



ENSURE THAT YOUR CHILD KEEPS LEARNING OVER THE SUMMER

# PARENTS GUIDE

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## CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 29

WEDNESDAY, APRIL 19, 2017

NO. 16

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PHONE: (510) 537-1792



PHOTOS BY LINDA SANDSMARK

Andre Juntilla (center stage) was crowned Mr. Castro Valley at last Friday night's competition. He's surrounded by the emcees, other contestants and their escorts.

## Talented CVHS Seniors Entertain Audience at 'Mr. CV 2017' Pageant

By Linda Sandmark  
CASTRO VALLEY FORUM

Castro Valley High School's annual "Mr. CV" pageant was held Friday night in the school cafeteria – "a beauty pageant with a twist," as emcee Darien Cabreana described it – featuring 22 senior guys strutting their stuff and demonstrating their "talent," no matter how eccentric.

The theme this year was "Party Like

It's 1999" – the year most of those on stage were born – and the title of a song written by the late singer Prince.

The venue was decorated in purple, Prince's favorite color. The event was co-emceed by Jordan Keller.

The talent portion of the show ranged from Matt Mascio's crowd-pleasing cooking demonstration (how to make a peanut butter and jelly sandwich, adding salami and cheese) to Marco Macchiavello and Robert Terhell's skateboarding

competition, to Ryan Ramirez's *Flashdance*-inspired dance routine, complete with a water-dousing finale.

Wilson Xie's breakdance moves added a Napoleon Dynamite-note to the event.

"The Ken Dolls," (Kannen Caldwell, Aaron Milosevic, and Jack West) sang a song lamenting the way Barbie broke their hearts.

A three-man performance titled "All see PAGEANT on page 15



PHOTO COURTESY OF DOUG TEGNER

## EASTER MORNING DAWNS

More than 150 worshipers of all ages gathered before sunrise above Lake Chabot for the annual Easter Sunrise Service, hosted by Redwood Chapel and CV First Baptist churches. Former attorney and current Executive Paston Eric Junginger presented eyewitness accounts and historical courtroom-style evidence regarding the resurrection of Christ on that first Easter Sunday.

### MAC MEETING

## Proposals for Future of Old Library Site

By Amy Sylvestri  
CASTRO VALLEY FORUM

A standing-room-only crowd filled the Castro Valley Municipal Advisory Council's (MAC) Monday night meeting to discuss the future of the town's second most famous empty building – the old library on Redwood Road.

The MAC heard proposals from school officials, veterans, and library volunteers about what to do with the landmark, which was built in 1962 and has sat largely empty since the new library opened in 2009.

The school district wants to petition County Supervisors to transfer the property to the district at no cost. Assistant Superintendent Candi Clark presented four ideas for the site, each of which would require razing the building.

Clark said the space could be used to expand the district's "virtual academy" for online courses see MAC on page 8

### MEETING TUESDAY

## Public is Invited To Help Develop New Sign for CV

The Alameda County Arts Commission is inviting the public to a Community Roundtable this Tuesday, April 25, to meet with those who will be developing a prominent new Castro Valley sign.

The meeting will be held from 6 to 7:30 p.m. at the Castro Valley Library with the artists who were selected as semi-finalists to design and paint the town's name and other design elements on a freeway overpass.

It is one of three such Community Identifier Projects in the unincorporated county. The others will be in San Lorenzo and Ashland-Cherryland.

The Commission's goal is to create community gateway markers "that help support a positive and welcoming environment for both the community and visitors."

Those attending on Tuesday will be able to share their thoughts about the special characteristics of their community and how those should be reflected in the designs of the Community Identifier.

The artists' proposals will be available to view in person and online this summer and the projects are expected to be complete in the fall of 2018.

The Ashland-Cherryland Roundtable will be held at 6 p.m. April 26 at Ashland Place, 16385 E. 14th St. in San Leandro. The San Lorenzo meeting will be at 6 p.m. on May 2 at the San Lorenzo Library, 395 Paseo Grande.



# Eden Health District Survives a Crucial Vote to Stay in Business

By Amy Sylvestri  
CASTRO VALLEY FORUM

The Castro Valley-based Eden Health District won a crucial but narrow victory last week that will allow it to stay in business.

The Alameda County Local Agency Formation Commission, which regulates changes proposed by other public agencies, voted 3-2 last Tuesday not to dissolve the district.

But, the commission asked the county to look for ways to streamline the district's services and possibly work in some way with the Alameda Health System.

Scrutiny of the district (formerly called Eden Township Health-

care District) began when several county and state officials, and the cities of San Leandro and Hayward, petitioned for its dissolution, saying its services are redundant.

They wanted Eden Health's funds – including \$31 million in real estate holdings – to be put into the county health system to shore up "safety net" hospitals including Highland and San Leandro hospitals.

"I don't think the district warrants dissolution," said County Supervisor Nate Miley, a member of the commission. "But I do think a sphere of influence review is warranted."

Last week, the Castro Valley Municipal Advisory Council went

so far as to call for a change in the district's boundaries to exclude San Leandro and Hayward and to include only the unincorporated area, but that idea was dismissed by the commission.

Commission member Ayn Wiskamp said that County and Eden staffs need to come up with a solid plan that the commission can support, since they both provide health-related services to Eden residents.

"I do believe the county could work more with Eden," said Wiskamp. "You have the same goals."

But Commissioner Georgean Vonheeder-Leopold was wary of  
*see EDEN on page 15*

## Castro Valley Weather April 19 - 23, 2017



Wednesday  
Mostly Cloudy  
High 68° Low 54°



Thursday  
Partly Sunny  
High 69° Low 48°



Friday  
Mostly Sunny  
High 75° Low 50°



Saturday  
Partly Sunny  
High 70° Low 51°



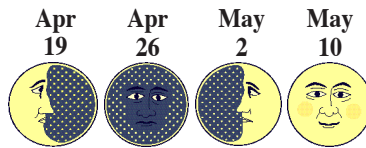
Sunday  
Partly Sunny  
High 70° Low 50°

## Almanac



Past Week's Rain: 00.45  
Season To Date: 35.92  
Normal To Date: 20.99  
Season Average: 21.22

## Moon Phases



Sun sets at 7:50 p.m. today, rises at 6:26 a.m. Thursday.

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## Are You Sleep Deprived? CV Adult School Offers 'Sweet Dreams' Class That Can Help

By Linette Escobar  
SPECIAL TO THE FORUM

Are you tired? You're in good company.

According to the U.S. Centers for Disease Control, 40.6 million Americans are sleep deprived.

Sleep deprivation has been tied to an increased risk of type 2 diabetes, cardiovascular disease, obesity, depression and even economic loss in business. Sleep is so valuable that the Boston Red Sox

opened a sleep room for players to help their team gain a competitive edge.

Do you want to look better, feel better and make better decisions? Castro Valley Adult & Career Education is offering a class called "Sweet Dreams are Made of This" with local nutrition expert Susan Blanc to help you sleep better.

It will delve into the lifestyle habits, nutrition and helpful herbs that go into building a better night sleep. It will also cover the

"thieves" that can steal your rest, such as sleep apnea, pain and other nighttime disturbances. The three-session class will be held on Tuesdays starting next week on April 25 from 6:30-8:30 p.m.

Do you think you're fine on 5-6 hours of sleep and don't need a class? Here are some signs of sleep deprivation according to an article by Rachel Swalin on Health.com.

1. You're hungry all the time. Swalin quotes Dr. Chris Miller

who ties lack of sleep with our body's ability to realize it's full.

2. You've gained weight. Dr. Miller says a lack of sleep affects both our food choices and our metabolism.

3. You act without thinking. The article ties impulsivity and snapping at people to lack of sleep.

4. You can't find your car keys. It's hard to remember things when your brain is tired.

5. You have trouble making decisions. A 2009 study on

sleep showed a better ability to make decisions in people who are well-rested.

6. You're being a "klutz." Dr. Winter ties lack of sleep to your neurological function which affects movement.

7. You're very emotional. Things that normally wouldn't affect you so much can trigger anger, sadness and even giddiness.

8. You're always getting sick. A 2009 study in the Archives of Internal Medicine found that people

who slept less than 7 hours were 3 times more likely to catch a cold.

9. Your skin doesn't look as good. Sleep helps skin cells repair and remain youthful.

The Castro Valley Adult & Career Education class will include take home activities, therapeutic foods and snacks. The cost is \$90. To register, visit [www.cvadulthood.org](http://www.cvadulthood.org) or call the office at 510-886-1000.

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

# FINALLY - Straight talk About Sciatica

**Are you suffering from back pain or sciatica? Then it's likely your biggest problem is pain. But there's another major problem: bad information.**

**To end sciatica misery, you must have the right information. Pay close attention because I'm going to destroy sciatica myths and give you the facts.**

**MYTH:** Sciatica will just "go away" with some rest.

**FACT:** If you are dealing with back pain, buttock pain or leg pain, then you must seek help from a sciatica specialist immediately. Left untreated, sciatica can lead to permanent nerve damage - and lifelong pain.

**MYTH:** Pain is the only problem associated with sciatica.

**FACT:** In severe cases, sciatica can be associated with inability to control your bowels or bladder - leading to embarrassing situations.

**MYTH:** You must take pain medications to deal with sciatica.

**FACT:** Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure the root cause of sciatica.

**MYTH:** "I must have done something wrong to get sciatica."

**FACT:** Physical work or simply sitting at a desk for long periods can lead to sciatica. Accidents and trauma can also be the culprits. Pregnancy can cause sciatica. Sciatica can affect anyone - including

super-fit celebrities like Tiger Woods, Sylvester Stallone, and British Olympic medalist Ian Wynne.

**MYTH:** Stop exercising and get several weeks of bed rest to overcome sciatica.

**FACT:** Staying active can help to relieve sciatic pain and prevent the pain getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

**MYTH:** Sciatica requires surgery.

**FACT: NO! There's been a huge breakthrough in the treatment of sciatica and lower back pain. It's a procedure called Non-Surgical Re-Constructive Spinal Care. The excellent results from this treatment have been published in major medical journals. Success rates are up to 90%.**

**MYTH:** "There's nothing anyone can really do. I'm just stuck with this for the rest of my life."

**FACT:** With the correct treatment from a healthcare professional who specializes in sciatica, you can find relief from the core cause - and the symptoms.

**MYTH:** Getting sciatica properly diagnosed is expensive.

**FACT:** Not true. Intero Chiropractic in Pleasanton is currently offering an initial consultation for **Just \$20.**

**Dr. Jerry Hsieh and his team of fully-trained spinal care specialists have helped numerous patients find relief from agonizing back pain and sciatica.**

He's one of the first professionals in the U.S. to use Non-Surgical Re-Constructive Spinal Care.

This procedure does not require a hospital stay and in most cases you'll be able to continue with your normal daily activities with little interruption. The focus is on finding - and correcting - the original cause of the back pain and sciatica.

According to Hsieh, "We use a combination of ultra-advanced technology, not found elsewhere in the region, for precisely diagnosing the cause of your low back pain and sciatica. This means superior long-term results for most people."

### Almost Immediate Relief From Pain

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

Patient Narae S. from San Leandro says, "I had pinched nerves and pain in my back and neck. It hurt so much that I couldn't reach up or reach down without sharp pain and walking was hard on my back as well. I attempted to take pain relievers but they did not help. I tell people that Dr. Jerry is a magician. Right after the first treatment my pain was drastically reduced and each time I came with a sore back, the treatments have been really helpful."

Take the Next Step - END the Suffering... Initial Consultation Just \$20



The first step is to secure a thorough examination with one of the specialists at Intero Chiropractic.

Call (925)255-5805 to schedule your appointment. Mention this article (CODE: TC20SCSM12h) and Intero will happily reduce their usual consultation fee of \$100 to just \$20!

**Only 100 reader consultations are available at this exclusively discounted rate.**

**Call them now and get a full and thorough examination to pinpoint the cause of your problem for just \$20. The normal cost of such an exam is \$100 so you will save \$80!**

**Call them now at (925)255-5805 and cut out or tear off this valuable article and take it to your appointment. You'll be on your way to safe, lasting relief!**

You can even call on the weekend and leave a message on their answering machine to secure your spot and they promise to return all calls. During the week staff can be very busy helping patients so if they don't pick up straight away, do leave a message.

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## OUR HISTORY



PHOTOS COURTESY OF THE HAYWARD AREA HISTORICAL SOCIETY

The Grammar School on Castro Valley Boulevard where the Adobe Shopping Center sits today in a photo taken around 1940. The school was dedicated in 1922 and torn down after being condemned in 1954.

## CV's Grand Grammar School

By John Christian  
SPECIAL TO THE FORUM

Castro Valley once had a very stately grammar school located right on the Boulevard where the Adobe Shopping Center sits today.

Although it wasn't Castro Valley's first grammar school, it was certainly the most grand. The look of Castro Valley Grammar was very cutting edge and modern for the 1920s.

The school was designed by architect H.C. Smith, who designed several schools in the Hayward area, including Hayward Union High School.

To build the new facility, \$37,000 worth of bonds were sold. The local PTA also helped raise money by holding events, including a "Hard Times Dance" in the spring of 1922. People who arrived "too much dressed up" were charged an extra fee. Community efforts like this played an important role in getting the school built.

Local contractor, Peter Hoare graded the roughly two-acre lot and a San Francisco builder was awarded the construction contract. When talking about the new school, Principal A. B. Morris proudly proclaimed the new

school would "rival any rural school in the county." Keep in mind, Castro Valley had a population of only about 2,000 in the 1920s.

The school was dedicated in June of 1922. The concrete building stood in stark contrast to the older wooden schools that had come before it.

The new building helped encouraged more parents to send their children to school. Enrollment jumped 45 students to a total of 180 in the first year alone. By 1932 enrollment was at 350 students.

see HISTORY on page 11

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### He Fought the Law

Thursday, April 13: at 9:44 p.m., Sheriff's deputies arrested a 39-year-old man who refused to give an address as part of an active warrant for his arrest. The man was hanging outside a drugstore on Castro Valley Boulevard near Marshall Street when deputies stopped him for questioning and made the identification. The man was additionally charged with resisting arrest. He was taken to Santa Rita Jail pending \$2,500 in bail.

### Illegal Drug Paraphernalia

Thursday, April 13: at 4:02 p.m., a 36-year-old man with no permanent address was arrested on suspicion of possession of illegal drug paraphernalia. Deputies stopped the man for questioning outside a business on Castro Valley Boulevard near Anita Avenue when they discovered his stash. The man was taken into custody.

### Armed Robbery Suspect Caught

Wednesday, April 12: at 11:36 a.m., deputies arrested a 38-year-old woman from CV on suspicion of robbery with a lethal weapon and damage of personal property. The woman reportedly entered into a fast food restaurant on Grove Way near Center Street, waved a weapon and demanded money. The woman was caught trying to escape. Deputies handcuffed her and took her into custody.

### Hospital Assault By Wanted Man

Wednesday, April 12: at 11:18 p.m., a 64-year-old man with no permanent address was arrested on suspicion of battery on another person at Eden Medical Center on Lake Chabot Road. Deputies were called to intervene after hospital security caught the man beating up on another person. The man was also wanted as part of a warrant issued for his arrest. Deputies took the man to Santa Rita Jail pending \$5,000 in bail.

### Parolee Goes Back to Jail For Drug Paraphernalia

Wednesday, April 12: at 9:31 p.m., deputies arrested a 38-year-old man with no permanent address on suspicion of possession of il-

legal drug paraphernalia and violating the terms of his parole. The man was hanging out in a parking lot of a grocery store on Redwood Road near Castro Valley Boulevard. The man was taken to Santa Rita Jail.

### Can't Stay Away

Wednesday, April 12: at 8:03 p.m., a 56-year-old woman from Castro Valley was arrested on suspicion of violating a court-issued restraining order and a warrant issued for her capture. Deputies responded to an emergency call about a stranger lurking in the neighborhood on Lamson Road near Almond Avenue. The woman fitting the description was handcuffed and taken to Santa Rita Jail pending \$20,000 in bail.

## Skult Appointed as New CV Elementary Principal

AFFIE SKLUT has been appointed principal of Castro Valley Elementary School. She has been serving as the interim principal replacing Denise Hohn who recently became the School Districts Coordinator of Secondary Education.

Skult has been at Castro Valley Elementary since 1996, teaching kindergarten through fourth grade. Most recently she served

as the school's Intervention Specialist.

In addition to teaching in Castro Valley, Skult has worked for St. Mary's College supervising student teachers.

The School Board said Skult's passion and commitment to Castro Valley Elementary's students, staff and parents has made her the obvious choice among many applicant.

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## The Week Ahead

### ● Wednesday, April 19: East Bay Rose Society

Learn how to do show-stopping rose displays for home or exhibition at the next meeting of the Rose Society at 7:30 p.m. today at Lakeside Garden Center, 666 Bellevue in Oakland. Come enjoy snacks and meet people who talk roses. More information at [www.eastbayroses.org](http://www.eastbayroses.org)

### ● Wednesday, April 19: CV Women's Club Meeting

Pam Durkin of Canine Companions will be presenting the Canine Companions story and will have two service dogs in training to meet everyone at this afternoon's meeting at 1 p.m. at the Castro Valley Women's Club, 18330 Redwood Road. The public is welcome. For info, call 510-461-7692 or visit [www.castrovalleywomensclub.weebly.com](http://www.castrovalleywomensclub.weebly.com)

### ● Saturday, April 22: Earth Day: History for Half-Pints

Join in celebrating Earth Day by designing your own reusable bag, making a nature journal, and learning new ways we can respect our planet, from 10 a.m. to 1 p.m. this Saturday at the HAHS Museum, 22380 Foothill Blvd., Hayward. Free with museum admission (\$5-\$3).

### ● Saturday, April 22: San Leandro Garden Club Fundraiser

You're invited to a sale of previously-owned treasures, jewelry and a wide selection of plants from 10:30 to 2:30 p.m. this Saturday at the San Leandro Senior Center, 13909 E. 14th St. in San Leandro. Lunch will be served at noon. For tickets or more information, contact Sharon at 510-785-2057.

### ● Saturday, April 22: Pioneer Cemetery Clean-Up

Your help is needed in cleaning up the San Lorenzo Pioneer Cemetery at College and Usher streets from 9 a.m. to 1 p.m. this Saturday. Bring rakes and gloves. Water and light snacks will be provided.

### ● Saturday, April 22: Summer Jobs at the County Fair

Those seeking seasonal employment this summer should attend the Alameda County Fair's Summer Job Fair from 10 a.m. to 2 p.m. this Saturday at the Fairgrounds' "Q" Building, 4501 Pleasanton Ave., Pleasanton. Most positions start mid-June. Enter at Gate 12 off Valley Blvd. and follow the signs for parking. For info, visit [alamedacountyfair.com](http://alamedacountyfair.com)

### ● Saturday, April 22: Annual History Awards

Join the HAHS Museum of History & Culture at 22380 Foothill Blvd. in Hayward in honoring the 2017 awardees in areas of longevity, historic preservation, and community service this Saturday. Info and tickets available at [www.haywardareahistory.org/historyawards](http://www.haywardareahistory.org/historyawards)

### ● Saturday & Sunday, April 22-23: Free Dental Clinic

The California Dental Association Foundation will host a free dental clinic this weekend at the San Mateo Event Center, 1346 Saratoga Dr., San Mateo. Doors open at 5:30 a.m. both days and patients are seen on a first-come, first-served basis. Parking is free, no ID required. For info, visit [cdafoundation.org/sanmateo](http://cdafoundation.org/sanmateo) or call 877-516-8854.

### ● Sunday, April 23: 4-H Rising Stars Field Day

The Alameda County 4-H Rising Stars Project will host an Art, Music and Photography Field Day at 10 a.m. this Sunday at the Marina Community Center, 15301 Wicks Blvd., San Leandro, open to the public and kids of all ages. Visit [ucanr.edu/ampfieldday/](http://ucanr.edu/ampfieldday/) for info or to register. Participants can exhibit non-judged art works and perform music and spoken word pieces. Registration required for performances.

### ● Sunday, April 23: Buon Tempo Dinner Fundraiser

Buon Tempo is hosting an All-You-Can-Eat Soup, Salad and Bread fundraiser dinner at Transfiguration Church, 4000 E. Castro Valley Blvd. this Sunday from 4:30 to 6:30 p.m. for \$10/person (Vino is \$2). All proceeds go to Relay for Life, San Leandro. Call 510-483-6929 for reservations. Visit [buontempoclub.org](http://buontempoclub.org) to learn more about the club.

### ● Sunday, April 23: Intro to Tarot Board Game

Join author Amber Jayanti this Sunday from 2 to 4:30 p.m. to play this fun-filled, educational tarot board game at the Castro Valley Library. This program is designed to open participants to the basics of the Qabalistic Tarot's Ageless Wisdom. Beginners only, group size limited to 9. For more info, call the Library 510-667-7900.

### ● Monday, April 24: Eden Garden Club Meeting

Retired landscape teacher Steve Wiley will discuss San Lorenzo High School's Native Plants Garden and will bring a few examples of the native plants as well as flyers about their upcoming plant sale. Meetings are at 9:30 a.m. at the Moose Lodge in Castro Valley and are free. Guests are always welcome. Call 510-397-1268 for more info.

### ● Tuesday, April 25: Castro Valley Street Eats

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

### ● Wednesday, April 26: Lecture: Women and the Reformation

Faith Lutheran Church at 20080 Redwood Road invites you to the first in a series of free lectures examining the crucial role women played in the Reformation, at 7 p.m. on April 26, presented by Dr. Kirs Stjerna. For more info, visit [www.flccv.org/Refo500](http://www.flccv.org/Refo500) or call 510-582-0818.

### ● Thursday, April 27: Alleviate 'Sandwich Generation' Stress

Find out how you can take steps to alleviate your stress while caring for children and aging parents at the same time at a presentation at Eden

Villa Senior Living, 19960 Santa Maria Ave. in Castro Valley at 11 a.m. April 27. For more information, call 510-582-2765.

### ● Friday, April 28: Future of Water in California

The League of Women Voters will hold a luncheon forum at 11:30 a.m. on April 28 in Rooms 12-13 at CV Adult School, 4430 Alma Ave., featuring a panel discussing the next steps to ensure that the state has adequate water for the future. Speakers will include EBMUD Board President Frank Mellon and Joan Buchanan of Restore the Delta. Attendees may order a box lunch for \$10 or just attend the free forum. Send checks to LWV Eden Area Treasurer, P.O. Box 2234, Castro Valley 94546.

### ● Saturday, April 29: Chinese School Open House

The Hayward Kai-Feng Chinese School will hold an Open House on April 29 beginning with a show of student work at 9 a.m. at the Hayward Adult School Campus, 2210 Princeton Street. The school provides Mandarin Chinese instruction to cultivate children's appreciation of different culture. Registration for the next school year starts next month. For more info, visit [www.haywardchineseschool.org/](http://www.haywardchineseschool.org/)

## Arts & Entertainment

### CASTRO VALLEY CENTER FOR THE ARTS

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

● "I Love(d) You," a Castro Valley High School Pops Concert will be presented in four performances; at 7 p.m. on April 27-28, and at 2 p.m. and 7 p.m. on April 29. For tickets (\$10-\$18) see above.

● Rick Gunn: India, Iran and Idomeni, an afternoon of unique photos and stories from his travels to Mumbai, the streets of Iran and inside Europe's largest Syrian refugee camp, Indomeni, at 2 p.m. on April 30. Gunn (CVHS '82) is an award-winning journalist who has bicycled 40,000 miles through 40 countries. For tickets (\$20) see above.

### THEATRICAL & MUSICAL PERFORMANCES

● "Wait Until Dark," a psychological thriller that will keep you on the edge of your seat, runs through April 30 at Chanticleers Theatre, 3683 Quail Ave. in Castro Valley. Performances are Fridays and Saturdays at 8 p.m. with Sunday matinees at 2 p.m. on April 23, and 30. For tickets (general \$25, seniors and students \$20), call 510-733-5483 or visit [chanticleers.org](http://chanticleers.org)

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

● "One Enchanted Evening," a gourmet dinner, theatrical performances, live music, dancing and a silent auction, will be held at 6 p.m. Saturday, April 29, at the Japanese Garden and Hayward Senior Center on N. 3rd St. in Hayward to raise funds for the Douglas Morrisson Theatre. Tickets at [www.dmtonline.org](http://www.dmtonline.org) or by calling 510-881-6777.

### ART GALLERIES & EVENTS

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

● Art IS Education, sponsored by Hayward Arts Council, features the works of Hayward students at the John O'Lague Galleria in Hayward City Hall thru May 25. Meet and greet the artists from 5:30 to 7:30 p.m. on Friday, April 28. Gallery hours: M-F 9-5. For more exhibits and events, visit [www.haywardartscouncil.org/](http://www.haywardartscouncil.org/)

● The Artist Within 2, the works of Sorensdale Recreation Center featuring a variety of media including two and three-dimensional pieces, will be on exhibit at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley until April 29.

● San Leandro Art Association members' paintings and various art work will be on display at the San Leandro Library, 300 Estudillo Ave. thru April 28 during regular library hours.

● Hayward Chinese School Art featuring Chinese calligraphy, brush painting, mixed media and crafts by the art students of the Multicultural Education Research Center will be on display until April 26 at The Alameda County Law Library, 125 12th St. in Oakland.

### CASTRO VALLEY FORUM CASTROVALLEYFORUM.COM

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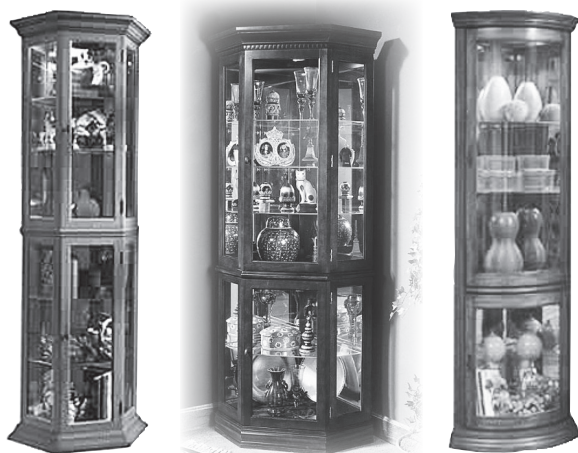
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To submit Calendar listings or news stories for possible publication, send information by the prior Friday in an email, or attach a document with photos to: [fredz@ebpublishing.com](mailto:fredz@ebpublishing.com), or fax information to 510-814-9691.

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## Evergreen Nursery Wins StopWaste Award

Evergreen Nursery in San Leandro received a 2017 Business Efficiency Award for Excellence in Waste Prevention last month from the Alameda County Waste Management Authority.

The Authority, known simply as "StopWaste," cited Evergreen's outstanding performance in promoting sustainable landscape programs ranging from "Bay-Friendly Gardening" to "Lawn to Garden."

The nursery hosts frequent talks and workshops on gardening techniques like sheet mulching. Using this method, a lawn is covered with cardboard, compost and mulch. In just two years of promoting sheet-mulching, Ever-

green sold enough compost and recycled mulch to convert over 19,000 square feet of lawn into drought-tolerant gardens.

In accepting the award, General Manager Doug Swint credited the support from employees and interest from customers for Evergreen's unique inventory.

"During the drought, people were looking for alternatives to turf with high water requirements, so we started to carry more native and drought tolerant options and sheet mulching supplies," he said.

Evergreen Nursery was one of only five businesses in the county to receive the award.

—Michelle Fay, StopWaste



Evergreen Nursery GM Doug Swint receives StopWaste's Business Efficiency Award from Deborah Cox, Alameda County Waste Management Authority Board Member.



PHOTO BY HAYWARD AREA RECREATION DISTRICT

## Summer Job Fair Saturday

Those seeking seasonal employment this summer can get a jump on their search at the Alameda County Fair's Summer Job Fair his Saturday, April 22.

Representatives from the Fair, Spectra Food Service and Venue Smart will be on hand to provide information, accept applications and interview potential candidates.

Most positions start Mid-June and run through the second week of July. Students, first-time applicants, retirees and all others interested in short-term employment are encouraged to attend. Candidates must be 16 or older to apply.

The job fair runs from 10 a.m. to 2 p.m. at the Fairgrounds' "Q" Building at 4501 Pleasanton Ave., Pleasanton. Attendees should enter at Gate 12 off Valley Blvd. and follow the signs for parking.

For more information, visit [alamedacountyfair.com](http://alamedacountyfair.com)

## HARD's 72<sup>nd</sup> Annual Egg Hunt and Parade

The Hayward Area Recreation District hosted the 72nd Annual Egg Hunt and Bonnet Parade at Kennedy Park in Hayward on Saturday. More than 1,000 children came to the park with baskets in tow, ready to find the thousands of eggs hidden in the grass. Four dozen kids dressed in bonnets opened the festivities, parading around the train station and vying for the awards for the prettiest, most unusual or most colorful bonnet.



**EARTH DAY  
2017**

### Saturday, April 29<sup>th</sup> CVSan's Earth Day Clean-Up & Recycle

**RECYCLE at Canyon Middle School from 8:00 a.m. - 2:00 p.m.**



E-Waste



Mattresses



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Sensitive Documents for Shredding

Limits & instructions at [www.cvsan.org/ED](http://www.cvsan.org/ED)

**VOLUNTEER from 9:00 a.m. - 12:00 p.m.**

#### Clean-Up Sites:

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

Free continental breakfast provided and a \$5.00 donation to one of three local charities will be made on your behalf after volunteering.

Register by April 21<sup>st</sup> at [www.cvsan.org/ED](http://www.cvsan.org/ED).

### FREE COMPOST AND C&D VOUCHERS:



Event is for CVSan residents & businesses only. Bring photo ID or WMAC/utility bill to event. Three 1-cubic foot bags per household or business. 600 Construction & Demolition (C&D) debris vouchers available. Supplies are limited — 1st come, 1st served. For complete details & instructions, visit [www.cvsan.org/ED](http://www.cvsan.org/ED).

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Join us for the  
**Community Roundtable**  
about the Community Identifier project  
in **Castro Valley!**

**Tuesday, April 25, 6:00 – 7:30pm**  
**Castro Valley Library**  
**3600 Norbridge Avenue, Castro Valley, 94546**  
Free, open to the public. All ages welcome.

The Community Identifier project involves designing and hand-painting the name of your community along with other simple design elements on a freeway overpass.

**Everyone is invited! Come to the Roundtable to –**

- Hear about the Community Identifier project in Castro Valley
- Share your thoughts about your community and how those should be reflected in the designs of the Community Identifier
- Meet the Artist Semi-Finalists who will make design proposals

For more information, visit: Alameda County Arts Commission at [www.acgov.org/arts](http://www.acgov.org/arts) ("What's New")

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Clean-Up sponsored by:



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## Ensure Learning Continues Over Summer Break

Long breaks from reading, writing and critical thinking can be detrimental for students. That's why savvy parents ensure that kids keep learning over summer.

But you don't need to replicate a classroom to reap the benefits of summer studies. After all, it's called "vacation" for a reason. Here are few fun ways to keep kids' brains on high alert all season:

### Make Math Fun

The more interactive and hands-on you can make math, the more engaged they'll be. So avoid drilling them with stale worksheets.

Play a board game like "Monopoly," and bestow the role of "banker" on your child. Or, let them handle the real thing on outings by letting them pay the ice cream vendor and the grocer. You can even consider capitalizing on the summer weather with a lemonade stand – it's a great first small business experience.

Supplement these experiences with tools that go beyond a standard workbook using interactive elements. Tools like this can make a tedious subject entertaining.

### Foster their Interests

The school year can be hectic and isn't necessarily an ideal time for a child to take on new hobbies. Summer however, is the perfect time of year to encourage kids to explore new interests through thematic summer camps, community classes and sports teams.

You can also nurture interests through non-fiction literature to help bridge the gap between last school year and the next.

### Get Informed

The implementation of new education policies and standards can be difficult on students, but you can help smooth the transition and prepare your child for the coming school year.

—StatePoint



Summer is the perfect time of year to encourage kids to nurture interests through non-fiction literature to help bridge the gap between last school year and the next.

## How to Help Your Teen Find Success in School

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, president of the American Academy of Sleep Medicine. "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**

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 teens' 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, suicidal thoughts and suicide attempts.

**Parents, Caregivers**

### Play Crucial Role

Teens should be encouraged to get enough sleep every night to recharge. The AASM 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.

It is also important that parents and local school boards work together to implement high school start times that allow teens to get the healthy sleep they need to meet their full potential.

The AASM recommends that teens sleep eight to 10 hours per night on a regular basis to promote optimal health.

Parents concerned that their teen is sleeping too little or too much should consult a board-certified sleep medicine physician or visit [www.sleepeducation.org](http://www.sleepeducation.org) to find an accredited sleep center nearby.

—North American Precis Synd., Inc.

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## DIGITAL DIET

## Establish Boundaries For Kids' Media Use

From TV to smart phones to social media, our lives are dominated by 24/7 media exposure. Despite this, many children and teens have few rules around their media use.

"It is time for a renewed commitment to change the way we address media use," says Dr. Thomas K. McNerny, president of the American Academy of Pediatrics (AAP). "In the same way you may need to guide children on how to eat nutritiously, you can foster a healthy media diet."

In a digital world ever in flux, the AAP is offering some key tips for families looking to make smarter media choices:

- Make a media use plan, including mealtime and bedtime "curfews" for media devices. Media use plans take into account not only the quantity, but the quality and location of media use. Screens should be kept out of kids' bedrooms.

- Excessive media use has been associated with obesity, lack of sleep, school problems, aggression and other behavior issues. Limit entertainment screen time to less than one or two hours per day.

- For children under 2, substi-

tute unstructured play and human interaction for screen time. The opportunity to think creatively, problem solve and develop reasoning and motor skills is more valuable for the developing brain than passive media intake.

- Take an active role in your children's media education by co-viewing programs with them and discussing values. You may consider having your own profile on the social media sites your children use.

- Keep the computer in a public part of your home, so you can check on what your kids are doing online and how much time they are spending there.

- Look for media choices that are educational, or teach good values—such as empathy, racial and ethnic tolerance—and interpersonal skills.

- If you're unsure of the quality of the "media diet" in your household, consult with your children's pediatrician on what your kids are viewing, how much time they are spending with media, and privacy and safety issues associated with social media and Internet use.

—StatePoint

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## ATHLETE OF THE WEEK

### Zeus Esparza

This week's Athlete of the Week is Zeus Esparza. He competed in the tenth Annual American Cup Brazilian Jiu Jitsu Tournament, held at the Cow Palace, in San Francisco, on Saturday, April 8.

Esparza shined in his two matches en route to a gold medal. The first was a lopsided victory, as he beat his first opponent by scoring 51 unanswered points. He was superior to his game opponent in the second match and won convincingly, to earn the gold medal.

Esparza's coaches are proud of his progress and his strong work ethic, as he continues to train at ZMATA, located in Castro Valley.



## CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

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### SPORTS QUIZ

By Chris Richcreek • SPECIAL TO THE FORUM

1. In 2016, Colorado's Trevor Story became the fifth major-league player since 1900 to homer in each of his team's first four games. Name two of the other four to do it.
2. Which Cy Young Award winner had the highest ERA?
3. Since the 2000 college football season, how many Heisman Trophy winners have been running backs?
4. How many times has Los Angeles Clippers guard Chris Paul led the NBA in assists per game for a season?
5. When was the last time before 2016 that the Montreal Canadiens tallied 10 goals in a game?
6. Wayne Taylor Racing captured the Rolex 24 at Daytona in 2017. When was the last time the team won the race?
7. Who was the last British female tennis player before Johanna Konta in 2016 to reach the top 10 in the rankings?

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#### ANSWERS

1. Chris Davis (2013), Nelson Cruz (2011), Mark McGwire (1998) and Willie Mays (1971).
2. Lamar Hoyt of the Chicago White Sox had a 3.66 ERA in 1983.
3. Three: Reggie Bush of Southern Cal (2005 - later vacated), Mark Ingram of Alabama (2009) and Derrick Henry of Alabama (2015).
4. Four times -- the 2007-08, 2008-09, 2013-14 and 2014-15 seasons.
5. It was 1990, versus Pittsburgh.
6. It was 2005, when the team was known as Sun Trust Racing.
7. Jo Durie, in 1984.

## MAC: More Proposals for Old Library Site

*continued from front page*

es, or provide additional high school classrooms, or expand the pre-school, or to become a center of work-based instruction for the Regional Occupational Program.

Any of those options would include installing portable classrooms, which the MAC didn't like.

"I don't like the idea of tearing down a brick and mortar building for portables," said MAC chair Marc Crawford.

Another wrinkle is if the school district got the site it would not need to consult the MAC or the county about how they use it, as they are exempt from certain ordinances. Clark promised they would cooperate.

The Veterans of Foreign Wars made another proposal, saying they'd keep the building standing, do their own repairs, and use it as a veterans hall and community center.

Over two dozen veterans, including a 102-year-old man who served in World War II, came to the meeting to urge the MAC to support their idea.

"We need a building that will satisfy the needs of veterans," said Jim Smith of the American Legion. "The library itself is a very beautiful building -- a proud building, paid for by the people of Castro Valley."

No vote was taken at the meeting and Crawford said he anticipates "many more public meetings" before any decision is reached, but the vets clearly had more support from the MAC.

MAC member Chuck Moore pledged to help with the repairs and MAC member Dave Sadoff called the VFW proposal "clearly superior" adding that demolishing the old library was a "non-starter."

The MAC also anticipates that other groups, perhaps even private developers, will come forward with other proposals.

The Friends of the Castro Valley Library made a side proposal that they be able to store their surplus books for their annual book sales at the old library, at least until a new tenant comes in. Currently, most of the books are in a shipping container.

#### Palomares Road

Also at Monday night's MAC

meeting, the council heard from residents of Palomares Road, who said -- in addition to all the road closures from this winter's storms -- speeding cars make their street unsafe.

Scott Terry, who lives in Palomares Canyon, said in the past few years there have been seven speeding cars that have flown off the road and crashed, three into power poles which left residents without electricity, one into a telephone

*see MAC on back page*

### CVIS BOYS TENNIS SCORES

#### CV 6, Alameda 1 on Thursday, April 13 Singles

1. Timothy Wu (CV) - Maxwell Conlin 6-4, 6-0
2. Edward Wong (CV) - Raymond Yao 6-3, 6-3
3. Rohit Sinha (CV) - Greciano Lactate 6-0, 6-2
4. Alex Low (CV) - Lawrence Xu 6-1, 6-1

#### Doubles

1. Gabe Priem / Dustin Fong (CV) - Josh Yoon / Jeremy Chen 6-3, 6-4
2. Sam Yuen / Brandon Fong (A) - Leon Chen / Brandon Soo 6-2, 1-6, 7-5
3. Ashir Gupta / Scott Coleman (CV) - Andrew Dao / Stephen Schneider 6-1, 6-0

#### CV 7, Arroyo 0 on Tuesday, April 11 Singles

1. Timothy Wu (CV) - V. Troung 6-0, 6-1
2. Dustin Fong (CV) - Tommie Tran 6-1, 6-4
3. Leon Chen (CV) - William Ly 6-3, 6-3
4. Gabe Priem (CV) - Noafi Layson 6-0, 6-2

#### Doubles

1. Ashir Gupta / Peter Maina (CV) - Danny Tran / Stephen Gong 6-2, 6-4
2. Alexander Long / Tony Gugg (CV) - Niko Myllumati / Junar Eugeno 6-2, 2-6, 6-4
3. Thomas Wu / Ethan Kwong (CV) - Charles Reyes / Alan Li 6-0, 6-1

## Kinsella Scholarship Fund

Castro Valley Little League has started the Kinsella scholarship, a \$500 college scholarship fund for graduating high school seniors, that have played for CVLL for a minimum of 5 years. The Kinsella Scholarship is named after beloved former President Joe Kinsella

who was instrumental in helping CVLL achieve great things to better the league. For instructions and an application, go to the website [www.CastroValleyLittleLeague.com](http://www.CastroValleyLittleLeague.com). For more information, please contact Michele Nicol Sponsor Chairperson 510-541-5565

## 5K & Half Marathon

Sunday, June 4th,  
Starting at 8am.

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## Luxury Looks a Bit Different These Days

By Carl Medford, CRS  
Special to the Forum

Looking for a luxury home? A few short years ago, that meant buying a massive, multi-storied home in a gated community. Times have changed, however, and tastes have migrated. Here are 10 features today's luxury buyers desire in their new digs:

**1. One level living.** Tired of moving up-and-down to access parts of the home, growing numbers of luxury buyers want single-level homes.

**2. Smart home features.** Automated climate control systems top the list, followed with custom lighting, shades, entertainment systems and state-of-the-art security and video systems that can be controlled from wall pads, smart devices and voice commands.

**3. Gourmet kitchens.** The trend is for high-end, commercial-grade appliances with all the bells and whistles, extensive food prep areas, massive storage and more. They also want the kitchen to be a part of a greater space, so that food-related activities can be factored into everything else that's going on.

**4. Walkability.** Instead of hiding behind gated facades, many luxury buyers want to be in the middle of things. They love the

idea of being able to walk to favorite restaurants, shops, parks and other community features.

**5. Access to the outdoors.** Think window walls that slide out of sight and open entire living areas to the outside. And, once the walls are retracted, luxury owners want to walk out into beautiful outdoor living spaces designed with entertaining in mind, including full high-end outdoor kitchens.

**6. Modern bathrooms.** Sleek Euro-styled plumbing fixtures are all the rage, along with remote controlled bidets, heated toilet seats, radiant heat systems, steam rooms, shower systems, touchless faucets and entertainment features such as mirrors with built-in flat screen televisions. Access to a massive walk-in closet is a must.

**7. Wine rooms.** Current luxury buyers want to showcase their

bottles in strategically placed temperature-controlled wine rooms.

**8. Exercise facilities.** The larger the room the better, complete with a full range of equipment, mirrors and video screens.

**9. A massive garage.** No longer is a 3-car garage adequate; many upscale buyers want a place to store their car collections.

**10. Home theaters.** The more these spaces imitate a theater, the better, with food-prep facilities, surround sound, high-end seating and spectacular video equipment.

Sound appealing? Be prepared to pay. True luxury has never come cheap and even though tastes are changing, the price tags... are not.

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

## Thanks for a great start to 2017!

**7 Sales Totaling More Than \$5,000,000**



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PACIFIC UNION

## Reduce Hardwood Scratches and Dents

By Samantha Mazzotta  
Special to the Forum

Whether it's just a few scratches or some serious dents, hardwood floors can be challenging to maintain.

The easiest way to reduce those scratched areas by the front door is to consider buying a large mat to cover that area so that outside dirt and sand will land on the mat and not scuff up the floor's finish.

For other minor surface scratches, you can use a stain marker (available at home-improvement and flooring stores) in a matching color. A video by The Rosebud Company ([rosebudfloors.com/hardwood-floor-videos/](http://rosebudfloors.com/hardwood-floor-videos/)) shows a couple of ways to blend in the color, particularly by blotting the marker on a cloth and then rubbing the cloth over the scratch to more seamlessly blend it in.

For small dents where the wood is compressed downward slightly, you can try a couple of methods.

On unvarnished floors, you can try to steam out the dent. (Always test this method first in an inconspicuous area, and don't do it if the finish in the test area turns white or very cloudy.) Take a clean, lint-free cloth and a steam iron. Spritz a bit of water directly onto the dent, place the cloth on top, and with the iron on its maximum setting and the steam turned on, press it over the cloth and move in a small circular pattern for about a minute. Lift up the iron, check under the cloth, then repeat the steps.

A second method, particularly if you're worried about ruining the floor finish, is to cover the dent with wood putty and stain to match. Apply the putty one small amount at a time, smoothing it completely into the depression, until it's filled and flush with the surrounding floor. Then use a stain marker in a color matching the wood — either apply directly to the putty or blot a cloth with the stain and dab or rub into the put-

ty and surrounding area. Allow the area to dry, undisturbed, for at least a day.

If the scratches and dents are deep and numerous, or if the wood is seriously damaged, warped or splintered, bring in a wood floor-

ing professional to evaluate the problem and provide an estimate for repairs. Wood floors can have a lot of impact on a house's value, so take care of them and get professional help for a complex job.

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## RECENT HOME SALES

### Castro Valley

4861 Seven Hills Road	94546	\$740,000	3 BD - 1,302 SF - 1966
19773 Stanton Avenue	94546	\$500,000	3 BD - 1,113 SF - 1940
17671 Trenton Drive	94546	\$830,000	3 BD - 1,475 SF - 1963

<b>TOTAL SALES:</b>	<b>3</b>	<b>MEDIAN AMOUNT:</b>	<b>\$820,000</b>
<b>LOWEST AMOUNT:</b>	<b>\$500,000</b>	<b>AVERAGE AMOUNT:</b>	<b>\$852,722</b>
<b>HIGHEST AMOUNT:</b>	<b>\$830,000</b>		

### San Leandro

329 Best Avenue	94577	\$625,000	3 BD - 1,164 SF - 1941
433 Harlan Street #203	94577	\$370,000	3 BD - 1,033 SF - 1964
2077 Washington Av #312	94577	\$370,000	2 BD - 960 SF - 1984
1760 142nd Avenue	94578	\$435,000	3 BD - 1,083 SF - 1942
2204 166th Avenue	94578	\$855,000	N/A BD - N/A SF - N/A
1448 Fairmont Drive	94578	\$572,000	3 BD - 1,428 SF - 1947
690 Fargo Avenue #11	94579	\$360,000	2 BD - 1,020 SF - 1965
1242 Fordham Avenue	94579	\$630,000	3 BD - 1,081 SF - 1951

<b>TOTAL SALES:</b>	<b>8</b>	<b>MEDIAN AMOUNT:</b>	<b>\$503,500</b>
<b>LOWEST AMOUNT:</b>	<b>\$360,000</b>	<b>AVERAGE AMOUNT:</b>	<b>\$527,125</b>
<b>HIGHEST AMOUNT:</b>	<b>\$855,000</b>		

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**Coming Soon • 4169 Highridge Place, CV**

This 2,227-sq.-ft., 3-bedroom, 2-bath home sits on an approx. 13,000-sq.-ft. lot and features new interior paint, hardwood floors, living and dining rooms, side access, CV schools, and valley and bay views! **First Open House in May. Call for a sneak preview! Offered at \$798,888**



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CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
S	2-4:30	2-4:30	227 Marlow Drive	\$588,000	2/1	Marvin Gardens RE	Greg Novak	510-472-4770
C	1-4	1-4	21825 Dolores Street	\$629,000	3/2	J. Rockcliff Realtors	Lisa Ferraris	510-304-1271
A	—	2-4	14877 Midland Road	\$699,000	4/2	Rinetti & Co. Realtors	Carrie Miles	510-735-5223
P	1:30-4	1-4	4119 Stanley Blvd.	\$703,000	3/2.5	Robert Jones & Assoc.	Matt Jones	510-357-0120
O	—	1-4	3529 Monterey Blvd.	\$715,000	3/2	Robert Jones & Assoc.	Matt Jones	510-357-0120
C	1-4	1-4	5089 Rahlves Drive	\$799,000	4/3	Berkshire Hathaway	Stuart Anderson	510-421-8200

**CITY GUIDE** A = SAN LEANDRO • B = SAN LORENZO • C = CASTRO VALLEY • D = DUBLIN • F = FREMONT • H = HAYWARD • K = BERKELEY  
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## Coping With Ringing in Ears

By Jim Miller  
SPECIAL TO THE FORUM

Tinnitus is a common condition that affects around 45 million Americans, but is usually more prevalent in the 60-and-older age group. Here's what you should know along with some tips and treatments that may help.

### What is Tinnitus?

Tinnitus (pronounced tin-NIGHT-us) is the sensation of hearing a ringing, buzzing, roaring, hissing or whistling sound in

one or both ears when no external sound is present.

The sounds, which can vary in pitch and loudness, are usually worse when background noise is low, so you may be more aware of it at night when you're trying to fall asleep in a quiet room. For most people tinnitus is merely annoying, but for many others it can be extremely disturbing.

Tinnitus itself is not a disease, but rather a symptom of some other underlying health condition. The best way to find out what's

causing your tinnitus is to see an audiologist, or an otolaryngologist – a doctor who specializes in ear, nose and throat diseases (commonly called an ENT). The many things that can cause tinnitus are:

- Age-related and noise-induced hearing loss – this is most common cause.

- Middle ear obstructions, which are usually caused by a build-up of earwax deep in the ear canal.

- The side effects of many different prescription and nonprescription medicines like aspirin, ibuprofen, certain blood pressure medicines and diuretics, some antidepressants, cancer medicines and antibiotics.

Various medical conditions such as high blood pressure, vascular disease, diabetes, allergies, thyroid problems, ear or sinus infections, Meniere's disease, Lyme disease, fibromyalgia, otosclerosis, temporomandibular joint (TMJ) disorder, a tumor, an injury to the head or neck, traumatic brain injury, depression, stress and more.

### Treating the Causes

While there's currently no cure for tinnitus there are some ways to treat it depending on the cause. For example, if your tinnitus is caused by a wax build-up in your ears or a medical condition (high blood pressure, thyroid problem, etc.), treating the problem may reduce or eliminate the noise. Or, if you



**Tinnitus is the sensation of hearing a ringing, buzzing, roaring, hissing or whistling sound in one or both ears when no external sound is present.**

think a medication you're taking may be causing the problem, switching to a different drug, or lowering the dosage may provide some relief.

### Other Treatments

Another treatment option for tinnitus that can help suppress or mask the sound so its less bothersome are "sound therapies."

These can be as simple as a fan or a white noise machine, or something more sophisticated like a modified-sound or notched-music device like Neuromonics (neuromonics.com) or the Levo System (otoharmonics.com) that trains your brain not to hear the tinnitus.

## Dementia, Medi-Cal Planning

**Q** My wife suffers from dementia and has been in a nursing home for some time. About a year ago, we put everything in my name so she could qualify for a Medi-Cal subsidy to help pay for her care. We currently have only simple wills which leave everything to the survivor of us, and then to our two children. Is this the best plan?

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

**A** Probably not, and here's why. If for some reason you predeceased her, then all of your assets would go to her. These assets would then put her over the \$2,000 Medi-Cal resource ceiling for an unmarried individual, and she would be terminated from the program. She would then have to use these very assets to pay for her care, potentially depleting a lifetime of savings and leaving little or nothing as an inheritance for your children.

A better plan would be to change your own will and trust so that if you predeceased her, your assets would go into a Spousal *see OSOFSKY on page 11*

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Castro Valley 4th grade students, and instructors, September 1929.

## History: School was Condemned in 1954

*continued from page 3*

During the Great Depression, the school, like many others in the area, benefited immensely from the Works Progress Administration (WPA). In 1936, \$20,000 in WPA funds allowed the school to build an auditorium. In 1937, the school received \$6,000 for its landscaping and playground. In 1938, \$15,000 more was allocated

to build the Adobe Nursery School just behind the main campus. You may know this building today as the Adobe Art Center.

In the school's brief history, there was scarcely a year when there wasn't some construction or expansion.

In the early 1950s, Castro Valley Grammar was bursting at the seams with over 600 students en-

rolled. By this time the building was beginning to show its age. In 1954, the school was condemned.

It was briefly considered as a possible "little" courthouse for Alameda County, but the Board of Supervisors quickly rejected the idea claiming if it wasn't safe for children, than it wasn't safe for adults.

*see HISTORY on back page*

## Osofsky: Benefit of Special Needs Trust

*continued from previous page*  
Special Needs Trust ("S-SNT") for her benefit.

The S-SNT is a special trust which would hold these assets in the name of a "friendly" trustee, who would use them to pay for extra things for your wife not provided by Medi-Cal, such as a TV in her room, occasional outings, and perhaps companion visits.

Because the assets would be owned by the trustee, they would not count as hers and would thus not undermine her continued eligibility for Medi-Cal. One of your children could serve as trustee.

Upon her later demise, the balance remaining would go to your children or other designated beneficiaries.

This spousal S-SNT requires that your plan be structured in a very special way. Because of a quirk in the law, it must be created by Will, and not by trust. In this sense the S-SNT created for a spouse is very different from the Special Needs Trust sometimes created for a child or grandchild on public benefits.

Your plan could still use a trust and companion will. They would be structured so that they worked together but contained a kind of "toggle switch." If your wife predeceased you, then upon your own later demise they would pass ev-

everything to your children by trust. But, if your wife survived you, the "switch" would trigger and trust assets would, instead, transfer to the Will to create the S-SNT for her.

Because the S-SNT for a spouse must be created by will, it requires some involvement by the probate court after your demise.

Fortunately, this requirement does not necessarily mean that your estate would need to go through a full probate. It only requires that, after your demise, a petition be filed in the probate court seeking an order formally establishing the S-SNT and authorizing its funding from your probate estate. Once the order is

granted, your estate assets would be so transferred, and the probate could then be closed.

This plan does require that it be in place before your demise and its design and implementation does require special skill. I recommend that you seek out a knowledgeable Elder Law or Special Needs attorney to assist you in creating it.

*Note:* A variation of this plan would be suitable for a couple, presently in good health, who wish to plan for the possible future long term care needs of the survivor of them.

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

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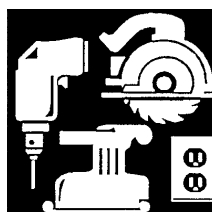
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# LETTERS to the Editor

## MAC Plan on Daughtrey Building 'Fraught with Serious Problems'

Editor:

The recent report that 7 or 8 commercial real estate developers have responded to the County's RFP for redevelopment of the former Daughtrey's building is encouraging. Turning this property into a job and tax generating asset will benefit our community.

A committee composed of County staff and three MAC

members reportedly has been formed to review all of the proposals and then make a recommendation to the full MAC as to which developer should be given a chance to exclusively pursue their vision for development of this site.

This process is fraught with serious problems and raises the specter of favoritism.

Having three MAC members on the committee that reviews the proposals and then that commit-

tee makes a recommendation to the full MAC taints the process. Three MAC members are below the threshold of a violation of the Brown Act regarding public meetings, but just barely.

The professionals on the County staff are qualified and fully capable of analyzing these proposals. They can provide the MAC with an unbiased review and the MAC can then carry out the functions they were appointed to do — listen to the staff report, hear public testimony and then make a recommendation.

The MAC should not be the investigator, prosecutor, judge and

jury. The three members should remove themselves from this committee now or if they continue, they should recuse themselves from the public hearing on this issue. Anything less leaves the entire process under a cloud and undermines the public's confidence in this bodies ability to make an unbiased recommendation.

—Cliff Sherwood, *Castro Valley*

## Urges CVS San Ratepayers to Submit Rate-Hike Protests By May 23

Editor:

In a letter to the Editor on April 5th I urged the ratepayers of the

Castro Valley Sanitary District to submit a written protest against the proposed sewer service rate increases by June 6, 2017, as well as attending the public hearing scheduled for June 6, 2017.

The reason I stated in my prior letter was that there is absolutely no need to raise the sewer service fees because the \$3.5 million blunder in the FY 2015-2016 budget would cover any projected deficits for FY 2017-2018 and FY 2018-2019.

On April 8th I received a new notice regarding the rate increases. It turns out that the original notices contained errors

regarding some of the proposed rate increases (five erroneous commercial user rate increases, and seven erroneous institutional user rate increases). The new notice corrected those errors.

Significantly, the new notice also changed the hearing date and time to submit written protests from June 6, 2017, to May 23, 2017.

I now urge all ratepayers of the Castro Valley Sanitary District to submit a written protest against the proposed rate increases by May 23, 2017, as well as attending the public hearing scheduled for May 23, 2017.

—Ken Owen, *Castro Valley*

## Obituaries

### Margaret 'Margo' Ann Newman

September 3, 1938 – April 9, 2017

Margo was welcomed into her eternal rest by her Lord and Savior on April 9, 2017 in Hayward after enduring years of illness.

She was born on September 3, 1938 to Manuel and Lucy Viegas in Hayward, and lived in Hayward for most of her life. She spent six years in San Diego and a few months in Lubbock, Texas before returning to the East Bay.

Margo is survived by her 4 daughters, Catherine Major, Sheryl James, Patricia Venegas and Suzette Euell; sons-in-law, Harry Major and Curtis Venegas; 13 grandchildren, Ryan Major, Alana (Major) Smith, Kristen Major, Michelle (Major) Brain, Melissa (Lessley) Varela, Monica (Lessley) Deacon, Morgan Prause, Jessica Prause, Jeremy Venegas, Nicole Venegas, Jesse Venegas, Jacob Venegas and Danielle (Venegas) Hunter; and 15 great-grandchildren. She was "Nana" to many other children. She was preceded in death by her parents and two sisters, Gertrude and Marie.

During her life, she enjoyed spending time with her family, traveling with her sister, and being creative. She attended New Life Christian Church in Castro Valley, where she helped decorate the church for special events.

A memorial service to celebrate her life will be held at a later date.



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### Alexander David Becker

February 12, 1984 – January 2, 2017

A resident of Castro Valley, Folsom and Twain Harte, Alexander tragically passed away on January 2, 2017 in Folsom, California, following complications from pneumonia, just short of his 33rd birthday. Alex was dearly loved by many who knew him as a handsome, polite, gentle giant, with a kind, sensitive heart. There are no words that could ever adequately express the loss of our beloved Alex.

Alex was born and raised in Castro Valley. As a youth, he developed an interest in scuba diving and, at the age of 10, he and his father took lessons together and became certified scuba divers on vacation in Jamaica. Alex also participated in many competitive sports such as swimming, soccer, basketball and football. He especially enjoyed baseball, which he played on organized teams from age 6 to 16. His love of baseball translated into becoming a lifelong San Francisco Giant's Fan, where he attended many games at both the old Candlestick Park and the new Pac Bell (AT&T) Park. Alex and his father were excited to attend multiple Playoff, World Series, and three World Championship games together.

Alex attended Castro Valley High School, where he participated in athletics on the varsity football team (middle linebacker) as well as the varsity track team (discus) and graduated in 2002.

After high school, Alex moved to Aptos, California, where he attended Cabrillo College and worked in various construction jobs. During this time, Alex lived adjacent to the Rio Del Mar beach, where he enjoyed the surf and sand with his chocolate lab, Wyatt. Alex later worked as a security guard in Fremont and as an apprentice carpenter in Danville.

Alex acquired a love of nature and the great outdoors from his yearly family vacations in Tahoe, Monterey and Yosemite.

During the last few years, Alex and his mother shared their love of nature by exploring and swimming in the lakes of Tuolumne County while living part time in Twain Harte. Alex made a hobby of learning about the wilderness, wild animals and ocean life.

Alexander is survived by his father, Stuart Becker; his mother, Robin Becker; his brother, Andrew Becker; his grandparents, Ronald and Marilyn Vanderbilt; his step-mother, Carole Becker; his step-brother, Brian Vanderbilt; his step-sisters, Jennifer Haiek and Cheryl Vanderbilt; and his godparents, Steve and Minnie Becker. He will also be missed by many close uncles and aunts, Richard and Sharon Becker, Michael and Susan Becker, Randy and Debbie Vanderbilt, Richard and Sarah Vanderbilt, Randy and Renee Kay, the Boshard and Rich families as well as his many cousins and extended family.

There will be a Celebration of Alex's Life in the Julia Morgan Chapel at Chapel of the Chimes, 4499 Piedmont Ave., in Oakland on Saturday, April 22, at 2 p.m. Family and friends are encouraged to attend and share their favorite memories.



### Barbara Sutter

April 10, 2017

One of Castro Valley's most elegant ladies has passed unto a new horizon. Barbara Sutter, a resident of Castro Valley since 1958, passed at the recently turned age of 94 on March 28. The general cause was ramifications that emerged from a broken hip a couple of months ago. Her passage reflected her personal characteristics of elegance and beauty.

Barbara was born in Oakland on March 14, 1923. Her heritage was both Italian and German, although she displayed more of the characteristics of her Italian heritage than the Germanic side. She grew-up in Oakland and attended Oakland High School, which is where she met her husband-to-be, Farren "Skip" Sutter. They were married shortly after high school in Reno, Nevada. Skip was trained in the Merchant Marine, but left to marry Barbara and to join the U.S. Army during WWII. During the war, Barbara lived in the New York City area and in the state of Washington (Ft. Lewis), in support of her husband's military service.

After the war ended, Barbara and Skip returned to the Bay Area, settling in the Fairmont Terrace area adjacent to Castro Valley. In 1958, they moved to Castro Valley, which is where she lived until her passage. Her husband, Skip, passed in 2012. He was a long-time officer in the Oakland Police Department. Barbara had attended both Merritt College and U.C. Berkeley. She had also worked at the "Little Miss & Mister Shop" in downtown Oakland for many years, where she served as a manager of accounting and sales.

Her primary passion was her family, having given birth to two sons — Phillip in 1945 and Shawn in 1957. Phillip is married to his wife, Cindy, and lives in Morro Bay. Shawn is married to Jim McBride and lives in Lodi.

Barbara is survived by both children, as well as 2 grandchildren, Antony and Laura; and 5 great-grandchildren, Elizabeth, Casandra, Amanda, Caitlynn and Antony II.

In addition to her family, Barbara's passions included animal rescue and gardening. She was a member of the Castro Valley Women's Club for 45 years and the San Leandro Garden Club for 44 years. She served as President of the San Leandro Garden Club from 1982-84. She was also a long-time supporter of the Sulphur Creek Nature Center. Her generosity, however, extended to all causes for the good of people and the local community.

At her request, there will be no memorial service. Donations in her memory are urged for the Hayward Animal Shelter or to any favored cause for her friends. In her memory, all are asked to smile in her memory for the kindness of being she displayed toward all.



BECKER, Alexander David  
MORGAN, Lawrence Merritt  
NEWMAN, Margaret  
SUTTER, Barbara

■ MORGAN, Lawrence Merritt passed away on April 10, 2017. There will be a viewing in Sonoma, California at Terzich and Wilson Funeral Home, 225 E. Rose St. The viewing is on Friday, April 21, from noon to 2 p.m., followed by a celebration at 10735 Joaquin Morris Road, in Sonoma. For more information, contact Monica Barnett at 510-396-0309.

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

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### Regulated Marijuana Dispensary 'Would be Good For the Adults of CV'

Editor:

A well regulated, licensed medical cannabis dispensary would be good for the *adults* of Castro Valley. It would be as secure as a bank. Children do not get drugs from dispensaries.

Residents who suffer from arthritis, seizures, migraines, P.T.S.D., nausea from chemo, and other illnesses improved by the treatment of cannabis and who can't grow their own or travel to other towns would find it helpful to have a medical cannabis dispensary in Castro Valley.

Sales taxes collected could benefit many.

As with *any* drug, marijuana should not be in the hands of criminals.

—Winifred & Gerald Thompson  
*Castro Valley*

*Letters continue on page 16*



Pageant: Dancing, Musical Talents Were Also on Display

*continued from front page*

Types of Chocolate” featured Mikey Curtis, Christian Bucklin, and Nasir-Eshay Hunt who described themselves as “white chocolate,” “tan and sweet chocolate,” and “the healthier alternative, dark chocolate.”

Musical talent was also on display. Paulo Pimentel blew a mean harmonica; dueling pianists Bodhi Dean Young and Evan Lee played Three Blind Mice and Chopsticks, plus classical pieces; and Logan Gorkov performed a duet with Madrigal Ruby Welsh-Ferreira.

Performing a variety of raps, poems and original songs were Ian Doport, Will Stein, Arrius Salazar, and Kian Pantley. Salazar took advantage of his moment on stage to invite his date to the prom. (She said yes.)

Andre Juntilla, aka “Milkydre,” debuted a new rap with backup dancing by All Types of Chocolate, whom Juntilla called “My Milk Duds.”

For keeping his cool when technical difficulties almost derailed

Eden: Vote

*continued from page 2*

some sort of merger with the county, saying she feared it might make the district’s operations more complicated.

“The district is providing a service that may be diluted at the county level,” said Vonheeder-Leopold. “It always concerns me when a larger agency takes over because there is red tape.”

The results of Eden Health District’s upcoming discussions with the county will likely be presented to the Local Agency Formation Commission at its July meeting.

O’Keefe Earns PhD Degree

Eleanor O’Keefe will receive her Doctor of Philosophy degree in Experimental Bio-Psychology on May 12 from The University of Louisville, a member of the Kentucky State University System.

A 2006 graduate of Castro Valley High School, O’Keefe is now working for the US Air Force at Wright-Patterson AFB. She is the daughter of Dianne Fletcher and Michael O’Keefe of Castro Valley.

CROSSWORD PUZZLE ANSWERS

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



DANCIN’ UP A STORM: Mr. CV contestants get into “The Fresh Princes of CV” dance number at Friday night’s pageant at Castro Valley High School.

his lip-sync number, James Keith Vega was voted the “People’s Choice” winner by the audience.

Jono Austin sang an excellent “Phantom of the Opera” tune with soprano Gracie Hancock. Austin was voted Mr. Congeniality and also First Runner-up.

Top five contestants were Wilson Xie, James Keith Vega, Bodhi Young, Jono Austin, and Andre Juntilla. Each was asked a final question to help the judges decide who would wear the Mr. CV Crown.

Winner Andre Juntilla was asked where he would live if money wasn’t an issue. He answered that he’d be happy anywhere as long as he could be with his family, because they are always there for him.

When he was crowned, Juntilla said he wished everyone up on stage could have a cape and a crown.

“We all deserve it,” he said, thanking the pageant organizers for giving the contestants a chance to come together and get to know each other.

This year’s pageant chose its

first ever “Miss Congeniality,” Ariana Faizi. The event was choreographed by Angelica Duarte, Brigid Keenan, Kayla Lubrin, Hana Pryor, Lucy Sabatelli and Kelly Zoffada.

Judges were Kurt Burton, Samantha Eckels, Maria Gresham, Stephanie Panko and John Wright.

Men’s Wearhouse provided the contestants’ tuxedos. Gigi’s Florist and Jennifer Dellosso donated flowers. Engravit Awards and Trophies provided the trophies.

Proceeds from the event benefit the CVHS Spirit Squads.

LETTERS to the Editor

*continued from page 14*

**Accuses Liberals of Labeling Alternate Points of View As ‘Hatred’**

Editor:

It never ceases to amaze me that whenever someone offers an alternative point of view it is called “hatred” by a member of the liberal establishment.

Ms. Boyd, in her letter to the Forum (“Addressing ‘the Raging Hatred Thrust On the Community’,” Letters, April 12), states that, “we are pleading for peace, justice and equality that you (conservatives?) have detained from us.”

Really! How about when Trump supporters tried to hold a peaceful rally in Huntington Beach only to have a bunch of cowardly thugs in masks show up with nothing but violent intent. Is this not “hatred”?

Or, more locally, when a conservative speaker recently came to Berkeley, the school ended up with over a million dollars worth of damage and who knows just how much human sacrifice.

Where is the “peace, Justice and equality” here? And just who is doing the “detaining”?

I certainly will agree with Ms. Boyd when she says, “we don’t need more hate.” But “hatred” it seems goes both ways.

I just wonder if any of this is being discussed when 1st Amendment and freedom of speech is being taught in the Castro Valley School District. Based on what I’ve read so far, I think not.

—Mark Dierkensen, Castro Valley

**LETTERS TO THE EDITOR**

must include writer’s first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. Email letters to: fredz@ebpublishing.com or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

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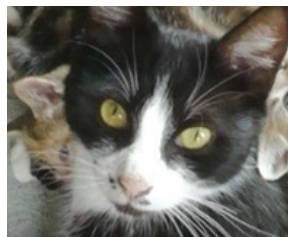
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## MAC: 'Traffic Is Just Nuts'

*continued from page 8*

pole that took out landlines, and a handful of others – at least one of which was fatal. Terry said that the accident rate on Palomares Road is over three times the state average.

"The traffic is just nuts," said Terry. "Palomares Road isn't a freeway, it is a residential road."

Representatives from the CHP and Sheriff's Office backed Terry's statements, saying Palomares Road is dangerous and they don't have the manpower for more patrols, so speeders aren't being deterred.

MAC member Moore said the problem also plagues Crow Canyon and Norris Canyon – roads that used to be chiefly used by residents are now being used by commuters.

Art Carrera of the county's Public Works Department said that they are doing what they can to slow speeders and have just received a federal grant to construct four turnouts on Palomares Road, which will give patrolling officers a space to park and catch speeders.

"We are doing what we can," said Carrera.



Bea Hampton's Kindergarten Class at the Adobe Center, 1950

## History: Served as Office for Vaccinations

*continued from page 11*

Before being torn down, the building served one more important role—as the field office for the county's massive campaign to distribute Polio vaccines to area children.

The site of the school was

quickly purchased by a developer for about \$100,000 dollars. By February of 1956, the site was home to a brand new Purity grocery store.

If you are interested in researching local history please visit the Hayward Area Historical Society

at 22380 Foothill Boulevard in downtown Hayward. Visit our website [haywardareahistory.org](http://haywardareahistory.org) or call (510) 581-0223 for more information.

John Christian is Curator and Archivist of the Hayward Area Historical Society.

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## CVSAN ANNUAL CONTRACTORS MEETING:

The Castro Valley Sanitary District (CVSan) will be hosting its annual Contractors Meeting on Monday, May 15, 2017 from 8:00 – 10:00 a.m. The meeting will be held in the Board Room at CVSan's main office, located at 21040 Marshall Street, Castro Valley, CA 94546. Coffee and breakfast pastries will be served.

Topics of discussion include, but are not limited to:

- CVSan's Lateral Replacement Grant Program (LRGP)
- List of Qualified Contractors
- Inspection Availability and Requirements
- Planned Projects for 2017/18

A finalized agenda will be available on Monday, May 8, 2017, which can be accessed online at [www.cvsan.org/acm](http://www.cvsan.org/acm), via emailed request to [melody@cvsan.org](mailto:melody@cvsan.org), or via written request to CVSan, Attn: Melody Knapp, 20211 Patio Drive, Suite 200, Castro Valley, CA 94546.

Space is limited so we highly encourage all contractors to pre-register to secure a spot.

For additional information, please contact Melody Knapp at (510) 537-0757 ext. 127 or via email at [melody@cvsan.org](mailto:melody@cvsan.org).

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