge 20835 Rutledge Road in Castro Valley. Meetings are free. For more info, call 510-397-1268.
- **Tuesday, April 24: CVSan Town Hall on Sewer Inspections**
The Castro Valley Sanitary District will hold a public town hall meeting from 6 to 8 p.m. Tuesday at the Castro Valley Library on the proposed Private Sewer Lateral Program which would require all properties built more than 20 years ago within the district's boundaries to have their sewer laterals inspected and – if necessary - repaired or replaced, when the property changes hands. Visit www.cvsan.org/PSL for more information on the program.

- **Thursday, May 3: Health & Wellness Fair**
More than 55 vendors will be handing out giveaways and answering your questions at the 12th Annual Senior Health & Wellness Resource Fair from 9 a.m. to 1 p.m. May 3 at the Aitken Community Center, 17800 Redwood Road. Also screenings and class demonstrations. Be one of the first 100 people through the door and receive a special gift.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

- **"Guys and Dolls,"** the Tony Award-winning musical, will be presented by Castro Valley High School's award-winning drama and music departments at 7 p.m. on April 20, 21, 27, 28 and at 2 p.m. on the Sundays of April 22 and 29, at the Castro Valley Center for the Arts. For tickets (\$15, \$20), see above.

OTHER THEATRICAL & MUSICAL PERFORMANCES

- **"Little Women, The Musical,"** an all-new Broadway high-energy musical adaptation, will be presented by Chanticleers Theatre, 3683 Quail Ave. in Castro Valley, at 8 p.m. on Friday and Saturday nights and at 2 p.m. on Sundays through May 6. For tickets (\$25, \$20), visit chanticleers.org or call 510-733-5483.

- **"Death by Design,"** a comedy-mystery with surprising twists, is being presented by the San Leandro Players running through May 6 at the San Leandro Museum/Auditorium, 320 West Estudillo Ave. Show times are Saturdays at 8 p.m. and Sundays at 2 p.m., plus two Friday shows at 8 p.m. on April 27 and May 4. For tickets (\$20, \$15), visit www.splayers.org

AT THE GALLERIES

- **"Art IS Education Exhibition,"** featuring the works of 100 students of the Hayward School District in a variety of media including ceramics, photography, pastels, oils, graphite, sculpture, metal, acrylics, and mixed media will be on display through May 25.

- **PhotoCentral Spring Exhibition,** featuring photographs by the friends, patrons, and students of PhotoCentral, and showcasing the work of artists throughout SF Bay Area and beyond, opens with a public reception from 2 to 5 p.m. on Saturday, April 28, at the gallery at 1099 E Street in Hayward. PhotoCentral is an outstanding facility for the dedicated photographic artist, with classes, workshops, darkrooms, digital workstations and matting facility. Upper Gallery Hours are Mon-Fri 9-5, Lower Gallery, Mon 5-10. For more info, visit: www.photocentral.org.

- **Hayward Arts Council Member Show** will be on display through May 27 in the Community Gallery at the HAHS Museum of History & Culture, 22380 Foothill Blvd. in Hayward. For more information, visit www.haywardartscouncil.org

- **"The View From Here,"** featuring Bay Area artists, showcasing the way they see with their unique perspective, is on view at the Adobe Art Gallery in Castro Valley, a variety of two- and three-dimensional media including acrylic, watercolor, clay and photography. Gallery hours (during exhibits) are Thursday, Friday and Saturday 11 a.m. to 3 p.m. and by appointment, at 20395 San Miguel Ave., Castro Valley.

- **#Climate Change: An Unfolding Emergency** featuring the works of more than 20 artists is being presented by Sun Gallery, 1015 E St. in Hayward. For more info on the exhibit, call the Sun Gallery at 581-4050 or visit www.SunGallery.org

- **Artist Open Studio Every Thursday:** Join this informal gathering of artists working together in a friendly and helpful atmosphere. 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

Submissions to The Forum

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

...and Beyond

- **Saturday, April 28: Dahlia Tuber & Cutting Sale**
For spectacular summer color, it's time to plant dahlia tubers or cuttings. The San Leandro Dahlia Society is sponsoring its annual tuber and cutting sale from 9 a.m. until noon on April 28 at Root Park, 1033 E.14th St. in San Leandro. Dahlias come in many sizes, shapes, and colors. Dahlia lovers will be there to answer questions or give information. Visit sanleandrodahliasociety.org or SLDS.club for more info.


- **Saturday & Sunday, April 28-29: Bay Area Book Festival**
500 authors and presenters from across the country and around the world will be on hand for the 4th Annual Bay Area Book Festival in venues throughout downtown Berkeley from 10 a.m. to 6 p.m. April 28-29. For more info or tickets (Free-\$15) visit www.baybookfest.org

- **Saturday, April 28: Meet Your Jewish Neighbor**
Find out more about your Jewish neighbors at a forum presented by Eden Area Interfaith Council from 2 to 4 on April 28 at the Castro Valley Library, with local leaders in the Jewish community including Rabbi Harry Manhoff of Temple Beth Shalom; Samuel Klein, Rabbinic Intern at Congregation Shir Ami; Shayna Gelender, managing Director of the ACLU of Northern California; and Jamie Ireland, leader of Tri-Valley Cultural Jews.

- **Saturday, April 28: World Tai Chi Qigong Day**
Ohlone College's 8th celebration of the World Tai Chi Qigong Day will be held at the Ohlone College Newark Center on Saturday, April 28, beginning at 9 a.m. with a welcome and a participatory community warm-up highlighting popular Tai Chi and Qigong routines. Throughout the day, select topics relevant to healthy lifestyle choices will be showcased. This is a free event open to the public. Parking on campus is \$4. For more info, visit www.ohlone.edu/go/taichi

- **Sunday, April 29: Animal Shelter Outreach Day**
Get your pet-related questions answered and learn about the services offered by the Hayward Animal Shelter and the Animal Control Office from noon to 3 p.m. on April 29 at the South Hayward Parish Church, 27287 Patrick Ave. in Hayward. For more info, call 510-293-7200.

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ARIES (March 21 to April 19) Don't waste your time and energy fretting over remarks you consider unnecessary or unkind. Best advice: Ignore them, and just keep doing your usual good job.



TAURUS (April 20 to May 20) Getting that new perspective on a workplace situation could lead to a solution everyone will accept. Meanwhile, make time to keep up with your creative pursuits.



GEMINI (May 21 to June 20) Those changes you planned to implement in early summer might need to be reassessed. But don't make any moves until you've discussed this with someone you trust.



CANCER (June 21 to July 22) Your aspects favor harmony, making this a good time to work out problems in relationships -- whether personal or professional, big or small. An old friend comes back.



LEO (July 23 to August 22) While you're still riding that high-powered beam, you might begin to lose focus by week's end. Could be that you'll need to do a little cat-napping to restore your spent energies.



VIRGO (August 23 to September 22) An unexpected development creates a lot of excitement. Where it takes you is your decision. Check out the possibilities, then decide if you want to go with it or not.



LIBRA (September 23 to October 22) Although your supporters help you squash an unfair claim against you, don't let this go unchallenged. You need to learn more about the motives of those behind it.



SCORPIO (October 23 to November 21) There still are some tasks to clear up by midweek. Then you can welcome the new month on a high note. A friend brings surprising but very welcome news.



SAGITTARIUS (November 22 to December 21) You might want to change your plans before they're set in cement. Consider advice from colleagues. But remember that, ultimately, it's your choice.



CAPRICORN (December 22 to January 19) A difficult situation is working itself out. Lingering problems should be resolved by week's end, allowing the Goat to enjoy a calmer, less stressful period.



AQUARIUS (January 20 to February 18) Be careful not to move so quickly that you miss possible warning signs that could upset your plans. Slow down. Your supporters will continue to stand by you.



PISCES (February 19 to March 20) Your generosity in sharing your time and wisdom with others leads to an intriguing development that could have you considering some interesting choices.

Promote Literacy at Home and Beyond

What was your favorite childhood book? Chances are, you can come up with a title right away. That's because books create powerful memories of stories and characters that inspire kids' imaginations and will be treasured for a lifetime.

Unfortunately, some children grow up with limited access to books, meaning they're unable to create those memories so many people take for granted.

A lack of books in the home is also linked to lower reading scores and less success in school, according to research by the Family and Community Engagement Research Compendium. Even more concerning, a report found students who can't read proficiently by third grade are four times more likely to leave school without a diploma than proficient readers.

Society as a whole pays a high price for low literacy. It costs the U.S. at least \$225 billion each year in non-productivity in the workforce, crime and loss of tax revenue due to unemployment, according to the National Council for Adult Learning.

Here's the good news: this problem does have a solution. Having books in the home has been proven to improve children's reading performance, cause them to read more frequently and for longer lengths of time, and improve overall attitudes toward learning.

It's clear that promoting literacy

in your home and in your community are worthwhile investments of your time and money. Wondering where to start?

Build reading into the routine: When the kids are small, it's easy for many parents to create the nightly ritual of story time.

Don't stop just because they've started school and are reading on their own. Commit to sitting down every night to read together. Or, make reading into an event the whole family can enjoy by reading a chapter book out loud. When the kids see you reading books too, you set a great example.

Ask questions: Asking children questions while you read together helps them develop critical thinking skills. For example, you might ask, "How is the family in this book like our family?" or "The girl in this book likes to swim. What do you like to do?"

Give books as gifts: The next time you celebrate a holiday or child's birthday, consider giving the gift of a book - especially a title or two that you loved growing up. Be sure to make time to read at least one of them together. It's a great way to bond.

Share, share, share: One way to spread literacy is to help make books more available in your community. Every year or so, go through your book collection with the kids and decide which titles should be given a new home.

—BrandPoint



STRENGTHEN YOUR LINES OF COMMUNICATION: Your child may be more open about school if you have frequent conversations about other things as well.

Ways to Support Your Child & Address Issues at School

Children and teens experience some of the most important moments of their lives at school. It's where they spend two-thirds of their waking hours. Of course, school can be stressful, too - and not just because of pop quizzes and science projects.

"Stress isn't the same for all children, and it impacts every one differently," says Dr. Cheryl S. Al-Mateen, medical director of the Virginia Treatment Center for Children. "In fact, in some cases this stress can even be traumatic. If left unnoticed, it can lead to real mental health concerns, including depression, anxiety, self-harm and even substance abuse."

Everyone deserves to feel comfortable talking about mental health - it plays an important role in a child's overall health. Sometimes, however, topics around mental health can feel overwhelming or confusing for parents.

Many may find it difficult to spot the difference between traditional school stress and the possibility of potential trauma. Fortunately, there are many resources available to help. As a start, Dr. Al-Mateen has five recommendations to support parents in understanding school issues, helping children cope and tackling potential problems.

- Check in about school. It can

be difficult in our go-go-go world, but give your child your undivided attention for 5 to 10 minutes every day.

Talk about their friends, teachers and classes. Open yourself to hearing the good and the bad, and ask what they find difficult - like feeling too nervous to talk or being teased for talking too much.

These conversations help you identify problems as they arise, teach your child problem-solving skills and reinforce how deeply you care about their wellbeing.

- Strengthen your lines of communication. Your child may be more open about school if you have frequent conversations about other things as well.

Talk to them about the little stuff, and they'll be more apt to tell you about the big stuff. Listen without judging, and be ready to engage them in an activity if that makes them more comfortable. Braiding your child's hair, shooting a few baskets in the driveway or working a puzzle can lead to a great conversation.

- Work with your school. If your child is showing signs of stress that concern you, don't be

see **SUPPORT** on page 7

Boost Kids' Knowledge Of Money

April is Financial Literacy Month, providing the perfect opportunity to actively engage kids on the topic of money.

"Even young children should learn about basic money concepts, like saving for a goal and spending only what you can afford," says Alison Summerville, business administration executive and head of Corporate Citizenship at Ally Financial. "Building an understanding of basic money skills and good savings habits at a young age can positively impact your children by giving them a solid foundation that they can use to manage their finances at every phase of their lives."

This month and beyond, consider the following lessons:

Money Basics

Conceptualizing how money works can be challenging for kids, who may see you using credit or debit cards, buying things online, and even purchasing movies on televisions and mobile devices. Since many consumers rarely use cash, children may not realize when you are actually spending money.

Discuss prices of various products and services. Explain how money can be spent only once, and that after buying something, a person needs to earn more money in order to buy something else.

To teach this concept, play "grocery store" or other games that involve buying and selling items. Take turns being the cashier and the customer.

Start Saving

An allowance can be an opportunity to teach kids how to save. Having "give," "save" and "spend" piggy banks is a simple but effective way to illustrate the three main uses of money and teach them about giving.

Kids can practice math skills by tracking the amount saved for future spending on the things they want.

To maximize the benefits your child receives from saving money, you may want to consider a Uniform Transfers to Minors Act (UTMA) or custodial bank account.

Some require no minimum balance to open, and offer competitive interest rates and no monthly maintenance fees. When opening such an account, take time to discuss interest and other basic banking concepts.

Needs vs. Wants

Help your children learn the difference between needs and wants.

Explain how you have to pay for needs like food, shelter and heat, before buying items that you want, such as toys and electronics. Help your children come up with a plan to save and spend their own money that takes into account their needs and wants.

Helpful Resources

see **MONEY** on page 7

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June 25-29 Rock and Roll pan for gold, make musical instruments and ice cream
July 9-13 Fairy Tales kings and queens, pigs and porridge, Mother Goose and other favorites

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How Happiness Skills Help Teens' Lives

How would you describe happiness? You may have trouble putting it into words, but you know you want it for yourself and your loved ones.

One thing that's harder than describing it for many people is knowing how to achieve it.

Researchers studying social emotional well-being define happiness as a balance: the combination of how frequent and robust your positive emotional experiences are, how gracefully you recover from difficult experiences, and how meaningful and worthwhile you feel your life is overall.

"Happiness is the ability to consistently recognize that life is good, even if it's difficult," says Dr. Emiliana Simon-Thomas, Ph.D., science director of the Greater Good Science Center at the University of California Berkeley. "It's being able to identify and enjoy the positive times but also have resiliency to bounce back from the hard times."

This is particularly important for youth. Research shows two out of three American teens are stressed and many don't know how to cope.

When school is in session, teens are the most stressed group in the country. The inability to reduce and cope with stress and anxiety can negatively impact different facets of a teen's life including their health, friendships, relationships with parents and academic performance.

To help further the idea that happiness skills must be learned, Simon-Thomas identified six Sustainable Happiness Skills which provide the foundation for a new initiative called Life's Good: Experience Happiness, which helps bring scientific, evidence-based



Happy people are healthier, live longer, earn more and do better in school and life. Additionally, teens who identify as happy are more creative, helpful and sociable.

tools and sustainable happiness skills directly to young people across America.

Backed by 70 years of scientific research showing that happy people are healthier, live longer, earn more and do better in school and life, the platform aims to reach, teach and increase sustainable happiness.

Happiness is associated with several positive health effects, according to the Journal of Happiness Studies, including less insulin resistance, better sleep, higher HDL cholesterol levels and less reactivity to stress.

Additionally, teens who identify as happy are more creative, helpful

and sociable. life's good, even if it's hard sometimes, according to the research from Simon-Thomas.

These are the foundation of Life's Good: Experience Happiness, the new corporate social responsibility initiative led by LG Electronics USA.

Mindfulness: Being aware of your thoughts and feelings in the present moment, without judging those thoughts or feelings as admirable, shameful or anything in between.

Human connection: Building and sustaining relationships with significant others, friendships and social engagement with peers, which is the most reliable, enduring predictor of happiness in life.

Positive outlook: Harnessing the ability to imagine a fruitful outcome and maintain a readiness to pursue and experience the opportunity in any circumstance.

Purpose: Understanding your ability to make a difference in the world, at work, school or for a team leads to a refined sense of purpose and increases your sense of happiness.

Generosity: Helping and giving to others can increase one's own happiness. According to a study overseen by Harvard University, people who donated time or money were 42 percent more likely to be happy when compared to those who didn't.

Gratitude: The simple act of appreciating and thanking others for the goodness they contribute to your life helps foster happiness.

To learn more about these six skills, find tools you can use to teach happiness skills to your children and start your own journey to sustainable happiness, visit www.LGExperienceHappiness.com.

—BrandPoint



Students from Spain will be spending a month in the Bay Area this summer to experience life with a host family in an American home.

Host Families Sought For Visiting Students

A group of students from Spain will be visiting the Bay Area this summer and are hoping to find host families in Castro Valley.

The students, ranging in age from 14 to 17, speak English, are responsible for their own expenses and are fully insured.

Host families provide the students with their own bed, meals and a place to keep their belongings.

Their four-week stay begins Friday, June 29, and continues through Friday, July 27.

They will take several week-day excursions, including visiting Great America, attending a Giants

vs. A's baseball game, a trip to Alcatraz and sailing on the Bay. Host families may participate at discount group rates.

Weekends are for host family activities.

A Spanish adult group leader will accompany the group and will be available for support. No prior exchange student host experience is necessary.

An effort will be made to place students according to age, gender and interests.

For more information, please contact Jan Garcia, program coordinator, at 510-749-7061 or by email at garciauccini@aol.com

Support: Establish Routine

continued from previous page
afraid to reach out to their teacher(s) or school principal. Your child's teacher may be able to shed light on what's causing the stress and, if nothing else, can help watch out for your child during the school day.

- Establish a routine at home. Children thrive in stable, consistent environments. Creating a predictable schedule is helpful, if you can, but sometimes that's just not possible.

Make a big family calendar and keep it where everyone can access it. This empowers children to know what's coming up and helps provide the solid foundation they crave at home. They'll be better prepared to deal with changes and unexpected situations they may face at school.

- Seek help when you need it. How do you know if your child needs help beyond what you or

the school can provide? Look for warning signs.

For example, young children may complain about stomachaches and headaches that have no physical explanation. When depressed, a child may say that they're angry, rather than sad, so listen for both — especially when their eating or sleeping patterns also change dramatically, they seem to have low energy or they aren't taking pleasure in things they enjoyed before. These may be signs of a larger problem that needs to be addressed immediately with help from mental health professionals.

The school years are exciting, important times for your children, but they can be tough. Check in with your child daily and don't downplay the stress they may feel. Recognizing potential issues quickly can help prevent larger problems down the road.

—BrandPoint

Money: Financial Literacy

continued from previous page

Turn to free resources to help teach kids financial concepts. For example, Ally, a digital financial services company, released "Planet Zee and the Money Tree," a book for parents and educators that uses a fun and futuristic storyline to teach kids ages 6-10 basic financial literacy.

Parents can visit allywalletwise.com to download the book and play "What's Zee Answer?" an interactive game where players answer questions based on the concepts covered in the book. Additional resources for all ages are also available at fdic.gov/moneysmart.

—StatePoint

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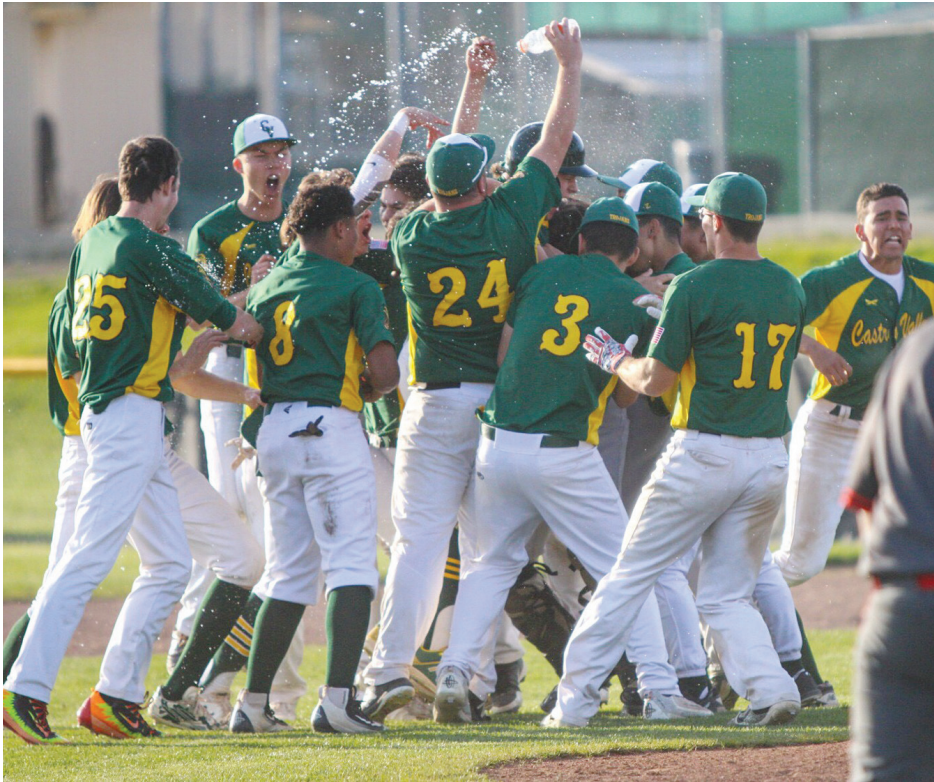


PHOTO BY JARED DARLING

The members of the CVHS Varsity baseball team celebrate after Jared Gibbs hit a bases loaded walk-off single, beating Arroyo 7-6, on Friday evening at CVHS. With the win, CV moves their season record to 10-4 and their league record to 2-1.

ATHLETE OF THE WEEK

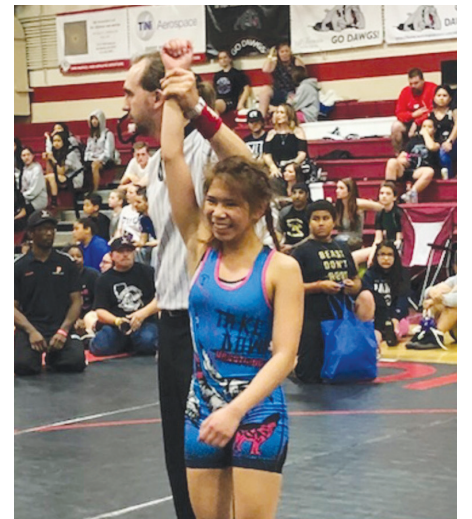
Jhaile DeGuzman

This week's Athlete of the Week is Jhaile DeGuzman a seventh-grader at Canyon Middle School and a member of the Condors' wrestling team.

DeGuzman competed in the 2018 Middle School Girls State Wrestling Tournament at San Rafael High School, on Saturday, March 31 and came in unranked and unseeded, but pinned her first 3 opponents on her way into the finals.

In her finals match, DeGuzman came out strong and scored the first takedown. She controlled the rest of the match and won the Championship 6-4.

DeGuzman will train with the TriValley Vipers Elite wrestling club out of Dublin in the off season.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



Youth Baseball and Flag Football Programs

www.CVISPORTSLEAGUE.org



CVHS BOYS TENNIS

Berkeley at CV on Thursday, April 12
Berkeley 6, CV 1

SINGLES

- Alex Chang (B) - Edward Wang 6-2, 6-2
- Tyler Riverbay (B) - Micheal Chu 6-4, 4-6, 4-6
- Sohum Sanka (B) - Spenser Lin-Jones 6-4, 6-3
- Cameron Henritzy (B) - Colby Fong 6-2, 6-1

DOUBLES

- Ari Libenson / Mikey Wright (B) - Dustin Fong / Leon Chen 5-7, 6-2, 6-2
- Fintan O'Sullivan / Faris Hadir (B) - Alex Low / Gabe Priem 7-5, 6-2
- Scott Coleman / Ashir Gupta (CV) - Diego Riverbay / Damon Meggyessy 7-6 (6), 7-6 (3)



PHOTO BY JARED DARLING

Letter of Intent

Bianca Greer, a senior at Castro Valley High School and a member of the Varsity girls basketball team for her 4 years, will continue as a student athlete, signing her Letter Of Intent to study and play basketball for West Point.



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Castro Valley Little League

Castro Valley Little League started a \$500 College Scholarship award last year in memory of former CVLL President Joe Kinsella and will continue the scholarship award this year. Applicants must have played baseball for CVLL for a minimum of 5 years. The application can be found by clicking the College Scholarship tab on the CVLL website castrovalleylittleleague.org

WORKSHOP

Difficult Talks as We Age

It's no secret that aging comes with its share of challenges. Whether we are experiencing these issues first-hand or seeing them in our elderly parents, these topics can be difficult to talk about.

Get help with having these sensitive conversations at a workshop from 6:30 to 8 p.m. on Thursday, April 26 in Room 15 at Castro Valley Adult and Career Education, 4430 Alma Avenue.

Both seniors and interested family members will learn ways to engage in conversations regarding real and imagined challenges all of us may encounter after age 65.

Topics will include future health considerations, re-marriage and blended families, when it is time to stop driving, and making sure our end-of-life wishes are honored.

Honest exploration of values and quality of life concerns will be encouraged. The cost is \$15 per person. Register by April 23. For more information, call 510-886-1000.

How to Appeal Medicare Prescription Drug Denial

Q. My Medicare Part D drug plan just denied coverage for my medication. Can I appeal its decision?

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

A. Yes. If your Medicare drug plan denies coverage for a drug you need, you don't have to simply accept it. There are steps you can take to appeal the decision.

Background: The insurers offering Medicare drug plans choose the medicines – both brand-name and generic – that they will include in their plan's "formulary," the roster of drugs the plan covers.

This can change from year-to-year. If a drug you need is not in the plan's formulary or has been dropped from the formulary, the plan can deny coverage.

Also, plans may charge more for a drug than you think is fair, or may deny coverage if it believes you do not need that particular drug. If any of these things happen, you can appeal the decision.

Before you can start the formal appeals process, you must file an Exception Request with your plan. This usually will involve a statement from your doctor explaining your need for the drug. The plan must then respond within 72 hours, or within 24 hours if your doctor explains that you need an expedited decision for health reasons.



If your Medicare drug plan denies coverage for a drug you need, you don't have to simply accept it.

If your exception is denied, the plan will send you a written denial-of-coverage notice, and the five-step appeals process then begins.

1. The first step is to ask the insurer for an internal Redetermination, following the instructions it provides you. Submit the statement from your doctor explaining why you need the drug, along with supporting medical records. If your doctor informs the plan that you need an expedited decision for health reasons, the plan must respond within 72 hours. Otherwise, it must reply within seven days.

2. If the redetermination is not satisfactory, you then have 60 days to request Reconsideration by an independent board. Again, follow the instructions on the written redetermination notice you received from your plan.

An Independent Review Entity (IRE) will review your case and issue a decision either an expedited decision within 72 hours, or a standard decision within seven days. If you receive an adverse decision, you can continue the appeal process.

3. The third level of appeal is to make a timely request for hearing before an Administrative Law Judge (ALJ), which will allow you to present your case either over the phone or in person. To request a hearing the amount in controversy

must be at least \$160 (in 2018).

Your request for a hearing must be sent in writing to the Office of Medicare Hearings and Appeals (OMHA). [Phone: 1-844-419-3358]. Following hearing, the ALJ will issue an expedited decision within 10 days or a standard decision within 90 days.

4. If the ALJ rules against you, the next step is to request review within 60 days by the Medicare Appeals Council. [Phone: 1-202-565-0100]. The appeals council will issue an expedited decision in 10 days, or a standard decision within 90 days.

5. The final step is to seek judicial review in Federal District

Court within 60 days of the adverse decision by the Appeals Council. To qualify for judicial review, the amount in controversy must be at least \$1,600 (in 2018), and you may need to engage an attorney for help.

For more information, visit www.Medicare.gov and go to "Claims and Appeals", and www.HHS.gov and go to "Appeals Process"

Gene L. Osofsky is an Elder Law and Estate Planning attorney in Hayward. Visit his website at www.LawyerForSeniors.com. Appreciation to Harry Margolis of MA for permission to revise and use this article.

Best Senior Living Options

As we age, our needs, income and priorities may change, which can affect where we choose to live. What worked for us as a 30-year-old may no longer feel comfortable and we find ourselves debating with ourselves and family members about our senior-living options and their family members.

Whether you are experiencing

these changes first-hand, or are supporting a loved one, you will be given lots of helpful information at a workshop on Wednesday, May 2, from 6:30-8 p.m. in Room 15 at Castro Valley Adult and Career Education, 4430 Alma Avenue. The cost is \$15 per person. Register by April 27. For information or to register, call 510-886-1000.

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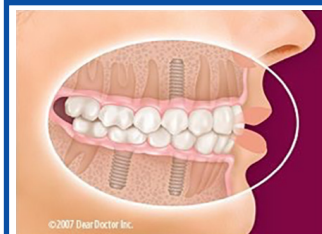
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Right now the proposed Private Sewer Lateral Program is up for public discussion. **But be warned: if the Private Sewer Lateral Program is adopted, it could cost you thousands of dollars and will add more time and red tape when you sell your property!**

This program imposes yet **another expense** if you transfer or sell your property – by **forcing you to make costly repairs which can run into the thousands!**

The proposed Private Sewer Lateral Program requires all properties within CVSan's boundaries that were built more than 20 years ago to have their sewer laterals inspected and repaired if necessary when property is bought or sold.

The Private Sewer Lateral Program will insert a complicated government inspection into home buying and cost you thousands of dollars. As the property owner, you will be held responsible for these expensive sewer lateral compliance costs!

CASTRO VALLEY RESIDENTS:

**Come to the town hall meeting on
Tuesday, April 24 at 6:00 pm
at the Castro Valley Library**

**Say NO to the Proposed Private
Sewer Lateral Program – the
red tape you can't afford!**

REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Earthquakes? There's An App or That

Those who have lived in California a long time are accustomed to the ground moving beneath us and seldom give it a second thought.

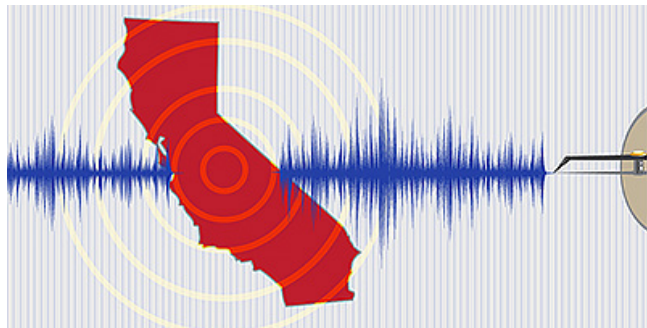
We look at other parts of the country that routinely suffer severe floods, hurricanes, tornados, bomb cyclones and other natural disasters and think, "Why would anyone live there?"

Ironically, they think the same about us.

While we have grown quasi-comfortable with the frequent jostling of the tectonic plates below us, many moving into the area have significant concerns.

I am frequently questioned about earthquakes and their implications when buying a home. I recently had a buyer tell me, "We are willing to buy a home as long as it's not in a liquefaction zone." I had to bite my tongue: they currently live right on top of the Hayward fault.

For buyers concerned about earthquakes and whether the home they are interested in is in a fault or liquefaction zone, we have good



news.

There's an APP for that.

Tim McCrank, supervising engineering geologist at the California Geological Survey, in a recent interview with KCBS's Megan Goldsby, stated, "There's been a problem in the past for people to determine whether a property is in the zone or not and that's led to the cottage industry of disclosure companies who try to figure that out."

He added, referring to the app they have just released, "What we've done now (with this new app) is married our hazard zones with the statewide parcel database and created some tools that allow

people to use the location feature of their mobile device or to type in an address and see if this particular property or parcel is in one of our hazard zones or not."

It's called EQ Zapp, and it stands for Earthquake Hazard Zone Application.

The State of California Department of Conservation's website describes it as "an online map that allows anyone with a computer, tablet or smartphone to conveniently check whether a property is in an earthquake hazard zone."

You can access the app by going to www.conservation.ca.gov/cgs/Pages/SH_EQZ_App.aspx

Want more information about temblors in general? If you are looking for a quick source of worldwide earthquake alerts and want data after a shaker, you can download the free QuakeFeed Earthquake Alerts app. For a fee, you can purchase Earthquake 3D, which provides comprehensive data and 3D modeling anywhere on the planet.

Advance warnings? They're still working on that.

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.

Best Bay Area Investment! Land & Home 2.2 Acres
You've got to see this Home and Land



Opportunity knocks on this door! Beautiful meandering creek, bridge crossing, park like setting with a mini golf tee. This home is nicely touched with updates with 4 Bedrooms, 3 Baths and one bedroom downstairs.

There is a 3 Car garage for a car or two and a large nice deck. JUST PARADISE near Sunol, Fremont and Pleasanton! Great award winning Castro Valley Schools, Privacy yet minutes from great cities. Easy freeway access, Bart and shopping malls nearby. Seller prefers As Is Sale. Don't miss this one!



35600 Palomares Rd., Castro Valley • \$1,275,000

OPEN HOUSE: Sunday, April 22, from 1-4 p.m.

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Mortgage Rates Hold Steady

Average mortgage rates continued to hold steady last week, according to Freddie Mac.

The 30-year fixed-rate mortgage averaged 4.42 percent, up

from 4.40 percent a week earlier. A year ago at this time, the 30-year rate averaged 4.08 percent.

Fifteen-year home loans averaged 3.87 percent last week, un-

changed from the week before.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.61 percent, down from 3.62 percent.

RECENT HOME SALES

Castro Valley

4053 Greenacre Road	94546	\$760,000	3 BD - 1,071 SF - 1952
2855 Jennifer Drive	94546	\$925,000	4 BD - 2,112 SF - 1964
18347 Redwood Road	94546	\$500,000	2 BD - 1,255 SF - 1950
1828 Riverbank Avenue	94546	\$701,000	2 BD - 1,186 SF - 1947
21053 San Miguel Avenue	94546	\$680,000	3 BD - 1,537 SF - 1948
4174 Seven Hills Road	94546	\$1,020,000	4 BD - 2,417 SF - 1991
19811 Wisteria Street	94546	\$1,205,000	6 BD - 2,330 SF - 1945
37789 Palomares Road	94552	\$1,650,000	3 BD - 2,120 SF - 1976
20009 Shadow Creek	94552	\$960,000	4 BD - 1,820 SF - 1999

TOTAL SALES: 9
LOWEST AMOUNT: \$500,000 MEDIAN AMOUNT: \$925,000
HIGHEST AMOUNT: \$1,650,000 AVERAGE AMOUNT: \$933,444

San Leandro

251 Castro Street	94577	\$326,500	1 BD - 860 SF - 1967
2443 Cheshire Court	94577	\$550,000	N/A BD - 1,723 SF - 1977
1482 Daily Drive	94577	\$940,000	3 BD - 1,993 SF - 1958
538 Dutton Avenue	94577	\$788,000	3 BD - 2,041 SF - 1924
239 Foothill Boulevard	94577	\$535,000	2 BD - 864 SF - 1942
211 Garcia Avenue	94577	\$650,000	2 BD - 1,179 SF - 1927
931 Kenyon Avenue	94577	\$550,000	3 BD - 1,302 SF - 1948
2447 Longview Drive	94577	\$860,000	3 BD - 1,898 SF - 1963
2201 West Ave 135th	94577	\$680,000	3 BD - 1,380 SF - 1972
15225 Central Avenue	94578	\$655,000	3 BD - 1,649 SF - 1947
14052 Reed Avenue	94578	\$455,000	2 BD - 1,084 SF - 1973
16024 Wellington Way	94578	\$560,000	2 BD - 1,134 SF - 1947
1761 Boxwood Avenue	94579	\$421,000	3 BD - 1,400 SF - 1954

TOTAL SALES: 11
LOWEST AMOUNT: \$326,500 MEDIAN AMOUNT: \$560,000
HIGHEST AMOUNT: \$940,000 AVERAGE AMOUNT: \$613,115

OPEN HOMES SATURDAY & SUNDAY APRIL 21ST & APRIL 22ND

CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
C	—	1-4	22175 Dolores St.	No Price	2/1	Re/Max Accord	The Lovewell Team	510-351-5555
A	—	1-4	2228 Buena Vista Ave.	\$589,000	2/1	Coldwell Banker	Laurie Pfohl	510-851-3551
K	1-4	1-4	5518 Langford Ct.	\$799,950	4/2	J. Rockcliff RE	Lisa Ferraris	925-251-2583
A	—	2-4	407 Broadmoor Blvd.	\$899,000	4+2.5	Rinetti & Co. Realtors	Perry Vittoria	510-326-0378
C	—	1-4	35600 Palomares Rd.	\$1,275,000	4/3	J. Rockcliff RE	Kristy Peixoto	925-251-2536

CITY GUIDE A = SAN LEANDRO • B = SAN LORENZO • C = CASTRO VALLEY • D = DUBLIN • F = FREMONT • H = HAYWARD • K = CONCORD
O = OAKLAND • P = PLEASANTON • S = SHEFFIELD VILLAGE • SR = SAN RAMON • 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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LETTERS TO THE EDITOR



thriving. They need to appoint someone to be here in the center to supervise the kids and tell parents they can't pick their kids up here.

I've lost countless customers because they don't want to be around when these kids let out.
—Sarah Rumi, Castro Valley

'Appalled' by Newly Created Paseos; Asks 'Have We Lost Our Minds?'

Editor:
As a 20-year resident of Castro Valley, I am appalled at the "paseos" between the old Daughtrey building and Wend's Café and between the Joyful House Chinese restaurant and the Hair Salon.

I am talking about the walkway/driveway with the plants on poles, the strung lights and the seating that were recently unveiled following the grand opening of the \$4.8 million Shared Parking and Paseos project.

Have we lost our minds? Why and who authorized this unnecessary spending? Who will tend to the potted plants and keep them alive/healthy?

—Margaret Trindell, Castro Valley

Glad to See Those Deputy Sheriffs Checking Around the Neighborhood

Editor:
I'm a guy who reads the forum every week. Two sheriff's deputies knocked on my door at around 10:30 p.m. They were great guys, checking on someone driving around hitting things.

I, my daughter and her friends would like to tell the two deputies and the department, thank you. The home you guys came by loves you guys.

—Dan Herborn, Castro Valley

Says 'Hypocrisy of Democrats and the Liberal Media Seem to Have No Bounds'

Editor:
The hypocrisy of democrats and the liberal media seem to have no bounds.

James Comey, the same James Comey who Democratic Senator Maxine Waters said, "has no credibility" and Senator Chuck Schumer added, "I have no confidence in Comey any longer" is now be touted as a messiah.

Who cares if he has leaked confidential government information to the media. And the fact that he and the FBI completely botched the Hilary Clinton email investigation is just being swept under the rug.

Of course this is the same group that said Donald Trump had no right to even run for president because he was a billionaire, TV personality with no experience in politics. So who did the liberals try to prop up as a candidate but Oprah Winfrey.

Just for the record, President Trump's approval ratings which were once in the mid 30% range is now at 50% or three points higher than Obama's at the same point in his presidency.

—Jane Mason, Castro Valley

Expects Bans on Use of Animals in Entertainment to Eventually Doom Rodeos

Editor:
Rodeo season is upon us, yet we seem on the brink of a sea change regarding the use/abuse of animals in "entertainment" – recent bans on orca shows at SeaWorld; elephant bullhook bans; the demise of the Ringling Bros. Circus.

Only this week, a 600-page study in Mon-

trealm deemed rodeos to be both inhumane and a violation of anti-cruelty laws. Can the U.S. be far behind?

For most rodeo animals – horses and bulls included – rodeo is merely a detour en route to the slaughterhouse. Nor is rodeo a true sport. "Sport" denotes a competition between willing, evenly-matched participants. Rodeo does not qualify.

Much of rodeo is bogus from the git-go. Real working cowboys never routinely rode bulls, or wrestled steers, or rode bareback, or practiced calf roping (babies!) as a timed event. Nor did they put flank straps on the animals, nor work them over with painful "hotshots" in the holding chutes. Some "sport"!

Truth be told, rodeo is a macho exercise in domination, closely related to the sexual harassment stories (and worse) of women now swamping the media. It needs to stop.

As Gandhi famously wrote, "The greatness of a nation and its moral progress can be judged by the way its animals are treated."

—Eric Mills, Action for Animals, Oakland

Cafe Owner Has Massive Problem with After-School Kids Causing Havoc

Editor:
My name is Sarah. I'm the owner of Cafe Rumi. We've been here in Castro Valley for nearly 8 years and we've had a massive problem with after-school middle school kids causing havoc in our establishment.

Fights have broken out, they've damaged personal property, they've verbally abused myself and my staff.

I've lost employees because they didn't want to handle these kids anymore.

I've been in constant communication with the school principals as well as the superintendent. Nothing much has happened. I'm afraid something bad will happen because these kids are in large groups, unsupervised.

A lot of parents come pick their kids up here and it is not allowed since we are private property. I've put a sign up that only two kids are allowed at a time and that we cannot allow unsupervised kids to dine in without a parent.

I've had parents come take pictures and become abusive towards our business. I wanted to see if something can be written about this.

We all pay taxes and want the best for our community. I believe the school district needs to do more to keep these kids safe and businesses safe and

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 or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

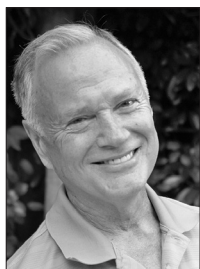
Obituaries

Castro Valley Forum Obituaries

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

James Gilbert Eggiman

October 19, 1945 - March 30, 2018
Resident of Castro Valley



Jim passed away peacefully on Friday, March 30, at home in Castro Valley after a fierce battle with congestive heart failure. He was 72 years young.

Jim was born in Portland, Oregon, to Sam and Joan Eggiman. He was the youngest of three children; a sister, Kathy Lack, and a brother, Brian.

Jim graduated from San Carlos High School in 1963. He became a journeyman electrician with IBEW 595. He worked his entire career for the same company. He was proud to retire as a Brayer Electric foreman in 2002.

Jim coached and supported youth sports, and volunteered in his family's schools. He loved to travel, and he enjoyed the Warriors, 49ers, A's, Giants and the Raiders. Over the years, he rebuilt, added on and continually improved our home. Jim always had a project going, both big and small.

Family was everything to Jim. He is survived by his wife of 43 years, Mary Lou; his son, Scott and Janelle; daughter, Jamie and Kevin Skinner; son, Mike and Amanda. His pride and joy were his grandchildren: Hailey, Makena, Kate, Kylie, Andre, and Bella. He is also survived by a large extended family and many dear friends.

Jim survived a heart attack in September which resulted in 45 minutes of CPR. We would like to thank all the Kaiser doctors, nurses, and personnel who had a hand in his care. We would especially like to thank the Alameda Co Emergency first responders and San Leandro Kaiser Emergency Dept for saving his life in September, and giving us over six months more time with him.

"I'm not afraid of dying. I did it once, and it didn't hurt." Jim

A Celebration of his life will be held Saturday, April 21, at 11 a.m. at Jess C. Spencer Mortuary, 21228 Redwood Road, Castro Valley. In lieu of flowers or donations, please do something nice for someone else. This would honor Jim.

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SCHIAVELLO, Joseph Edward



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at 11 a.m.
At Jess C. Spencer
Mortuary



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Joseph Edward Schiavello

Joseph Edward Schiavello passed away on Tuesday, April 10, 2018 in Pullman, Washington at the age of 93. Previously, he lived in California and New York.

Joseph was a veteran of WWII where he served as a combat corpsman with the Fleet Marine Force in the Pacific Theatre. He also served stateside during the Korean Conflict. Joseph was a loving husband, father, grandfather and great-grandfather.

Joseph will always be remembered as an avid American patriot who was proud and honored to be given the privilege of serving the country he loved so dearly.

THE FORUM CROSSWORD

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ACROSS

- 1 Bandleader Kyser
- 4 Equitable
- 8 Frizzy hairdo
- 12 Hockey surface
- 13 Andy's pal
- 14 Circulate
- 15 Historic time
- 16 Twist
- 18 "Aida" composer
- 20 Expert
- 21 Food
- 24 Poolroom supply
- 28 Bring together
- 32 Hammer or sickle
- 33 Inseparable
- 34 Casino machines
- 36 "Kitchy- --!"
- 37 Young female
- 39 Remorseful
- 41 Milkmaid's place
- 43 Analgesic target
- 44 -- long way
- 46 Fortunetellers' reading matter?
- 50 Recite a verb's forms
- 55 Verily
- 56 Notion
- 57 "-- Brockovich"
- 58 Uncooked
- 59 Consider
- 60 Transmit
- 61 Type measures

DOWN

- 1 Ukraine's capital
- 2 Farm measure
- 3 Once around the sun
- 4 Salon treatments
- 5 I love, to Livy
- 6 Charged bit
- 7 Answer an invite
- 8 Showing buoyancy
- 9 Winter bug
- 10 Deteriorate
- 11 Have bills
- 17 Sphere
- 19 Dict. info
- 22 Body powder
- 23 Urban hangout
- 25 Mischievous Norse god
- 26 Swag
- 27 -- gin fizz
- 28 Gear teeth
- 29 Not procrastinating
- 30 Pianist Peter
- 31 Sicilian spouter
- 35 Grad student's income
- 38 Blockage of a sort
- 40 Genetic letters
- 42 "Skip to My --"
- 45 Quite some time
- 47 Muse's instrument
- 48 Intend
- 49 Cutting implements
- 50 "El --"
- 51 Praise in verse
- 52 Born
- 53 Exist
- 54 Can matter

ANSWERS ON PAGE 5

Plan: Faces Controversy

continued from page 3

Any change in operation would have to be approved by the Board of Supervisors.

At a town hall meeting at the Eden United Church of Christ in Cherryland last week, Miley acknowledged that his suggestion had caused more controversy than he had intended and said he was open to hearing other ideas.

"The desire to take REACH and put it under the operation of the Sheriff's Office was an effort of innovation, but I'm not going to turn a deaf ear to voices of concern."

Many felt that kids would be intimidated by an overt police presence at REACH, particularly those who come from undocumented immigrant families. Others questioned why law enforcement would be involved in what is essentially a youth social services program.

Rebecca Gebhart, the agency's finance director, said Heath Care Services has an expertise in "start ups," having opened 19 clinics in the county, so that's why they were chosen to take the lead on REACH in the beginning.

She said that Miley and the Sheriff's Office had more to do with getting REACH off the ground than her agency and that she'd be "committed to working with whoever the operator is" in the future.

Sheriff's Captain Marty Neidelfer, founder of the Deputy Sheriffs' Activities League, wants the department to focus on "community policing" and says taking over operation of REACH can be a part of that so they can "build relationships" with young people.

"We want to bind the wounds that exist between communities of color and the police," said Neidelfer.

The next step will be a series of meetings over the next few months. The first will be Tuesday, May 8, at 6:30 p.m. at the Alameda County Office of Education, 313 West Winton Ave. in Hayward.



PHOTO COURTESY OF FRIENDS OF THE CV LIBRARY

The three-times-a-year book sale at the CV Library is always a popular event with hundreds of quality books at rock bottom prices. The spring sale is this weekend, April 20-22.

Get a Book... or a Bag of Books This Weekend at the CV Library

A popular book sale presented by Friends of the Castro Valley Library will be back this weekend, providing bargains for local book lovers while raising funds for the library's many programs.

"We will have thousands of books — mysteries, vintage and current cookbooks, biographies, history and antiquarian books, and many children's and young adult books," says Kay Wetherwax, president of Friends of the CV Library.

With the money raised at the sales (held three times a year) the Friends pay for the Summer Reading program and daily sum-

mer children's activities, weekly Musical Storytime for preschoolers, STEAM (Science, Technology, Engineering, Art and Math) workshops, free computer classes, CV Bookleggers training to bring books and storytelling to elementary schools, and much more.

The Friends also funded "Castro Valley Reads," which encouraged residents to read and discuss the book "Lab Girl" by Hope Jahren. That activity alone garnered 400 participants.

Shoppers at this weekend's sale will find books at very low prices, while knowing 100 percent of the proceeds go toward library programs.

"It's a win-win situation," says Wetherwax.

The book sale's schedule is as follows: Friday, April 20 from 6 to 8 p.m. is a "Friends Only" sale, which gives members first shot at the best book selection. Friends memberships will be on sale at the door for \$10.

Saturday, from 10 a.m. to 4 p.m., the sale is open to everyone.

On Sunday from 1 to 4 p.m. is a "paper bag sale." People may buy as many books as they can fit into a brown paper bag, for \$4 per bag. Bags are provided by Friends of the Castro Valley Library.

All books at the sale have been donated by the community, and all the workers at the sale are volunteers. There will be a special section of gift-quality books in new or near-new condition, coffee table books, plus many children's books for 25¢ each.

Wetherwax says that after the sale, Friends of the Castro Valley Library will begin accepting more donations for the next sale, scheduled for August 17-19. At the moment, the group's storage is at capacity. Questions about the sale may be directed to friends.cvl@gmail.com.

Two Textbooks to Preview

The public is invited to preview two medical careers textbooks proposed for adoption on May 23 by the CV School Board:

- *Essentials of Human Disease & Conditions, 6th Edition 2016, by Frazier & Drzymkowski*

- *Workbook for Essentials of Human Disease & Conditions, 6th Edition 2016 by Frazier & Drzymkowski*

Both textbooks are available for preview at the District Office, located at 4400 Alma Avenue, by appointment weekdays from 8 a.m. and 4 p.m. until May 16. Please contact Denise Hohn by email: (dhohn@cv.k12.ca.us) for an appointment. The books aren't available for check-out. For questions, contact Denise Hohn at 510-537-3000 x1278.

CVHS Student to Spend School Year in Germany

Beata Tewell of Castro Valley has been awarded a scholarship for the 2018-19 academic year and will join a group of 50 American high school students who will live with a host family and attend high school in Germany for one academic year.

The U.S. State Department has co-sponsored the Congress-Bundestag Youth Exchange Scholarship Program to help prepare young people for a global future.

As a Congress-Bundestag scholarship recipient, Tewell will experience German life firsthand, living with a host family, attending school, participating in community life and learning more than she ever imagined about another country, about the world and about herself.

When she leaves for Germany, a group of German scholarship students will be arriving to live with American host families while attending high school in the U.S.



CVHS Student Beata Tewell to study in Germany as International Exchange Student.

Students and families interested in receiving more information about hosting a Congress-Bundestag Youth Exchange Scholarship winner from Germany or other ASSE International Student Exchange Programs should call 1-800-733-2773 or visit ASSE's website at host.asse.com.



LARRY ROSA PHOTOGRAPHY

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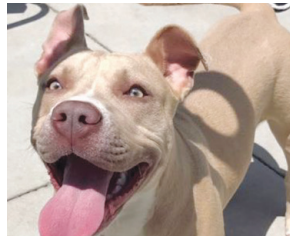
RUGBY is a smart pup who knows 'sit and lay down.' He enjoys walks with other dogs and being near his person. For more info., call: Hayward Animal Shelter. (510) 293-7200.



CLIFFORD is a sweet 5-year-old boy. He likes playing fetch, getting back scratches and playing with other dogs. For more info., call: Hayward Animal Shelter. (510) 293-7200.



HANDSOME is a large, cuddly flame point Siamese mix with sky blue eyes. He is a gentle cat, friendly and easy to get along with. For more info, visit: dustypawsrescue.org



LOLA is a beautiful 60 lb., 1.5-year-old pit bull terrier. She is a big, rambunctious, loving girl that knows sit and lay down, and walks well on leash. More info, visit: dustypawsrescue.org

Eye: Drones

continued from front page
siles," he said. "Instead, we are using these things from Best Buy. I bet someone in your family has something like it. We aren't using any kind of technology that a member of the public couldn't purchase."

Madigan said that during a fire at Alco Metals in San Leandro last summer they were able to help firefighters by attaching a gas sensor to a drone and flying it through the noxious smoke to determine what kind of gases were being released.

Madigan showed a video of a drone being used during the serving of a high-risk search warrant in Oakland, where the drone operator was able to tell deputies on the ground that suspects were running out behind the house and down the street. You could see one suspect toss away a gun and a bag of what Ahern said were drugs.

Sheriff's Office drones have been used to help find the car of a woman who drowned in Niles Canyon last winter, a teenage kayaker who died in the Bay, and in the Santa Rosa firestorm to assess damage.



Mosquitoes in California are responsible for transmitting serious viruses such as West Nile and St. Louis encephalitis.

Mosquito: West Nile Threat

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Mosquitoes in California are responsible for transmitting serious viruses such as West Nile and St. Louis encephalitis. So far this year, no cases of West Nile Virus have been reported in the state.

Last year saw the highest percentage of deaths in California from West Nile virus, for which there is no cure.

There were 553 reported human cases resulting in 44 deaths. It was also the second highest number of deaths in California from the virus in 15 years.

To minimize exposure to mosquito bites:

- Apply insect repellent according to label instructions. DEET

can be used safely on infants and children 2 months of age and older.

- Dress in long sleeves and pants.
- Install screens on windows and doors.

- Eliminate all sources of standing water on your property, including in flower pots, old tires, and rain gutters clogged with leaves.

- Report neglected swimming pools or other problems to the Alameda County Mosquito Abatement District at 510-783-7744.

For additional information on mosquitoes and mosquito-borne diseases, visit www.cdph.ca.gov/Programs/CID/DCDC/Pages/MosquitoesandMosquitoBorneDiseases.aspx

Reports: CV

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deputies arrested a 27-year-old man from San Leandro on suspicion of public intoxication. Deputies were called to Canyon Middle School on Cull Canyon Drive to investigate reports of an intoxicated man working on the school campus. The suspect failed his field sobriety test and was taken into custody.

Hit-and-Run Suspect Stopped
Tuesday, April 10: at 5:00 p.m., a 43-year-old man from Hayward was arrested on suspicion of fleeing a hit-and-run accident scene, evading arrest, reckless driving, and driving with an expired registration. The man was driving on East Castro Valley Boulevard near the 580 Market Place shopping area when deputies stopped him for leaving an accident scene and driving away. The man also wanted for his capture. Deputies took the man to Santa Rita Jail pending \$100,000 in bail.

Double Trouble in a Day
Monday, April 10: at 3:15 p.m., deputies arrested a 54-year-old woman from Castro Valley on suspicion of defacing private property. The woman was damaging the store front when she was put under citizen's arrest by the manager until deputies arrived on scene. The woman was taken into custody with a note that she would be likely to continue the harassment at the property. Earlier in the day, deputies arrested the same woman for interfering with the same business after repeated requests to leave the premises. At the time, the woman was cited and released.

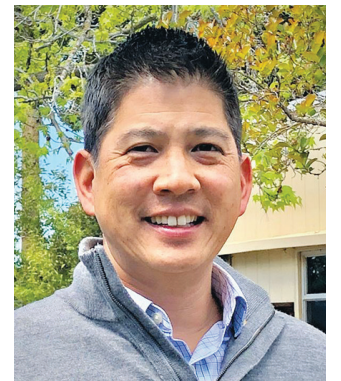
CV School Board Hires Ko As Director of Technology

The Castro Valley School Board has unanimously appointed long-time Vannoy Elementary School Principal Greg Ko as the District's Director of Technology.

During his 12-year tenure as principal, Ko served on the district's technology committee, working to identify the district's tech needs. His experience as a

teacher and site administrator has helped refocus the district's instructional technology priorities.

Before coming to Castro Valley, Ko was an Assistant Principal in Pleasanton School District and a teacher in the West Contra Costa School District. He has a Bachelor's and Master's Degree from U.C. Berkeley.



Greg Ko

**Private
Sewer Lateral
Program Public
Meeting**

Castro Valley Library
3600 Norbridge Avenue
Tuesday, April 24, 2018
6:00 p.m. - 8:00 p.m.

Castro Valley Sanitary District (CVSan) is hosting a town hall meeting to review and answer questions on a proposed Private Sewer Lateral Program. This program would require all properties within CVSan's boundaries, built more than 20 years ago, to have their sewer laterals inspected and repaired or replaced, if necessary, when the property is transferred. If a sewer lateral was replaced less than 20 years prior, it would not have to be inspected.

CVSan is considering implementing this program to reduce the amount of flow its treatment plant receives during wet weather. Currently, there is a large number of cracked and damaged sewer laterals connected to CVSan's wastewater collection system. These damaged pipes allow rainwater to enter the wastewater collection system, causing more flow during rainy weather than the system was designed to handle.

Visit www.cvsan.org/PSL for more information on the proposed Private Sewer Lateral Program. CVSan welcomes input on this proposed program at any time. To submit public comments, email Public Outreach Specialist Natalie Croak at natalie@cvsan.org.

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