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YEAR 30

WEDNESDAY, APRIL 25, 2018

NO. 17

INSIDE YOUR FORUM

NEWS



Genome Editing

Free lecture presented at the Castro Valley Center for the Arts next Tuesday

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H&F



Get Up and Go

Many things you can do to get a jump-start on health and wellness

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NEWS



Dahlia Sale

San Leandro Dahlia Society to hold its annual sale this Saturday

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PHONE: (510) 537-1792



PHOTO BY CATHY BRESLOW/BRESLOW IMAGING

THE 2018 CLASS OF THE CASTRO VALLEY SPORTS HALL OF FAME: Front row, from left, are Jackie (Wilson) Moog, Kelsey Santisteban, Bob Milano, Alexis Kollias and Mariah Cameron. Back row, from left, are Peter Brewer, Jim Cleveland, Brad Vадnais, Michael Klews, Mike Proulx and Scott Pellaton. Absent are Juan Anderson, Roderick Bobbitt, Nick Lima, Anthony Reyes and Sasha Wallace.

2018 CV Sports Hall of Fame

By Lowell Hickey
SPECIAL TO THE FORUM

Sixteen new members were inducted into the Castro Valley Sports Hall of Fame at the induction ceremony Saturday night at the Redwood Canyon Event Center.

Roderick Bobbitt and Juan Anderson from Castro Valley High's 2011 championship basketball team, NCAA track champion Sasha Wallace, San Jose Earthquakes star Nick Lima, soccer standout Mariah Cameron and cross country

All-American Kelsey Santisteban represented the current decade of athletes.

From past decades were footballers Mike Proulx and Michael Klews, volleyball star Alexis Kollias, barefoot water skier Scott Pellaton, wrestler Brad Vадnais and basketball standout Jackie (Wilson) Moog.

Coaches inducted were Cal's Bob Milano, Redwood Christian's Jim Cleveland and Castro Valley High's Peter Brewer. Anthony Reyes, head trainer for the San Francisco Giants, rounded out the 2018 class.

Renowned sports journalist Dave Del Grande, a Castro Valley resident, served as Master of Ceremonies for the event, which is sponsored by the Castro Valley Sports Foundation.

The Hall of Fame, established in 2010, honors athletes, coaches and other sports figures who grew up in Castro Valley, lived there for a significant period of time, or contributed significantly to youth athletics in the community.

For profiles of each of the inductees, or more info on CV Sports Foundation, visit: castrovalleysportsfoundation.org.

CV Man Competing in World Poolplayer Championships

Robert Battinich of Castro Valley and five other Alameda County residents are competing in the 2018 American Poolplayer Association Championships and Showdown Series, which began today in Las Vegas and continues through Sunday.

They are vying with more than 2,500 amateur poolplayers from the U.S. Canada and Tokyo for over \$600,000 in prize money.

Battinich, 67, a retired contractor who goes by the nickname "Poncho," has been playing pool for 18 years and is a member of Heart Of The Bay Pool League. He and Craig Nicholson, Bob

Soule — both of San Leandro — Alex Almendral of San Lorenzo, and Brad Ashmore and Ken Collins compete in weekly 8-Ball and 9-Ball League play.

They each paid a one-time entry fee of \$20-\$25 to compete in the local tournaments that won them the coveted spots in the American Poolplayer Association's Championships, which were recognized in 2010 by Guinness World Records as the "world's largest pool tournament."

The championships are being held at the Westgate Resort and Casino. For more info, visit: heartofthebay.apaleagues.com.



PHOTO: AMERICAN POOLPLAYERS ASSOCIATION

Robert "Poncho" Battinich of CV and five other local poolplayers are in Las Vegas for the 2018 Pool Player Championships and Showdown Series continuing through May 29.

SAN LORENZO TOWN HALL

Swalwell Calls For Ban on All Assault Rifles

By Jim Knowles
CASTRO VALLEY FORUM

Congressman Eric Swalwell called for a ban on all assault rifles at a town hall meeting in San Lorenzo on Saturday.

The congressman didn't just stop at banning the sale of the weapons that fire bullets at a rapid rate, but getting rid of all the ones that exist in the country.

"I think the American people are willing to sell a of a couple of F-35s (jet fighters) to buy back every assault weapon in the country," Swalwell said. "We can't just ban future sales, we need to go to the heart of the problem."

Swalwell added that he wanted to assure hunters and gun collectors that he favors a ban on the rapid-fire assault weapons only, not to ban other guns.

The automobile industry equipped cars with air bags and other features to make sure there were fewer deaths, so the gun industry should do the same, Swalwell said.

The congressman's remarks came at a town-hall meeting in the Arroyo High gym on Saturday afternoon with around 200 people in attendance. He spoke for half an hour before taking questions on a wide range of topics from health care to Russian hackers.

The Democrat from California's 15th Congressional District said he wants national health care.

"We need Medicare for everybody," said Swalwell who presents himself as someone who can work well with both Republicans and Democrats in Congress.

On sanctuary cities, Swalwell said he prefers the term "safe cities," saying that people are safe knowing that they're not going to be deported if they get pulled over.

"I don't think our police officers want to be turned into border patrol agents," Swalwell said.

A man asked about climate change and alternative energy, and Swalwell replied that the key to green energy is tying it to new jobs. People aren't going to be for something that threatens their jobs.

The third-term congressman said the Democrats made a big mistake when they just opposed the Keystone Pipeline to carry oil from Canada. Just being against something won't work, unless you have an alternative plan that will create jobs, he said.

But the alternative energy plan won't happen unless somebody steps up, he said, suggesting that the oil lobbyists and money have an influence on Congress.

"To be 100 percent renewable energy, you can only do that if you are bold enough to do it," Swalwell said.

see SWALWELL on page 3

Castro Valley Weather

Wednesday
Mostly Cloudy
High 69° Low 48°

Thursday
Partly Cloudy
High 65° Low 51°

Friday
Partly Sunny
High 64° Low 50°

Saturday
Partly Sunny
High 62° Low 50°

Sunday
Possible Showers
High 63° Low 48°

Almanac

Past Week's Rain: 00.00
Season To Date: 17.27
Normal To Date: 20.48
Season Average: 21.22

Sun sets at 7:55 p.m. today, rises at 6:18 a.m. Thursday.

Moon Phases

Apr 29

May 8

May 15

May 21

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Free Lecture on Gene Editing

By **Matthew Kaser**
CVEF BOARD MEMBER

The Castro Valley Educational Foundation will be presenting a lecture by Bruce R. Conklin at 7 p.m. next Tuesday, May 1, at the Castro Valley Center for the Arts, 19501 Redwood Road.

Dr. Conklin is a Professor of Medical Genetics at UCSF and a Senior Investigator at The Gladstone Institutes, San Francisco. He is also deputy director of the Innovative Genomics Institute at UCSF and UC Berkeley.

The rapid development of genome editing technology has opened the door to using these tools for human therapy in selective tissues.

The retina has the advantage of a limited number of cells that can be directly targeted for therapy. These properties could potentially cure blindness caused by many gene mutations that currently have no therapy.

Dr. Conklin is developing proof-of-concept therapeutic editing methods in the retina that can be expanded to other tissues, such as the heart.

The lecture is free and open to the public; students of CV schools are especially welcome.

PHOTO: GLADSTONE INSTITUTES
Dr. Bruce R. Conklin

Used Motor Oil Filter Exchange Program

Those who change their car's oil and who live in single-family homes can participate in CVSan's Used Motor Oil Filter Exchange Program from May 7 to June 15.

To participate, obtain a free Waste Management recycling kit at the CVSan office, 21040 Marshall St. and follow these steps:

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

Place the filter in the zippered bag that comes in the recycling kit, seal it and leave it next to your used oil at the curb on your regular garbage day. Notify Waste Management (510-537-5500) that you are participating in the program at least 24 hours before setting out used oil and filters.

Residents can receive one coupon per week during the program period (up to six coupons). Each coupon may be redeemed for 1 filter up to \$10 value (including tax). Coupons expire on June 30.

Visit www.cvsan.org/usedoil for more information.

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Congressman Eric Swalwell meets with constituents at Saturday's town hall meeting.

Swalwell: Responded to Many Questions

continued from front page

Swalwell said he favors a disclosure act that tells all shareholders of stock what campaign contributions the company makes.

On Russian influence of the 2016 election, Swalwell sounded convinced of collusion with the Trump campaign, which Trump denies.

Swalwell said Trump has in-

vested heavily in Russia and the Russians invested a lot in Trump, and added that the Russian hackers "delivered the goods."

Responding to a question about rent control, Swalwell said he understood how, in our economy, market forces are at work, but something seems wrong when rent increases much more than

other costs. He said he was afraid that for future generations starting a family, buying a house would be out of the question.

It appeared the entire crowd was made up of Swalwell fans. There wasn't a word of disagreement, a debated point, or a tough question. Whether that's good news or bad news is the only question.

CV Education Awards Nominations Open

The Castro Valley Educational Foundation will accept nominations through April 30 for its annual "Friends of Education" awards,

recognizing individuals and organizations in the areas of teacher, administrator, parent or guardian, classified employee and business

or organization. Visit the Foundation website at www.cvef.org/friend_of_education for the nomination form and for more info.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Senior Community Break In

Sunday, April 22: at 4:55 a.m., Sheriff's deputies responded to a silent alarm at a senior retirement community on Dolores Street near Grove Way. There they arrested a 29-year-old man from Castro Valley on suspicion of breaking and entering as well as possession of stolen property. The man was handcuffed and taken into custody.

Six Arrested at Drug House

Saturday, April 21: at 9:30 a.m., six people were arrested in connection with drug activity at a home on Seven Hills Road near Almond Road. Deputies found five people inside the home and arrested the last suspect across the street following complaints from neighbors about the suspicious activities at the house. All six people were charged with suspicion of possession of illegal narcotics and drug paraphernalia. Five of the suspects also had outstanding warrants issued for their capture. Arrested at the scene were a 34-year-old man from Fremont who was also charged with suspicion of carrying a concealed firearm, a 21-year-old man from San Lorenzo, a 26-year-old woman from CV, a 32-year-old man from San Leandro, a 26-year-old man from Castro Valley, and a 22-year-old woman from Castro Valley. Deputies took the suspects to Santa Rita Jail pending bail.

Wanted Woman

Friday, April 20: at 9:03 p.m., deputies arrested a 48-year-old woman from Oakland on suspicion of possession of illegal narcotics and illegal drug paraphernalia. The woman was also wanted as part of a warrant for her capture. Deputies stopped the woman in a parking lot on East Castro Valley Boulevard near the Interstate 580 off ramp where they discovered her stash. The woman was taken to Santa Rita Jail pending \$3,500 in bail.

Spousal Battery

Saturday, April 21: at 5:37 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to an apartment on Center Street near Grove Way. There, they arrested a 30-year-old man from CV on suspicion of assault and battery on a spouse. Deputies took the man into custody. The victim was treated at the scene.

Disturbing the Peace

Thursday, April 19: at 4:20 p.m., deputies arrested a 36-year-old man from Castro Valley on suspicion of disturbing the peace and resisting arrest. Neighbors

called to complain about the man's overly loud music booming in the backyard of a home on Heyer Avenue near Corey Way. Deputies asked the man to turn down the music but he became belligerent. The man was handcuffed and taken into custody.

Can't Stay Away

Thursday, April 19: at 12:05 p.m., a 29-year-old man from Castro Valley on suspicion of violating a court-issued restraining order against him, suspicion of assault on a juvenile, and possession of illegal narcotics. The man was also wanted as part of a warrant issued for his arrest. Deputies approached the man at a home on Crow Canyon Road near Norris Canyon Road where they positively identified him and handcuffed him. The man was taken to Santa Rita Jail pending \$10,000 in bail.

Domestic Assault

Wednesday, April 18: at 10:35 p.m., deputies arrested 29-year-old woman from Antioch (Contra Costa County) on suspicion of assault on a family member. An

see **REPORTS** on page 6

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The Week Ahead

● Thursday, April 26: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting at 7 p.m. tomorrow in the District Board Room, 4400 Alma Ave. Visit bit.ly/CVUSDBBoardMeetings for the complete agenda and board packet.

● Friday, April 27: First of 5 Friday Cooking Classes

The Kenneth Aitken Senior Center at 17800 Redwood Road will hold five free weekly Senior Nutrition and Cooking Classes from 1 to 3 p.m. beginning this Friday, April 27, which will teach skills to live healthier, happier lives. Enjoy cooking demonstrations and light exercise with your friends. Call 510-881-6738 to reserve your spot, space is limited.

● Saturday, April 28: Chinese School Open House

MERC Hayward Chinese School is hosting an Open House from 9 a.m. to noon this Saturday at 22100 Princeton St., Hayward. MERC, a nonprofit organization, has been offering Saturday Chinese School and Cultural Enrichment Classes (Chinese Calligraphy, Chinese Brush Painting, Abacus, Mixed Media Painting and Craft) in the community for over 20 years. Visit www.haywardchineseschool.org

● Saturday, April 28: Joint School Board & Oversight Meeting

The Castro Valley Board of Education will hold a special joint meeting with the Measure G Citizens' Bond Oversight Committee at 1 p.m. this Saturday at the District Office, 4400 Alma Avenue. The agenda is available at bit.ly/CVUSDBBoardMeetings

● 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 this Saturday at Root Park, 1033 E.14th St. in San Leandro. Growers will be there to answer questions. Visit sanleandrodahliasociety.org or SLDS.club for more info.

● Saturday, April 28: Meet Your Jewish Neighbor

Learn about your Jewish neighbors at a forum presented by Eden Area Interfaith Council from 2 to 4 this Saturday at the Castro Valley Library, with Jewish community leaders 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 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: Tot Talk

Congregation Shir Ami invites children up to 5 years old and their parents to its free monthly Tot Talk program from 11:30 a.m. to 12:30 p.m. this Sunday. Learn a little bit about being Jewish, socialize, and have fun. The theme will be Israel. Congregation Shir Ami is a small, friendly, Reform synagogue at 4529 Malabar Ave. in Castro Valley (off Redwood Rd.). To attend, RSVP to Bonnie at bonnie@congshirami.org or visit www.congshirami.org or www.facebook.com/CongShirAmi.

● Tuesday, May 1: Ohlone Audubon Meeting

Gerry McChesney, Wildlife Refuge Manager for the Fish and Wildlife Service, will talk on Restoring Common Murres to Devil's Slide Rock at the next meeting at 7:30 p.m. Tuesday at the San Leandro Library, 300 Estudillo Avenue. Meetings are free, refreshments are served. For more info, visit www.ohloneaudubon.org

● Tuesday, May 1: Buon Tempo Family Dinner

Everyone is invited to the Buon Tempo Italian/American Club dinner Tuesday at Mt. Tabor Hall, Transfiguration Church, 4000 E. Castro Valley Blvd. Chef John Tandi will be cooking up a five-course family-style dinner of pasta pesto/chicken. Happy hour at 6:30 p.m. Make reservations (\$15 members, \$20 non-members) by this Friday, April 27, by calling 510-483-6929. For more info visit www.buontempo.org.

● Tuesday, May 1: Lecture on Genome Engineering

The Castro Valley Educational Foundation will present a lecture by Prof. Bruce R. Conklin of UCSF at 7 p.m. next Tuesday, May 1, at the Castro Valley Center for the Arts. He will speak on the rapid development of genome engineering in such areas as a potential cure for blindness. The lecture is free and open to the public; students of Castro Valley schools are especially welcome.

● Tuesday, May 1: The Coming Economy

Ben Bauer of the Delta Lending Group will discuss the impacts of the Tax Policy and Great Financial Crisis Monetary Unwind at the next buffet luncheon meeting of The Rotary Club of Castro Valley, from noon to 1:30 p.m. Tuesday at Redwood Canyon Golf Course, 17007 Redwood Road. The current path of policy, along with recent tax reform impacts on interest rates, markets and economic activity for 2018 to 2020 will be examined. The cost of lunch is \$20 and reservations must be made by 9 a.m. Monday by contacting Rotary President Jim Negri at 650-996-9173 or ciaojim_cvrotary.org. Visit castrovalleyrotary.org

● Wednesday, May 2: Social Justice Group Meeting

Marylia Kelley, the executive director of Tri-Valley Cares, a group dedicated to working towards a world without nuclear weapons, will be guest speaker at the next meeting of the Pax Christi/Social Justice Group of Our Lady of Grace Church, from 7 to 9 p.m. next Wednesday, in the Augustine Center behind the church at 3433 Somerset Avenue. All are welcome. For info, contact Dennise at dcburgess1@juno.com.

● Wednesday, May 2: Virtual Town Hall on Trash Dumping

Illegal dumping is a regional issue that is a threat to our environmental and public health. Everyone deserves to live in safe, clean and beautiful neighborhoods. Join Alameda County Supervisor Nate Miley for his "Real Trash Talk" live-streaming Town Hall meeting at 6:30 p.m. on May 2nd at www.facebook.com/events/1685661228168855/

● Thursday, May 3: Parkinson's Support Group

The San Leandro Parkinson's Support Group will hold an open discussion at its next meeting at 10:30 a.m. on May 3 at the San Lorenzo Community Church, 945 Paseo Grande. For information, call Lona White at 510-276-3119.

● Saturday, May 5: "Swing Into Spring"

Enjoy live, big-band music at the library on Saturday, May 5 at 2

p.m. as *In Full Swing*, a 20-piece Bay Area favorite big band performs under the direction of Milt Bowerman in the Chabot Room of the Castro Valley Library. You'll want to get up and dance!

● Saturday, May 5: Stephen Ministry Workshop

Redwood Chapel at 19300 Redwood Road will host a Stephen Ministry Introductory Workshop from 9 a.m. to 1 p.m. on May 5. Registration begins at 8 a.m.; refreshments will be served. This half-day, 3-session workshop is designed to help congregations strengthen their caring ministry through equipping laypeople as caregivers with skills they can use right away. The cost is \$15 per person or \$50 for four or more from the same congregation. For more information or to register, call 314-428-2600 or visit www.stephenministry.org/workshop.

● Saturday, May 5: 'Empty the Shelters' Pet Adoptions

"Chihuahua Palooza & Bissell Pet Foundation's Empty the Shelters" pet adoption event will be held from 1 to 5 p.m. on May 5 with dogs, puppies, cats, kittens, bunnies and a Guinea pig at the Hayward Animal Shelter, 16 Barnes Court. Small dog adoptions will be just \$20. For info, visit www.facebook.com/haywardanimalshelter and bissell-petfoundation.org/ets to see participating shelters.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

● **"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. this Friday and Saturday, April 27-28 and at 2 p.m. on Sunday at the Castro Valley Center for the Arts. *For tickets (\$15, \$20), see above.*

● **Castro Valley High School Choir Concert** will be presented at 7 p.m. on Friday, May 11. *For tickets (\$10-\$12) see above. Note that all prices for school events will go up the day of the show.*

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.

AT THE GALLERIES

● **"Creating Our Future,"** an art exhibit by students from the Castro Valley, San Leandro, San Lorenzo and Hayward school districts, will be on display at Foothill Gallery, 22394 Foothill Blvd. in Hayward from May 1 to May 31, sponsored by the Hayward Arts Council and Seneca Family of Agencies. A public artists' reception will be held from 5-7 p.m. on Thursday, May 3. Gallery hours are 10-4 Wednesday-Friday.

● **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. this Saturday, April 28, at the gallery at 1099 E Street in Hayward. 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

CASTRO VALLEY FORUM

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Dwight Roberts Golf Tourney

On the last day of March, just as the air began to warm, Dwight Roberts of Castro Valley prepared for his Annual Birthday Golf Tournament at Las Positas Golf Course in Livermore.

He has hosted the tournament on Good Friday for the last 23 years and this was to be the best one yet.

As the tee times filled with the names of family and friends from throughout the Bay Area, Robert's thoughts fell to those of his days on the Hayward High School Golf Team back in 1971. Four of his fellow teammates, Ed Pestana, Rich Morris, Tom Matthews and Scott Christian still play together, to this day, and have done so for over 45 years.

The most surprising participant, however, was Dwight's wife Julie Roberts. A 10-year cancer survivor, Julie hadn't played a round



Dwight Roberts and wife Julie

of golf in 5 years but was set on playing today and wow did she impress.

Paring the first hole right out the gate was only the beginning as she made her way around the course as her long time friend Mary Vanderheiden, son Dustin and future daughter in law Kirsten Warner watched in amazement. As she hit

the ball straight down the middle, tink...tink...tink, with incredible consistency. Soon the round was done and the group gathered in the club house where Dwight took the podium to announce the winners:

"The A Flight winner is Ed Pestana with a 76, the B Flight winner is Tim Sharrock with an 88 and... uh...WOW...the winner of the ladies group with a 102, is my wife, Julie Roberts!"

To thunderous applause, Julie made her way to the podium for the infamous trophy picture, knowing that her name would be etched on the perpetual trophy before the name of her husband, who has yet to win his own Birthday Golf tournament, forever!

Although his day will come, having Julie win was truly a birthday wish come true, making it "a really Good Friday!"

—Dustin Roberts

Students' Exhibit to Open at Foothill Gallery

By Danielle Vanaman
SPECIAL TO THE FORUM

"Creating our Future" featuring the works of students will open this Tuesday, May 1, at Foothill Gallery in Hayward. A public reception will be held from 5 to 7 p.m. on May 3, when live performances will feature students' poetry, music, and artwork.

This exhibit is a collaboration between Seneca Family of Agencies, Hayward Arts Council, and school districts in the area.

Seneca is a local nonprofit mental health agency with a mission to provide unconditional care to children and families through a

continuum of services, including school-based and community based mental health services.

The exhibit will feature art from Seneca's programs, which are bringing high quality mental health services to public school campuses, focusing on supporting students' successful return to mainstream education settings while partnering with families to create lasting change.

Students from the 3rd through 12th grades will showcase their art at the month-long exhibit. All proceeds from sales will go directly to the young artists to support their continued creative endeavors and education in the arts.

Several of the participating artists are seniors who will be graduating at the end of the year, using the show to practice and develop marketable creative skills that can lead to real-world job opportunities.

One featured artist – a graduating senior – said, "It gives excitement to kids that people are looking at their art, so that they feel like real artists. If these kids want to be artists, it's important to show them that people support them. It gives them a start. The show can lead to greater things... they could go to art school, put pieces in a museum, become an artist!"

Foothill Gallery is at 22394 Foothill Blvd., Hayward.



AUTISM AWARENESS MONTH: April is Autism Awareness Month, so students and staff in Jessica Riley's special education class at Marshall Elementary all put their handprints on a big poster to show their support and acceptance of individuals with autism. It read: "Autism Awareness Month Marshall Elementary 2018." For the picture, everyone wore blue on Friday April 13th to show their support.

HEALTH & FITNESS

How to Jump-Start Fitness Goals

Fitness is central to your well-being and ability to enjoy life to the fullest, however it's easy to get stuck in a rut. How do you find new interest and motivation so you're ready to maximize the warm weather months?

Dan Gaz, physical activity and assessment program manager at the Mayo Clinic, says there are many things people can do to get a jump-start on their health and wellness.

"Fitness doesn't have to be complicated or boring," says Gaz. "There are many creative ways to implement fitness activities into your life that are both fun and invigorating."

Gaz suggests five simple ways to get a jump-start on summer fitness and energize your workout routine:

Try Something New

Gaz says getting outside your comfort zone can be beneficial to your health. "Trying something new helps keep your fitness plan fresh. Plan a visit to the local farmers market to pick up produce. Sign up for a 5k run, or look at your local community education or rec center class catalog and sign up for activities. The social dynamics of these types of events benefit mental as well as physical health."

Get Outside

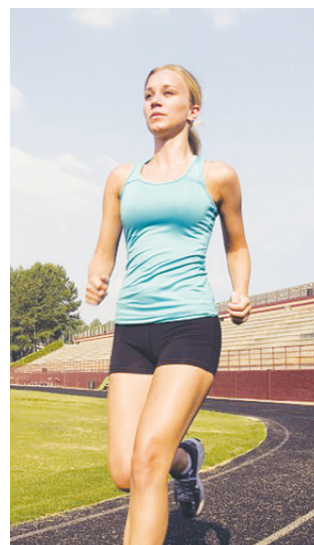
Just getting outdoors is rejuvenating, says Gaz.

"Taking a walk is a nice change of pace that is good for the body and mind," he says. You can go for a walk, run or take a stroll around a local park. Just being outdoors shakes things up and you may find higher levels of energy as you breathe in the fresh air."

Plus, getting a daily dose of vitamin D from the sun does the body good.

Bring Friends

"It's no secret when you work out with other people they tend to hold you accountable, but there's also more benefit than just that," says Gaz. "When you take an exercise class, join a running club or biking group, you may end up pushing yourself harder."



"The people next to you become your exercise advocates and suddenly, you'll have the desire to keep up and do more. This can accelerate reaching your fitness goals."

Rethink commuting

Anything you can do to break up the monotony of sitting is a good thing. Be creative in how you travel throughout the day.

"If possible, walk or bike to work or the grocery store, Gaz says. "You can also take the bus, get off a couple blocks early and walk the rest of the way. A little planning ahead of time can help you accomplish multiple things at once: You're getting exercise, completing an errand and reducing your carbon footprint."

Be Purposeful

"You may only have a few minutes a day to dedicate to exercise, but that doesn't mean you can't make a big impact "Being purposeful with your choices is important," says Gaz. "For example, use intervals in your workout routine to maximize outcomes. If you enjoy walking, do a brisk 30 or 60 seconds, then walk slower for the same period of time before pushing yourself again. This type of interval training is simple, yet highly effective. It works similarly for other activities like swimming, biking and running."

More tips about improving your health with creative approaches to exercise are available at healthisliving.mayoclinic.org.

Senior Health and Wellness Fair Next Thursday, May 3

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

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11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your Castro Valley Home for Sale

Castro Valley - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether.

In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-844-767-8796 and enter 4003. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

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Dr. Pavi



Happy Birthday!

Laura Martell, a longtime resident of Castro Valley, recently celebrated her 95th birthday with her five children, three of her grandchildren and two of her great-grandchildren and many friends at her home where there were reports of plenty of laughter and reminiscing.

Reports: CV Arrests From Last Week

continued from page 3

emergency call about an argument sent deputies to a home on Regent Way near John Drive. The woman was taken into custody. The victim was treated at the scene.

Suspected Car Thief Turns Out to be Drunk

Monday, April 16: at 7:43 p.m., deputies arrested a 27-year-old man from Castro Valley on suspicion of public intoxication. A woman called the Sheriff's department to report a suspicious person peering into cars on Wilbeam Avenue near Norbridge Avenue. The suspect then jumped into the passenger seat of the woman's car explaining that he was getting inside. When the woman protested, the suspect fled to a red van parked nearby. Deputies approached the van only to find the suspect inside but unable to stand or walk in a straight line. His blood-alcohol content was more than twice the legal limit. Deputies took the suspect into custody.

ATHLETES OF THE WEEK



Canyon Condors Wrestling Team

This week's Athletes of the Week are the members of the Canyon Middle School's Wrestling team who finished their 2018 season at the East Bay Coastal League tournament at Albany High School on Saturday, March 24. Canyon's boys teams came out strong and wrestled tough. Sixth-grade boys team finished in Third Place, the seventh-grade boys dominated their way to a First Place finish, and the eighth grade boys finished in Second Place.

The seventh-graders (2017's sixth grade Champions) were determined to capture the second team trophy and make a run at another championship. All of the wrestlers fought hard for the team and they were able to repeat their championship.

The eighth-grade boys team accomplished a Second Place finish, with only 4 wrestlers in the tournament. All 4 boys placed in the top 3, and 3 of them won individual championships.

CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



Golden Gloves State Finals Draws Crowd

The 2018 California Golden Gloves State Finals were held at the Hayward Adult School on April 13-14, hosted by volunteer boxing coach Sgt. Oscar Perez and the Alameda County Deputy Sheriff's Activities League (DSAL) Boxing Academy.

It was the first time an event of this magnitude – one of the most decorated amateur boxing tournaments in the nation – has been held in the Hayward and the Un-

incorporated Area of Cherryland. Each State sends its Golden gloves champions to compete in a National championship, which will be held in Omaha, Nebraska this year.

The DSAL Boxing Academy was asked to host the regional and state finals of the Golden Gloves State Tournament because of its previous amateur boxing shows, which displayed professionalism, organization and a unique connection with a public safety entity.

The Academy will continue to host amateur boxing events at this location so local residents can enjoy a night of quality boxing while connecting with sheriff's deputies in a natural and positive manner.

Close to a thousand were in attendance for the 16 bouts over the two nights, where there was also food and music. Seven deputies worked both nights of the event with 10 Sheriff's Office Explorers and seven Cadets.

SPORTS NOTES

Soccer Referee Classes

The Castro Valley Soccer Club will conduct referee classes from 6:30-9:30 p.m. at the CVSC office on Thursday and Friday, April 26-27, and from 9 a.m. to noon on Saturday, April 28 at the Canyon Middle School's football field. Upon successful completion of this grade 8 class, each student will receive a soccer referee license good throughout the USA. There is online studying and testing which must be completed before the above class times, and all student are required to attend all of the above sessions to receive their badge (license). The class is open to all persons age 12 (by Aug. 2018) and above. Referees are generally paid for their services, so this is both an excellent opportunity to be involved in soccer, serve the community and make some money. If you are a parent

or a coach, you might really enjoy learning about this side of the game. It'll help you coach more effectively, and bring you closer to what and why your kids are doing on the pitch. CVSC is sponsoring this class. There is a class fee of \$15 for CVSC members or \$20 for non-members. For sign up info or questions, email us at: referees@castrovalleysoccer.com.

Castro Valley Little League

The Castro Valley Little League will continue its \$500 College Scholarship award, begun last year in memory of former CVLL President Joe Kinsella. Requirements include that applicants must have played baseball for CVLL for a minimum of 5 years. This year's application can be found by clicking the College Scholarship tab on the CVLL website: castrovalleylittleleague.org

CVHS TENNIS RESULTS

Alameda at CV on Tuesday, April 17
CV 7, Alameda 0

SINGLES:

1. Edward Wang (CV) - Maxwell Conlin 3-6, 7-5, 10-5
2. Micheal Chu (CV) - Leo Bauer 2-6, 6-2, 7-5
3. Spenser Lin-Jones (CV) - Raymond Yao 6-2, 6-0
4. Colby Fong (CV) - Matthew Hung 6-1, 6-1

DOUBLES

1. Leon Chen / Dustin Fong (CV) - Gian Jcgar / Colin Yee 6-0, 6-4
2. Alex Low / Gabe Priem (CV) - Jeremy Chen / Lawrence Xu 6-1, 6-3
3. Scott Coleman / Ashir Gupta (CV) - Ethan Kim / Brandon Fong 6-1, 6-1

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*Coupon is for a limited time only and expires June 30, 2018. Details on the coupon. Please call WMAC's Customer Service Center, Monday-Friday 8:00 a.m. – 5:00 p.m. at (510) 537-5500. CVSan reserves the right to alter or cancel the program at any time for any reason.

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From the Boulevard: Stephen Hawking and Castro Valley

*"I'm not afraid of death,
but I'm in no hurry to die.
I have so much I want to do first."*
— Stephen Hawking, 1942-2018

By Thomas E. Lorentzen
SPECIAL TO THE FORUM

The recent passing of one of the greatest minds of the 20th Century, Stephen Hawking, provides a reason to pause and reflect. There was a lot we had in common with him – all of us here in Castro Valley and around the world.

He, like us, wondered about things. Gifted with a brilliant mind, his scientific research, discoveries, views and writings have

drawn comparisons to Einstein, Galileo and Newton. He became a "theoretical physicist" who embarked upon a life journey with a succinct objective: "My goal is simple. It is a complete understanding of the universe, why it is as it is and why it exists at all."

It was a grandiose goal, but one that has perplexed humankind throughout eternity. Among our tools are science, mathematics, religion and philosophy. We rarely get to first base, but we do wonder.

As a little kid growing up in CV I wondered about the type of things that Hawking did. It was the early '50s and I would sit by Castro Valley Creek and think

about things – about whether God existed and where the earth came from and how and why the universe existed. Like countless others, I wondered about the meaning of life.

While deliberating I would watch what was occurring in the creek and along its banks. It was intriguing to observe the motions of the water, as well as the creatures, plants, trees and other forms of life as they danced to the circumstances and seasons that impacted their routines. When I wanted to carry these thoughts to a higher level I would climb up and sit in a walnut tree in our front yard. I was alone with my contemplations, although, in



Stephen Hawking
1942-2018

retrospect, I think our neighbors watched me sitting alone in the tree and thought I was a little odd.

Given these exercises, Stephen Hawking and I were on similar

paths of exploration. But, by the age of nine my limitations became obvious and surrendered to the pursuit of happiness and a good life. Hawking however, continued forward on an elevated trajectory toward a more complete understanding of everything that we wonder about. He had a level of brilliance and perseverance I lacked.

The impact Hawking had on our knowledge of physics, mathematics and the ways of the universe were profound. Yet, he did not achieve his ultimate objective – to understand everything about the universe. There was just too much to learn and too much that was unlearnable.

Einstein had a similar objective, but also did not reach the unreachable star of human knowledge. Despite their brilliance, even the most profound scientists have limitations. Yet, both Hawking and Einstein had a quality in common from which we can learn and emulate. It was not just about the scientific method, but about the art of life.

Hawking, who suffered from ALS – a severely debilitating disease with a high mortality rate, dealt with the disease with great courage and even humor. Einstein experienced the near collapse of Western Civilization in Europe and the prohibition of free

see LORENTZEN on back page

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LETTERS TO THE EDITOR

FREDZ@EBPUBLISHING.COM



Accuses County of 'One Blunder After Another'

Editor:

I am taking my hat off to Margaret Trindell ("Appalled by Newly Created Paseos," Letters, April 18) for speaking out about

the foolish ways money is spent by incompetent decision makers on projects that have no positive impacts on our daily lives.

I am delighted to learn that I am not the only one that feels money is being spent without

planning, goals or thinking of the repercussions.

It is so obvious these decision makers should be replaced by better planners and public minded individuals.

Castro Valley has citizens sleeping under freeways, bridges and in cars. We are not on Champs Elysees nor Via Veneto. The \$4.8 millions spent on the new project at the Daughtrey's Bldg, something that in 6 months will become an eye sore, could

have been spent to help our less fortunate citizens and fill the potholes in our streets.

I must also comment that for years this Bldg. has been in many planning phases. I am no contractor or builder, but it seems to me that when a decision is finally made, all this new parking lot and paseo will be destroyed when heavy equipment and scaffolds take over the renovations. Did anybody think about that?

I cannot believe what is going on. Yet, one blunder after another, these decision makers still have a job and with the authority to throw more money away.

—Josie Pastorino, Castro Valley

That Trump's poll numbers have been the lowest of any recent president's is no surprise to most American's who have watched in dismay and even horror at the train wreck that is the Trump presidency.

We have at the helm a man who makes decisions affecting our whole nation and even the whole world based solely upon whim because he thinks he is so smart that he needs no background or information about things he really knows little about. Truly horrifying to the majority of Americans!

—Luz Boucher, Castro Valley

South, stopping all lanes.

The officer than jumped out of his car (after checking to ensure it was safe to do so) and quickly moved a large piece of furniture that was in the right two lanes. He moved quickly, safely and efficiently. After he moved the furniture out of the traffic lanes, he got back into his car, turned off his lights and all of us went on our way.

It would be easy to overlook his act, but we should not. Our First Responders are doing services like this all the time and largely go unrecognized for their efforts.

On behalf of all of us on the road April 11 at 10:40 a.m., thank you for helping by putting yourself at risk to ensure that all of us would be able travel safely. We do not know who the CHP Officer was, but it reminded us to be thankful for all of our First Responders.

I am sure a simple "thank you" anytime we see one in uniform will be a great encouragement to those who serve all of us. We are so blessed to have these men and women placing themselves at risk every day as needed.

P.S. We loved the recent letter thanking the man who lived on Edwards Avenue who drove Linda Perez to the hospital on Easter Sunday! Warmed our hearts!

—Bruce D. & Linda Lee Johnson
Castro Valley

Obituaries

BUENO, Joseph Jake & Patricia Ann
COPPES, Judith Annette
DANG, Dana
McKAY, Josephina

■ **McKAY, Josefinia McKay**, passed away peacefully at her home in Oakland on April 13, 2018 at age 88. Funeral services will be held on Saturday, May 5, at 10 a.m. at Corpus Christi Church in Piedmont.

■ **DANG, Dana:** Valley Hair and Nail Design will be having a Celebration of Life for our dear friend Dana Dang who passed away April 5, 2018. It will be on Sunday, May 6th from 1 p.m. - 3:30 p.m. at 3300 E. Castro Valley Blvd., Castro Valley. Everyone is welcome.

Judith Annette Coppes

May 12, 1939 - April 6, 2018



Judith Annette Coppes was born March 12, 1939 in Compton, California and passed away on April, 6, 2018 due to complications from lung cancer. She is survived by one sister, Janice Gregorio from Stockton, Ca and three sons, Scott, Russell and Christopher.

Judy passed at the age of 79. She battled lung cancer for 2 years but finally succumb her battle. Judy was married in 1958 to Russell H. Coppes, they had three sons Scott, Russell and Christopher. She was also survived by five grandchildren, one great grandson and two great great grandchildren.

Judy was a devoted mother and caregiver for her mother Irene Gregorio. She worked as a Supervisor at the Alameda Fair Grounds for over 10 years. Judy enjoyed taking trips, especially senior trips. She was a devoted San Francisco Giants fan and loved going to games periodically with her sons.

As per Judy's wishes, no services will be held.

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July 6, 2005



Our Mom
Patricia Ann Bueno
January 18, 1943 –
March 28, 2018

Beloved by their children (spouses): Jakie (DeeDee), Doreen (Alex) and Anthony "Cricket" (Paula) and their grandchildren: Danielle, Jonathan, AJ and Teresa and their great grandchildren: Kyla, Tommy and Jacob.

Our Dad is survived by his 99 year old mother, Geneva Bueno, and brothers (spouses): Frank and Kenny (Hilda).

Our Mom is survived by her siblings (spouses): Vickey (John), Mickey (Sue), Birdie and Charlene (Kermit).

Not to mention all those who loved them: adopted children, aunts, uncles, cousins, nieces, nephews and friends.

They were the BEST parents a child could ask for because they truly loved and wanted us. Since they loved us with their entire being this loss is felt to the depths of our souls. They were our inspirations and aspirations. We will love them for eternity and we are NOT saying goodbye, but rather until we see you again Mom and Dad (kisses and huggies).

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Crematory**
21228 Redwood Rd.,
Castro Valley
581-9133

**Charles Adolf
Herbert**
Jan. 23, 1928 - Apr. 12, 2018

**David Roger
Sibley**
Mar. 17, 1943 - April 23, 2018

VISITATION
Sunday, April 29
Noon - 2:00 p.m.
FUNERAL SERVICE
2:00 pm
Jess C. Spencer Mortuary

FD 1168 CR49

Glad To See the Changes Around Daughtrey Bldg.

Editor:

In the April 18 letters, Margaret Trindell was appalled at construction of the new paseos. Making our community more hospitable, more beautiful, and more connected is a good thing.

I'll take a turn at watering the plants if there is no plan in place, as would a number of people I know.

There is so much more to be "appalled" at than a few plants, new seating, pretty lights, better parking, and a place to hang out in our small town.

I, too, have lived here for 20 years and am glad to see something finally being done with the eyesore that is the vacant Daugherty building and surrounding area.

—Laura Jones, Castro Valley

Takes Issue with Letter on Trump's Approval Rating

Editor:

Re Jane Mason's ("Hypocrisy of Democrats and the Liberal Media Seem to Have No Bounds," Letters, April 18) assertion that polls have Trump's approval rating at 51% which is higher than Ex-President Barack Obama's at the same time in his presidency – I am compelled to state some facts behind this assertion.

Among 88 polls released, Trump likes to quote from the poll which gives him his highest approval ratings – the Rasmussen poll – which did indeed have Trump's approval rating at 51%.

Three of the most recent and most reliable polls, however, have his approval ratings as low as 39%. The average of all polling data have him no more than 42% while Obama's were between 63.3% & 47.7% in '09 and '10, respectively.

CROSSWORD PUZZLE ANSWERS

L	A	V	S	A	S	S	E	R	R	S
E	L	I	K	I	T	H	G	A	I	T
V	I	S	C	E	R	A	L	O	N	L
C	A	T	R	E	P	T	I	L	E	
B	R	O	N	C	O	P	E	R		
Y	O	U	H	U	B	G	I	V	E	N
T	A	N	G	T	E	A	P	I	P	E
E	N	T	E	R	E	L	F	S	E	W
		O	I	L	L	A	D	I	E	S
T	A	B	L	O	I	D	J	O	T	
B	R	I	O		V	I	S	I	G	O
A	G	O	G		E	M	I	T	R	O
R	O	S	Y		S	E	R	A	S	P

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.

HOROSCOPE by Salomé

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- ARIES (March 21 to April 19)** You've set a fast pace for yourself. But as you approach your goal, you might want to slow down a bit in order to take time to reassess your situation and make changes while you can.
- TAURUS (April 20 to May 20)** Patience continues to be a virtue for the Divine Bovine. So as eager as you might be to get things moving, remember that time is on your side. Make good use of it.
- GEMINI (May 21 to June 20)** There's a wee bit of uncertainty in the early part of the week. But things clear up as more facts come to light. Spend quality time this weekend with family and friends.
- CANCER (June 21 to July 22)** An old friend's return could open new possibilities for both of you. But don't let yourself be rushed into anything. There could be some factors you haven't yet explored.
- LEO (July 23 to August 22)** This week offers a challenge you're raring to take on. And while eager to get started, do so slowly so that you can focus those sharp Cat's Eyes on every detail.
- VIRGO (August 23 to September 22)** Put your skepticism aside and listen to advice from colleagues who've been where you are now. What they say could be helpful as you get closer to a decision.
- LIBRA (September 23 to October 22)** A family matter might again require your reassuring touch. Handle it, as always, with kindness and fairness, even if some of your kin prove to be especially difficult.
- SCORPIO (October 23 to November 21)** Your ability to tackle even the most intricate details of a project is likely to impress some very important people. A relative shares news later this week.
- SAGITTARIUS (November 22 to December 21)** The Archer's aim might be focused on the big picture this week, but don't overlook checking for those details you might have missed.
- CAPRICORN (December 22 to January 19)** You might feel awkward asking for assistance, but who would refuse the charming Goat's request? Do it, then go ahead and enjoy a musical weekend.
- AQUARIUS (January 20 to February 18)** Pour some cold water on that simmering misunderstanding before it boils over. The sooner things settle, the sooner you can move ahead with your plans.
- PISCES (February 19 to March 20)** You're in a highly productive period, which you feel can go on forever. But you could be courting exhaustion. Take time out to relax and restore your energies.

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

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Canyon Views for Miles in this Prestigious Palomares Hills home. This private 3 bedroom, 2.5 bath home features a bright, open floor plan, see-through gas fireplace, dual zone heating and air conditioning with electric filter, fresh paint, and spacious living and dining areas. Cheerful kitchen with granite countertops and gas stove. Spacious master suite with connecting private office, double closets and large bathroom. Enjoy this private setting with gorgeous canyon views and no rear neighbors. Community amenities include Olympic sized pool, walking trails, park, tennis and basketball courts, and private security. Award winning Castro Valley school district.



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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Anxiety Prompting Attempts to Time the Market

A seller called and said, "We've been watching the market and think that, since the bubble is about to burst, we need to sell."

That same week a buyer commented; "Since the market will collapse soon, we will wait to buy until after the fall."

Although one was selling and the other buying, they both had one thing in common.

They were trying to time the market. It's not a new idea - whether stocks, bonds, commodities or houses, investors are always trying to time the market. The concept is simple: buy low, sell high. Problem is, it is extremely difficult to do and most people miss the mark.

A simple exercise demonstrates this: get a pen, piece of paper and an accomplice. Draw a line downward on the page and suddenly reverse, drawing up. The moment you reverse, have your accomplice yell, "NOW!!" By the time they respond, you are already part way back up the page. They missed the bottom.

Try again, this time going UP. When you reverse downward, they again say, "NOW!!" No mat-

ter how fast they are, they will again miss the exact moment of the redirection.

It's the same with any commodity. No matter how much research you do, at the end of the day, the best you can do is make an educated "guess." Sometimes you will get it right and sometimes ... not so much.

This is evidenced by the scores of buyers who insisted the market would collapse years ago and therefore refused to buy. In the meantime, the market has continued to climb and many can no longer afford to get in. Even when the market *does* reverse, it may never again go as low as it was when they made their decision to wait it out.

The idea of timing the market is

usually founded on the fear of losing money. Many lose sight of the fact that, at the end of the day, the primary goal of home ownership is to have roof over your head, not to score big on your home as an investment. If you manage to make money on your home, that's a bonus.

In reality, as long as you have a roof over your head and can afford the payments that is what really matters. Time in the market instead of timing the market. And, incidentally, the current market is *not* a bubble.

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.

OPEN HOMES

SATDAY & SUNDAY
APRIL 28TH & APRIL 29TH



CITY	SAT	SUN	ADDRESS	PRICE	BD/RS/BATHS	REALTOR	AGENT	PHONE
A	1-4	1-4	14642 Outrigger Dr.	\$450,000	2/1	United Brokers RE	Tere Lee	510-305-8827
A	—	1-4	14844 Lark St.	\$550,000	2/1	Re/Max Accord	The Lovewell Team	510-351-5555
C	1-4	—	22175 Dolores St.	\$559,000	2/1	Re/Max Accord	The Lovewell Team	510-351-5555
C	1-4	1-4	4238 Gem Ave.	\$650,000	2/1	J. Rockcliff RE	Kristy Peixoto	925-251-2536
S	2-4:30	2-4:30	11743 Cranford Way	\$849,000	3/2.5	Marvin Gardens RE	Greg Novak	510-472-4770
A	1-4	1-4	14879 Lark St.	\$900,000	3/2	Berkshire Hathaway	Cathy Brent	510-381-1065
D	1-4	1-4	4801 Valerio St.	\$1,195,000	4/2.5	J. Rockcliff RE	Lisa Ferraris	925-251-2583

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

Free Trees for Alameda County Residents

In celebration of National Arbor Day this Friday, PG&E is partnering with The Arbor Day Foundation to provide free trees for some residents in Castro Valley, San Leandro and San Lorenzo. Alameda

County, specifically those in San Lorenzo, San Leandro and Castro Valley.

The free trees for PG&E customers are available through Energy-Savings Trees, an Arbor Day

Foundation program that helps conserve energy and reduce energy bills through strategic tree planning. The free trees will be available to the first 625 customers who sign up.

Customers can order a free tree by visiting www.arborday.org/pge. An online tool helps customers estimate the annual energy savings that will result from planting trees in the most strategic location near their homes or businesses.

Tree species available are But tonbush, White Fringe tree, Red-bud and Cornelia Cherry Dogwood. The tree will be delivered in the mail free of charge.

Customers living in High Fire Threat Districts or near power lines should plan before you plant to avoid future conflicts with power lines.

RECENT HOME SALES

San Leandro

1364 Benedict Drive	94577: \$699,000	3 BD - 1,570 SF - 1941
1997 Charlotte Avenue	94577: \$500,000	3 BD - 1,028 SF - 1944
1011 Greenbrier Court	94577: \$785,000	3 BD - 1,775 SF - 2007
2096 Hillside Circle	94577: \$915,000	4 BD - 2,089 SF - 1975
868 Linwood Way	94577: \$720,000	3 BD - 1,355 SF - 1947
329 Suffolk Drive	94577: \$673,000	3 BD - 1,471 SF - 1943
2175 167th Avenue	94578: \$721,000	3 BD - 1,769 SF - 1977
301 Caliente Drive	94578: \$390,000	2 BD - 1,060 SF - 1980
16006 East 14th Street	94578: \$370,000	1 BD - 811 SF - 1987
15675 Liberty Street	94578: \$693,000	3 BD - 1,600 SF - 2014
432 Linnell Avenue	94578: \$663,000	4 BD - 1,278 SF - 1952
1932 Manchester Road	94578: \$525,000	2 BD - 1,520 SF - 1948
2016 Manchester Road	94578: \$785,000	2 BD - 969 SF - 1947
14702 Midland Road	94578: \$675,000	3 BD - 1,454 SF - 1948
16363 Saratoga Street	94578: \$388,000	2 BD - 947 SF - 1981
1432 Hubbard Avenue	94579: \$700,000	4 BD - 1,749 SF - 1953
TOTAL SALES:	16	
LOWEST AMOUNT:	\$647,500	MEDIAN AMOUNT: \$900,000
HIGHEST AMOUNT:	\$1,065,000	AVERAGE AMOUNT: \$868,700

Castro Valley

5072 Elrod Drive	94546: \$647,500	2 BD - 1,102 SF - 1949
18807 Sydney Circle	94546: \$910,000	4 BD - 1,901 SF - 1991
5728 Cold Water Drive	94552: \$821,000	3 BD - 1,944 SF - 1966
5644 Greenridge Road	94552: \$900,000	4 BD - 1,842 SF - 1960
7803 Pineville Circle	94552: \$1,065,000	4 BD - 2,340 SF - 1996
TOTAL SALES:	5	
LOWEST AMOUNT:	\$520,000	MEDIAN AMOUNT: \$960,500



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THE FORUM CROSSWORD

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15			16						17			
		18				19		20				
21	22				23		24					
25				26		27		28		29	30	31
32			33		34		35		36			
37				38		39		40		41		
			42		43		44		45			
46	47	48				49		50				
51					52		53				54	55
56					57					58		
59					60					61		

ACROSS

- Restroom, for short
- Back talk
- Blunders
- Yale student
- Friends, old style
- Manner of walking
- Gut level
- Sans siblings
- Feline
- Snake or lizard
- Untamed horse
- Apiece
- Second person
- Wheel center
- Basic assumption
- Piquancy
- Afternoon beverage
- Water conduit
- Come in
- Sprite
- Stitch
- Tin Man's need
- Alt-rock band, Barenaked --
- Cheesy paper
- Make marginalia
- Vivacity, musically
- Hun opponent
- Enthusiastic
- Send forth
- Fish eggs
- Optimistic
- Antitoxins
- Agent

DOWN

- Third O.T. bk.
- Boxer Muhammad
- Baron's superior
- Draw
- Melody
- Celebrity
- Drag (Var.)
- Braggart's journey?
- Hindu princess
- Streamlet
- Eyelid woe
- Has the skill set
- Coatrack part
- Memory measure
- Reddish horse
- No longer stylish
- Spelldown
- Guests
- Duel tool
- Nightly telecast
- Earth science
- Every last crumb
- Carnival city
- Tex-Mex treat
- 18-Across' ennead
- Follow relentlessly
- Slope transport
- Jason's ship
- Life stories, briefly
- Exemplar of thinness
- Round Table title
- Upper surface
- "Yoo-hoo!"

ANSWERS ON PAGE 10

ADOPT-A-PET



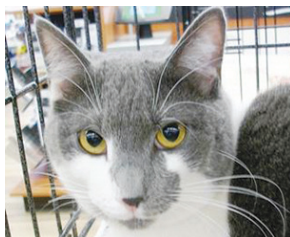
QUINCY is a happy 2-year-old who's OK with all handling. He enjoys being around people and readily engages in play. Info: Hayward Animal Shelter. (510) 293-7200.



JINGLE is a sweet, young bunny who loves to have her ears and back stroked. She also loves hay, greens and pieces of carrot. Info: Hayward Animal Shelter. (510) 293-7200.



OWEN is a 7-months-young white kitty with black patches. He loves to sit in a lap and be petted and wrestle with his brothers. For more info, please visit: dustypawsrescue.org



RAJU is a beautiful big boy with amazing gold eyes. He's a little over a year old and about 15 lbs. He loves people and loves attention. For more info, visit: dustypawsrescue.org

Lorentzen: Hawking Told Us to Look Up at the Stars

continued from page 7
thought, seeking refuge in the U.S.

Hawking dealt with his situation with nobility, humility and humor, dying at the age of 75. Einstein possessed the same qualities, dying at 76. Insightfully, Einstein told us that "Imagination is more important than knowledge."

Hawking told us to "Look up at the stars and not down at your feet. Try to make sense of what you see, and wonder about what makes the universe exist. Be curious." It echoed Einstein's view that "The important thing is not to stop questioning. Curiosity has its own reason for existing." Hawking added that "Keeping an active mind has been vital to my survival, as has been maintaining a sense of humor."

Given the depth of these thoughts it is obvious that both Hawking and Einstein developed wisdom beyond their mutual disciplines of theoretical physics. It helps us understand that their significance was not restricted to their powerful minds in the realms

of science and mathematics, but in their hearts as well. They tempered the seriousness of their mental pursuits with a sense of art and levity.

We learned much from them, and have good reason to admire them as well, but not only for their intelligence, but for their character and the way in which they led their lives.

Keep your eye on our local creeks, for there might just be a young Hawking or Einstein being birthed here in Castro Valley. If not one of them, perhaps there is a Shakespeare contemplating the complexities and ironies of the human experience. Regardless, I am sure that both Hawking and Einstein knew that great people and great thoughts can come from any place in the world, including here in Castro Valley.

Tom Lorentzen lives in Castro Valley. He formerly served on the board of the Institute of Museum & Library Services and the Advisory Board to Southern Oregon University, and has served three Presidential Administrations.



Dahlia Sale Saturday

IN FULL BLOOM: Join other gardeners from 9 a.m. until noon this Saturday, April 28, as the San Leandro Dahlia Society holds its annual tuber and cutting (small plants) sale at Root Park, 1033 E. 14th St. in San Leandro. Dahlias come in many sizes, shapes and colors and growers will be there to answer questions or give information about planting. For more information, please visit: sanleandrodahliasociety.org or SLDS.club

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