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CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 29 WEDNESDAY, JANUARY 18, 2017 NO. 3

INSIDE YOUR FORUM

FEATURES



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PHONE: (510) 537-1792

MARTIN LUTHER KING, JR. DAY 2017



PHOTO BY FRED ZEHNDR

Congressman Eric Swalwell addresses a Martin Luther King Day Rally Monday morning at Hayward City Hall Plaza. Several hundred people were on hand for the celebration, which included speeches and music. It was followed by a march through the downtown.

Drought: Is it Finally Over?

By Mike Pechner
CASTRO VALLEY FORUM

Like so many other issues, the answer depends on who you ask.
The U.S. Drought Monitor reported last Thursday that the Bay Area and nearly all of Northern California are free of drought.
But Governor Jerry Brown says "not so fast." His administration is stressing that the drought cannot be considered over while the southern half of the state remains seriously short of water.
Meantime, the East Bay Municipal Water District is releasing stored water from Pardee and Comanche Reservoirs in anticipation of more rain this week and extending through this coming weekend.
This is the first time both lakes were filled to the brim since the winter of 2010-11, following the spring snow melt from the High Sierra.
The Weather Service says the next weather systems, which are set to begin hitting the East Bay today and tonight, are not as wet as those that slammed the Bay Area last week. They will move through quicker, mitigating some of the flooding.
The recent storms, however, have saturated the ground throughout the East Bay, and additional rains will pool first before running off.
Several additional rounds of rain are expected in the Bay Area over the weekend.
As of yesterday morning, Castro Valley has received a total of \_\_ inches of rain this season.

CV's Historic Stanton Family Home Restored

By Linda Sandmark
CASTRO VALLEY FORUM

An impressive piece of Castro Valley history has been restored, adding an unexpected spot of beauty between the 580 freeway and McDonald's restaurant.
The Stanton House, which was once home to early settlers Michael and Mary Stanton, is now an elegant eight-suite office building.
"I fell in love with the building," says owner Diane Jaworski-Faulhaber, who has carefully upgraded it with her husband Don. "We bought it on Halloween 2003 and were determined to restore everything the way it originally was."
According to Jaworski-Faulhaber's records, the Stanton House was originally built on Lake Chabot Road for William Mattox in 1860. The Stanton family, for whom streets and a school are named, purchased the home in

1872 and raised their family there. (San Miguel and Santa Maria Avenues honor Michael and Mary, and Anita Avenue was named for their daughter.)
The building was moved to Norbridge Avenue in 1978 by two young lawyers. They saved the building from demolition, upgraded it, and eventually sold it.
Years later when the Jaworski-Faulhabers bought it, the bones of the house were good but time had taken a toll.
"All the walls inside were stucco and filthy. We smoothed them and upgraded the electrical and plumbing, which wasn't easy because the walls are so thick," says Diane. "Many layers of lath and plaster coating and wallpaper had been added over 150 years. We didn't remove it, we just smoothed and repainted the walls and ceilings. But the electrician had to saw through it."
see STANTON on page 15



PHOTO BY LINDA SANDMARK

Diane and Don Jaworski-Faulhaber restored the historic Stanton house on its current site, 1700 Norbridge Ave.



## Castro Valley Weather Jan. 18 - 22, 2017



Wednesday  
Rain  
High 55° Low 50°



Thursday  
Showers  
High 58° Low 48°



Friday  
Showers  
High 55° Low 45°



Saturday  
Cloudy  
High 55° Low 46°



Sunday  
Rain  
High 53° Low 45°

### Almanac



Past Week's Rain: 02.33  
Season To Date: 19.02  
Normal To Date: 11.32  
Season Average: 21.22

### Moon Phases



Jan.  
19



Jan.  
28



Feb.  
3



Feb.  
10

Sun sets at 5:18 p.m. today, rises at 7:21 a.m. Thursday.

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## THIS WEEK!

### CVSan's Zero Waste Week 2017

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Visit [www.cvsan.org/ZeroWaste](http://www.cvsan.org/ZeroWaste) to register for these events!

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PHOTOS COURTESY OF THE RUSSELL FAMILY

Ginger Russell presents a check from the Russell family to Castro Valley Veterans Memorial Committee member Jeff Wede.

## CV Family Donates \$25,000 to Help Fund Veterans Memorial

A Castro Valley family donated more than \$25,000 recently to help fund the expansion of the Castro Valley Veteran Memorial.

Ginger Russell presented the check from the Russell family to Veterans Memorial Committee Member Jeff Wede for a plaque at the Memorial to honor her Father, Lt. John E. Russell of the 325th Engineering Battalion serving in WWII.

Lt. Russell earned a Bronze Star while serving in the 100th Division. One of the Division Operations was in the Vosges Mountains, which is along the border between France and Germany.

"They were there in the winter, it was very cold," said Ms. Russell during the presentation. "The 100th Division acquired the name 'Sons of Bitch' by liberating the French citadel of Bitch (pronounced 'Beesh' in French)."

Fundraising for the Memorial expansion is progressing, but Committee Member Tony Lindsey said donations are still needed.

"We need local support to reach the required funding to begin construction," said Lindsey, who suggested interested donors might consider a Bronze, Silver or Gold level donation (\$1,000, \$2,000 or \$3,000 respectively).



Lt. Russell's platoon marching in France on VE Day.

Donors at this level will receive permanent recognition engraved in granite. But Lindsey stressed that donations of any level are appreciated.

Interested donors may visit the Castro Valley Veteran Memorial website at: [CVVM.info](http://CVVM.info) or call Tony Lindsey at 510-468-9942 or Jim Uhlik at 510-593-6703.

## Virsik is Named Director of Adobe Art Gallery; New Exhibit Saturday

Leah Virsik was recently hired by the Hayward Area Recreation District as the Director of the Adobe Art Gallery in Castro Valley.

Virsik, who has exhibited her own work multiple times at the gallery and who holds a Master of Fine Arts degree from San Francisco State, said she is excited to be working with A.R.T., Inc.

"I value the opportunity to start my professional relationship with the Adobe Art Gallery by building on the long-term relationship it has had with A.R.T., Inc. and its members," she said in a statement.

The gallery will hold a meet-and-greet artists' and awards reception this Saturday, Jan. 21, from 1 to 3 p.m. for the new

"Looking Forward" exhibit by members of A.R.T., Inc. Art judge Angela Johal will select the exhibition awards.

A.R.T., Inc. was founded in 1984 as an association for artists to exchange ideas and exhibit art.

Adobe Art Gallery is located at 20395 San Miguel Ave. Call (510) 881-6735 or [adobegallery.org/](http://adobegallery.org/)



## Overpass Art Survey Extended

The deadline for responses to a Community Survey on a new sign and other artwork slated for freeway overpasses in Castro Valley has been extended to Tuesday, Jan. 31.

This Alameda County Arts Commission's project involves designing and painting new Community Identifiers as "gateway markers" to provide a welcoming environment for both the community and visitors.

The survey is available online at [tinyurl.com/ztqzvan](http://tinyurl.com/ztqzvan).

The Arts Commission is also seeking to include a group of community members with diverse experiences and perspectives who are interested in contributing in the success of the projects and the designs. Community members must be 18 years or older. No experience is necessary.

The committee will meet for two all-day meetings, once in March and again in September.

Those interested should complete an Interest Form at [tinyurl.com/zka9nnk](http://tinyurl.com/zka9nnk) by Jan. 31.

For more information about the Community Identifier Projects, contact the Alameda County Arts Commission at 510-208-9646.



PHOTO COURTESY OF BRUCE KING

## Restoring Crow Creek

Thirty volunteers planted 4,000 native Creeping Wild Rye plants on the moist banks of Crow Creek in Castro Valley Saturday morning. The native rye should overtake the existing non-native ivy which is being removed. The riparian area being restored is part of a permanent conservation area being established in conjunction with the construction of some new homes. The effort was lead by The Restoration Trust, Friends of San Lorenzo Creek, and Alameda County Hands-On-Conservation.

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



### Can't Stay Away

Thursday, January 12: at 10:25 p.m., Sheriff's deputies arrested a 30-year-old man who gave no address on suspicion of violating a court-issued restraining order. The man was traveling in front of a grocery store on Redwood Road near the Boulevard when deputies stopped the man for questioning. The man was taken into custody.

### Wanted Woman

Thursday, January 12: at 2:14 p.m., a 19-year-old woman from CV was arrested as part of a warrant for her arrest. Deputies pulled over and questioned the woman who was driving on the Boulevard near Lake Chabot Road. The woman had been previously been charged with two counts of a crime as a minor and was found to be driving with an expired license. Deputies took the woman to Santa Rita Jail where she was held without bail.

### Con Caught With Drugs

Thursday, January 12: at 12:35 a.m., deputies arrested a 47-year-old man on suspicion of illegal narcotics, possession of illegal drug paraphernalia, and violating the terms of his probation. The man was parked at the dead end of Arcadia Drive when an anonymous tip sent deputies to the scene.

### Restraining Order

Wednesday, January 11: at 11:00 p.m., a 31-year-old man from Hayward was arrested on suspicion of violating the terms of a court-issued restraining order. Deputies were called to a home on Chester Street near Castro Valley Boulevard following an emergency call about a suspicious person. The suspect who fit the description was questioned and then taken into custody.

### Driving Under Influence

Tuesday, January 10: at 12:34 p.m., deputies arrested a 51-year-old man from Hayward on suspicion of driving under the influence of drugs and alcohol, driving with an invalid license, and covering up expired license plate registration. The man was also wanted

as part of a warrant issued for his arrest. Deputies caught up with the man on the Boulevard near Center Street after the man had been driving erratically. He was taken to Santa Rita Jail pending \$20,000 in bail.

### Domestic Fight

Monday, January 9: at 11:18 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Wisteria Street near Castro Valley Boulevard. There, they arrested a 30-year-old man from Castro Valley on suspicion of assault on a family member and child endangerment. The man was also wanted as part of a warrant issued for his arrest. Deputies took the man to Santa Rita Jail pending \$100,000. The victims were treated at the scene.

## Measure G Funds at Work

The Castro Valley Unified School District has been taking steps necessary to begin modernization of school facilities planned for the next few years. Construction projects are scheduled to begin over the summer.

A Citizens' Bond Oversight Committee (CBOC) was formed in September following the pas-

sage of Measure G. It will hold open public meetings at least quarterly. Agendas, meeting minutes, and application for membership on the CBOC are posted on the District's website: [www.cv.k12.ca.us](http://www.cv.k12.ca.us) under the "Measure G" tab.

For questions or more information, contact Dr. Candi Clark at 510-537-3000.

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**DR #3828724**  
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## The Week Ahead

### ● Wednesday, January 18: *Learn to Make Japanese Ramen*

Join Instructor Kaori Becker and learn how to create a delicious bowl of authentic Japanese ramen from scratch, from 6 to 8 p.m. today at the Aitken Senior & Community Center, 17800 Redwood Road in Castro Valley. Includes preparing broths and toppings and making dumplings. The cost is \$50 plus a \$15 material fee due to the instructor. Contact: 510-881-6742

### ● Thursday, January 19: *CVSan's 'Zero Waste Week'*

The Castro Valley Sanitary District will hold a short workshop on how to discard food scraps, from noon to 1:30 p.m. tomorrow at the Palomares Hills Clubhouse, 6811 Villareal Drive. The session will be conducted in English, Mandarin, and Cantonese.

### ● Thursday & Friday, Jan. 19-20: *Clothing Donation Drop-Off*

Donate lightly used clothing and shoes at the CVSan office, 21040 Marshall St. from 7 a.m. to 4 p.m. this Thursday and Friday. Items will be donated to Hayward Goodwill. (Donation receipts will not be given at this event.)

### ● Saturday, January 21: *Marine Mammals of California*

Learn about the wide range of marine mammals that live along California's 600-mile coastline during a special adult nature presentation from 2:30 to 4 p.m. this Saturday at the Sulphur Creek Nature Center, 1801 D Street in Hayward. The Marine Mammal Center of Sausalito will tell how to discover sea otters, sea lions and whales, and their special traits. Advance registration is required and space is limited. The cost is \$18 per person. To register online, visit [www.haywardrec.org](http://www.haywardrec.org) or call 510-881-6700

### ● Saturday, January 21: *Pets Available for Adoption*

Dusty Paws Rescue will show available kittens and cats for re-homing from 10 a.m. to 1 p.m. this Saturday at Pet Food Express, 3885 Castro Valley Blvd. Check out [www.dustypawsrescue.org](http://www.dustypawsrescue.org) for information on available animals.

### ● Saturday, January 21: *Fixit Clinic, Swap-O-Rama*

The Castro Valley Sanitary District presents another Fixit Clinic and Swap-O-Rama (clothing exchange) this Saturday from 1-4 p.m. at the Library. Bring in broken household items and learn how to fix them yourself.

### ● Saturday, January 21: *Youth Job Fair – Ages 15-24*

Whether you like spending time outdoors, working with children, aquatics, or public safety, learn about the wide variety of job opportunities for youth and students while exploring the many jobs available in the near future and for the summer at the East Bay Regional Park District. Check in at 9:45 a.m. this Saturday for the 10 a.m. fair and the 11-12 noon workshops at the Richard C. Trudeau Training Center, 11500 Skyline Blvd., Oakland. (Take AC Transit No. 339 towards Chabot Space and Science Center to Skyline Blvd/Joaquin Miller Road.) For more information, email: [jobs@ebparks.org](mailto:jobs@ebparks.org)

### ● Monday, January 23: *Eden Garden Club Meeting*

Sandra Nevala-Lee of Green Thumb Works in San Leandro will be talking about good bugs and bad bugs in protecting and supporting native plants at the next meeting at 10 a.m. on Jan. 23 at the Moose Lodge, 20835 Rutledge Road in Castro Valley. There will be samples of native plants and hand-outs as she shares her expertise in native planting. Meetings are free and guests are always welcome. Call 510 397-1268 for more information.

### ● Wednesday, January 24: *Seminar on Scams, ID Theft*

The Aitken Senior Center at 17800 Redwood Road in Castro Valley will host a Financial Scams and Identity Theft Seminar from 1:30 to 2:30 p.m. on Jan. 25 where you will learn about common financial scams, how to look out for them and protect yourself. Find out what you can do and what rights you have if you have been a victim. Call 510-881-6738 to reserve your spot for this free seminar.

tion is requested. Sign up by phone (510-667-7900) or register online at [www.princetonreview.com/product/offers/310525](http://www.princetonreview.com/product/offers/310525)

## Arts & Entertainment

### CASTRO VALLEY CENTER FOR THE ARTS

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

● **"Rhythm of the North,"** celebrating our 50th State – Alaska – will be presented at 7:30 p.m. on Saturday, Jan. 28. Take this boogie-woogie joy ride with John Bushell (known as "Johnny B.") when he presents this multi-media sensation, with stunning images, sizzling piano and hilarious stories. *For tickets (\$20), see above.*

● **Gina Eckstine**, daughter of famed bandleader and singer Billy Eckstine, brings her own style to the music scene at 7:30 p.m. on Saturday, Feb. 25. With family friends that included greats like Sammy Davis Jr., Sarah Vaughan and Quincy Jones, she weaves personal stories throughout her selections from the Great American Songbook. *For tickets (\$17-\$25) see above.*

### THEATRICAL & MUSICAL PERFORMANCES

● **'Charley's Aunt '66,'** the World Premiere of a wonderfully silly farce by Scott Munson, comes to the Douglas Morrisson Theatre, 22311 N. Third St. in Hayward beginning with a preview on Thursday, Feb. 9. Opening reception Feb. 10. Performances are at 8 p.m. on Feb. 9, 10, 11, 17, 18, 24, 25 and at 2 p.m. on Feb. 12, 19, 25. For tickets (\$10-\$29), call 510-881-6777 or visit [www.dmtonline.org](http://www.dmtonline.org)

### ART GALLERIES & EVENTS

● **"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.

● **"Looking Forward,"** an exhibition by the members of A.R.T., Inc., featuring a variety of media including two and three-dimensional art, will be presented from January 21 to March 4 at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. Meet and greet the artists at the free awards and reception event from 1 to 3 p.m. on Saturday, Jan. 21. Art judge Angela Johal will select the exhibition awards. Art submission and entry form information is available at: [adobegallery.org](http://adobegallery.org).

● **Making a Difference in Our Community**, a display of photos and text detailing the activities and 68-year history of the Castro Valley Women's Club, will be presented for the entire month of February at the Castro Valley Library.

● **Celebrating Community: Black Families of Fairview and Kelly Hill**, depicting the diverse experiences of past and present residents of these two areas of unincorporated Hayward, will be on display in the Hayward Area Historical Society Community Gallery at 22380 Foothill Blvd. in Hayward from Jan. 14 through March 5. The exhibit was guest curated by Karen McHenry-Smith. For more information call (510-581-0223 or visit [www.haywardareahistory.org](http://www.haywardareahistory.org).

● **"A Woman's View of the World,"** a variety of artistic techniques including watercolors, acrylics, pencil, ink and mixed media by the Diablo/Alameda Chapter of the National League of American Pen Women, continues through Jan. 27 at the John O'Lague Galleria in Hayward City Hall, 777 B Street at Watkins, open Monday through Friday from 8:30 a.m. to 4:30 p.m.

## CASTRO VALLEY FORUM

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### Submissions to The Forum

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

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## ...and Beyond

### ● Thursday, January 26: *HARD Senior Softball Meeting*

Seniors age 50 and up who are interested in playing softball in the 2017 HARD Leagues should attend an informational meeting at 1 p.m. on Jan. 26 at the Aitken Senior Center, 17800 Redwood Road in Castro Valley. The Senior softball program will start its 27th year in March with games played at 9:30 a.m. at the Oliver Fields in Hayward on Tuesdays (60 and over), Wednesdays (70 and over) and Thursdays (50 and over). Practice for new players will be on Feb. 7, 14, and 21 at the Castro Valley Community Center on Lake Chabot Road starting at 9 a.m. More information can be found at: [hardseniorsoftball.com](http://hardseniorsoftball.com)

### ● Saturday, January 28: *2016 Eden Awards*

The Castro Valley Eden Area Chamber of Commerce will host the 2016 Eden Awards, an event highlighting our local heroes. Volunteer of the Year, Business Person of the Year, First Responder of the Year, Castro Valley Teacher of the Year and San Lorenzo Teacher of the Year will all be recognized at this dinner, with dancing, cocktails, dessert, and silent auction to follow the awards presentation. Contact the Chamber office at 510-537-5300 for more information. To purchase tickets log on to [www.edenareachamber.com](http://www.edenareachamber.com)

### ● Saturday, January 28: *Free New SAT Practice Test*

Teens are invited to partake in a new SAT practice test administered by The Princeton Review from 10 a.m. to 2:30 p.m. Saturday, Jan. 28, at the Castro Valley Library. In preparation for what might be the most important test of their lives, this 4-1/2 hour workshop is an opportunity to see how they would score on the test while getting realistic practice at the types of questions on the actual exam. A personalized report pinpointing their strengths and weaknesses will be provided. Registra-

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### REGULAR LOCAL GOVERNMENT MEETINGS

• Castro Valley Municipal Advisory Council (MAC) meets on land-use issues on the 2nd and 4th Mondays of the month, and holds general purpose meetings on most 3rd Mondays. Meetings are at 6 p.m. at the Castro Valley Library Chabot Room, 3600 Norbridge Avenue.

• Castro Valley School Board usually meets at 7 p.m. on the second and fourth Thursdays of the month at 4400 Alma Ave.

• Castro Valley Sanitary District (CVSan) meets at 6:30 p.m. on the first Tuesday of the month at the District Headquarters, 21040 Marshall St.

• Alameda County Board of Supervisors meets every Tuesday at 10:45 a.m. in the Supervisors Chambers at the County Administration Bldg., 1221 Oak St. in Oakland.



# Sleep is Key to Kids' Performance in School

FIVE SIMPLE TIPS

Here's eye-opening news: For most teens, one of the best ways to find success in school is to get enough sleep.

When well rested, teens are more likely to be healthy, energetic and have a positive attitude toward life in general—helping them be their best and do their best in school and at home.

To help, the National Healthy Sleep Awareness Project launched the "Sleep Recharges You" campaign, urging teens to get eight to 10 hours of sleep per night to promote optimal health.

"It's important to make sleep a priority," said Dr. Ronald Chervin, spokesperson for the National

Healthy Sleep Awareness Project. "Setting and sticking to a routine to get as much sleep as possible is one of the best things teens can do for their health, academic achievement and athletic performance."

## Lack of Sleep Jeopardizes Grades, Health and Safety

More than two-thirds of students in the U.S. are failing to get enough sleep on school nights, according to a 2016 study published by the Centers for Disease Control and Prevention (CDC). Results show that 69 percent of surveyed students reported sleeping less than eight hours on an average school night. Insufficient sleep in

teens can impact everything from grades to safety.

Sleepy teens may fare worse in school than their well-rested peers. Studies show that teens who are sleep deprived may be more easily distracted and recall information more slowly. Sleeping fewer than the recommended hours is also associated with attention, behavior and learning problems.

Lack of sleep may also affect athletic performance. When teens sleep, hormones are released that help them grow taller and develop muscles. Sleep helps restore energy to the brain and body.

Studies show that teens who sleep less than the recommended

hours are more likely to be overweight and develop hypertension and diabetes.

Additionally, insufficient sleep in teenagers has been found to increase the risk of depression and is associated with increased risk of self-harm.

## Parents, Caregivers Play Crucial Role

Students should be encouraged to get enough sleep every night to recharge. The Sleep Awareness Project advises parents and caregivers to help by modeling healthy sleep habits, promoting a consistent sleep schedule and creating a quiet sleep environment for their teens.

Additionally, setting restrictions on screen time before bed is key to helping teens get to sleep on time. Teens may be tempted to keep using their laptops, smartphones and game consoles late into the night rather than going to sleep.

"Teens are still growing and developing and sleep is a crucial part of these processes," said Dr. Chervin. "One of the best things parents and caregivers can do for their children's health and well-being is to encourage routines that will help them get enough sleep."

A natural shift in the timing of the body's internal "circadian" clock occurs during puberty, causing most teens to have a biological preference for a late-night bedtime.

## Learn More

For further facts, visit [www.sleepeducation.org/healthysleep](http://www.sleepeducation.org/healthysleep).

—North American Precis Synd., Inc.



As early as elementary school, students who miss just two school days per month are more likely to fall behind.

# Preparing Your Child For Success in School

One of the best things you can do for your children is to make sure they attend school every day.

After all, we want our kids to have the best possible chance of doing well in school and achieving their dreams. But getting a child to school isn't always easy. While some absences are understandable, it's important to understand the impact of each absence.

Although most parents understand the importance of getting their child to school every day, many believe that missing three or more days of school each month won't make a difference. In reality, as early as when in elementary school, students who miss just two school days per month are more likely to fall behind in school, and less likely to graduate from high school.

Even when absences are excused or understandable, absences add up. Students who miss just two days of school each month end up missing 18 school days, or 10 percent of school days in a year.

By following these five simple tips, you can help ensure your child attends school every day. Attending school every day puts your child on the path toward success in school and in life.

## What to Do:

1. Keep track of how many days of school your child has missed.
2. Figure out why your child is absent from school. Is your child dealing with a chronic illness such as asthma? Is he being bullied or struggling at school? Is she staying home to help care for a family member?

see *SUCCESS* on page 7



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9:00 a.m. Mass – Children's Liturgy and Presentation of the Class of 2017


10:30 a.m. – Open House for families

11:30 a.m. – Parent Info Meeting (childcare provided)

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**[www.assumptionschool-sl.org](http://www.assumptionschool-sl.org)**

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# Greater Parent Involvement in Classroom

Parental involvement in the classroom is a well-known strategy to boost student achievement, but according to a recent survey, 62 percent of K-12 teachers say fewer than a quarter of parents get involved in the classroom.

Teachers wish to have more parents involved, especially in elementary school. When asked what would attract more qualified educators to the field, 18 percent of K-12 teachers want more parent involvement in the classroom, with 21 percent teaching K-5 seeing the value.

The survey, conducted by the Harris Poll for University of Phoenix, highlights the unique opportunity that parents have to become more involved in their children's classrooms and to make an impact on their learning and classroom experience.

"Parents are the first teachers of their children, and they play an integral role in their education both inside and outside the classroom," says Pamela Roggeman, Ed.D. "Communication between parents and teachers is critical to student success. As a former high school teacher, I saw firsthand how a culture of collaboration improved student outcomes and teacher satisfaction."

## How Teachers Want Parents To Get Involved

When asked about ways that teachers would like parents involved in the classroom, they responded:



- Don't wait until there's an issue to connect with the teacher (68 percent).

- Ask about areas for improvement for their child (65 percent).

- Communicate regularly with the teacher (65 percent).

"The most impactful thing parents can do to stay engaged in their child's learning is to have open dialogue and communication with their child's teacher throughout the year," adds Roggeman. "This allows parents to have a better understanding of their child's pro-

gression and can help parents support the academic growth of their child through at-home activities to supplement what's being done in the classroom."

## Increasing Parent-Teacher Communication

Keeping regular communication with teachers can be challenging, particularly when balancing work, personal and family responsibilities. To help, Roggeman suggests four simple practices for parents to increase communication with their child's educators:

1. Identify the best method of communication. Today's teachers create numerous ways to stay engaged with parents outside the classroom, including e-mail, a social media group, classroom websites or handwritten notes. Find out the teacher's preferred method of communication for quicker responses and stay engaged.

2. Ask about classroom activities and feedback on your child's performance. Learn about current classroom lessons and activities. Ask for constructive feedback on how a child is performing to better understand difficult subjects for your child and areas for improvement.

3. Don't be afraid to ask for homework help when needed. It can sometimes be difficult to help children with their homework as curriculum evolves and parents might need to "brush up" on a subject. It's natural—and not unreasonable—to ask educators for homework help and important to ensure children understand the curriculum.

4. Don't forget to say "thanks." Teachers choose the profession to make a difference in students' lives. They may manage more than 100 students a day and act not just as educators but as role models, guardians and caretakers for the nation's students.

Don't forget to say thank you to your child's teachers for choosing the profession and for all their hard work.

—North American Precip Synd., Inc.

# Success: The Importance of Attending School Every Day

*continued from previous page*

3. Ask teachers and community leaders for advice and specific resources. Reach out to other parents to ask for help and share tips.

4. Consider enrolling your child in a mentoring or an after-school program. When kids work with mentors, they learn about the importance of attending school every day. With an additional support system in place, kids learn strategies to address their day-to-day challenges. Similarly, when kids get involved in afterschool programs, they are more likely to feel connected to their school communities and are less likely to be absent.

5. Visit AbsencesAddUp.org

for information on the impact of absences and resources to help prevent them in the future.

On the website, you'll learn how to help children who are struggling in school, being bullied, managing chronic illness or dealing with mental health challenges. Additionally, the site also provides parents with resources to assist with caregiving, housing and food challenges.

## Learn More

Visit AbsencesAddUp.org to find resources and tips that can help them through many challenges, whether their child isn't feeling well, their family is struggling with housing, or anything in between.

—North American Precip Synd., Inc.

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## ATHLETES OF THE WEEK



This week's Athletes of the Week are the Redwood Christian Eagles' varsity girls basketball team. They were Champions of the West Coast Jamboree's onyx division, held in Concord from Wednesday through Friday, December 28-30.

Redwood Christian defeated Tennyson 41-28 in the quarter final round, and followed up with a win over Richmond 49-34 in the semi finals.

In the Championship game they defeated Holy Names 45-37, to win the Onyx division. Ify Nweube was tournament MVP and Natalie Pontes received All-Tournament honors. The Eagles are coached by Jim Davis. Players from left, Natalie Pontes, Jessica Brock, Hannah Ceremony, Ify Nweube, Cassie Matangelo, Meghan Geer and Alisha McCullen

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Published in the February 8th issue of the Castro Valley Forum and the February 9th issue of the San Leandro Times!

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### GIRLS BASKETBALL

WEDNESDAY, JANUARY 18, 5:00 P.M. JV VS. MT. EDEN AWAY  
WEDNESDAY, JANUARY 18, 6:30 P.M. VARSITY VS. MT. EDEN AWAY  
FRIDAY, JANUARY 20, 5:00 P.M. JV VS. O'DOWD AWAY  
FRIDAY, JANUARY 20, 6:30 P.M. VARSITY VS. O'DOWD AWAY  
SATURDAY, JANUARY 21, TIME TBD VARSITY IS PARTICIPATING  
IN THE LAMORINDA CLASSIC HELD AT CAMPOLINDO H.S.

### BOYS BASKETBALL

WEDNESDAY, JANUARY 18, 5:30 P.M. JV VS. SAN LORENZO AT CVHS  
WEDNESDAY, JANUARY 18, 6:30 P.M. VARSITY VS. SAN LORENZO AT CVHS  
FRIDAY, JANUARY 20, 5:30 P.M. JV VS. O'DOWD AT CVHS  
FRIDAY, JANUARY 20, 6:30 P.M. VARSITY VS. O'DOWD AT CVHS

### GIRLS SOCCER

WEDNESDAY, JANUARY 18, 4:00 P.M. JV VS. PIEDMONT AT CVHS  
WEDNESDAY, JANUARY 18, 6:00 P.M. VARSITY VS. PIEDMONT AT CVHS  
FRIDAY, JANUARY 20, 4:00 P.M. JV VS. BERKELEY AT CVHS  
FRIDAY, JANUARY 20, 6:00 P.M. VARSITY VS. BERKELEY AT CVHS

### BOYS SOCCER

FRIDAY, JANUARY 20, 4:00 P.M. JV VS. BERKELEY AWAY  
FRIDAY, JANUARY 20, 6:00 P.M. VARSITY VS. BERKELEY AWAY

### GIRLS WRESTLING

THURSDAY, JANUARY 19, 4:00 P.M. CVHS  
VS. MT. EDEN AND BERKELEY AT MT. EDEN  
SATURDAY, JANUARY 21, 4:00 P.M. CVHS ALL LEVELS PARTICIPATING  
IN THE SEASIDE SHOWDOWN HELD AT TERRA NOVA HIGH SCHOOL

### BOYS WRESTLING

SATURDAY, JANUARY 21, 8:00 A.M. JV VS. LIVERMORE AWAY

## SPORTS QUIZ

By Chris Richcreek  
SPECIAL TO THE FORUM

1. How many times has a major-league team won a best-of-five playoff series after losing the first two games at home?

2. In 2015, the Chicago Cubs set a major-league record for most home runs in a playoff game by one team (six). Who had held the mark?

3. Who was the last NFL rookie before the Raiders' Amari Cooper in 2015 to have three 100-yard receiving games in his first six games?

4. Name first two coaches to make NCAA Tournament's Final Four in two of first three seasons as a men's basketball head coach.

5. True or false: The Pittsburgh Penguins have never clinched a Stanley Cup on their home ice.

6. Who was the last male athlete before Ashton Eaton in 2016 to repeat as the gold-medal winner of the Olympic decathlon?

7. Through 2016, the past three winners of the PGA's Memorial tournament also have been a first-time PGA event winner. Name one of them.

ANSWERS ON PAGE 15

## SPORTS NOTES

### Castro Valley Track Club

To sign up for youth track and field, see CV Track Information at JOIN at: [www.cvtrackclub.com](http://www.cvtrackclub.com)

### Basketball

East Bay Swag is looking for committed athletes to join their club for 2017 season. Swag is holding tryouts for boys, grades 1-8 and girls grades 4-8, as follows:

Girls: Saturday, Jan. 21, at Bancroft Middle School, 1150 Bancroft Ave., San Leandro – grades 4-6 from 9-11 a.m. and grades 7-8 from 11 a.m. to 1 p.m. Sunday, Jan. 29, at same location – grades 4-6 from 9-10:30 a.m. and grades 7-8 from 10:30 a.m. to noon.

Boys: Sunday, Jan. 22, at Bancroft Middle School – grades 1-5 from 9-10:30 a.m. and grades 6-8

from 10:30 a.m. to noon. Saturday, Jan. 28, at John Muir Middle School, 1444 Williams St. in San Leandro – grades 1-5 from 9-11 a.m. and grades 6-8 from 11 a.m. to 1 p.m.

High School team tryouts will be in March.

Register at [www.ebswag.com](http://www.ebswag.com) prior to tryouts. Contact Jose Alvarez at [coachjose@ebswag.com](mailto:coachjose@ebswag.com)

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# REAL ESTATE GALLERY



## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



### Millennials 'Investing' in Coffee, Not Their Future

A new survey from Acorns reveals that Millennials are better at managing their coffee beverages than their finances.

Acorns, developer of the Micro-investing app which tracks credit card purchases, just released a poll of 1,900 Millennials revealing alarming information about their spending habits.

Mary Bowerman of USA Today states, "Forty-five percent of 18 to 23 year olds have spent more on coffee than investing in their retirement, and 35 percent of 24 to 35 year olds have done the same."

The survey revealed that over 50 percent of Millennials do not feel comfortable with the fundamentals of saving or investing. Coupled with the fact that Millennials are expected to live longer than their forebears and will need more long-term savings to live comfortably in their retirement years, current coffee habits could be paving the way to a future financial fiasco.

nancial fiasco.

It's believed that part of this trend results from the ongoing urbanization of Millennials and a coffee shop culture that promotes convenience and a local meeting environment. Consequently, many are willing to spend dollars for a beverage they could make at home for pennies.

These habits have fueled the rampant growth of coffee shops but could have serious long-term effects for the drinkers, only 5 percent of which are actively investing.

With 73 percent stating they do not have a monthly budget and 39 percent revealing that they're anxious about their finances, it is no shock to discover that 70 percent insist that their education did not provide them with adequate information to help them manage their finances.

Not only do many Millennials not have a long-term retirement investment strategy, a large percent-

age are having difficulty saving for more fundamental short-term items. Such as a house. Since the purchase of a home is considered by many a key component of a sound investment strategy, this is very troubling.

Our advice?

1. Realize the need to plan. Begin thinking strategically.
2. Speak to an investment advisor. Look for individuals with flat percentage fees based on the size of your portfolio instead of those who charge for trades and commission-heavy loaded funds.
3. Set financial goals and benchmarks. If you have no target, you'll hit it every time.
4. Develop a comprehensive savings and investment plan.
5. Buy a coffee maker, a good travel cup and brew at home. Also, avoid the mucha grando mocha frampawhatsit latte... it's not only bad for your wallet, it's not so great for your body either.

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



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### Mortgage Rates Move Lower Again

Average mortgage rates moved lower again last week, according to Freddie Mac.

The 30-year fixed-rate mortgage averaged 4.12 percent, down from 4.20 percent the week before. A year ago at this time, the 30-year rate averaged 3.92 percent.

Fifteen-year loans averaged 3.37 percent, down from 3.44 percent. The five-year ARM averaged 3.23 percent, down from 3.33 percent. A year ago, the 5-year (ARMs) were also lower last ARM averaged 3.01 percent.

### RECENT HOME SALES

#### Castro Valley

3940 Alexia Place	94546	\$1,000,000	5 BD - 3,136 SF - 2004
18520 Doris Court	94546	\$777,000	3 BD - 1,669 SF - 1967
17311 Ehle Street	94546	\$500,000	2 BD - 1,184 SF - 1941
3919 Forest Circle	94546	\$530,500	2 BD - 1,212 SF - 2009
18417 Joseph Drive	94546	\$780,000	3 BD - 1,650 SF - 1954
22539 Canyon Ridge Pl	94552	\$1,000,000	4 BD - 2,352 SF - 1998
17833 Columbia Drive	94552	\$784,000	4 BD - 2,031 SF - 1986
7530 Denison Place	94552	\$960,000	4 BD - 2,690 SF - 1999
18693 East Cavendish Dr	94552	\$910,000	N/ABD - 1,908 SF - 1978
4164 High Ridge Place	94552	\$920,000	4 BD - 2,269 SF - 1967
19999 Jensen Ranch Rd	94552	\$1,229,000	N/A BD - N/A SF - N/A

TOTAL SALES: 11

LOWEST AMOUNT: \$500,000

HIGHEST AMOUNT: \$1,229,000

MEDIAN AMOUNT: \$910,000

AVERAGE AMOUNT: \$853,682

#### San Lorenzo

645 Heritage Circle #6	94580	\$535,000	4 BD - 1,451 SF - 2004
1989 Keller Avenue	94580	\$635,000	3 BD - 1,634 SF - 1957
16040 Mills Avenue	94580	\$530,000	3 BD - 1,041 SF - 1951
17407 Via Annette	94580	\$540,000	3 BD - 1,379 SF - 1953
16114 Via Paro	94580	\$500,000	3 BD - 986 SF - 1944

TOTAL SALES: 5

LOWEST AMOUNT: \$500,000

HIGHEST AMOUNT: \$635,000

MEDIAN AMOUNT: \$535,000

AVERAGE AMOUNT: \$548,000

### OPEN HOMES

SATURDAY & SUNDAY • JANUARY 21<sup>ST</sup> & 22<sup>ND</sup>

CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS
H	2-4	2-4	2610 Maricopa Avenue Pacific Union International • Amy Robeson • 828-3478	\$349,000	2/1
H	-	1-4	19926 Ricardo Avenue Re/Max Accord • Louise Lovewell • 351-5555	\$458,000	3/1
C	-	1-4	17844 Center Street Coldwell Banker • Trish Radovich • 367-7999	\$1,186,000	3/2.5 - 2+ car

#### CITY GUIDE

A = SAN LEANDRO • B = SAN LORENZO • C = CASTRO VALLEY  
H = HAYWARD • S = SUNOL • SR = SAN RAMON



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## Better Bladder Control

By Jim Miller  
SPECIAL TO THE FORUM

Incontinence is very common in older adults. According to the CDC, more than half of women and 30 percent of men ages 65 and older are affected by it.

Fortunately, there are a wide variety of treatment options that can help, as well as a number of absorbent pads or underwear you could use for leakage protection. Here's what you should know.

### See A Doctor

If you leak unexpectedly (also known as stress incontinence) or sometimes have such a strong urge to urinate (urge incontinence) that you fear you won't make it to a bathroom in time, your first step is to make an appointment with your primary care doctor, or see a gynecologist, urologist, or urogynecologist.

A doctor can determine if a medication side effect or a condition like diabetes or a urinary-tract infection might be causing urine leakage. They can also set you up with a treatment plan.

Depending on the reason or the type on incontinence you have, here are some common treatment options.

**Non-drug therapies:** There are a number of exercises, bladder training techniques and lifestyle strategies that should be the first line of treatment.

Kegel exercises (repeatedly tightening and relaxing the muscles that stop urine flow to strengthen them) are especially helpful for women with stress in-



According to the CDC, more than half of women and 30% of men ages 65 and older are affected by incontinence

continence, or leaking when they laugh, cough, sneeze, lift heavy objects, or exercise.

Bladder training involves keeping a diary of urination and accidents, then slowly increasing the time between bathroom visits. It's most effective for those with urge incontinence.

There are also a number of lifestyle strategies that can help, such as cutting down on caffeinated and alcoholic drinks, which cause the kidneys to produce more urine.

Getting sufficient fiber in your diet to keep yourself regular, because constipation can contribute to incontinence. Losing weight if appropriate, because excess weight puts pressure on the abdomen and bladder, and being overweight can also lead to Type 2 diabetes, which causes damage to the nerves that control the bladder.

And if you smoke quit, because smoking leads to excess coughing which can cause urine leakage.

see **BLADDER** on page 11

## Senior Q&A: Are There Any Tax Implications of Intra-Family Loan?

**Q** My wife and I want to make a loan to our son to help him buy a home. We are really not interested in charging interest and we might even forgive the loan in our Wills. Are there any tax implications of which we should be aware?

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

**A** Yes, there are. Concerns regarding intra-family loans of this nature often fall into two categories:

(1) The Initial Loan: Imputed Interest: If you were to make an interest-free, or below-market rate, loan to your son, the IRS would presume that the loan was really a disguised gift. Gift Tax rules would then be implicated. Depending upon the amount involved, the "loan" could trigger an obligation to file a Gift Tax Return and either (a) a reduction in your remaining lifetime exemption amount, or (b) an obligation to pay a gift tax.

Thus, in order to recognize this transaction as a true loan, the IRS requires that it carry a minimum interest rate. This minimum rate is called the Applicable Federal Rate ("AFR"), which is published monthly by the IRS.

To the extent the interest on your loan is below that rate, you and your wife would be deemed to have imputed income, even if you never actually receive any interest payments. Some people refer to this as phantom income.

If you failed to report it on your tax return, the IRS could determine that you had underreported your income, and you might then

be subject to income tax on the phantom interest and an under-reporting penalty.

However, if you structure the loan properly at the outset, you can avoid these Gift and Income Tax problems.

Essentially, you would prepare a written promissory note which assigned a rate of interest to the loan at least equal to the then applicable AFR.

By way of example, a \$50,000 loan for a three-year term made in January, 2017, must carry an interest rate at least equal to 0.96% to comply with the AFR. If for a term of 3 to 6 years the AFR would be 1.97%, and if for a term of 9 years or longer the rate would be 2.75%. Notes payable "on demand" require use of a blended rate.

So long as the loan were structured in this manner and the corresponding interest declared on your tax returns, you would be in good stead with the IRS.

Note: There is an exception to the imputed interest rules where the total loans outstanding to your son do not exceed \$10,000, and a qualified exemption for loans be-

tween \$10,000 and \$100,000.

(2) Loan Forgiveness; Recognition of Income: Sometimes parents provide in their wills or trust that loans to their children are to be forgiven upon the parents' demise.

The question that arises in this context is whether the debt forgiveness results in the recognition of income to the child under the "Cancellation of Debt" ("COD") rule.

Good news: generally speaking, amounts cancelled as a result of bequests or inheritances are exceptions to the recognition of income rule, and loan forgiveness in this context would usually not result in the recognition of taxable income to the child.

Another option: use your Annual Exclusion Amount (\$14,000/person/year in 2017) to partially forgive his debt each year. Same result.

These rules are complex. Anyone considering debt forgiveness would be well advised to seek professional advice as part of one's planning.

Gene L. Osofsky is an elder law and estate planning attorney in Hayward. Visit his website at [www.LawyerForSeniors.com](http://www.LawyerForSeniors.com).

## Resources for Seniors

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 1-800-677-1116 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](http://www.eldercare.gov), lets visitors search for local resources and services, check benefits and download and print informational materials, among many other features.

For more complex situations, skilled certified eldercare counselors provide additional assistance with home and community-based services, long-term care decisions, senior transportation, benefits eligibility and caregiver issues. Callers may also receive support from a Spanish-speaking Certified Information Specialist or counselor. Free Brochures

In addition, the Eldercare Locator publishes a variety of useful brochures that can be viewed or ordered online, including:

- "Before You Give Up the Keys: Create a Roadmap for Transportation Independence"
- "Brain Health: You Can Make a Difference!"
- "Employment Options: Tips for Older Job Seekers"
- "Housing Options for Older Adults: A Guide for Making Housing Decisions"
- "Prescription Drug Options for Older Adults: Managing Your Medicines"
- "Home Improvement Scams: Tools to Reduce Your Risk"
- "Staying Connected: Technology Options for Older Adults" and many more.

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## Getting Old Pays Off: Tips to Help You Find Senior Discounts

By Jim Miller  
SPECIAL TO THE FORUM

One of the great perks of growing older in America is the many discounts that are available to boomers and seniors.

There are literally thousands of discounts on a wide variety of products and services including restaurants, grocery stores, travel and lodging, entertainment, retail and apparel, health and beauty, automotive services and much more.

These discounts – typically ranging between 5 and 25 percent off – can add up to save you hundreds of dollars each year.

So, if you don't mind admitting your age, here are some tips and tools to help you find discounts.

### ■ Always Ask

The first thing to know is that most businesses don't advertise them, but many give senior discounts just for the asking, so don't be shy.

You also need to know that while some discounts are available as soon as you turn 50, many others may not kick in until you turn 55, 60, 62 or 65.

### ■ Search Online

Because senior discounts frequently change and can vary depending on where you live and the time of the year, the Internet is the easiest way to help you locate them.

To do a search, start by visiting SeniorDiscounts.com, which lists thousands of discounts that you can search for by city and state,

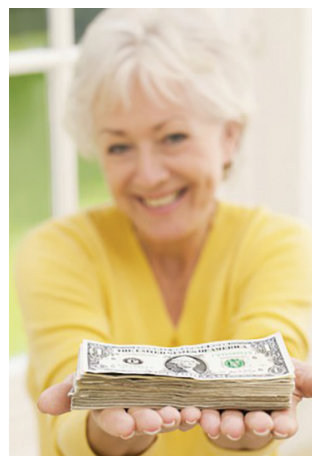
and by the category you're interested in, for free.

You can also look for discounts at TheSeniorList.com, which provides a large list of national and regional business chains that offer them, or you can Google them individually. Just go to Google.com and type in the business or organization you're curious about, followed by "senior discount" or "senior discount tickets."

If you use a smartphone, another tool is the Sciddy app (see Sciddy.com) that lets you search for senior discounts and can send you alerts when you're at an establishment that offers them.

### ■ Join a Club

Another good avenue to senior discounts is through membership organizations like AARP, which offers its 50 and older members a wide variety of discounts through affiliate businesses (see AARPdiscounts.com).



If, however, you're not the AARP type, there are other alternative organizations you can join that also provide discounts such as The Seniors Coalition or the American Seniors Association. Or, for federal workers, there's the National Active and Retired Federal Employees Association.

### ■ Types of Discounts

Here's an abbreviated rundown of some of the different types of discounts you can expect to find.

• **Restaurants:** Senior discounts are common at restaurants and fast food establishments – like Burger King, Chick-fil-A, Subway, Wendy's, Applebee's and Golden Corral – ranging from free/discounted drinks, to discounts off your total order.

• **Retailers:** Many thrift stores like Goodwill, and certain retailers like Banana Republic, Kohl's, Michaels and Ross stores offer a break to seniors on certain days of the week.

• **Supermarkets:** Many locally owned grocery stores offer senior discount programs, as do some chains like Albertsons, Kroger, Publix and Fry's Supermarkets, which offer some discounts on certain days of the week but they vary by location.

• **Travel:** Southwest Airlines provide the best senior fares in the U.S. to passengers 65 and older, while Amtrak offers a 15 percent discount and Greyhound offers 5 percent off to travelers over 62. Most car rental companies provide discounts to customers who belong to organizations like AARP. Royal Caribbean, Celebrity and Carnival cruise lines offer discount rates to cruisers 55 and over. And, most hotels offer senior discounts, usually ranging from 10 to 30 percent.

• **Entertainment:** Most movie theaters, museums, golf courses, ski slopes and other public entertainment venues provide reduced admission to seniors over 60 or 65. And the National Park Service offers a lifetime pass for those 62 and up for \$10 (see nps.gov/find-apark/passes.htm).

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

## Bladder: Incontinence

continued from previous page

**Medications:** There are several drugs that are approved for urge incontinence (or overactive bladder), such as prescription mirabegron (Myrbetriq), oxybutynin (Ditropan XL and generic), solifenacin (Vesicare), and tolterodine (Detrol and generic).

While drug treatments are effective for many people, you also need to know that more than half of those who take incontinence drugs stop within six months because of side effects including constipation, drowsiness, dry mouth, blurry vision, and dizziness.

Injections of Botox into the bladder muscle are also approved for this condition and may reduce the urge to urinate. This is usually prescribed to people only if other first line medications haven't been successful.

Medications should only be considered for those who continue to have bothersome symptoms despite having tried lifestyle changes and therapy exercises.

**Electrical stimulation:** Mild electric shocks to nerves in the lower back or the pelvic area can stimulate and strengthen muscles that are involved in urination. This can help with both urge and stress incontinence, but it requires multiple treatments over many weeks.

**Surgery:** Several surgical procedures are available for stress incontinence. The most common is sling surgery, where strips of synthetic mesh are implanted to support the urethra. This surgery is very effective in most patients, but should be a last resort.

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

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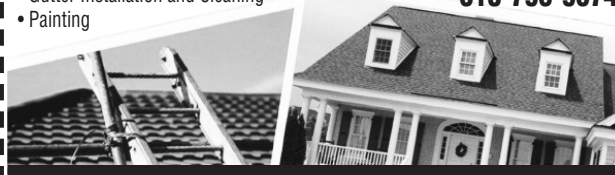
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# LETTERS TO THE EDITOR

## CV Teacher Calls Accusation of Sedition 'McCarthyism'

Editor:

This letter is in response to Verne Teyler's letter "Wants School District to Investigate 'Teacher Seditious Activity' in Anti-Trump Student Demonstrations (Letters, Jan. 4).

Sedition is a very serious charge. As a Castro Valley teacher, I take great offense in that term and the implied action by my colleagues.

This election was very upsetting to many of my students and families. The conversations during the election struck fear in many of them. I had 9 and 10 year olds asking me in class the next day whether they may be deported.

This is the real fear that our students feel — and to label their upset response as seditious is frankly disgusting.

High School students are more than capable of deciding to do things that express their feelings and disappointment without adults orchestrating anything. That is not treasonous — or seditious. Disruptive? Yes. Did it create uncomfortable situations? Yes.

Protest is messy and disruptive. The Tea Party in Boston was law breaking and against authority. Martin Luther King marching was seen as disruptive to the status quo. Jesus led protests against the money-changers and literally overturned tables.

Protests may be in favor of your position or against your core beliefs. But that is the essence of the First Amendment that we so

often say we most admire about our country.

I reject Mr. Teyler's accusation that the protest by students was somehow a seditious act by teachers. It was entirely an organic activity among the students.

I have worked closely with the teachers at the high school. They are indeed a professional group that cares deeply about their students. The idea that an investigation is necessary to search out seditious activity smacks of McCarthyism. It robs the students of the voice they themselves were trying to express, and runs against the ideals of Free Expression.

—Jason Berberian, Castro Valley

## A 'Mission' to Protect the Constitution as it was Intended

Editor:

We the People, the workers and citizens that create American jobs through our demand for goods and services, have our mission set out for us in 2017.

We have to make sure that elected officials, including our new President, protect the Constitution as it was intended. As stated in the Preamble, to provide for the common defense and promote the general Welfare. Many Republicans in Washington and elsewhere seem to forget the general Welfare part of our Constitution.

It is our mission to pressure Trump to live up to the promise he ran on to have government (his public office) make sure middle class families have good paying jobs. This President, although he lost the election by almost 3 million votes, still believes there is some kind of mandate for him to compromise crucial benefits we all have earned including Medicare, Social Security and the Affordable Care Act. We have to make sure he knows that the majority are not with him on this.

Trump promised to drain the swamp of the types of corporate barons who crashed the economy in 2008. We have a mission to make sure this happens. We know that vast amounts of money the people provide is wasted on corporate welfare such as taxpayer-funded bailouts and massive tax breaks for huge oil, chemical and pharmaceutical corporations.

We should make sure this welfare for the very rich is ended. Along with the promised cuts in unnecessary military funding, there can easily be enough money to protect the commons and provide assistance for those in need in 2017 and beyond.

—David Siegel, Castro Valley

## 'Left Wing Journalists' Called 'Dishonest, Hypocritical'

Editor:

The recent media smear campaign to label Trump as "not legitimate" reveals the true character of left wing journalists: dishonest, hypocritical, and just plain partisan.

Remember when the Red Chinese Army secretly gave Bill Clinton Campaign money? Nobody started calling Bill Clinton "Not Legitimate."

And do you remember "Koreagate?" Back in the 1970s, a foreign government illegally gave campaign money to ten Democrats to help get them elected to Congress. After the story was exposed, nobody tried to claim those ten men were "not legitimate Congressmen."

Why is it OK for foreigners to help Democrats but *not* Republicans? Is it the mere fact that John Podesta's privacy (his email account) is protected by law?

Well how about the illegal violation of Donald Trump's privacy? Trump's tax information is also protected by law. But the left wing media gleefully published information from Trump's 1995 tax return without his permission. Why is nobody calling for an investigation of this breach of privacy?

Why is nobody saying this breach of privacy (which was an obvious effort to help Hillary) makes Hillary "not a legitimate candidate?" Left wing hypocrisy. It never ends.

—Peter Hauer, Castro Valley

## Obituaries

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

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**BERUBE, Martha Jo**  
**McALISTER, Turka Maria**  
**PARKER, Henrietta**

■ **BERUBE, Martha Jo**, passed away on January 11, 2017. There will be a Mass to celebrate her life on Saturday, January 21 at 11 a.m. at Transfiguration Church in Castro Valley.

■ **PARKER, Henrietta**, born in Sacramento on October 8, 1931, peacefully reunited with her late husband of 53 years, James Parker on January 6, 2017 at home with her loving children Debra Parker and Bruce Parker near by. The children who love and miss her are respecting her wish of no funeral.



Read & Recycle

## Turka Maria McAlister

Turka McAlister, a resident of Castro Valley, died on January 14, 2017 in the company of her sister and close friends.

She grew up in Bohemia in the turbulence of WWII, then moved to Bavaria where her father, Erich Sandner, established his violin-making workshop in Mittenwald, Germany.

Turka had ambitions to see the wider world. She trained as a flight attendant and joined the Flying Tigers airline in 1957. Her career developed in the pioneer days of trans-Pacific flight which included stopovers in Wake Island. She married Flying Tiger pilot Guy McAlister in 1963, which took her out of flying and into a position as ground hostess at Oakland Airport.

But the habits of the airborne pair persisted; any journey would be preceded by a "flight check" for reservations, tickets and funds.

She saw much of the world — Japan, Australia, India and, of course, Hawaii — and made annual trips to Germany for many years.

Every person Turka met became her friend and was richly rewarded by her warmth and generosity of spirit. When given an iPad by her sister, Turka adapted quickly to the internet world, finding gifts for friends and family, and sharing stories and photos. She had an affinity and love of all animals, from fledgling birds, to feral cats and the skunk families which gathered on her patio. Her beloved dogs were her family.

Her final years were subject to some illness, but her spirit, love of life and sense of humor remained undiminished. Characteristically, Guy's, and later her nurse, Jody Gilman, became one of her dearest friends and closest companions.

She was blessed by the kindness and love of neighbors, notably Matthew and Anna Joy, who sustained her in her final days.

We shall all remember her generosity, her sense of fun and her determination to live her last years to the full extent of her love. Her loss will be felt by the many friends with whom she shared her life.

She is survived by her sister, Renate Sandner of Munich, Germany; her brother, Roland Sandner, and his family of Mittenwald, Germany; and her brother-in-law, the Reverend Richard McAlister, OP, of Providence, Rhode Island.

Memorial services are pending. For details, contact Jess C Spencer Mortuary in Castro Valley, 510-581-9133.



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## Homeless Resident Betty Roosevelt 'Touched Many Lives'

Editor:

For the past nine years, I've been a letter carrier in the area that recently deceased homeless resident Betty Roosevelt called home, and have gotten to know a number of the regular homeless people who hang out around the KFC area.

I first saw Betty near the end of summer last year wearing a large puffy jacket and each day I drove by, her eyes were always covered by thick dark sun glasses. She was always on the same bench near the creek, simply sitting there, never moving.

Many of my customers in the area shared with me their concern for her and on multiple occasions I reached out to help her, but she never spoke to me. She would only nod or shake her head in response to my questions.

As the cold winter months approached, I and many others became worried about her and her health. I saw numerous people reach out to her, offering a meal or money.

Although recent events in American politics may lead some to believe that all is lost, small gestures such as the aforementioned should serve as a reminder that there is kindness and compassion within our community and that people will come together for a common cause.

It is easy to feel powerless when faced with the staggering issues that face our society, but it is important to remember that true change starts locally. The day after her passing was cold and marked with heavy downpour all day long. The only comfort I could find was that she was in a better place and did not have to suffer any longer.

She touched many of our lives.

—Walt Gresham, Castro Valley

## Daughtrey Bldg Waits for Tenants 'MAC Wishes Existed'

Editor:

The never ending Daughtrey's saga continues. The potential developers of the site have to consider the demographic realities of Castro Valley as it is if they are to have any chance of making a return on their investment. The MAC board is more interested in having Daughtrey's business tenants serve a Castro Valley demographic that they wish existed. Goodwill or Gucci? Ninety nine cents or Nordstrom?

There's no requirement for the MAC members to put up their own money to start the businesses of their dreams, and neither they nor the Alameda county supervisors seem concerned with the money being lost year after year while the building remains vacant. After all, it's not their money. So, the saga will continue until the building falls down or becomes "blight".

But, here's a thought. Why not approach Sprouts again about taking over the building? There's enough parking in back, there's lots of community support, and the grocery workers' union is unlikely to object twice.

—Steve Rosenberg, 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.





HISTORICAL SOCIETY PHOTO COURTESY OF DIANE JAWORSKI-FAULHABER

The original Stanton House was built in 1860. It was moved from Lake Chabot Rd. to Norbridge Ave. in 1978.

## Stanton: House Completely Refurbished

*continued from front page*

The original marble fireplaces were heavily damaged and had to be removed, but the couple became so attached to them they still keep the facade pieces in the attic.

They replaced missing baseboards, added crown molding to the front rooms, upgraded the heating and air conditioning systems, custom-replaced all the windows, and restored the stairs and the spindles on the balusters.

"It's just gorgeous. It made us brave enough to do the outside," says Diane.

On the exterior wheelchair ramps were built, in addition to fortifying the first and second-floor porches. A new roof was also added. Inside the attic the original beams can be seen, still holding firmly in place.

"It's true what they say, they don't build them the way they used to," says Diane.

The house was repainted outside with a specially-formulated paint that withstands exhaust and grime from the nearby freeway. Diane gives a lot of credit to their hard-working painter, Kevin Street of Castro Valley.

Originally the couple thought they would spend \$50,000 for the refurbishment, but \$130,000 later the project is finally finished.

"We have no trouble getting tenants now and I don't anticipate vacancies coming. The offices are occupied mostly by children's and family therapy practices, and this is a homey atmosphere," says Diane.

Diane Jaworski-Faulhaber, an Enrolled Agent, occupies the front office, which used to be a living room.

Although the building isn't open for tours, everyone is welcome to drive by and take a look at the outside. The Stanton House is located at 1700 Norbridge Ave., across the street from McDonald's.



**BEFORE:** Many layers of lath and plaster walls cover the interior of the Stanton House. This attic entry shows how some portions had fallen away over time.



**NOW:** The entire Stanton House interior has been restored, from floor to ceiling.

## CVSan Hosts 'Zero Waste Week' Events

This is Zero Waste Week and the Castro Valley Sanitary District will be hosting projects throughout the week focused on teaching the public how to reduce waste.

Two major programs will take place tomorrow, January 19, and this Saturday.

On Thursday, CVSan will be hold a short workshop in English, Mandarin, and Cantonese, on how to discard food scraps. Then on Saturday the district will host a Fixit Clinic and Swap-O-Rama.

These Fixit Clinics allow members of the public to bring in bro-

ken electronics and household items where they're coached by volunteers on how to fix it themselves. The Swap-O-Rama is a clothing exchange and there will be sewing machines available for the public to fix their textiles.

Tomorrow's food scrap workshop will take place from noon to 1:30 p.m. at the Palomares Hills Clubhouse, 6811 Villareal Drive.

Saturday's Fixit Clinic and Swap-O-Rama will occur from 1 to 4 p.m. at Castro Valley Library.

For more information, call CVSan at 510-537-0757.



Two major programs hosted by the Castro Valley Sanitary District will take place tomorrow and this Saturday.

## HARD Seeking Nominations for Awards

The Hayward Area Recreation District (HARD) wants to hear from the public about people and organizations that have provided outstanding volunteer service to the district and the community during 2016.

HARD plans to formally recognize the winners at its 54th Annual Board of Directors Awards Luncheon on Friday, March 10.

All members of the community

are encouraged to nominate those whose efforts exhibit the District's mission of providing quality leisure facilities and programs to residents through their volunteer work.

The deadline for submitting nominations is Friday, Feb. 10. The winners will be announced at the Board meeting on Feb. 20.

The nomination form is available by download at [www.HaywardRec.org](http://www.HaywardRec.org), or at the District Office, or by contacting Kerrilyn Ely at 510-881-6704 or Nicole Roa at 510-881-6723.

Recipients of the District's Volunteer of the Month Award in the preceding 12 months aren't eligible. A list of previous winners is at [www.HaywardRec.org/awards](http://www.HaywardRec.org/awards).

For additional information, please call 510-881-6704 or email [elyk@haywardrec.org](mailto:elyk@haywardrec.org).

### SPORTS QUIZ ANSWERS

- Three: The New York Yankees (versus Oakland in 2001); San Francisco (versus Cincinnati in 2012); and Toronto (versus Texas in 2015).
- Five teams: New York Yankees (1928), Chicago Cubs (1984), Oakland (1989), St. Louis (2004) and Chicago White Sox (2005).
- Mike Ditka of the Chicago Bears in 1961.
- Ohio State's Fred Taylor (1960, '61) and Bill Guthridge of North Carolina (1998, 2000).
- True - they clinched the Stanley Cup on the road in 1991, 1992, 2009 and 2016.
- Great Britain's Daley Thompson, in 1984.
- Hideki Matsuyama, David Lingmerth and William McGirt. (c) 2017 King Features Synd., Inc.

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## ADOPT-A-PET



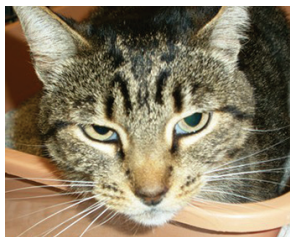
**ATLANTIS** is a big, goofy pup who likes toys, treats, and attention. He's easy to handle and good with other dogs. Good with kids 13 yrs+. Info: Hayward Animal Shelter. (510) 293-7200.



**CASPIAN** enjoys parsley, and sleeping in soft, quiet places. A bit shy, he'll thrive with a little TLC. Neutered and ready to go home. Info: Hayward Animal Shelter. (510) 293-7200.



**KEEGAN** is 3-months-old, Russian Blue in color. He is gentle and sweet and loves meeting you at door. Complete an application online at: [www.dustypawsrescue.org](http://www.dustypawsrescue.org)



**KATY** is a 6-year-old undemanding girl. She's very quiet in the home and would love to find a forever home. For more info., complete an application at [www.dustypawsrescue.org](http://www.dustypawsrescue.org)

## A Simplified Website for The County

Alameda County redesigned its website – [acgov.org](http://acgov.org) – last week to provide better search capabilities on desktop and mobile devices.

Public feedback from a "beta" website launch in October has resulted in what the county calls a "super-charged Google search feature" that will make info easier to get on internet devices.

The site also retains a streamlined Home page where up-to-date news about the county is offered for those who find themselves wanting to learn more.

The redesign strikes a balance between simplifying access to user's most-wanted info, while retaining social media features.

It was these features that were cited when [acgov.org](http://acgov.org) was named one of the nation's top government websites in 2013.

The new site provides the latest tools to residents seeking information about their local government and the many services it provides.

Visit [www.acgov.org](http://www.acgov.org) for a first-hand look at the updated website.

## NOT YOUR TYPICAL PET RESCUE GROUP



PHOTO COURTESY OF DUSTY PAWS RESCUE

**A Reunion of 27 alumni Dusty Paws Rescue dogs with their 55 adoptive parents in Don Castro Regional Park in the fall of 2015.**

## CV Animal Rescue Group Helps At-Risk Pets From Around State

By *Hannah Johansson & Megan O'Brien*  
SPECIAL TO THE FORUM

"Goldie was so shy, and the shelter was going to euthanize her because she wasn't coming around. We got her into a foster home, and the foster parent said she was the best dog he'd ever had. We found her a home," said Dusty Paws Treasurer Paulette Murillo.

Goldie is only one of hundreds of animals that owe their lives to Dusty Paws.

Dusty Paws is not your typical pet rescue group. The Castro Valley-based organization takes dogs and cats from desperate situations all over California, and places them in foster homes until permanent homes are found.

"We have a philosophy that once we take an animal into foster care, we do whatever it takes to get that animal better. We've spent \$4,000 to \$5,000 on surgery for some of our animals," said Murillo.

The non-profit rescues 75 to 100 animals every year.

"Tonka had been in a shelter for almost a year. That's very rare because it was a high-kill shelter. I thought that was a sign that he must be a really good dog if they kept him. But when he came to us, I learned that he wasn't socialized at all. Slowly, we are taking him to adoption events, taking him to parks, getting him used to being around a variety of people," said Murillo about a rescued animal.

Dusty Paws also does what is possible to save the pets emotionally.

Kathy Clayworth took in a 16-year-old cat, Macy, who had been abandoned when her owner died of a stroke.

The neighbor fed and changed Macy's litter box until she came to Clayworth, depressed and dying of kidney failure. Clayworth and Dusty Paws refused to give up on Macy, and slowly her health was restored. Six months after an

amazing recovery, she was adopted by an eager couple.

Dusty Paws is dedicated to finding permanent, stable homes for all of their animals.

"We do what we call a sleep-over...we let you keep the animal for 10 to 14 days – or longer if you need to – to make sure it works out in your home, so you know it's going to be a permanent adoption," said co-founder and Vice President Wayne Meranda.

Meranda emphasized the importance of each animal.

"When you pull a dog from the shelter, you're kind of that dog's hero," he said.

Dusty Paws is filled with dedicated animal lovers, who do more than strive to make a difference in the general well-being of animals. They strive to transform the lives of every animal that is lucky enough to cross their path.

*Hannah Johansson and Megan O'Brien are Castro Valley High School journalism students.*

## East Bay Park Police Honor Two Employees

The East Bay Regional Park District has honored two of its veteran law enforcement employees for their hard work, community service and all-around professionalism.

Officer Ryland MacFadyen of Oakland was named "Officer of the Year." He has been with the district since 2010.

Janet Severin of Castro Valley was honored as "Dispatcher of the Year." She started with the district in 2004.

As a patrol officer, MacFadyen patrols district facilities throughout Alameda and Contra Costa counties. He has also been actively engaged in the community, spearheading an effort to donate bicycles to the East Bay nonprofit "Cycles of Change" after a number of the organization's bicycles were stolen.

Dispatcher Severin answers 911 calls, dispatches police and fire crews, interacts with the public, and works to assist officers in the field, all the while monitoring other law enforcement agencies' radio channels.



**Patrol Officer  
Ryland MacFadyen**



**Dispatch Supervisor  
Janet Severin**

"I am very pleased that their peers have selected these fine recipients," said Police Chief Tim Anderson. "Officer MacFadyen is a real trooper, dedicated to both the police profession and to serving the community. He is a pleasure to work with and such a high energy performer."

"Dispatch Supervisor Severin likewise sets the bar very high when it comes to multi-tasking and attention to detail," Chief Anderson said. "As a 911 dispatcher

with this agency, she has mastered dispatching emergency situations in police, fire, and park service in the highest caliber.

The Park District Police Department, which is based in Castro Valley, employs about 70 officers and 14 dispatchers. The law enforcement staff patrol 65 parks and 1,250 miles of trails in Alameda and Contra Costa counties. In 2016, they received 7,468 calls for service and handled 9,847 incidents.

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