

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, JULY 25, 2018

NO. 30

INSIDE YOUR
FORUM

LIVING



Clove at First Bite

Recipes to celebrate the arrival of this weekend's Gilroy Garlic Festival

Page 5

H&F



Heart Health

Five things your doctor may not have told you about heart disease

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NEWS



Bye Bye Mattress

Free mattress collection event to be held this Saturday in Ashland

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PHONE: (510) 537-1792

Hayward High Invites All Alumni to Celebrate Opening of Lighted Field

By Linda Sandsmark
CASTRO VALLEY FORUM

Before 1956, Hayward High School — one of the oldest in Northern California — was the high school for Castro Valley students. Even today, those living on the south side of the I-580 freeway — the neighborhoods surrounding Trader Joe's — currently attend Hayward High.

On the weekend of Aug. 17-19, the school will host an all-alumni weekend to celebrate the opening of its brand new lighted athletic field.

The school's official mascot is the "Farmer," which dates back to Hayward's period as an agricultural center.

The Farmers will open the event with an all-alum tailgate party behind the HHS gym from 3 to 7 p.m. on Friday, Aug. 17. Campus tours, led by current students, will be available during this time.

Following the tailgate will be the school's first-ever varsity home football night game under the new lights— goodbye night games at Sunset's borrowed field!

see *TAILGATE* on back page



PHOTOS BY FRED ZEHNDR

All Hayward High alumni are invited to the school's alumni weekend, August 17-19 to celebrate the newly installed lights of its athletic field, above. The school's first-ever varsity home football night game under the new lights will be played Friday night, August 17.



'Day of the Cowboy' Celebration Saturday

This Saturday, July 28, the Rowell Ranch Rodeo will host a free Cowboy Education Day to celebrate the National Day of the Cowboy, when participants can learn all about cowboy culture and western heritage.

Those attending will see displays of saddle-making, horse-shoeing, Chuck Wagon cooking, and Dutch oven cooking. The arena will feature dog and horse demonstrations.

Check-in is at 9 a.m. and the program begins at 9:30 sharp, ending at 12:30. To register, contact Allison Batteate at 925-455-5755 or online at RGCallison@yahoo.com (if you don't register, the Rowell Ranch Rodeo cannot guarantee free lunch and a gift).

The celebration continues at 8

a.m. on Sunday, when the Rowell Rodeo hosts the Second Annual Western States' Cowboy Ranch Rodeo, a competition that includes tasks like those performed every day on the ranch, such as calf branding, team roping, yearling doctoring, line sorting, and trailer loading.

Contestants include local ranchers, as well as cowboys, and cowgirls from throughout California and Oregon, all competing for a spot in the Association's Finals in Winnemucca, Nevada.

For more information, call Abbie Batteate at 925-413-9502 or BatteateLivestock@hotmail.com.

The Rowell Ranch Rodeo Park is just off Dublin Canyon Road and I-580. Visit rowellranchrodeo.com for more information.



PHOTO BY BETSY KINGSBURY

A CHUCK WAGON LUNCH will be available for those who register in advance for the National Day of the Cowboy celebration this Saturday at the Rowell Ranch Rodeo Park.

New MAC Chair Put Off Again

By Amy Sylvestri
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) once again postponed their election of a potential new chair at Monday night's meeting because all seven MAC members were not in attendance. Both current MAC Chair Marc Crawford and Councilmember Chuck Moore were absent.

The election has been postponed to their Aug. 13 meeting. In fact, all the items on Monday night's agenda were continued to future dates.

The MAC was due to approve cosmetic upgrades to two fast-food restaurants on Castro Valley Boulevard (Kentucky Fried Chicken and Jack in the Box), but both will now be heard in August.

Jack in the Box wants new paint and tile, LED lighting, new ADA parking, landscaping at the drive-thru, new ADA restrooms, and seating.

The MAC has been tough on Jack in the Box in the past, criticize *see MAC* on page 15

Castro Valley Weather July 25 - 29, 2018



Wednesday
Mostly Sunny
High 80° Low 59°



Thursday
Clouds the Sun
High 77° Low 58°



Friday
Mostly Sunny
High 76° Low 57°



Saturday
Mostly Sunny
High 74° Low 57°



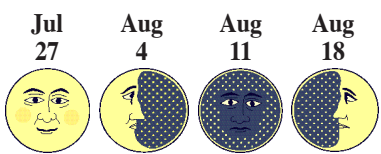
Sunday
Clouds then Sun
High 74° Low 58°

Almanac



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

Moon Phases



Sun sets at 8:24 p.m. today, rises at 6:09 a.m. Thursday.

Michele Markovich Antiques
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CVHS Student Participates in Boys State Mock Government

By Carol Thornberry
SPECIAL TO THE FORUM

"Totally Amazing."

Those are the two words that Luke Martin used to describe a life-changing week spent at the American Legion Boys State at Cal State University in Sacramento.

Boys State is among the most respected and selective educational program of government instruction for high school students. It is a participatory program where each student becomes a part of the operation of his local, county, and state government.

The boys are hosted in dormitories while experiencing 8 days filled with speakers, debates, elections and government.

Luke, a Castro Valley High School senior-to-be, just returned from a weeklong hands-on experience in the operation of a democratic form of government, the organization of political parties the value of democracy and civic duty.

Being selected to attend Boys State is a privilege and an honor. After being recommended by leaders in the community, Luke applied to the program. He then went through the interview process where he was asked questions



CVHS student Luke Martin, just back from a week at Boys State in Sacramento.

concerning his thoughts on current events, local and national. It is a competitive process, but says Luke, "well worth the effort."

Upon arrival, the boys are randomly divided into two political groups, the Federalists and the Whigs. Luke was a Federalist.

As the week progressed, the 1,000 young constituents from all over California participated in forming mock governments and campaigning for positions at the city, county and state level.

After the elections, the constituents find out firsthand the difficult decisions made daily by those in government through a series of

challenging simulations including in the Federalist camp, a possible impeachment.

The boys are encouraged to step out of their comfort zones, and to gravitate towards new opportunities and leadership roles. For Luke, giving a speech in front of 500 of his peers was definitely a confidence builder.

The American Legion believes there is no better way to assure the survival of our republic than to train our young people in the ideals and objectives of American Government. Friendships were made, leadership skills were developed and the 1000 amazing young men who attended Boys State learned the need for competition, the value of public office, the strength of the individual voice and the vote.

Luke's week at Boys State is over, but it is an experience he will never forget. Now, he is busy working on his service project to achieve the Eagle Scout Rank. He is developing a plan to benefit the young people, particularly teens, who are patients at Shriners Hospital.

The American Legion Auxiliary conducts a California Girls State as well. This year's 75th Session took place from June 25 to 30.

EDEN HEALTH DISTRICT
presents...

Caring for Our Aging Parents

An evening for adult children who care for their parents

TUESDAY, JULY 31, 2018

**5:00 - 6:00 pm Lets Get Connected!
Resource Fair (Open to all!)**

**6:00 - 7:30pm Program
(Registration required)**

**San Leandro Library, Dave Karp Room
300 Estudillo Ave., San Leandro
FREE**



As our aging population grows, the added responsibility for adult children grows. Many families often find themselves being challenged by caring not only for their parents, but for their own families as well. These challenges bring about a host of decisions and need for assistance for their parents as they maintain their independence. Finding information and resources that work best for a family's situation can often times feel like caregivers are walking in the dark.

Join us for an evening of illumination – by the end of the evening you'll be better educated about how to keep parents safe, have a better understanding about what programs and services are offered in Alameda County, housing options, senior in-home support and more!

Program Agenda

Activities to Help Your Parent Remain Independent & Safe
Lara Calvert, Executive Director, Spectrum Community Services

Adult Day Programs & Available Community Resources for Seniors & Care Partners
Jane Hanson, MSW, Family Caregiver Support Program Coordinator, Daybreak Adult Care Centers

Everything You Wanted to Know About Housing & Care Options
Caryn Doherty, LCSW, Director of Care Management, Senior Alternatives Home Care & Care Management

Seating for the program is limited. Call (510) 538-2035 to register

Eden Health District is a not-for-profit agency originally established in 1948 by the residents of Castro Valley, Hayward, San Leandro and San Lorenzo. The District not only invests its resources in providing grants to local non-profit organizations, enabling them to provide much-needed health care services to those in need, but provides free community education programs such as this program to improve the health of the communities they serve.

Partners in Health

Daybreak Adult Care Centers • Senior Alternatives Home Care & Care Management • Spectrum Community Services

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Senior Assault

Saturday, July 21: at 8:28 p.m., Sheriff's deputies arrested a 66-year-old woman from Castro Valley on suspicion of assault on a family member. The woman was also wanted as part of a warrant issued for her capture. Deputies responded to an anonymous tip about a loud and aggressive-sounding argument at a home on Grove Way near Redwood Road. The woman was handcuffed and taken to Santa Rita Jail pending \$50,000 in bail. The victim was treated at the scene.

He Found It, But It's Not His

Saturday, July 21: at 3:40 p.m., a 23-year-old man from Oakland was arrested on suspicion of theft related illegal possession of property. Deputies responded to a manager's call at a gas station on Castro Valley Boulevard near Wisteria Street as a patron claimed a man took his property. The suspect claimed he found the property and that it was his. Deputies determined that the man did not have rights to the unidentified object and took the suspect into custody.

Drugs in His Pocket

Thursday, July 19: at 11:48 a.m., deputies arrested a 51-year-old man from Hayward in suspicion of possession of methamphetamine drugs. The man was hanging outside a gas station on Center Street near Grove Way when deputies stopped him for questioning. The man revealed 1 gram of the illegal narcotic in his pant pocket. Deputies took the man into custody.

Public Intoxication

Thursday, July 19: at 7:50 p.m., a 59-year-old man from Hayward was arrested on suspicion of public intoxication. The man was hanging outside a car wash on Lake Chabot Road near Congress Way when deputies stopped him for questioning. The man failed his field sobriety test and was taken to a sobering center.

Family Fight

Wednesday, July 18: at 9:40 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Chaparral Place near the Boulevard. There, they arrested a 40-year-old man from Castro Valley on suspicion of spousal assault and assaulting minors at the residence. The man was handcuffed and taken into custody.

Illegal Drug Paraphernalia

Wednesday, July 18: at 12:22 p.m., deputies arrested a 49-year-old woman from Hayward on suspicion of possession of illegal drug paraphernalia. The woman was walking near a home on Grove Way near Center Street when deputies stopped her for questioning. The woman revealed she had an illegal pipe for smoking drugs. Deputies took the woman into custody.

100 Yards is Still Too Close

Wednesday, July 18: at 11:40 a.m., a 36-year-old man from Castro Valley was arrested on suspicion of illegal use of a firearm. The man was walking near a home on Grove Way near Center Street when deputies stopped him for questioning. The man revealed he had an illegal pipe for smoking drugs. Deputies took the man into custody.

'Crimes of the Heart' Opens on Friday at Chanticleers Theatre

"Crimes of the Heart" is a funny and deeply touching play about the intrigues, secrets and scandals of three sisters — the McGraths — who are reunited on the occasion of the youngest sister's (Babe) decision to shoot her husband!

It takes place in the deep South in the small town of Hazlehurst, Mississippi. Humor and pathos abound when the sisters, helped by a young lawyer, join together to save Babe from prison.

Author Beth Henley won a Pulitzer Prize in 1981 for this comedy-drama, which was then made into a movie starring Diane Keaton, Jessica Lange and Sissy Spacek as the dysfunctional McGrath sisters who seem drawn to peculiar situations.

The author's quirky humor shines throughout, so tragedy and comedy balance nicely.

Even in the midst of scandal, the loveable characters are unable to keep straight faces. Audiences will be laughing, too, as each of the sisters seeks a way to resolve her "crimes of the heart."

Director, Edward Nattenberg, has assembled a fine cast of veteran actors, all making their debut performances on Chanticleers' stage.

The cast includes: Kelsey Tresemer (Lenny); Kim Liang (Meg); Kayla Stone (Babe); Rebecca Anne Euchler (Chick); Zach Beckman (Doc); and Steven Baker (Barnette).

"Crimes of the Heart" opens with Chanticleers' traditional complimentary hors d'oeuvres, desserts and beverage gala this Friday, July 27, and runs through Aug. 19.

Curtain time for Friday and Saturday evening shows is 8 p.m. and Sunday twilight matinees start at 6 p.m. (no show on July 29).

For tickets (\$25 general, \$20 for seniors (60+), students and military. On Bargain Night, July 28, all tickets are \$18.



Kim Liang (Meg), Kelsey Tresemer (Lenny), and Kayla Stone (Babe) as they appear in Chanticleers Theatre's production of "Crimes of the Heart" opening this Friday with the theatre's traditional opening night hors d'oeuvres, dessert and beverage gala. Friday and Saturday night shows are at 8 p.m., Sunday evening shows are at 6.

The Chanticleers Theatre Flex-Pass (\$85 general and \$68 seniors/students/military) gives you four tickets to use anytime during the season.

Chanticleers Theatre is located

within the Castro Valley Community Park at 3683 Quail Ave. in Castro Valley. Call 510-SEE-LIVE (733-5483) or go to chanticleers.org for reservations/tickets.

—Georgia Lee Barnes



BART surveillance photos of (at left) Sunday night's stabbing suspect John Lee Cowell and (at right) the unidentified murder suspect who attacked a rider at the Bay Fair Station early Saturday morning.

A Deadly Week of Attacks on BART

In a news conference on Monday evening, BART officials disclosed that three people have died as the result of attacks occurring on the transit system during the previous five days.

The most recent was an unprovoked stabbing of two sisters on the MacArthur Station platform just after 9:30 Sunday night in which an 18-year old woman died.

The victim was identified as Nia Wilson. Her 26-year old sister, Lahtifa Wilson, was hospitalized overnight from stab wounds she received during the attack.

BART Police Chief Carlos Rojas described it as "one of the most vicious attacks that I've seen" in his 30 years of law enforcement.

Surveillance photos of the attacker — identified as John Lee Cowell, a 27-year-old transient with a police record — were released to the media on Monday morning.

On Monday evening, Cowell was arrested without incident on another BART train after passengers spotted him and tipped-off police.

During Monday evening's news conference, BART police revealed that two other people had recently died after being attacked on BART property, but that neither was connected to Sunday night's killing.

In an incident around 1 a.m. Saturday, a BART rider identified as Don Stevens, 47, died after he was punched by an assailant and struck his head on the pavement outside the Bay Fair Station in San Leandro. That unidentified attacker is wanted for murder.

In what was possibly a third homicide, 51-year-old Gerald Bisbee of Pittsburg died at his home a few days after a fight with Abdul Bey, 20, last Wednesday at the Pleasant Hill Station. Bey was arrested and jailed in Martinez.

A large crowd held a vigil Monday evening at the MacArthur BART Station for the most recent attack on the two sisters.

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The Week Ahead

● Thursday, July 26: *Pirate Escape Room Adventure*

Can you beat the clock? The Castro Valley Library presents “Pirate Escape Room Adventure,” where you’ll work as a team and use your wits to solve puzzles, unlock clues and escape the room to get the treasure. Tomorrow’s program at 6 p.m. is designed for teens, ages 13-19. Registration is required — sign up for you and your friends for up for one of two time slots. For more information or to register, call the Library at (510) 667-7900 or visit www.aclibrary.org

● Friday, July 27: *Jenny Lin Foundation Concert*

Enjoy the free Jenny Lin Foundation Summer Concert at 7:30 p.m. this Friday at the Buffington Performing Arts Center on the Chabot College campus, 25555 Hesperian Blvd. in Hayward. This year, some 300 young musicians from around the Bay Area took part in the Summer Music Program.

● Saturday, July 28: *Korean War 65th Anniversary*

The USS Hornet Sea, Air & Space Museum will host a commemoration marking the 65th anniversary of the end of the Korean War from 11 a.m. to noon this Saturday, including a variety of guest speakers, and

recognition of those who served in Korea. The Museum opens at 10 a.m. and closes at 5 p.m. General admission applies, free for veterans and Museum members. The Museum is located at 707 W Homet Ave., Pier 3 in Alameda. Ample free parking is available.

● Saturday, July 28: *Elders Take the Mic*

Whether it’s childhood mischief, moments of hardship and triumph, or reflections on the retired life, hear stories that are a touching and nuanced exploration of the human experience from 3 to 5 p.m. this Saturday at the Hayward Area Senior Center, 22325 North 3rd Street. If you’ve been thinking of writing your story, this is the perfect sampler event. Come hear some student-writers’ stories and get inspired to join the class and write your own story! It’s free, but please RSVP to the Hayward Area Senior Center (510) 881-6766 or www.haywardrec.org

● Sunday, July 29: *5th Sunday Dance*

Join the Hayward Area Senior Center with instructor MaryAnn Nicolaus for the 5th Sunday Dance this Sunday, at 22325 North Third St. in Hayward. Admission is \$8 at the door.

● Monday, July 30: *Senior ‘Scam Stopper’ Seminar*

Congressman Eric Swalwell’s staff, representatives from the State Licensing Board, and local agencies serving seniors will conduct a Senior Scam Stopper Seminar from 10 a.m. to noon on Monday at Eden United Church of Christ, 21455 Birch St., Hayward, covering construction-related scams as well as fraud involving identity theft, auto repair, Medicare, foreign lotteries, and mail. A resource fair from noon to 1 p.m. will offer information from several community organizations providing services to senior citizens. This event is free and open to all 15th District senior citizens, their families, and caregivers.

● Tuesday, July 31: *Rotary: “Maintaining a High Profile”*

The Rotary Club of Castro Valley will host Tim Smith from Logoboss who will speak on “Getting and Keeping a High Profile for a Business or an Organization.” The program and a buffet lunch take place at Redwood Canyon Golf Course in Castro Valley from noon to 1:30 p.m. The cost of lunch is \$20 and reservations must be made by 9 p.m. on Sunday, July 29, by contacting Rotary at cvrotary@iCloud.com or 510.402.5123. More information is available at castrovalleyrotary.org

● Tuesday, July 31: *Taking Care of Aging Parents*

Eden Health District is offering a free two-part program on July 31 to shed some light on the issues of the “Sandwich Generation” — those adult children who find themselves caught between caring for both their own younger families and their aging parents, at the San Leandro Main Library, 300 Estudillo Ave. A resource fair from 5 to 6 p.m. will provide information about services for seniors in Alameda County and answer any questions. Registration is not required. From 6 to 7:30 p.m. a panel will discuss keeping parents independent and safe, community resources, and housing options. Seating is limited so call 510-538-2035 to register. To learn more about Eden Health District, visit www.ethd.org

● Tuesday, July 31: *Sizzling Summer Pool Tournament*

Join the fun at the Aitken Senior & Community Center, 17800 Redwood Road, as it hosts its Sizzling Summer Pool Tournament on Tuesday, July 31st at 10 a.m. With beginner and advanced brackets, all levels are encouraged to participate. Prizes will be given to the top player in each division and their names will be added to the perpetual plaque. Coffee and pastries will be provided. Players must be registered by this Friday, July 27. Call 510-881-6738 for more details.

● Friday, August 3: *Hot Summer Luau Dinner & Dance*

Put on your dancing shoes and dance the night away with music by the Len & Rich Band from 5:30 to 10 p.m. at the Hayward Area Senior Center, 22325 North 3rd Street. Dinner will be served at 5:30 p.m. Menu: Kalua pork with cabbage macaroni salad, rice, rolls and butter, chocolate / vanilla cake. Admission is \$20 advance, \$25 at the door.

● Saturday, August 4: *Gardening with Succulents*

Alameda County Master Gardener Ed Ellebracht will discuss succulents and how to grow them in from 11 a.m. until noon in the demonstration gardens at the Quarry Lakes Regional Rec Area, 2100 Isherwood Way, Fremont. The talk is free but a \$5 parking fee is charged at the park entrance. For info, visit acmg@ucanr.edu or email acmg@ucanr.edu

● Saturday, August 4: *Meditation with Dr. Marshall Zaslove*

Experience joy and peace in a troubled world with Board-certified psychiatrist Dr. Marshall Zaslove, who returns to the Castro Valley Library at 2 p.m. on Aug. 4 to present a new program to help you learn how to find relief from stress and find inner peace in these turbulent times. The program will include guided meditation. Dr. Zaslove is a best-selling author and experienced seminar leader, who has presented workshops throughout the United States.

● Sunday, August 5: *Art Class at the Castro Valley Library*

Join us for the Library’s own version of a Paint Party from 3 to 5 p.m. on Aug. 5 as Christie’s Creative Cupboard helps you paint like Georgia O’Keeffe. Enjoy painting like one of the masters and creating a piece of art for your home. All materials will be provided and no experience is necessary. Christie will help you understand the style and techniques. This class is for adults only. Space is limited and registration is required. Register at the Library Information Desk in person or by calling 510-667-7900.

● Friday-Sunday, Aug. 17-18-19: *Hayward High Alumni*

Hayward High School will host an All-Alumni Weekend Aug. 17-19, to celebrate the opening of its brand new lighted athletic field, starting with an all-alum tailgate party behind the HHS gym from 3 to 7 p.m. on Friday, Aug. 17. Campus tours, led by current students, will be available during this time. Following the tailgate will be the school’s first varsity home football night game under the new lights (admission \$8).

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.

● Castro Valley Arts Foundation 2018-2019 Series

From Country to Classics, tickets are on sale now for six concerts—**Led Zepagain, Mark Mackay, Pasquale Esposito, Vox Fortura, Johnny Cash Tribute and The Sun Kings**, plus the New Year’s Eve Cabaret. Buy season tickets and save \$5 per ticket, free ticket exchange and best seat selection. *See ticket info above.*

THEATRICAL & MUSICAL PERFORMANCES

● **“Crimes of the Heart,”** a funny and deeply touching play about the intrigues, secrets and scandals of three sisters, will be presented by Chanticleers Theatre, 3683 Quail Ave. in Castro Valley, opening this Friday, July 27, and continuing through Aug. 19. For tickets (\$25 adults, \$20 seniors/students), visit www.chanticleers.org or call 510-733-5483.

● **“The Mousetrap,”** by Agatha Christie, will be presented by the San Leandro Players through Aug. 19 at the San Leandro Museum/Auditorium, 320 West Estudillo Ave. in San Leandro. A group of strangers trapped by a snowstorm discovers that a murderer is among them. Show times are Saturdays at 8 p.m. and Sundays at 2 p.m., plus the Fridays of Aug. 10 and 17 at 8 p.m. Tickets are \$20 general, \$15 seniors. For more information or for reservations, call 510-895-2573 or visit www.slplayers.org

● **“Joseph and the Amazing Technicolor Dreamcoat,”** with a cast of 70 and a live orchestra, will be presented by Woodminster Summer Musicals at 8 p.m. on Aug. 3, 4, 5, 9, 10, 11 and 12 at Woodminster Amphitheater, Joaquin Miller Park, Joaquin Miller Road at 3540 Sanborn Drive) Oakland. This family favorite is a lively musical retelling of the Biblical tale of Joseph and his coat of many colors. For tickets or info, call 510-531-9597 or visit www.woodminster.com

AT THE GALLERIES

● **“Elevate,”** Adobe Art Gallery’s Inaugural Fundraiser and Silent Auction Exhibition Preview Party will be held from 1 to 3 p.m. on Saturday, August 11, with the work of more than two dozen artists. Proceeds will go toward improving the exhibition space with new mobile walls for the visual display of artists’ work and additional lighting. The exhibition will continue through Sept. 29 at the gallery, 20395 San Miguel Avenue. For more info, visit adobegallery@haywardrec.org

● **‘Teachers Exhibit’ Watercolors**, featuring botanical works by artists who have taught in Castro Valley and Hayward — Pat Anderson, Beverly Dahlstedt, Pat Doynne, Kate Hardwig, Mary Harper, Nancy Jacobson, Brenda Purchio, and Janet Steidel — are currently on display at the Castro Valley Library. The exhibition continues until Sept. 6. More paintings by each artist can be viewed at www.sfbotanicalartists.com

● **The Magic of Collaboration**, an exhibit showcasing an array of collaborators from family members to artist collectives, continues at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. For more information, visit adobegallery@haywardrec.org or call 510-881-6735.

● **“Black & White in Black & White: Images of Dignity, Hope, and Diversity in America,”** a collection of early 20th Century portraits of African Americans in Nebraska printed from glass plate negatives, will be on display in the Community Gallery at the HAHS Museum of History & Culture, 22380 Foothill Blvd. in Hayward through Aug. 19. The images were taken between 1910 and 1925.

● **#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

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Fred Zehnder, Editor & Publisher
fredz@ebpublishing.com

Howard Morrison, Assoc. Publisher
howardm@ebpublishing.com

Helen Burkett, Advertising Design Mgr.
helenb@ebpublishing.com

Moxie Morrison, Layout Design
moxmore@yahoo.com

Claudette E. Morrison, Business Mgr.
cm@ebpublishing.com

Patrick Vadnais, Classified Ads / Obituaries
patrickv@ebpublishing.com

Mary Florence, Advertising Sales
861-3270 mpominville4582@aol.com

Linda Nakhai, Advertising Sales
510-915-1513 lnakhai@comcast.net

Amy Sylvestri, News
amys@ebpublishing.com
510-614-1561

Jim Carrizo, Sports
jimcvsports@gmail.com
510-967-3759

Contributing Writers:

Linda Sandsmark
Michael Singer
Gene Osofsky
Carl Medford
Terry Liebowitz
Amy Ramos
Linette Escobar
Thomas Lorentzen
Buzz Bertolero

HOROSCOPE by Salomé

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ARIES (March 21 to April 19) A longtime situation starts to move into a new phase. The question for the uncertain Lamb right now is whether to move with it. Facts emerge by midmonth to help you decide.



TAURUS (April 20 to May 20) A talent for organizing your priorities allows the Divine Bovine to enjoy a busy social life and not miss a beat in meeting all workplace and/or family commitments.



GEMINI (May 21 to June 20) What began as a dubious undertaking has now become one of your favorite projects. Your enthusiasm for it rallies support from other doubters-turned-believers.



CANCER (June 21 to July 22) Accept the help of friends to get you through an unexpectedly difficult situation. There'll be time enough later to investigate how all this could have happened so fast.



LEO (July 23 to August 22) Change is a major factor for the Big Cat through midmonth. Be prepared to deal with it on a number of levels, including travel plans and workplace situations.



VIRGO (August 23 to September 22) You might not like all the changes that have begun to take place around you. But try to find something positive in at least some of them that you can put to good use.



LIBRA (September 23 to October 22) A family member's unsettling experience could create more problems if it's not handled with care and love. And who's the best one to offer all that? You, of course.



SCORPIO (October 23 to November 21) It might not be the right time for you to start a new venture. But it's a good time to start gathering facts and figures so you'll be set when the GO! sign lights up.



SAGITTARIUS (November 22 to December 21) The sagacious Sagittarius should have no trouble deciding between those who can and those who cannot be trusted to carry out a workplace commitment.



CAPRICORN (December 22 to January 19) Surprise, surprise. It looks as if that one person you once thought you could never hope to win over to your side suddenly just might choose to join you.



AQUARIUS (January 20 to February 18) You might have to set aside your pride for now and accept a change that isn't to your advantage. Cheer up. There'll be time later to turn this around in your favor.



PISCES (February 19 to March 20) Your creative self emerges as dominant through midmonth. This should help you restart that writing or arts project you've left on the shelf for far too long.

Sleep Disorders Are Frequently Diagnosed, Treated by Dentists

By Dr. Steven Freeman
SPECIAL TO THE FORUM

The sleep disorder most associated with loud snoring is called obstructive sleep apnea (OSA). Studies have found that it is associated with an increased risk of stroke, cancer and death.

But why go to a dentist about a sleep disorder? Because dental care impacts the entire body.

People have a tendency to think that the dentist is only about filling cavities and creating a beautiful smile, but your oral health can impact your physical well being of your entire body. Sleeping disorders are frequently diagnosed and treated by dentists.

OSA wasn't diagnosed as a condition until the 1960s. Every year the number of sleep apnea cases increases due to increased awareness and the condition's connection to obesity. Since populations are getting more obese, more people suffer from sleep apnea.

For years, people who had sleep

apnea had only one choice – the “CPAP” which stands for “continuous positive airway pressure.”

It looks like something a jet pilot would use at high altitude, and only 20% of people who are prescribed for it actually use it because it is so uncomfortable.

However, there are other devices that are now available, including something called an “oral appliance therapy” that is more like a mouthpiece than a gas mask. It is recommended by the American Academy of Sleep Medicine, an organization that includes dentists.

Causes of sleep apnea include:

- **Excess weight/diabetes.** The cheapest way for some people to cure sleep apnea is to lose weight.

- **Smoking.** Smokers are three times more likely to develop sleep apnea than non-smokers.

- **Hypertension.** OSA episodes produce surges in systolic and diastolic pressure that keep mean blood pressure levels elevated at night. In many patients, blood pressure remains elevated during

the daytime, when breathing is normal.

- **Asthma.** Obstructive sleep apnea occurs when the upper airway closes during sleep, which causes the reduction of airflow and oxygen to the lungs. This may lead to increased inflammation in the body, including the lungs.

- **Family history.** Hereditary factors such as body fat distribution, face and skull structure and nerve control of upper airway muscles may be found in the DNA of individuals with OSA. One study discovered that relatives of non-obese OSA patients had an increased frequency of abnormal breathing during sleep.

The need for a full night's sleep cannot be overstated. Curing or remediating OSA can save someone from years of battling many health issues.

Dr. Steven Freeman (www.DrStevenFreeman.com) has authored multiple bestselling books, including “Why Your Teeth Might Be Killing You.”



KEEP HEART HEALTHY: You know you need to eat a nutritious diet, exercise and avoid smoking. However, there's a lot more you need to know to protect yourself and your family.

Five Surprising Things You May Not Know About Heart Disease

Every day your heart beats an estimated 100,000 times to move 2,000 gallons of blood through your body.

That equates to more than 2.5 billion beats in your lifetime! It's no surprise heart health is a priority for many people, especially considering that heart disease is so common.

One in four deaths in the United States is caused by heart disease. More than 610,000 people die of heart disease in the U.S. every year, making it the leading cause of death for both men and women, according to the Centers for Disease Control and Prevention.

You know you need to eat a nutritious diet, exercise and avoid smoking. However, there's a lot more you need to know to protect yourself and your family.

Consider these five surprising things your doctor may not have told you about heart disease.

1. Heart disease can be caused by a genetic disorder

You may never heard of familial hypercholesterolemia (FH), a common, but inherited genetic disorder that causes heart disease.

FH affects approximately one in 250 people worldwide, but currently 90 percent of people born with this genetic condition are not diagnosed.

Individuals with FH have a high amount of low density lipoprotein (LDL) or “bad” cholesterol in their blood from birth. This lifelong burden of cholesterol is a major reason why FH leads to very early and severe heart disease.

The good news is that FH is manageable if detected and treated early in life. If high cholesterol and early heart disease runs in your family, learn more at the thefoundation.org.

2. Many heart attacks occur outside the hospital

About 47 percent of sudden cardiac deaths occur outside a hospital, according to the CDC. This suggests that many people with heart disease don't recognize or act on early warning signs.

Heart attacks have several major warning signs and symptoms:

- Chest pain or discomfort.
- Upper body pain or discomfort in the arms, back, neck, jaw or upper stomach.
- Shortness of breath.
- Nausea, lightheadedness or cold sweats.

Know the signs. Trust yourself. If you have any of these symptoms or sense something is just not right, call 911.

3. Heart disease affects young people

Many people think heart disease occurs in old age, but it can affect people of all ages. Even if you or your family members are 30 years see **HEART** on back page

Keeping Healthcare Payment Data Safe

Medical records and personal payment data are worth a lot of money on the “dark web.”

In fact, medical information sold on the anonymous regions of the internet is four times more valuable than a Social Security number.

When criminals get their hands on your medical records or billing info, they have everything – your address, your birthdate, your home phone number and probably your Social Security number, too. That's why crooks put a higher value on medical records than simple financial records.

They can use that information for more than stealing your identity. They can create fake identities that could allow them to buy and resell medical equipment or drugs. They can also combine a patient number with a false provider number and file fake claims with insurers. They can even use them to file fake tax returns.

But there are steps patients can take to protect their medical records and billing information:

1. Only give out data that is absolutely necessary. When asked on an application to provide a Social Security number, ask why. It may

not really be needed. It's always safest not to store financial account information online for bill paying. But if you do, credit cards offer better protections than most debit cards or bank account numbers if compromised.

2. Watch for suspicious mail. If the hacked company has your address, expect bogus pitches to arrive in your mailbox from people who want to “solve” your identity theft problem for you. Be suspicious of notification emails, especially those containing links or attachments (they may contain computer-infecting malware).

3. Use fraud alert. If your Social Security number was taken in a breach, the risk of ID theft is five times greater than for the average consumer. Place a fraud alert or security freeze on the credit report at the three big credit-reporting bureaus.

4. Say yes to added security. If the breached organization offers free monitoring service, take advantage of this extra layer of security. Only 20 percent of breach victims do.

see **DATA** on back page

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Community Health Fair on August 11 in San Leandro

The Davis Street Family Resource center will host its 4th Annual Health Fair from 10 a.m. to 2 p.m. at 3081 Teagarden Street in San Leandro. The event will

also include a Farmers' Market, free medical and dental screenings, lunch, community resources, games and prizes. For more info, call 510-347-4620 ext. 113.



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COLLECTION EVENT: Saturday, July 28th

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UPCOMING COLLECTION EVENTS:

Saturday, Sept. 22

9am-1pm

Mission & Hampton
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Saturday, Oct. 13

12:30-3:30pm

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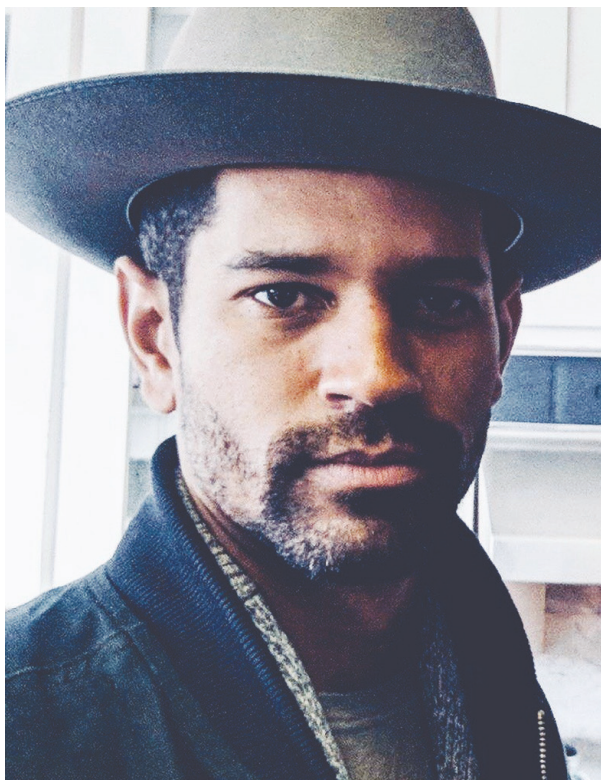
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Clay Bassard to perform at Pampas Cafe on July 28

This Week At Smalltown

• Thursday, July 26, 2-6 p.m. Open Door

It's about People. It's about community. It's about Collaboration. It's about random strangers and random events that somehow always seem to connect with you. It's about good stories, from good people, from all walks of life. It's about fun and creativity, justice and meaning. It's about the good things that bind us together. Every Thursday night Smalltown Society opens the door to "THE SPACE." Occasionally there's a film, a workshop, or planned discussions, more often there are unplanned connections and creations. A free and open workspace, a place to kick up your feet, a place to build a better narrative. Free Wi-Fi. Bring some food, drink, a project you're working on, a book your reading, or a thought to share. Anyone is welcome. Come Join the Song. *Free.*

• Saturday, July 28, 10 a.m.-1 p.m. Smalltown Art Sessions

Join Smalltown and Pampas Café in the Pampas parking lot at 3483 Castro Valley Blvd. highlighting local art and the music of singer/songwriter Clay Bassard. *Free*

More details on these events and others: smalltownsociety.com. Smalltown Society is located at 22222 Redwood Road, CV.

Open House this Afternoon For New Vector Control Lab

The Alameda County Vector Control Services District will be hosting an open house for its newly constructed state-of-the-art laboratory in Alameda today, July 25, from 4:30 to 7:30 p.m.

The public is invited to attend this free event that will include interactive lab tours led by Vector Control's biologists, ecologists, and staff.

The \$2.5 million laboratory project is composed of seven rooms where different aspects of disease research and surveillance are conducted, including testing for West Nile virus, Dengue vi-

rus, Zika virus, and pathogens that cause the Bubonic Plague, Hantavirus, Murine Typhus and Lyme disease among others.

Last year, the Vector Control Services District responded to over 7,700 requests for service, including mosquito and rodent problems and other nuisance pests in the county.

The Alameda County Vector Control Services District is one of only two districts in the State of California with an extensive rodent control program. The lab is located at 1131 Harbor Bay Parkway, Suite 166 in Alameda.

Assessment Appeals Board Seeking Several Applicants

Alameda County is seeking to fill several vacancies on its Assessment Appeals Board, which hears appeals by taxpayers who disagree with the amount of taxes levied on their property.

To be considered for appointment to the Board, applicant must have a minimum of five years' professional experience in state as a certified public accountant or public accountant, a licensed real estate broker, an attorney, or a property appraiser accredited by a nationally recognized organization.

Property Appraisers are strongly encouraged to apply, but anyone with an interest in the position who meets the qualifications is welcome to apply.

Apply by completing the application online at www.acgov.org/bc/, clicking on the "Get Involved" button. Submit the completed/signed application to the member of Board of Supervisors representing your district at 1221 Oak St., Suite 536, Oakland 94612.

For more information, call 510-272-6984.

Historical Society: Call for Art for 'Day of the Dead' Exhibit

The Hayward Area Historical Society is developing a community based "Day of the Dead" exhibition that will focus on the big moments that make a life well-lived and shape the person we remember in death.

Such moments could be birth of a child or grandchild, marriage,

graduation, job success, or a bucket list item completed.

Day of the Dead at its core is a celebration of life, about remembering loved ones and honoring their lives.

Those who would like to participate in the exhibition should send either a photo or a conceptual de-

sign of their proposed artwork or altar, or any questions, to communitygallery@haywardareahistory.org no later than Wed., Aug. 15.

Artwork may be framed pieces of any kind or installation pieces. Altars should be no more than 8 feet wide by 8 feet tall by 4 feet deep.

There is no fee for participating. Proposals will be reviewed and artists will be notified by the end of August.

The exhibition will be on view from Sept. 29 through Nov. 25 in the Community Gallery at the HAHS Museum of History and Culture, 22380 Foothill Blvd. .



When it comes to mattress recycling, California has become a national leader. In just the past two years, over 2 million used mattresses and box springs have been collected, resulting in more than 70 million pounds of steel, fiber, wood and foam being diverted from state landfills.

This Saturday, July 28, Alameda County will again contribute toward lowering the state's environmental footprint with a free mattress collection event in partnership with Alameda County Supervisor Nate Miley and the Bye Bye Mattress Program.

It will be held from 9 a.m. to 1 p.m. at Ashland Square, 16640 E. 14th St. in Ashland.

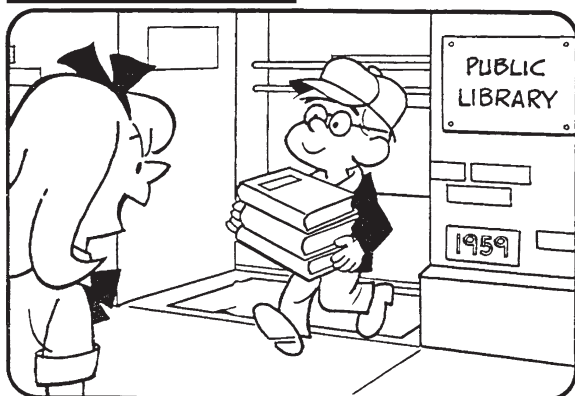
No bulky items including furniture, appliances, hazardous materials or construction debris will be accepted.

Additional mattress collections will be held on Saturday, Sept. 22 from 9 a.m. to 1 p.m. at 20095 Mission Blvd. at Hampton, in Cherryland, and on Saturday, Oct. 13 from 12:30 to 3:30 p.m. following the Ashland/Cherryland FamFest and 5K Fun Run at REACH Ashland Youth Center, 16335 E. 14th St. in San Leandro.

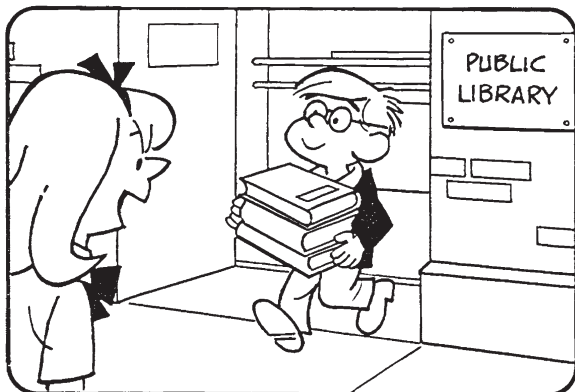
For more information, visit byebyemattress.com

HOCUS-FOCUS

BY HENRY BOLTINOFF

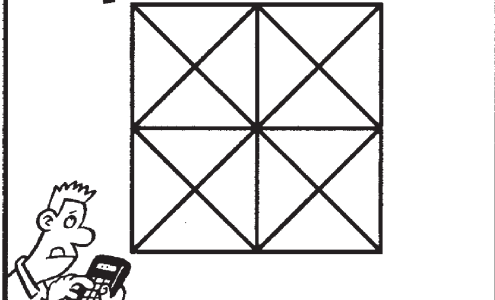


Find at least six differences in details between panels.



Differences: 1. Bow is smaller. 2. Sleeve cuff is missing. 3. Cap is missing. 4. Book is reversed. 5. Mat is missing. 6. Cornerstone is missing. HOCUS FOCUS puzzles \$3.50 • 30 Volumes • Order at: rbmamall.com

PUZZLE CARD



A PUZZLE WITH AN ANGLE TO IT! There are more than 30 triangles in the drawing above. They come in four sizes. You have five minutes to find the total number.

Answer: There are 44 triangles. From the smallest to the largest, there are 16, 16, 8 and 4.

LUNCH AT THE MALL! Can you solve this AlphaMath puzzle in under five minutes? You must replace the letters to the right with the digits 0, 1, 2, 4, 5, 6, 7, 8 and 9, so that you have a correct addition problem. The same letters get the same digits. Try for the highest sum.

LINK-UPS! Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.

Answers: Napkin, scarcity, ranking, ranking, wagger, wagger, amenable.

FAST + FOOD COURT

Our answer: F=7, A=5, S=2, T=8, O=4, D=0, C=1, U=9, R=6, L=14968.

Junior Whirl

by Charles Barry Townsend

PYRAMID OF WORD POWER



Don't get lost looking for these words! Starting with the given word NAVIGATES, at the bottom of our word pyramid, try dropping one letter at a time as you work your way up, so that the remaining letters at each level spell out a new word. The following helpful hints are in ascending order, beginning with NAVIGATES.

1. Follows a planned course.
2. Fine wines.
3. Original inhabitants.
4. What rich people do.
5. Found on pitchforks.
6. What billy goats are supposed to eat.
7. To pose for a picture.
8. A player, as in tag.
9. Roman numeral 1.

Answers: (from the bottom up): Navigates, vines, natives, invest, times, tins, sit, it, I.

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ATHLETES OF THE WEEK



This week's Athletes of the Week are the members of the Castro Valley Independent's 12U Legends, their traveling baseball team. The CVI 12U Legends won the 2018 Foster City Summer Tournament that ran from Monday

to Sunday, July 9-15, beating Burlingame Red 10-0, Burlingame Blue 13-4, San Anselmo 17-7, then winning the Championship game 14-5 against San Anselmo, to finish the tournament undefeated 4-0.

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GOLF INSIDER

Three Ways to Make Short Distance Putts

By Andy Morris
SPECIAL TO THE FORUM

One of the fastest ways to shave a couple of strokes off your round is to make more 4-foot to 6-foot putts.

Why? Because the average golfer will have putts from this distance an average of two to eight times per round but will only make 40% of them.

Learning to hole a few more putts from this critical distance is an easy way to lower your scores and boost confidence in your game.

The key factor to keep in mind on short putts is that direction is everything. The ball will go wherever your putter face is aimed, so learning how to get your putter face square at impact should be your primary objective.

Here are three ways we work with students to help them make square contact.

1. Start with a square face. Studies show that the average golfer is aimed incorrectly 80% of the time in their set-up. It's awfully difficult to get the face square at impact if it doesn't start square!

We like to use a string line suspended between chopsticks about 4 inches over the green, with one end placed 12 inches in back of the hole and the other end stretched 8 feet from the cup. With the string bisecting the hole students have a great visual for a true, straight line.

Since most putters have an alignment line on top of the club head it is easy to see if their putter alignment matches the string line.

2. Keep your head steady. It's



tempting to peek too soon – a major fault on short putts. If your head moves it changes your body angles and your face angle.

Here's an easy drill: after you hit your putt count three blades of grass directly under the spot where your ball was before you look up.

3. Make square impact. Since face angle accounts for 85% of the ball's direction you must be able to square up your putter at impact.

Here's an easy drill for square impact: hit two balls at once. Put the balls side-by-side and learn how to hit them both at the same time. A heel-shot where the inside ball is hit first means an open club face at impact and is the most common fault.

This is a fun drill because the feedback is immediate, and most golfers figure out how to square the club face within 10 to 15 putts. Start square, keep your head steady, and make square contact and you will make more putts.

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

SPORTS QUIZ

By Chris Richcreek

1. In 2017, Edinson Volquez tossed the sixth no-hitter in Miami Marlins history. Name three of the first five to do it.
2. What was the highest batting average legendary St. Louis Cardinals pitcher Bob Gibson had during any one season?
3. Name the coach of the San Diego State football team the first time it won 11 games in a season as a Division I program in 1969. (Hint: He went on to become a well-known NFL coach.)
4. Who is the all-time blocked shots leader for the Oklahoma City Thunder?
5. Carey Price set a Montreal Canadiens franchise record in 2018 for most career games in goal. Who had held the mark?
6. In how many decades did Richard Petty win at least one of his seven NASCAR Cup season championships?
7. Caroline Wozniacki set a record in 2018 with the longest span between times holding the No. 1 spot in the WTA rankings (six years). Who had held the mark?

Answers

1. Al Leiter, Kevin Brown, A.J. Burnett, Anibal Sanchez and Henderson Alvarez.
2. Gibson hit .303 in the 1970 season.
3. Don Coryell.
4. Serge Ibaka, with 1,300 blocked shots (2009-16).
5. Jacques Plante was in goal for 556 games for Montreal (1952-63).
6. Petty won it twice in the 1960s and five times in the 1970s.
7. Serena Williams went five-plus years between No. 1 appearances.

Reports: Petty Theft and Parole Violation

continued from page 3

Valley was arrested on suspicion of violating a protective "stay away" court order. Deputies responded to a suspicious person call in front of an apartment on Anita Avenue near Witcher Street. The man fitting the description also had a warrant issued for his capture. Deputies report the man was closer than the 100-yard requirement for his court order. The man was handcuffed and taken to Santa Rita Jail pending \$20,000 in bail.

He Fought the Law

Tuesday, July 17: at 1:49 p.m., deputies arrested a 52-year-old man from Castro Valley on suspicion of petty theft, failing to leave a business after being asked to

leave, violating the terms of his parole, and resisting arrest. The man was spotted in a business on Castro Valley Boulevard near San Miguel Avenue but refused to leave after the manager said he was being a nuisance to other

patrons. The man then ran out of the business with an unspecified amount of unpaid merchandise. The man then put up a fight when deputies tried to put handcuffs on him. The man was subdued and then taken into custody.

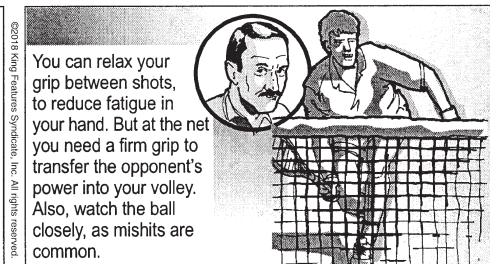
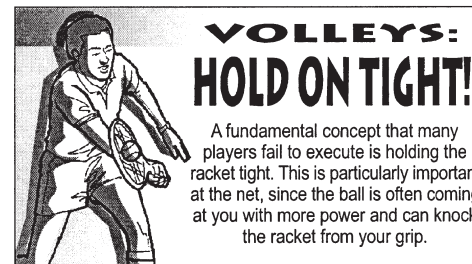
CV Synergy 18 Gold Tryouts

Castro Valley 18 Gold is a highly competitive travel softball team that strives to give its players the best opportunities in order to achieve their goals and play at the next level, all at an affordable price. Fall Tryouts for Synergy 18 Gold will take place at CVHS's Varsity Field on:

- Thursday, August 2 from 5:30 - 8:00 p.m.
- Thursday, August 9 from 5:30 - 8:00 p.m.
- Saturday, August 11 from 10:30 a.m. to 1:00 p.m.
- Sunday, August 12 from 10:30 a.m. to 1:00 p.m.

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Additional features include newer windows, water heater, master balcony to soak in the view, laundry chute and air conditioning. Desirable neighborhood with wonderful community amenities including clubhouse, Olympic sized swimming pool, tennis and basketball courts, park, picnic facilities, miles of walking trails, private security and more. Award winning schools make this area "in demand!"



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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Market Winds Bring New Opportunity, New Frustrations

With Bay Area housing inventory increasing and summer activities off and running, the sizzling housing market we've been entrenched in is starting to cool.

We are beginning to see offer deadlines pass with no contracts, price reductions and increases in the number of days homes sit on the market. As market momentum slows, a new group of buyers is emerging acting a bit like bears sampling the cool air after a long winter hibernation.

They are Move-Up Buyers.

By-and-large out the market for the past few years due to extreme market volatility, move-ups are those who need to sell their exist-

ing home to purchase another.

With extremely limited inventory and intense multiple offer competition, there has been tremendous reluctance to sell with no guarantees of being able to secure a replacement home.

As these prospective move-up buyers see homes beginning to linger on the market longer than in past months, they are beginning to sniff a wind of opportunity. Still unwilling to sell their home first and chance finding a replacement, they are now going out and tying up a replacement home with offers contingent on them selling their existing homes.

For the past number of years, sellers have been unwilling to look at offers contingent on a buyer selling their existing property due to the onslaught of other potential candidates willing to write contracts with no contingencies of any kind.

As the market shifts and offer deadlines pass with no bites, however, some sellers are willing to reconsider.

And therein lies a dilemma: if the home a prospective move-up

wants to purchase is encountering a slower market, so too is their existing home.

The same market that has slowed to open the door to potential contingent purchases is also making it difficult for potential buyers to sell their current digs. It's a classic Catch 22: while we are seeing an increase in the number of homes going into contract contingent on a buyer's home selling, we are also seeing more deals fail because the buyer cannot get their property sold in time to meet the contract deadlines.

This is especially prevalent with new home builders or out-of-state sellers in slower markets who secure purchase contracts and then give buyers very short windows to sell existing residences.

With Realtors scrambling to sell homes on both ends, owners are discovering that the shifting winds of opportunity can be fickle winds indeed.

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.

Thinning Apples Prevents 'June Drop'

By Buzz Bertolero
Special to the Times

We have an apple tree with three different varieties grafted on it. Each year two of the varieties develop a brown patch as if the fruit had been bruised. I also see the ground under the tree is littered with small green apples. What is my problem?

With apple trees, fruit drop is a natural occurrence. It happens at the end of spring, and it's called the "June Drop." The amount will vary from year to year depending on the size of the fruit set.

The June Drop is Mother Nature's method of thinning itself. You can also manually thin the trees.

With the green and cooking types of apples, you thin the clusters down to three or four. With the yellow and red eating apples, one to two is recommended. Stripped apples can be done either way depending on their use.

Also, those apple clusters at the end of a branch should be removed completely. You prevent the branches from curving from the weight exposing the apples in the center of the tree. These curved branches will never straighten out.

Thinning also redistributes the weight to prevent the limbs from breaking. Limb breakage is a concern in August and September.

The brown spots, blemishes, or bruising on the fruit is sunburn. You'll find sunburn damage on those maturing apples on the southwest side of the tree.

The apples at the end of the branches suffer the most dam-

age, as there is little protection from the heat. It's also another reason for thinning. It's the foliage that provides shade, Mother Nature's natural sunblock. That's why it is important to feed the trees in the spring to encourage the new growth and

protect the crop.

The damaged apples from Sunburn are still very edible, so I wouldn't discard them.

Buzz Bertolero is an Advance California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgarden-

er.com and questions can be sent by email to buzz@dirtgardener.com or on Facebook at Facebook.com/Buzz.Bertolero

Got a News Tip?
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RECENT HOME SALES

Castro Valley

20320 Anita Avenue	94546: \$800,000 [2 BD - 1,736 SF - 1946
17723 Buti Park Court	94546: \$930,000 [4 BD - 1,980 SF - 1962
18873 Center Street	94546: \$855,000 [3 BD - 1,238 SF - 1953
21624 Knoll Way	94546: \$815,000 [3 BD - 1,668 SF - 1961
18836 Lamson Road	94546: \$1,050,000 [4 BD - 2,555 SF - 1995
3080 Norbridge Avenue	94546: \$740,000 [3 BD - 1,314 SF - 1955
5080 Seaview Avenue	94546: \$800,000 [3 BD - 1,400 SF - 1962
4024 Stevens Street	94546: \$875,000 [3 BD - 1,474 SF - 1953
20111 West Ridge Court	94546: \$615,000 [2 BD - 1,440 SF - 1977
17712 Chateau Court	94552: \$990,000 [3 BD - 1,890 SF - 1984
25616 Crestfield Circle	94552: \$1,100,000 [4 BD - 1,886 SF - 1997
20740 Edgewood Circle	94552: \$861,000 [3 BD - 1,561 SF - 1990
20888 Glenwood Drive	94552: \$1,180,000 [4 BD - 2,539 SF - 1994
5941 Highwood Road	94552: \$1,241,000 [5 BD - 1,979 SF - 1963
22759 Rancho Palomares	94552: \$1,075,000 [4 BD - 2,104 SF - 1996
25699 Secret Meadow	94552: \$1,125,000 [4 BD - 2,334 SF - 1999

TOTAL SALES: 16
LOWEST AMOUNT: \$615,000 **MEDIAN AMOUNT:** \$902,500
HIGHEST AMOUNT: \$1,241,000 **AVERAGE AMOUNT:** \$940,750

San Leandro

407 Broadmoor Boulevard	94577: \$1,001,000 [6 BD - 3,262 SF - 1910
1400 Carpentier Street	94577: \$550,000 [2 BD - 1,404 SF - 1983
2326 Cherry Street	94577: \$660,000 [4 BD - 1,760 SF - 1952
738 Chetland Road	94577: \$955,000 [2 BD - 1,650 SF - 1921
681 Douglas Drive	94577: \$190,000 [2 BD - 918 SF - 1942
826 Dowling Boulevard	94577: \$770,000 [3 BD - 1,180 SF - 1925
14525 Flagship Street	94577: \$585,000 [2 BD - 1,338 SF - 1984
2340 Marina Boulevard	94577: \$975,000 [5 BD - 2,001 SF - 1948
1210 Sandelin Avenue	94577: \$800,000 [2 BD - 1,283 SF - 1940
572 Warden Avenue	94577: \$615,000 [2 BD - 985 SF - 1948

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H	12-3	1-4	687 Royston Ln.	\$435,000	2/2	J. Rockcliff RE	Lisa Ferraris	925-251-2583
H	—	1-4	2141 Oak Creek Pl.	\$538,000	3/2	Re/Max Accord	Lovewell Team	510-351-5555
A	1-4	1-4	14213 Seagate Dr.	\$550,000	3/2.5	United Brokers RE	Tere Lee	510-305-8827
A	—	1-4	3442 Monterey Blvd.	\$629,000	3/2	Re/Max Accord	Lovewell Team	510-351-5555
A	—	2-4	874 Rodney Dr.	\$749,000	2+1+	Pacific Union Intr.	Michelle Miller	510-701-3442
C	—	1-4	17674 Trenton Dr.	\$899,500	3+2.5	Berkshire Hathaway RE	Cathy Brent	510-381-1065
A	—	2-4	704 Cary Dr.	\$949,000	3/3	Rinetti & Co. RE	Carrie Miles	510-735-5223
C	—	1-4	19304 Parson Ave.	call for price	3/2	Berkshire Hathaway RE	Cathy Brent	510-381-1065

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LETTERS TO THE EDITOR



Concerned Residents Urged to Attend Fire Protection Survey on August 13

Editor:

Residents of Castro Valley do not want a fire storm that was experienced by Santa Rosa/Napa/Oakland and many SoCal communities.

We have seen how fires of this magnitude can travel miles and destroy thousands of homes. This

risk is not just to those who reside next to the Parks but extends to our entire community.

A group of Castro Valley residents have been expressing concerns to the MAC board about the potential fire hazards to Castro Valley residents, specifically from those properties and Parks maintained by East Bay Regional Parks.

We have gotten their attention and have arranged a meeting at 4 p.m. on August 13 to walk and survey the 10 Hills Trail at Lake Chabot Park.

Our first concern is to get as many CV residents as possible to attend this meeting.

We are looking for East Bay Parks to provide greater clearance, wider trails for access of fire fighting equipment and better resources to fight fires. We need the community to step up to address

these concerns.

In 1998, Measure CC was passed to provide funding for fire protection, trail maintenance, lighting, landscape, etc. It is up for renewal in November and is expected to pass without tax increase.

The recently passed Alameda and Contra Costa County's Measure KK and State Prop 68 could provide additional needed funds. We don't want our community fire protection left without our share of these funds.

—Brad Onstad, Castro Valley

Accuses Miley of Supporting 'Felony Enterprise' in Push for Pot Operations in CV

Editor:

I'm really disappointed that Supervisor Nate Miley insists on pushing for the expansion of marijuana operations in Castro Valley.

There is no such thing as a legal marijuana business, in its entirety, because there is absolutely no way to regulate a narcotics manufacturing business that is legal in one state and illegal in another.

Growers and processors know that serious revenue can only be obtained through black-market, cash-only deals made out of state. In fact, 80% of all marijuana grown in California is sold out of state and typically to high-profit states like New York.

Marijuana is transported by ground, not by air (FAA frowns on narcotic trafficking), and the most direct route east is I-80 (coast to coast) which can be accomplished with 48-50 hours of hard driving.

Assuming the trafficker isn't robbed or arrested for possession of marijuana while driving through the Plains states (still a felony there), he will sell the marijuana to drug dealers (not dispensary owners) who will then sell to users on the street.

The trafficker will then return to the West Coast with thousands of dollars in cash. Once the cash is in the hands of the business owner (drug lord), he must faithfully report the earned income on behalf of his business (cartel) to federal, and state agencies.

Keep in mind that large amounts of cash can't be deposited into federally insured banking institutions without a paper trail (FTC frowns on narcotic trafficking).

The sad truth is that Supervisor Nate Miley is promoting a felony enterprise which will do nothing more than sponsor and seat organized crime in Castro Valley for the sole purpose of growing water-thirsty, power-hungry, narcotic plants to service the habit of users in other states.

Whatever pitiful revenue the county receives is not worth the collateral damage to our community and the environment.

—Monica Shieman, Castro Valley

Opposes Supervisors' Discussion on Pot Related Businesses in Castro Valley

Editor:

Under existing ordinances recently passed by the Board of Supervisors, we have sales for both medical and recreational marijuana use within the Unincorporated Area of Alameda County.

A Board Committee will be meeting at the CV Library at 6:30 p.m. (today, July 25) to discuss issues regarding County ordinances for cannabis manufacture, testing labs, and micro-business within the unincorporated area.

We challenge the presumption that this is a reasonable discussion to have in Castro Valley at this point. It is our understanding that the Castro Valley General Plan does not allow for manufacture and distribution of anything within the plan area, so without amendment to the CV General Plan (including a full Environmental Review) this discussion is a moot point.

We understand that Supervisors Haggerty and Chan don't have any interest in these operations in their districts. At a recent MAC meeting, our entire MAC Board also unanimously voiced opposition and we urge everyone in Castro Valley to do likewise.

—Stan and Vicki Stadelman, Castro Valley

A Thank-You to All Who Made Redwood Chapel Car Show a 20-Year Success

Editor:

As was reported, this was my last year coordinating and hosting Redwood Chapel's Annual Car Show. It has been my privilege and joy to direct the efforts of this event.

As I stated in the article so kindly provided by the Forum, the success of this car show is due to the great volunteers who came along side this effort and saw the value in serving others in our community.

Some might say it was "luck" that made it so but those involved know it to be a great blessing. The blessings could be found from the generosity of the local sponsors, business people, Redwood Chapel for opening it's campus for this event every year, the volunteers and most importantly those who entered their cars (be it a Classic or a work in progress)!

So once again, a huge *Thank You* to all involved for making Redwood Chapel's Annual Car Show the success it had been for the past 20 years.

—Jerry Gamez, Castro Valley

Scouting Helps Individuals and the Community As Well

Editor:

I have been a Boy Scout of Troop 726 for three years now, and I am very grateful for that. Scouting teaches us important life skills and life lessons.

Earning merit badges teaches us a wide variety of skills that will help us in many aspects of life, such as first aid, wilderness survival, public speaking, salesmanship, and more. Through leadership positions within the troop, we learn important leadership, communication, and people skills.

Through the BSA program, we get experiences we likely wouldn't have gotten otherwise. For example, my Troop has gone whitewater rafting in class-four rapids, gone on a backpacking trip in the Sierra Nevada, and done a ropes course in the redwoods, to name a few. These trips not only are fun, they give us experience and teach us outdoor skills.

Scouting not only helps the people involved in the program, but its community as well. Scouts do several service projects each year to give back to the community. Many of the enhancements around Castro Valley, such as the outdoor grills at Faith Lutheran Church, the benches at Creekside Middle School, and the U.S. map mural at Canyon Middle school were scout projects.

All of this would not be possible without the countless hours of work done by all the adult volunteers and the many supporters of the Castro Valley troops. Thank you to all who have worked to change our lives in the best possible way.

—Aaron Gallagher, Castro Valley

Respect for Others and for the Law Should Be Maintained at All Times

Editor:

I wish to thank Mr. Hauer ("Blames 'Mass Media' for Failure to Follow Up on 'Fake Hate Crimes'," *Letters*, July 18) for pointing out instances of fake "hate crimes," however, the assertion that the "mass media" fails to report them is incorrect. The case of Andrew McClinton was reported by the NY Times on 12/21/16 and the AP and CBS News on 1/12/17 (both certainly part of "mass media").

That said, I think we should all agree (Mr. Hauer included) that true hate crime are reprehensible and deserve to be reported on.

Further we should agree that faking a hate crime is equally reprehensible as such action does absolutely nothing to improve the situation of bigotry and hatred that seems all too common lately. In fact, it only serves to inflame an already divisive discourse.

No matter which side of the aisle you sit on, no matter what office you may hold; respect for others, appropriate behavior, and an honest respect for the law should be maintained at all times.

—René Gandolfi, DVM, Castro Valley

Says Hate Crimes Occur Because Bigots Feel Empowered to Act Out Their Prejudices

Editor:

The recent obsession with some readers of Castro Valley Forum with false reports of hate crimes reminds me of the so-called "men's rights activists" who endlessly obsess over false rape accusations made against Duke University Lacrosse team while ignoring, or flat-out denying, hundreds of thousands of actual rapes worldwide.

Yes, people file all kinds of sham police reports. While the letter-writers blame an amorphous "left," they are more likely to be people trying to avoid consequences of their own misdeeds, sad-sack

Letters continue on page 15

Obituaries

CASTRO VALLEY FORUM OBITUARIES

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DiAnn Leigh Squaglia

Diann Leigh Squaglia passed away on May 17, 2018.

Diann was raised in Hayward. Graduated from Tennyson High in 1966. A Castro Valley resident since 1969. Retired from Castro Valley Adult School.

She is survived by her husband Don Squaglia, children Tiffany, Danica and Todd. Brother Kenny Radican and grandchildren Ashleigh, Heidi, Dezi, Jared, Blake and Lilly.

She was an amazing and loving woman who touched so many people. She will be greatly missed. A celebration of life will be held at her home on Saturday, August 18 from 1 to 6 p.m. in Castro Valley.

For more information call 925-207-6936.



Bill Allen

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Family and Friends are invited to join us Saturday, July 28th at 1 p.m. at Earl Warren Park for a Celebration of Bill's Life. Lunch will be served promptly at 1:30 p.m. Hope you can join us. Jo Anne and Carrie 510-209-6466.

William T. Mayer



William T. Mayer, "Bill" passed in peace Saturday, July 21, 2018 at the age of 96. Preceded in death by his wife Helen of 53 years, son Dennis William Mayer, grandson Sean V. Shultz, and great-granddaughter Kristie Sean Shultz. Loving father of Diane (Dave) Hendrickson, Kathleen Mayer, and Bill (Linda) Mayer, loving father-in-law to Cheryl Mayer. Proud Grandfather of Daren (Libby) Hendrickson, Dawna Pehargou, Rob (Leisa) Mayer, Randy (Mandy) Mayer, Paul (Renee) Mayer, Dusti (Michael) Helberg and Christian (Rachel) Mayer. Great-grandfather of 22, and great-great-grandfather of 3. Born the youngest of 4 siblings and loving brother to the late, Lola Huish, Irene Gregorio and Ruth Garrett. Further survived by nieces, nephews, many relatives and friends.

Bill was an avid bowler, inducted into the Alameda County Bowling Hall of Fame in 1994, poet, fisherman, welder and carpenter. Above all, Bill will be remembered for his love and endless devotion to family. His legacy will span ages, as the memories cherished will be passed through generations to come. A private family service will be held in his honor.

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LETTERS to the Editor

Continued from Page 14

individuals desperate for attention, or cynics hoping to cash in on others' sympathy. But the point is they are outliers.

The same day a letter in the Forum claimed 14 false hate crime reports in the U.S., state Attorney General Xavier Becerra reported more than 1,000 actual hate crimes in California alone in 2017, an increase of more than 40% over 2016. Not because "the left" wants hate crimes but because bigots feel empowered to act out their prejudices.

It would be nice if I did not have to worry about hate crimes because they are all fakes. It would be nice if I did not have to worry about rape because they are all false reports. It would be nice if I did not have to worry about global warming because it's a hoax. It would be nice if I did not have to worry about Russia meddling in U.S. elections because Putin "strongly" denied it.

Sadly, evidence in each case shows the opposite, and I am just too old for fairy tales.

—Carol Sholin, Castro Valley

Church Doesn't Have to Follow Rules on U.S. Flag

Editor:

In response to Dick Purdee's letter ("What the U.S. Flag Stands For... and Where it Stands," Letters, July 18), the author objects to the placement location of the American flag at the church that he attends — it evidently being relegated to a corner, rather than prominently displayed at the entrance foyer.

I would respectfully remind that the First Amendment of our great country's Constitution proclaims that "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof..."

And, being that our government has provided this protection to our various religious establishments, it is likewise understood that those same religious establishments shall not have to recognize the governmental authority of the state.

It speaks highly of the author's chosen church that they display the flag at all, and that is perhaps to be commended. They are not, however, required in any way shape or form to enhance that display, or to display it at all.

God bless America!

—Jim Bustillo, Castro Valley

A Better Use for Castro Valley's Old Library Building?

Editor:

I wish to express great opposition to allowing the former Castro Valley Library building becoming a Veterans Memorial Center.

I did a hitch in the Navy and served the entire time in the U.S. — in fact, one town, San Diego, and am considered entitled to all veterans' benefits.

To find out what those benefits might be, I went to the veterans meeting places in Hayward and Castro Valley. I found that a relatively small number of men enjoy a rent-free meeting place where they maintain a bar to consume liquor cheaply while swapping stories of their military activities, often greatly-exaggerated, sometimes completely fictitious.

Surely there is a better use by a greater number of citizens for this fine, old historic building.

—William Ashley, Resident of Castro Valley for 62 years

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 publish unsigned letters.

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



Women's Club Officers

New officers were installed for the Castro Valley Women's Club during a buffet luncheon in May at the Meadows Restaurant in Castro Valley. The newly elected board members are (from left) First Vice President Carolyn Darcey, Co-president Carolyn Willkie, Co-President Lois Ingellis, Secretary Sandy Schnieder, Treasurer Elisabeth Hartman and Second Vice President Carol Liley. The club is celebrating it's 70th Anniversary and is looking forward to another successful fundraiser for SOS.Meals on Wheels.

MAC: KFC; Condo Project

continued from front page

cizing their signage, which isn't supposed to take up more than 25 percent of their windows.

And the MAC has sent KFC back to the drawing board twice already, rejecting a proposed red and white striped paint job, which they deemed "circus-like" at a pair of meetings last fall.

The newest version of the paint job being suggested by KFC is gray with black and red trim — the stripes are no longer part of the plan. The MAC also requested that the fast food exterior be diversified from pure stucco with faux stone and a new proposal from KFC does include that.

The restaurant and drive-thru would remain open while the dining room is renovated and the exterior gets a new paint job.

The lighting, service counters, tile floor, furniture, and décor would all be upgraded as well.

Also at Monday's meeting, the MAC heard a plan to build seven condos in two buildings on .43 of an acre in a vacant lot on the corner of Miramonte Avenue and Saratoga Street.

The MAC told the developers that they had concerns about parking, garbage pick-ups, and more and sent the plan back for further work.

"It'll be a nice addition to area, but we do need to clean it up," said MAC member Linda Tangren of the proposal.

The MAC also heard that the Castro Valley Marketplace construction will begin next month, with a likely opening date in April 2019.

"And All That Jazz": Improvised Music

By Dave Rocha
SPECIAL TO THE FORUM

I play a lot of jazz concerts and although we usually get a great response from our audiences, including personal compliments, which always make me feel good, I oftentimes wonder if most people have a good understanding of what's really going on in jazz music.

Someone will come up to me after a show and want to know how I was able to memorize all the notes that I played in my solos, or if they weren't memorized, how could I read all those notes especially when they were being played so fast?

What many people don't seem to be aware of is that in jazz, the music we play is 95% improvised. That's right!

After the melody is played at the start of each piece, the rest of the playing involves one musician after another taking an improvised

solo, based on the same chords that the melody is based on. When we're all finished with our improvised solos, the melody that was played at the start of the piece is played once more to "take the tune out."

To be a good improviser, a jazz musician has to have a lot of technique (chops) on his or her instrument, a thorough knowledge of the chords and scales that are present in any specific tune, and the imagination to play some ideas that are "happening!"

Improvising in jazz can be likened to being a painter with a musical canvass. Each improvised idea starts to give shape to that musical canvass, a flurry of sixteenth notes here, an extended arpeggio there, a crescendo trill, a half valve glissando, on and on until "voila" there's a brand new musical creation!

One of the big differences however, between creating as a

see ROCHA on back page

THE TIMES CROSSWORD

1	2	3	4	5	6	7	8	9	10	11
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ACROSS

- 1 Poke
- 4 Beach stuff
- 8 Part of the foot?
- 12 Supplement, with "out"
- 13 From the start
- 14 In the vicinity
- 15 Congratulatory slap
- 17 Oodles
- 18 Open
- 19 Meadow
- 21 G.I.'s dinner, for short
- 22 Showing cleavage
- 26 Computer acronym
- 29 Stein or Stiller
- 30 Life time?
- 31 Swiss capital
- 32 Staff
- 33 Oven
- 34 Swelled head
- 35 "Explain, please"
- 36 ___ Major (Sirius' constellation)
- 37 Restrained
- 39 Evergreen type
- 40 Trawler need
- 41 Tips over
- 45 Ontario neighbor
- 48 Gary Cooper movie
- 50 Tab
- 51 Small grimace
- 52 Stickum
- 53 Weevil's target
- 54 Litigant
- 55 Sphere

DOWN

- 1 Biblical king who had Jezebel slain
- 2 Related (to)
- 3 Pleads
- 4 Jungle expedition
- 5 Doddering, maybe
- 6 Ely's st.
- 7 Lived
- 8 Post-vow relative
- 9 Ultramodernist
- 10 House pet
- 11 Day fractions (Abbr.)
- 16 Surround
- 20 Many millennia
- 23 First son
- 24 Aptly named fruit?
- 25 Sawbucks
- 26 23-Down's victim
- 27 Lily variety
- 28 Boast
- 29 Tarzan's son
- 32 Beats
- 33 Singer Akers
- 35 Infinitesimal
- 36 Written code
- 38 Dead ringer?
- 39 Bach piece, often Nixed, at NASA
- 42 Entrance
- 43 Uppity sort
- 45 Recede
- 46 Carnival city
- 47 Ailing
- 49 Debtor's letters

ANSWERS ON PAGE 3



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Tailgate: Football in New Light

continued from front page
Kickoff is at 7 p.m. General admission is \$8.

Saturday night, Aug. 18, catch up with former classmates at an All-Alumni Homecoming Dance, from 7 to 10 p.m. in the school cafeteria. (No charge, but donations are welcome.) Campus and athletic field tours will again be offered before the dance at 6 p.m.

Finally, on Sunday Aug. 19, the celebration will culminate with an all-alumni picnic at East Avenue Park from noon to 4 p.m.

Information for all these events is available on the Hayward High School Alumni Weekend facebook page. (No RSVP required, but interest may be indicated there.)

Every single past and present Hayward High student is invited to attend this once-in-a-lifetime event. Spread the word! Donations for raffle/auction prizes, or to help offset expenses are welcome. Contact Mary Haro at haro.mary@gmail.com

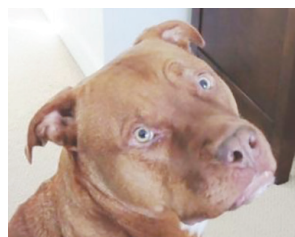
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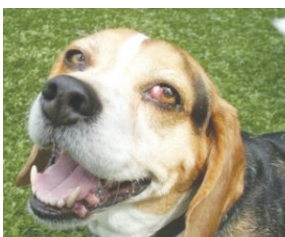
STUBBY is 9-years-young and a bit shy. He has a sweet personality but needs a patient family who'll give him the time he needs to open up. Info: Hayward Animal Shelter. (510) 293-7200.



SILKY is a 16-years-young, gentle boy with lots of love to give. He's looking for someone with a big heart to give him a second chance. Info: Hayward Animal Shelter. (510) 293-7200.



KUDDI is a handsome, sweet, 4-years-young Red Nose Pit Bull Terrier who loves to cuddle and play with toys. He likes contact with people but not cats. More at: dustypawsrescue.org



JOSH is a 9 year old, 35 lb. Beagle who is sweet and loving with all people and basks in attention. He is house trained and well behaved. More info at: www.dustypawsrescue.org

Heart: Five Things You Weren't Told

continued from page 6

old or younger, you could be affected, especially if you have risk factors like high cholesterol or a family history of heart disease.

Keep in mind, each child with a family member with FH has a 50 percent chance of inheriting the disorder, which is present since birth. Untreated individuals with FH have up to a 20 times increased lifetime risk of early heart disease, yet 90 percent of people with FH are undiagnosed, according to the FH Foundation.

4. Children (even infants) can have high cholesterol

Many adults are regularly screened for high cholesterol, but it's not as common for children to be screened, although the American Academy of Pediatrics recommends that all children between the ages of 9 to 11 be screened for high cholesterol.

These guidelines also recommend screening for FH as early as age 2 years if there is a family history of high cholesterol, early heart disease or known FH. Talk to your children's doctor about screening.

FH is characterized by an LDL-C level of over 190 mg/dL in adults, or over 160 mg/dL in children. FH may also be confirmed with a genetic test, although this is not necessary for diagnosis.

5. You can maintain a healthy heart at any age

Being diagnosed with high cholesterol, heart disease or even FH is not a death sentence. Every person's health considerations are unique, but by working with your doctor, you can come up with a plan to help manage your health and maintain the strongest heart possible.

This could include lifestyle changes and medications to manage the LDL cholesterol level in the blood. The key is to keep asking questions, learn about your specific health needs and stay dedicated to your heart health plan.

—BrandPoint

Data: Keep It Protected

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5. Monitor your accounts. This includes Social Security earnings records. Ask bank or credit card issuers to set up free email alerts for notification about activity on accounts, especially including change-of-address requests.

6. Change passwords frequently. Also order, for free, a credit report once every four months — once a year from each agency — at annualcreditreport.com.

7. Choose the most secure payment option. Ask if your provider has a secure, online payment option rather than handing your credit card over to the billing department. Many health systems use big data screening and analytics to flag possible security breaches before data is stolen.



PHOTO BY KATHY KAHN

'Dreamcoat' Aug. 3

Romar De Claro plays the title role in **Joseph and the Amazing Technicolor Dreamcoat** opening Aug. 3 at Woodminster Summer Musicals. This family favorite is a lively musical retelling of the Biblical tale of Joseph and his coat of many colors. It will be performed outdoors in historic Woodminster Amphitheater by a cast of about 70 (including a children's choir of 30) and a live professional orchestra. Tickets available by phone at 510-531-9597, online at: woodminster.com, or in person.

Rocha: Jazz Improvisation

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painter (or sculptor, writer, etc.) and creating in jazz is that you are usually not alone with your solo, but interacting with other musicians when you improvise. Unless you're playing solo piano or guitar, you're playing with at least one other musician.

I do a lot of "trio" gigs, with me on trumpet (and flugelhorn), along with a guitar (or keyboard) and upright bass (sometimes drums and sax are added to make it a quintet).

The other two instruments in the trio are called the "rhythm section." When I solo, I interact with the guitar or keyboard playing the chords, and the bass adding a "walking" bass line to establish rhythm and tempo as well as support of the chords that the guitar or keyboard is playing.

So what goes on that musical canvas, is not just my improvised solo by itself, but the interaction of my solo with the other instruments that are supporting the solo.

BTW, the the other instruments take solos, too.

When you get two or three musicians interacting together, at a high level of technical proficiency (chops), with a thorough knowledge of chords and scales, and "Oh Yes," empathy for each other's ideas, that's when the magic starts to happen during the solos.

That musical canvass is continually evolving as the soloist and rhythm section play off each other's ideas, creating great feelings and ideas that are spontaneous and full of energy and beauty.



Dave Rocha

Each tune and each improvised solo is a new adventure and another opportunity to communicate our feelings and ideas to each other and to our audience.

Although it helps to understand some of the basic elements involving jazz improvisation, I guess the bottom line is whether people enjoy what they are listening to.

From time to time I'll probably have to keep explaining that my solos aren't memorized or I'm not reading them (lol) but that just goes with the gig.

Music is a strong, healing force in the universe, and when it reaches people in a positive way, that's what really counts!

Jazz trumpeter Dave Rocha lives in Castro Valley and performs throughout the greater Bay Area. He also gives private lessons out of his home studio. He can be reached at Daverochajazz.com

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The Simms Band
Margie Turner and
The Outback Blues Band

Fri, Aug 3, 8pm
Sat, Aug 4, 6pm
Sun, Aug 5, 3pm

Highwater Blues
The Touch of Class
Gold Rhythm Band

Fri, Aug 10, 8pm

Music of Jerry Garcia
with Dead Guise

Sat, Aug 11, 6pm
Sun, Aug 12, 3pm

Mas Mojo
Henry Oden & Margie Turner

Fri, Aug 17, 8pm
Sat, Aug 18, 1pm

Latin Rhythm Boys
Gus Wedemeyer's
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Sat, Aug 18, 6pm
Sun, Aug 19, 3pm

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