

SUNDAY,  
APRIL 16

# HAPPY EASTER

SEE  
PAGES  
6 & 7



# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 29

WEDNESDAY, APRIL 12, 2017

NO. 15

## INSIDE YOUR FORUM

### OUR TOWN



#### Ramping It Up

Redwood Road on-ramp to I-580 to get more efficient traffic lights

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### EASTER



#### Hoppy Easter

Celebrate Easter this Sunday with tasty food and fun family events

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Warmer months ahead mean an increased risk of Lyme disease

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PHONE: (510) 537-1792



PHOTOS BY LINDA SANDSMARK

## TREES, FENCES, POWER GONE WITH THE WIND

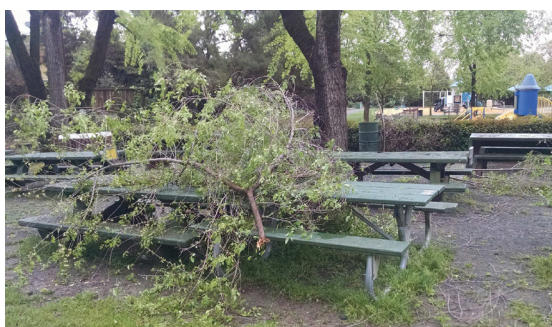
Strong wind gusts up to an estimated 60 mph hit Castro Valley Thursday night, toppling trees, knocking over fences and downing power lines, resulting in black-outs at hundreds of homes and businesses. The storm left debris scattered all over town.

Meteorologist Mike Pechner said a very strong low pressure system off the Southern Oregon Coast and higher pressure to the south created the conditions for what he said were the strongest winds so far this season.

The high winds also capsized an unmanned 112-foot freight barge in the Bay off Yerba Buena Island just after midnight Friday morning.

The U.S. Weather Service had issued a high wind warning for the Bay Area on Thursday. It was cancelled before dawn on Friday.

Long range weather forecasts call for continuing unstable weather for the next 10 days.



## Earth Day 2017 Events: Register Now as A Volunteer for Annual CVSan Clean-Up

For many of us, Earth Day is every day. We work to conserve water and energy, use reusable shopping bags and water bottles, and recycle and compost to reduce what we send to landfill.

Every year Castro Valley San-

itary District (CVSan) hosts an Earth Day Clean-Up and Recycles Day to provide a local opportunity for volunteers to show their spirit. Save the date for this year's events on Saturday, April 29th.

Register online at [www.cvsan.org](http://www.cvsan.org).

org/ED by next Monday, April 17, to participate in the Earth Day Clean-Up event.

Following a free continental breakfast, clean-ups will be held from 9 a.m. until noon at Adobe see **EVENT on page 11**

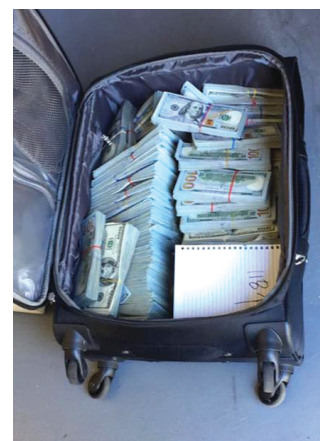
## Pot Bust Yields \$1-Million, 300 Pounds of Pot

The Alameda County Sheriff's Office seized more than a million dollars in cash and hundreds of pounds of marijuana Saturday after arresting two suspects in Castro Valley during an attempted traffic stop on I-580.

The incident began when a California Highway Patrol officer attempted to pull over a van for a cell phone violation. During the stop, a sedan cut off the CHP car to create a distraction so the van could get away.

Both vehicles tried to flee but were apprehended in Castro Valley. Inside the van, officers located 200 pounds of marijuana and an additional 8 pounds inside the sedan. The suspects were arrested on charges of sales and transportation.

During a follow-up search warrant, detectives learned the group had rented a series of storage units in the City of Alameda. Task Force members along with the Sheriff's Office K-9 unit searched the storage units and found more than 100



**A suitcase containing more than a million dollars in cash was discovered in an Alameda storage unit after sheriff's officers arrested two suspects in CV and seized hundreds of pounds of pot.**

additional pounds of processed marijuana, a suitcase filled with \$1,000,000 and marijuana growing equipment.

The investigation is continuing.

## MAC Motions To Save Eden Health District

By Amy Sylvestri  
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) weighed in Monday night on the fate of the Eden Health District (formerly the Eden Township Healthcare District), unanimously voting in support of keeping the district up and running.

The District is in danger of being dissolved, having been called redundant by County Supervisor Wilma Chan, State Assemblyman Rob Bonta, and the city councils of San Leandro and Hayward.

If it were to be dissolved, it's money – including \$31 million

in real estate holdings – could be used anywhere in the county's health system. Eden area residents would not necessarily benefit.

Those seeking to dissolve the District say its function and funding could be better handled by the county.

But on Monday the MAC said the Eden Health District (EHD) serves an important function, especially in the unincorporated area.

"I want to see (the district) continue," said MAC chair Marc Crawford. "To me, this district represents something a lot of people in the unincorporated area ask for – money that's earmarked for them."

see **MAC on page 8**



## Castro Valley Weather April 12 - 16, 2017



Wednesday  
Showers  
High 65° Low 51°



Thursday  
Showers  
High 39° Low 44°



Friday  
Partly Sunny  
High 63° Low 42°



Saturday  
Partly Cloudy  
High 68° Low 48°



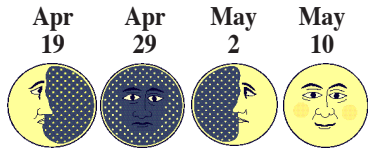
Sunday  
Showers  
High 65° Low 48°

### Almanac



Past Week's Rain: 01.70  
Season To Date: 35.02  
Normal To Date: 20.99  
Season Average: 21.22

### Moon Phases



Sun sets at 7:43 p.m. today, rises at 6:35 a.m. Thursday.

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PHOTO BY DAN JOHANSON

Members of Morrison Theatre Chorus will perform at "One Enchanted Evening" on April 29.

## 'One Enchanted Evening' April 29

A GOURMET DINNER, craft beers, fine wines, live music, dancing and a silent auction highlight a special event on April 29 at 6 p.m. to promote and raise funds for performing arts opportunities at Douglas Morrison Theatre.

Tickets are now available for the event titled "One Enchanted Evening" which will be held at the Japanese Gardens and Hayward Senior Center on North Third Street in Hayward.

Members of the Morrison Theatre Chorus will perform, and a band called Solid Gold Rio Vista will deliver "classics from the 50s, 60s and 70s."

Silent auction items include tickets to Disneyland, Pacific Park in Santa Monica, Beach Blanket Babylon in San Francisco, California Shakespeare Theater in Orinda, a ride on an Alameda County Fire Department fire truck and dinner with the Castro Valley fire station crew, and a Giants-themed auction package includes game tickets, rare memorabilia.

Event organizers aim to raise awareness about the theatre and to raise money for such capital im-

provements as the theatre's sound system.

The theatre is implementing new management, programming, and infrastructure strategies this summer to enhance recreational opportunities in the community and expand cultural and entertainment choices.

While its primary creative base will continue to be events produced "in-house," such as this month's "Side by Side by Sondheim" musical revue, new events will include HARD sponsored cultural activities for youth and families of the district.

The theatre will also bring in-

dependent productions. The first offering is Tri-Valley Repertory Theatre's "Forever Plaid," opening on May 6.

"We are excited to reinvigorate the Morrison Theatre as a key offering of the district," said Kerrilyn Ely, HARD Recreation Superintendent. "As we've discussed and designed the theatre's new business plan, the energy and dedication in the community for a robust performing arts facility has been inspiring."

Tickets available online by visiting: [www.dmtonline.org](http://www.dmtonline.org) or by calling 510-881-6777 Tuesday through Friday from 1-5 p.m.

## Benefit for Uganda School

Castro Valley United Methodist Church is looking for bikers and walkers for the 2nd Annual Kumi Benefit Ride/Walk on Saturday, April 29, to help "Brake the Cycle of Poverty."

The event – including 25- and 50-mile rides, and a 7-mile walk to Lake Chabot – is to raise funds for a primary school built through a partnership with the Chinese

Community, the church, and a village in Uganda. The \$40,000 goal will fund school construction, a security fence, showers, and furniture.

All ride/walk participants will be treated to a meal at the church on Wisteria St. at the end of the event. If you can't come, consider making a donation. Check out details at [www.ycvm.org](http://www.ycvm.org)



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")





PHOTO BY AMY SYLVESTRI

**RAMPING UP THE IMPROVEMENTS:** New traffic controls to be installed at this on-ramp from Redwood Road to Eastbound I-580 will make it easier to turn onto the freeway.

## Redwood Road Ramp to I-580 to Get More Efficient Traffic Lights

By Amy Sylvestri  
CASTRO VALLEY FORUM

The Redwood Road on-ramp to eastbound I-580 will be getting almost \$290,000 worth of upgrades in coming weeks.

The Alameda County Board of Supervisors accepted a bid from Livermore-based Sposeto Engineering, Inc. in late March to make the improvements, which will include constructing a new cross

walk and traffic signal, among other new features.

That's good news to some drivers, who hope that means a smoother way of getting onto the freeway from Redwood Road during heavy traffic periods.

"I don't know what it is, but there have been times where I've sat at this onramp through three green lights before I've been able to turn on the freeway," said Angela Ochoa who uses that onramp in

her commute. "There are just so many cars right here."

The project's budget includes \$67,000 for traffic signals and \$51,000 for temporary traffic control.

The construction also involves installing new vehicle detector loops under the road way, which tells the system when cars are at the signal light.

The construction is set to be completed within 30 working days.

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



### Motel Drug Bust

Saturday, April 8: at 10:47 p.m., Sheriff's deputies arrested a 34-year-old man from Daly City (San Mateo County) on suspicion of possession of several illegal narcotics, illegal drug paraphernalia, illegal possession of ammunition, violating the terms of his probation, and felony assault. Deputies were called to a motel on East Castro Valley Boulevard near the 580 Market Place shopping area to investigate a loud argument in one of the rooms. The man was also identified as having a warrant issued for his capture. Deputies took the man to Santa Rita Jail and held without bail. The victim was treated at the scene.

### Possession of Drugs

Wednesday, April 5: at 7:50 p.m., two people were arrested on suspicion of possession of methamphetamine drugs. Both were also identified as having warrants issued for their capture. Deputies pulled the two people over at the Park & Ride lot on Center Street where they found the couple in possession of the drugs. A 34-year-old man from Castro Valley and a 28-year-old woman from Pleasant Hill (Contra Costa County) were taken to Santa Rita Jail and held for \$5,000 bail apiece.

### Attempted Rape of a Minor

Wednesday, April 5: at 9:35 p.m., deputies arrested a 23-year-old man from Stockton (San Joaquin County) on suspicion of attempted rape of a minor and felony assault. The man was traveling on Westbound I-580 near the Strobbridge Avenue exit when deputies identified that the man had an active warrant for his arrest. The man was handcuffed and taken to Santa Rita Jail pending \$41,000 in bail.

### Can't Stay Away

Thursday, April 6: at 5:50 a.m., a 33-year-old woman from Livermore was arrested on suspicion of violating a court-issued restraining order and entering private property without permission. Deputies were called to a home on Kerr Street near Ashfield Avenue following a report of a suspicious person in the neighborhood. The woman was handcuffed and taken into custody.

### Back to Jail

Tuesday, April 4: at 6:47 p.m., deputies arrested a 29-year-old man from Hayward on suspicion of violating the terms of his parole. The man was visiting an associate

at Eden Medical Center on Lake Chabot Road when deputies identified the man as having a warrant out for his arrest. The man was taken to Santa Rita Jail without incident and held without bail.

### Felony Battery

Tuesday, April 4: at 12:58 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to an apartment on Stanton Avenue near the Boulevard. There, they arrested a 60-year-old man on suspicion of felony battery. The man was also wanted as part of a warrant issued for his capture. Deputies took the man to Santa Rita Jail pending \$10,000 in bail.

### Driving Drunk and Drugged

Monday, April 3: at 10:38 a.m., a 33-year-old woman from CV was arrested on suspicion of driving under the influence of alcohol and drugs. Deputies pulled the woman over in front of a home on Shadow Ridge Drive near Cold Water Drive for driving erratically. The woman was also wanted as part of a warrant issued for her capture. Deputies took the woman to Santa Rita Jail pending \$26,000 in bail.

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## The Week Ahead

### ● Wednesday, April 12: Sons In Retirement meeting

SIRs, an organization of retired men, meets today and on the second Wednesday of each month in the Wedgewood Center at the Metropolitan Golf Links, 10051 Doolittle Drive in Oakland. Happy Hour at 11 a.m., followed by lunch at noon. Great guest speakers, neither religious nor political. Guests are welcome. Come and meet new friends. For more information call Mel at 510-357-0601

### ● Thursday, April 13: School Board Meeting

The Castro Valley Board of Education will hold a regular meeting and a public hearing at 7 p.m. tomorrow at the District Office Board Room, 4400 Alma Ave. on ratification of the collective bargaining agreement between the district and the CV Teachers Association. Visit [bit.ly/CVUSDBBoardMeetings](http://bit.ly/CVUSDBBoardMeetings) for the agenda and board packet.

### ● Thursday, April 13: Redwood 4H Club Open House

Learn about 4H Club opportunities at an Open House at 7 p.m. on April 13 at the Canyon Middle School cafeteria in Castro Valley. Besides animal projects, 4H offers needlework, archery, fishing dog-training and more. For info, call Karen at 510-566-3672.

### ● Friday, April 14: Mr. Castro Valley Talent Show

Join the fun and an exciting night of entertainment showcasing the CVHS Class of 2017 senior boys as they compete for the coveted title of "Mr. CV 2017." Tickets are on sale now for only \$12 at the School Finance Office, or at the door Friday night for \$15. Enjoy an action-packed night as the boys put on a lively show that displays their charm and other special talents. Sponsored by the CVHS Spirit Team.

### ● Saturday, April 15: Easter Services

All Saints Episcopal Church, 911 Dowling Blvd. in San Leandro, will hold its first of three Easter Services – The Great Easter Vigil – at 7 p.m. Saturday, followed on Sunday by Easter services at 8 and 10:15 a.m.

### ● Saturday, April 15: The Changing Role of Women

Examine the changes in spring cleaning technology and convenience that shaped women's daily lives from 1880 to 1940 in a presentation at 10 a.m. this Saturday at McConaghy House, 18701 Hesperian Blvd. in Hayward. Tickets (\$15-\$10) must be purchased in advance online at [www.haywardareahistory.org](http://www.haywardareahistory.org) or by calling 510581-0223.

### ● Saturday, April 15: Free New SAT Practice Test

In preparation for what might be the most important test in a teen's life, C2 Education will present a 4-1/2 hour workshop offering students the opportunity to get realistic practice and find out how they would score on the new SAT test. Participants will also receive a personalized score report pinpointing their strengths and weaknesses. It will begin at 10 a.m. this Saturday at the Castro Valley Library. Registration is requested. Sign up by phone (510-667-7900) or in person at the Library.

### ● 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. on April 22. Bring rakes and gloves. Water and light snacks will be provided.

### ● 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. Kirsi Stjerna. For more info, visit [www.flccv.org/Refo500](http://www.flccv.org/Refo500) or call 510-582-0818.

### ● 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 1-13 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.

## 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 the slums of Mumbai, the streets of Iran and inside Europe's largest Syrian refugee camp, Indomeni, at 2 p.m. on Sunday, April 30. Gunn (CVHS '82) is an awardwinning 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 on Thursday, April 20. Matinees are at 2 p.m. on Sundays and on April 15. For tickets (\$10-\$29), visit [www.dmtonline.org](http://www.dmtonline.org) or call 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.

● "Getting to Know the Map," an exhibition of 40 years of photography by Geir and Kate Jordahl, featuring the images shaped by 40 years of exploring, studying, traveling and teaching, is now on display at PhotoCentral Gallery, 1099 E Street in Hayward. A book release and signing will be held tomorrow, April 13, from 7-9 p.m.

## ...and Beyond

### ● 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 Society at 7:30 p.m. on April 19 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)

### ● 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. on April 22 at the HAHS Museum, 22380 Foothill Blvd., Hayward. Free with museum admission (\$5-\$3).

### ● 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. More information and tickets available at [www.haywardareahistory.org/historyawards](http://www.haywardareahistory.org/historyawards)

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

You're invited to a sale of previously-ownd treasures, jewelry and a wide selection of plants from 10:30 to 2:30 p.m. at the San Leandro Senior Center, 13909 E. 14th St. in San Leandro on April 22. Lunch will be served at noon. For tickets or more information, contact Sharon at 510-785-2057.

## CASTRO VALLEY FORUM

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2060 Washington Ave., San Leandro 94577  
Corporate Address: P.O. Box 2897, Alameda, CA 94501  
Tel: 510-537-1792 • Fax: 510-814-9691

Fred Zehnder, Editor & Publisher  
[fredz@ebpublishing.com](mailto:fredz@ebpublishing.com)

Claudette E. Morrison, Business Mgr.  
[cm@ebpublishing.com](mailto:cm@ebpublishing.com)

Howard Morrison, Assoc. Publisher  
[howardm@ebpublishing.com](mailto:howardm@ebpublishing.com)

Patrick Vadnais, Classified Ads / Obituaries  
[patrickv@ebpublishing.com](mailto:patrickv@ebpublishing.com)

Helen Burkett, Advertising Design Mgr.  
[helenb@ebpublishing.com](mailto:helenb@ebpublishing.com)

Mary Florence, Advertising Sales  
861-3270 [Mpominvile4582@aol.com](mailto:Mpominvile4582@aol.com)

Moxie Morrison, Layout Design  
[moxmore@yahoo.com](mailto:moxmore@yahoo.com)

Linda Nakhai, Advertising Sales  
915-1513 [lnakhai@comcast.net](mailto:lnakhai@comcast.net)

#### Contributors:

Amy Sylvestri, News  
[amys@ebpublishing.com](mailto:amys@ebpublishing.com)  
510-614-1561

Thomas Lorentzen  
Winda Shimizu  
Linda Sandmark

Jim Carrizo, Sports  
[jimcvsports@gmail.com](mailto:jimcvsports@gmail.com)  
510-967-3759

Linette Escobar  
Terry Liebowitz

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### Submissions to The Forum

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

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## ATHLETES OF THE WEEK



### Members of 13U Bercovich 35 Team

This week's Athletes of the Week are the members of 13U Bercovich 35 team who went 5-0 and won the prestigious Super NIT tournament over the weekend. Instead of medals, they received Championship Rings. 13U player Cameron Calvillo was the MVP after hitting two home runs in the Championship game. Players from

Castro Valley include Cameron Calvillo (MVP), Zach Sandoval, Tyler Matthewson, Mike Sujo, and Xander Fruin. The 13U team, along with the 12U Gold team were the two teams that represented Headfirst Baseball Academy at this tournament and won, finishing undefeated. Headfirst Baseball has won over 400 tournament titles.

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## CVHS BOYS TENNIS RESULTS



### Piedmont (5) at CVHS (2)

Wednesday, April 5

#### SINGLES

1. Timothy Wu (CV) - Carson Breber 6-2, 6-0
2. Edward Wang (CV) - Rohan Srivastava 6-4, 6-3
3. Nathan Auyoung (P) - Rohit Sinha 1-6, 6-3, 7-5
4. Matt Chan (P) - Alex Low 6-2, 6-2

#### DOUBLES

1. Joey Lalli / Jack McKeen (P) - Gabe Priem / Dustin Fong 6-1, 6-3
2. Koji Fries / Ethen Grotentius (P) - Leon Chen / Ashir Gupta 6-4, 4-6, 6-4
3. Kui Zimmer / Nick Lalli (P) - Scott Coleman / Peter Maina 4-6, 7-5, 6-4

## Creekside Girls Wrestling At the Nationals in Vallejo

The Creekside girls wrestling team participated in the United States Girls Wrestling Association Nationals in Vallejo on April 2. These were the results:

Bibi Lazares (89 lbs) 5th place; Carla Ott (95 lbs) 3rd place; Giselle Quintero (99 lbs) 6th place; Emily Weed (107 lbs) 2nd place; Courtney Michalowski (118 lbs) 2nd place; Samantha Garcia (145 lbs) 3rd place; Abby Kwan (155 lbs)

In addition to the current Creekside girls wrestlers, there were Creekside alumni girl wrestlers, now wrestling for the high school, but who were allowed to participate in this tournament. Their results were:

Gabby Deleon (101 lbs) 2nd place; Avril Deleon (111 lbs) 2nd place; Amanda Decker (126 lbs) 2nd place; Michelle Terhell (131 lbs) 2nd place; Olivia Ott (150 lbs) 1st place

### SPORT NOTES

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 Pres-

ident 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, contact Michele Nicol at 510-541-5565.

## MAC: Saves Eden District

*continued from front page*

EHD board member Roxann Lewis, who addressed the MAC Monday, agreed. She said that the move to dissolve EHD was a cynical "cash grab" by cities and the county to fund struggling hospitals in the county health system including Highland Hospital and San Leandro Hospital.

"Politicians are looking for money to shore up institutions that need it, rather than looking at the institutions themselves," said Lewis.

MAC member Dave Sadoff said it was a "no brainer" to support EHD, as it is a duly elected board with sound management.

"I see no reason to change anything," said Sadoff.

The MAC did make one suggestion to alter the EHD - removing the incorporated cities it serves (Hayward and San Leandro) and having it solely provide to the unincorporated area including Castro Valley, Ashland, Cherryland, Fairview, and San Lorenzo.

At the prompting of those opposing EHD, the Alameda County Local Agency Formation Commission (LAFCo) commissioned independent urban policy analysts Berkson Associates to review the services provided by the nearly 70-year-old district.

The report concluded that EHD provides a valuable service, but that it could be streamlined.

The MAC's motion, along with mostly favorable public meeting comments and the analysts' report will now be considered by the LAFCo board.

## Palomares Road Closed For 3 Weeks

The Alameda County Public Works Agency has closed Palomares Road to traffic between Palo Verde Road in Castro Valley and Niles Canyon Road in Fremont while crews work to stabilize the hillside and remove rocks and debris. The closure is expected to last until May 5. Motorists are advised to use alternate routes. Updates are available at [www.acpwa.org](http://www.acpwa.org).

## 3 Students Named to Dean's List

Three Castro Valley students - Jaime Fong, a Media Arts Production major; Hayley Mason, a Musical Theatre major; and Taylor Wade, a Musical Theatre major - have been named to Emerson College's Dean's List for the Fall 2016 semester.

The requirement to make the Dean's List is a grade point average of 3.7 or higher.

Based in Boston, Mass., Emerson College is opposite the historic Boston Common and in the heart of the city's Theatre District.

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**Athlete's foot is a skin disease caused by a fungus, usually occurring between the toes. Signs of athlete's foot include: dry skin, itching, burning, scaling, inflammation and blisters.**

## Athlete's Foot: How to Avoid It

### What is Athlete's Foot?

Athlete's foot is a skin disease caused by a fungus, usually occurring between the toes. The fungus most commonly attacks the feet because shoes create a warm, dark, and humid environment which encourages fungus growth.

Not all fungus conditions are athlete's foot. Other conditions, such as disturbances of the sweat mechanism, reaction to dyes or adhesives in shoes, eczema, and psoriasis, may mimic athlete's foot.

### Causes

The warmth and dampness of areas around swimming pools, showers, and locker rooms are also breeding grounds for fungi. Because the infection was common among athletes who used

these facilities frequently, the term "athlete's foot" became popular.

### Symptoms

The signs of athlete's foot, singly or combined, include the following:

- Dry skin
- Itching and burning, which may increase as the infection spreads
- Scaling
- Inflammation
- Blisters, which often lead to cracking of the skin.

When blisters break, small raw areas of tissue are exposed, causing pain and swelling.

Athlete's foot may spread to the soles of the feet and to the toenails.

It can be spread to other parts of the body, notably the groin and underarms, by those who scratch

the infection and then touch themselves elsewhere. The organisms causing athlete's foot may persist for long periods. Consequently, the infection may be spread by contaminated bed sheets or clothing to other parts of the body.

### When to Visit a Podiatrist

If an apparent fungus condition does not respond to proper foot hygiene and there is no improvement within two weeks, consult a podiatrist.

### Diagnosis and Treatment

Your podiatrist will determine if a fungus is the cause of the problem. If it is, a specific treatment plan, including the prescription of antifungal medication, applied topically or taken by mouth, will usually be suggested.

see FOOT on back page

## Tick Talk: Warmer Months Mean An Increased Risk of Lyme Disease

The Centers for Disease Control and Prevention estimate that 300,000 people are diagnosed with Lyme disease in the U.S. every year. However, because diagnosing Lyme can be difficult, many people who actually have Lyme may be misdiagnosed with other conditions. Many experts believe the true number of cases is much higher.

Lyme disease affects people of all ages. The CDC notes that it is most common in children, older adults, and others such as firefighters and park rangers who spend time in outdoor activities and have higher exposure to ticks.

Lyme is called "The Great Imitator," because its symptoms mimic many other diseases. It can affect any organ of the body, including the brain and nervous system, muscles and joints, and the heart.

Patients with Lyme disease are frequently misdiagnosed with chronic fatigue syndrome, fibromyalgia, multiple sclerosis, and various psychiatric illnesses, including depression.

Misdiagnosis with these other diseases may delay the correct diagnosis and treatment as the underlying infection progresses unchecked.



**Lyme disease is a bacterial infection primarily transmitted by tiny Ixodes ticks and black-legged ticks, sometimes called "deer ticks."**

Once a tick has attached, if undisturbed it may feed for several days. The longer it stays attached, the more likely it will transmit the Lyme and other pathogens into your bloodstream.

If pregnant women are infected, they sometimes pass Lyme disease to their unborn children and, while not common, stillbirth has occurred.

Lyme disease has been found all across the U.S., with a particularly high incidence on the East and West coasts. Rates have increased significantly over time. Some of this increase likely reflects growing public awareness of the disease.

### Symptoms

Symptoms of early Lyme disease may present as a flu-like illness (fever, chills, sweats, muscle aches, fatigue, nausea and joint pain). Some patients may have a rash or Bell's palsy (facial drooping).

However, although a rash shaped like a bull's-eye is considered characteristic of Lyme disease, many people develop a different kind of Lyme rash or none at all.

**Preventing Tick Bites**  
see TICK on back page

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# REAL ESTATE GALLERY

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



### Listing Pictures Cause Buyer Anxiety

In this age of increasing internet transparency, a troubling question is emerging. While appearing simple on the surface, the more you dig in, the deeper the implications become.

The question? What happens to listing pictures after the sale?

An agent called me in a conundrum. He'd pulled out all the stops on a listing for property preparation and photography. When totaled, the bill for staging, pictures and 3D was in the thousands. He'd been willing to pay, knowing, as a business person, the pictures would serve many purposes.

First, they'd help sell the home. Buyer patterns have changed and demand to examine prospective properties online to determine

whether they'll visit in person is increasing.

With 3D tours, buyers can "walk through" a home from the comfort of their own living room. By combining 3D with quality pictures and extensive property prep, you provide a compelling case for buyers to show up.

Second, once the sale is complete, agents and appraisers use the online pictures to establish values for subsequent sales. It's critical to view pictures from previous sales to establish property condition and upgrades. Nothing is more frustrating than to find a comparable property and discover that the interior pictures have been removed.

Third, some agents are willing to spend considerable sums on

pictures knowing they'll function as "online billboards," helping secure additional listings.

Prospective sellers look online for pictures of previous area sales to help determine whom they might interview as potential listing agents. With no pictures, an agent might lose an opportunity.

Which brings us back to the listing agent's conundrum.

After the close of escrow, the buyers contacted him, demanding that all interior pictures from all online portals be removed. They did not want anyone viewing the interior of their home.

The listing agent shared the reasons above and the fact that the previous sales of that home had similar pictures still online. He also pointed out that other identical models in the neighborhood had their pictures still showing as well. He further clarified that the pictures showed the staging and in no way revealed any of the new buyer's belongings. Lastly, he explained that the pictures belonged to him and he therefore had a right to display them.

The buyers, undaunted by his explanations, remained adamant in their demands, citing personal reasons and potential safety concerns.

If you were the listing agent, what would you do?

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

## HOME of the WEEK

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22169 Betlen Way	94546	\$335,000	3 BD - 1,308 SF - 1953
4424 Ewing Road	94546	\$1,450,500	4 BD - 5,081 SF - 1966
3256 Kerr Street	94546	\$689,000	3 BD - 1,314 SF - 1956
2736 Pineridge Road	94546	\$740,000	3 BD - 1,608 SF - 1960
4174 Seven Hills Road	94546	\$880,000	4 BD - 2,417 SF - 1991
2995 Sydney Way	94546	\$925,000	5 BD - 2,902 SF - 1948
25259 Gold Hills Drive	94552	\$1,090,000	5 BD - 2,835 SF - 1996
19973 Summerglenn Place	94552	\$745,000	4 BD - 1,666 SF - 1996

TOTAL SALES: 9

LOWEST AMOUNT: \$335,000

HIGHEST AMOUNT: \$1,450,000

MEDIAN AMOUNT: \$820,000

AVERAGE AMOUNT: \$852,722

#### San Leandro

357 Accolade Drive	94577	\$680,000	4 BD - 1,627 SF - 2002
955 Maud Avenue	94577	\$760,000	3 BD - 2,077 SF - 1945
549 Cape Cod Drive	94578	\$760,000	3 BD - 1,812 SF - 1980
14995 Firth Court	94578	\$720,000	4 BD - 1,914 SF - 1979
1132 Devonshire Avenue	94579	\$545,000	3 BD - 988 SF - 1950
15477 Heron Drive	94579	\$678,000	4 BD - 1,651 SF - 1999

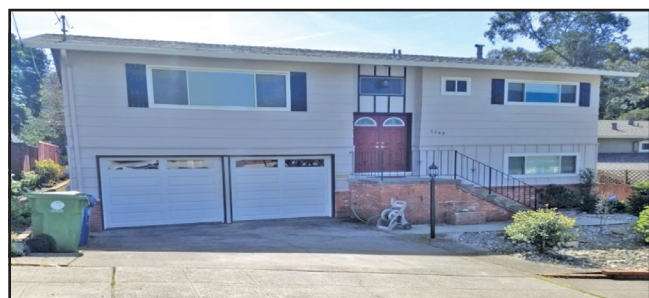
TOTAL SALES: 6

LOWEST AMOUNT: \$545,000

HIGHEST AMOUNT: \$760,000

MEDIAN AMOUNT: \$700,000

AVERAGE AMOUNT: \$690,500



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C	1-4	1-4	5289 Camino Alta Mira	\$862,500	4/3	Greg Silva Realty	Greg Silva	510-889-1777

One-Line Open Home Listings run Wednesdays in the Castro Valley Forum (22,500 circ.) and Thursdays in the San Leandro Times (38,500 circ.) for \$25. For more information and a listing form, call 614-1558. DEADLINE: TUESDAY AT NOON.

### CITY GUIDE

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# 'Lake Chabot Trail Challenge': Scenic Race for All Skill Levels

By Lowell Hickey  
SPECIAL TO THE FORUM

Rated the second most scenic race in the U.S. by Trail Runner Magazine, the Lake Chabot Trail Challenge beckons premier runners, weekend joggers and even walkers out for a Sunday morning stroll.

The more ambitious are invited to try the half marathon (13 miles), while others can participate in the

5K (3.1 miles) at the 34th annual Trail Challenge, which begins and ends at the Lake Chabot Marina. Race day is Sunday, June 4, with the half marathon beginning at 8 a.m. and the 5K going off at 8:30. Bib pickup and race-day registration starts at 6:30 a.m.

Runners in both divisions will be treated to ridgeline views looking down upon scenic Lake Chabot with surrounding grassy slopes and eucalyptus groves. The

half marathon course is a hilly loop, mostly on dirt fire roads, while the 5K offers gentle, rolling hills on paved surfaces.

With the discontinuation of the Eden Hospital "Run to the Lake," the Trail Challenge is the only public cross country event now offered in Castro Valley. It is the second leg of the East Bay Triple Crown, which includes the Tilden Tough Ten (May 21) and the see TRAIL on page 15

## Event: Volunteer for Earth Day Clean-Up

continued from front page

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

Additional clean-up events will take place at various Castro Valley schools. To register for a school clean-up, contact the school's main office.

During registration, Earth Day volunteers can select a local charity to receive a \$5 donation on their behalf. This year's charity groups, selected by CVSan's Community Advisory Committee, include Castro Valley Sports Foundation, Dusty Paws Rescue, Inc., and Friends of San Lorenzo Creek.

The Recycles Day event will be held for CVSan customers at Canyon Middle School from 8 a.m. to 2 p.m. E-waste, used cooking oil, documents for shredding, and

mattresses will be accepted. For a complete list of accepted items, visit [www.cvsan.org/ED](http://www.cvsan.org/ED).

Recycles Day participants can also receive three free bags of compost and a Construction & Demolition Voucher to drop off two cubic yards of materials at the Davis Street Transfer Station. Compost and vouchers will be distributed on a first-come, first-served basis.

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# LETTERS TO THE EDITOR



## Spending \$4.8-Million on Parking Lot Behind Daughtrey Building Called 'Crazy'

Editor:

Buried on the back page of the Forum of March 29 was a picture and caption of the groundbreaking of the parking lot by the long vacant Daughtrey building.

I'm hoping that the \$4.8 million price tag is wrong – but I doubt that is the case. Spending that amount on a parking lot for that site is crazy.

If the County has that much money that they are willing to spend on asphalt, I can recommend some streets in Castro Valley that could be repaved.

—Matt Porter, Castro Valley

## Lack of Parking Enforcement Creating Problems for Downtown

Editor:

When I go to the Bank of America on Castro Valley Boulevard to do business there is rarely a parking spot in their lot.

I go into the bank and see maybe five people in line, yet there are at least 30 cars parked in their lot. Sometimes you have to loop around twice for a spot. Doesn't matter what time of day during business hours.

Mystery solved. I finally asked the teller "Why are there so many cars in your lot and very few customers in the bank?" The teller said most all the cars there are people going to the movie at Chabot

Theater. They just walk around the corner.

I am sure neither the theater nor the bank has the time or resources to identify who is banking and who's parking there for the theater.

The teller said it was kind of hopeless. I suppose Bank of America could post a sign for banking customers only. But people would probably ignore it.

The spa center next to the theater however, means business! I had a friend who parked there and went to the movie. He came out couple hours later and his car was towed! Hard lesson.

If Castro Valley would incorporate, all its some 60,000-plus residents would have a voice and local control over planning and zoning. I've seen incorporation voted down at least three times in my 40 years as a resident. Opponents have used scare tactics, not facts, to influence voters.

—Linda Davis, Castro Valley

## A Landmark Occasion to Praise Those Dedicated to Our Historic Past

Editor:

The Hayward Area Historical Society (HAHS) will recognize sixteen of our community's most committed partners in preserving the historic fabric of our region at its 16th History Awards this month.

The event on Saturday, April 22, 2015, has been hosted by the Historical Society since 2000 to honor those individuals and organizations that are doing exceptional work in the preservation of our history, the built environment and our community culture.

The awards ceremony will be held at the expansive HAHS Museum of History and Culture on Foothill Boulevard in downtown Hayward beginning at 5:00 PM.

Among the honorees are Brian Morrison, Dana Hamilton, Lucille Lorge, Randy Vanderbilt, Sandra

Navarro, Dr. Linda Ivey, Friends of the Hayward Public Library, AAUW Hayward-Castro Valley, Rowell's Saddlery and Western Wear, Gumb's Barber Shop, Robert and Rachel Porlaris, Patrick and Carina Hanley, Charlotte and Steven Irwin, Michael Smith and Amanda Deen, Richard Wray and Blake Simpson, and Min Liu.

Altogether, the evening promises to be a landmark occasion to praise the hard work and civic-minded dedication to care for our historic past. Tickets are on sale now. For more information, phone (510-581-0223 or visit [www.haywardareahistory.org/historyawards](http://www.haywardareahistory.org/historyawards). I hope you can join us.

—A.T. Stephens  
HAHS Executive Director

## Addressing 'the Raging Hatred Thrust On the Community'

Editor:

It shocks me that I have to put this note. I have felt the need to address the rehash of anger after the High School has been diverse and open-minded.

I have heard the students of CVHS referred to as "liberal robots." You fight over articles about our protests, think our teachers are rotting our brains by opening our minds, and feel as if we are doomed.

If being a "liberal robot" means accepting everyone regardless of race, sex, gender, sexuality, religion, and other factors, I guess I am the biggest robot in the world. But we aren't a factory of androids. None of us are made up of nuts and bolts, and our teachers don't feed us oblivion that turns us into crazy, right-winged young adults.

If anything, the attitude we have is a direct result of witnessing the raging hatred you have thrust into our community. As you try to change us, we only realize that your mindset is wrong,

one-sided, and not moral.

All we are trying to do is make this one world we have a little more livable. We are pleading for the peace, justice, and equality that you have detained us from having. So I urge you to think about your actions. Do not respond to this letter with negativity. We don't need more hate.

—Grace Boyd, Castro Valley

## Local Business Makes Her Proud to Be From Castro Valley

Editor:

I'm writing to thank the great staff at Good Year Certified Tire & Service Center here in Castro Valley.

My cousin was traveling from out of town and got a blow-out on the Altamont late in the evening. On Star got her towed and replaced the blow-out with her spare, but she needed to have the bad tire repaired and be in a meeting in Pleasant Hill early the following morning.

She drove to Castro Valley and stayed the night with us so I checked the various websites here in Castro Valley to see who opened earliest and Good Year had a 7:30 a.m. start time, so we were there shortly after they opened.

My cousin drove up in her shiny pink Cadillac SUV and was given priority due to her pressed time schedule by Good Year's Certified Tire Service Staff who turned a miserable, scary experience into a promising morning! Of course taking care of the tire at a great price, getting her on the road expediently was all appreciated but most of all thank you for being so kind and honest to an "out of townner!" You made me proud to be from Castro Valley! Thank you!

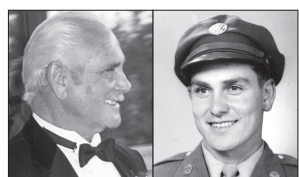
—Diane Dockter, Castro Valley

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. Brief notices are published free. Longer obituaries, including pictures, are available for a fee. For help, call Patrick Vadnais at 510-614-1558

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](mailto:fredz@ebpublishing.com), or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

# Obituaries

## Arthur Ardashes Manoogian



Our man of steel passed away on March 27, 2017. Art was a very strong man; he fought the hard fight to be here on earth as long as he could. He honorably served in the Army in World War II.

He will be missed by his loving wife, Marlene Manoogian, very much of Castro Valley; his children — son, Gregg Manoogian and his family of North Columbia, California; and his daughter, Jan Manoogian of Brentwood; his step-children, Colleen Rosen of Twain Harte, Karen Combe (deceased) and her daughter, Heidi; his cousin, George Sarkisian of Sacramento; and many family and friends.

Rest in Peace, Love — from your Tweetie, your wife, Marlene.



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FD 1505  
FDK 651

CARTER, Frances  
HINTZMAN, Marlene V.  
MANOOGIAN, Arthur  
MERANDA, Wayne

■ Frances Carter passed away

## Marlene V. Hintzman



Marlene Hintzman, a resident of Castro Valley for 59 years, passed away on January 13, 2017 at home as a result of complications from Alzheimer's disease.

Family and friends are respectfully invited to attend a celebration of her life on Tuesday, April 25, her 80th birthday, at 11 a.m. at Church of the Transfiguration, 4000 E Castro Valley Blvd., in Castro Valley.

peacefully at Baywood Court in Castro Valley surrounded by her loving family on March 22, 2017. Frances lived a long and loving life, and lived to be 101. A Memorial Mass honoring her life will be held on Monday, April 24, at 10 a.m. at Our Lady of Grace Church, 3433 Somerset Ave., in Castro Valley. Donations may be sent to the Susan G. Komen Cancer Foundation, Dept. 41831, P.O. Box 650309, Dallas, Texas, 75265 or [ww5.komen.org](http://ww5.komen.org).

## Wayne Anthony Meranda

September 17, 1949 – March 26, 2017

Wayne died suddenly and unexpectedly at an event that he loved, a Nascar Race. He sadly leaves behind his best friend and son, Seth; and myself, his high school sweetheart, Diane Ketcheson Meranda. We both graduated from Fremont High School in Oakland, Class of 1967. Married for 48 years, we had a great life together, especially when Seth came along. Wayne also leaves behind his wonderful mother, Dorothy Caldwell, age 87; sister, Kathy; nephew, Joel; grand-nephew, Rikher; sister, Stacy; nephew, Robert; and niece, Megan. He adored his Mocha, Rusty, Misty and Jackpot, who mourn him as well. Oh so many wonderful friends that he loved and enjoyed and would do anything for. And, in the end, it was these friends who helped Seth and I.

Wayne was a die-hard fan of the Raiders (any city!), Warriors and Nascar, and a big supporter of unions and a member of the IAM throughout his career as a service technician in the Bay Area. He was Vice President and Co-Founder of Dusty Paws Rescue and loved raising money to save more dogs and cats! He also loved to travel in the RV, wanting to see everything USA — traveling east, west, north and south.

I cannot thank everyone enough for the outpouring of condolences, cards, calls and flowers; and I am astonished at the number of people who cared so deeply and will miss him so much. Thank you all.

Keep an eye out for Grandpa Ketcheson, Wayne.  
Good bye, babe.



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Lisa M. Bradshaw

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September 14, 1935

Entered Into Rest  
March 15, 2017



FD 1168 CR49





# Trail: Helps Support CV Track Club

*continued from page 11*  
Woodmonster (June 25).  
“Participate in all three and become master of the East Bay Hills,” said Jim Phillips, president of the Castro Valley Track Club, which is the beneficiary of the Trail Challenge.  
The CV Track Club, in its 33rd season, has been a successful “feeder program” for Castro Valley High cross country and track and has produced numerous athletes who have gone on to compete at the college level.

Not only will entrants in the Trail Challenge be supporting the CV Track Club, they’ll be treated to numerous “extras” like free bagels, fruit, sports drinks and quality T-shirts. Also, medals will be awarded to the top three finishers in each age division, as well as finishing medals. In past years, ages have ranged from 5-years-old to 85.

Hoping to attract runners from the previous “Run to the Lake,” in addition to Trail Challenge regulars and newcomers, race officials expect a field of approximately 500 for the June 4 event.

From now through June 1, entry fee is \$50 for the half marathon and \$35 for the 5K. Beginning June 2, those fees go to \$65 and \$40, respectively, so participants are encouraged to register early.

To register online, visit: [www.cvtrackclub.com](http://www.cvtrackclub.com) and click “Lake Chabot Trail Challenge” link.

# Host Families Sought for Spanish Students

Host families are needed to house 25 students from Spain who are coming to the Bay Area this summer to experience life in an American home.

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

The students will stay for four weeks, June 24 through July 22.

They range in age from 14 to 17 and will have their own spending money and insurance.

All of them speak English, so it’s not necessary for the host family to speak Spanish.

The students will go on three excursions each week to Great America, Alcatraz, UC Berkeley, sailing, an Oakland A’s game, and

other attractions, all – including transportation – paid for by the program. Host families are welcome to join the students on any of the excursions at a discounted rate.

An effort will be made to place students according to age, gender and interests. For more information, call program coordinator Jan Garcia at 510-749-7061.

# CV’s Newest Eagle Scout

Logan Tom recently celebrated his Eagle Scout Court of Review with 80 guests, fellow Scouts and family member at Our Lady of Grace Church.

Logan, the son of Lester and Cyndy Tom of Castro Valley, is an Eagle Scout with Troop 876 at All Saints Church in Hayward.

Logan’s Eagle project was the refurbishment and re-construction of the “Sharpshooter” game booth used at the All Saints’ Fiesta held every September, one of the church’s major fund raisers.

He was approved by the Boy Scouts of America Bay Area Council for his rank of Eagle Scout last October.

He is a former student of Our Lady of Grace School and now attends Bishop O’Dowd High School as a Junior. He started in Cub Scouts when he was in first grade with Pack 722 of Castro Valley.

His leadership position in Boy Scouts is currently Troop Guide where he has the responsibility to help young scouts advance.



Logan Tom is an Eagle Scout with Troop 876, located at All Saints Church in Hayward.

# HOROSCOPE by Salomé

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- ARIES (March 21 - April 19):** Avoid having someone else take credit for the project you started by finishing it yourself. Then it will be you lovely Lambs who will be wearing those well-deserved laurels.
- TAURUS (April 20 - May 20):** The facts about a new opportunity are still emerging. Wait until they’re all out in the open, and then use your keen business sense to help make the right decision.
- GEMINI (May 21 - June 20):** You might feel confused, even hurt by a friend who suddenly puts distance between you. If she or he won’t discuss it, don’t push it. An explanation should come in time.
- CANCER (June 21 - July 22):** Your willingness to be part of the team opens doors that had been shut to you. Keep them open by keeping your promises even when your commitment seems to be wavering.
- LEO (July 23 - August 22):** Congratulations. You’re really getting things done to purr-fection. And don’t forget to take a catnap now and again to keep those energy levels up and bristling for action.
- VIRGO (August 23 - Sept. 22):** Your “plain-talking” honesty is admirable. But sometimes sharp words can leave painful scars. Be careful that what you say doesn’t come back to hurt you.
- LIBRA (Sept. 23 - October 22):** A stress-filled period takes a positive turn as you deal with the underlying problem. Act now to avoid a recurrence by changing some basic rules in your relationship.
- SCORPIO (October 23 - November 21):** Your rising energy levels make it easier for you to achieve some important objectives. This could lead to a big boost in how you’re perceived, both at home and on the job.
- SAGITTARIUS (Nov. 22 - Dec. 21):** A changing picture begins to emerge as you learn more about an offer that seemed so right but could be so wrong. Look to a trusted adviser for guidance.
- CAPRICORN (Dec. 22 - Jan. 19):** Spiritual aspects are strong. Take time to reflect on the path you’re on and where you hope it will lead you. It’s also a good time to reach out to loved ones.
- AQUARIUS (Jan. 20 - Feb. 18):** You could be assuming far too many responsibilities, whether it’s at work or in personal matters. Be careful that you’re not weighed down by them.
- PISCES (Feb. 19 - March 20):** You’re getting closer to your goals. And since nothing succeeds like success (or the promise thereof), don’t be surprised to find new supporters swimming alongside you.

# THE FORUM CROSSWORD

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## ACROSS

- Choir voice
- Tackle the slopes
- Mediocre
- Prompted
- Moray, for one
- Helper
- Chris Matthews’ show
- Shakespearean king
- “Delicious!”
- Rock band’s need
- Vertical
- Saute
- Peter Pan rival
- Stereo setups
- Resident
- Lotion additive
- Spicy
- Green land
- Kadiddlehopper portrayer
- Aquatic plant life
- Female deer
- Bouquets-to-order co.
- High
- Sticky stuff
- Tier
- Culture medium
- Concealed trigger
- Sandwich shop
- That guy’s
- Admitting customers
- Kennel squeal
- Choose
- Sunrise direction

## DOWN

- Sore
- Hawaiian feast
- Expression
- Peculiar
- Sordid
- Edible seaweed
- Under the weather
- Diamond location
- Stead
- First man
- KFC flavorer
- Taverns
- Cushion insert
- Educational visit
- Lustrous black
- Owens
- Sort
- Enemy
- Put on
- Sharp turn
- Historic period
- Born
- Weeding tool
- Monkey (with)
- On
- Palm off (on)
- “-- and the Tramp”
- Curved molding
- Respond to gravity
- Clench
- Kelly of morning TV
- Raw rocks
- Took off
- Nevertheless, for short
- Travail

ANSWERS ON PAGE 3

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**PHOENIX** is a sweet, shy 3-year-old girl who had a rough past. She's sensitive to loud noises. She enjoys being close to her person and being pet. Hayward Animal Shelter: (510) 293-7200.



**GIGI** is a 1-year-old tabby that is sweet and gentle. She is okay with cats/dogs and she loves to lay in laps. For more info, complete an online application at: [www.dustypawsrescue.org](http://www.dustypawsrescue.org)



**DILLON** is a very active 1-year-old who runs, jumps, twirls and plays constantly. For more information on Dillon, complete an online application at: [www.dustypawsrescue.org](http://www.dustypawsrescue.org)

## Open House For 4 H Club

The Redwood 4 H club will hold an informational open house at 7 p.m. tomorrow, April 13, in the cafeteria at Canyon Middle School, 19600 Cull Canyon Road.

4 H (which stands for head, heart, hands, health) began over 100 years ago as an agricultural organization. Today it is the country's largest developmental non-profit organization for boys and girls, ages 5-19, with more than 6.5 million members in the U.S.

4 H has moved far beyond raising farm animals and growing crops. Past and present local club projects have included rock-etry, vet science, beading, public speaking, archery, horse and dog training, service dogs, and baking among others. Every year is different, depending on adult volunteers, on which the club relies on to help guide the club.

Many projects will be on display at tomorrow's open house with information.

For more information, call Karen Sherman at 510-566-3672 or log onto [www.4-h.org](http://www.4-h.org)



EBRPD PHOTO

The East Bay Regional Park District has a variety of job openings currently available, ranging from police officers and helicopter pilots to student interns.

## Regional Park District Has Job Openings

Interested in becoming a life-guard, park ranger, police officer? The East Bay Regional Park District has just announced a number of job openings, ranging from summer interns to helicopter pilots.

Other opportunities include such positions as administrative analyst, communications dispatcher, student aide, public information supervisor, recreation leader and landscape architect.

The district manages some

121,000 acres of public lands including 65 regional parks, hundreds of campsites, dozens of fishing docks and 1,250 miles of trails in Alameda and Contra Costa counties.

People seeking jobs can apply online. Those who have not previously applied for employment with the district should create an account first by visiting [www.governmentjobs.com](http://www.governmentjobs.com)

For more information and an-

swers to frequently asked questions, visit [www.governmentjobs.com/GJFaqs.cfm](http://www.governmentjobs.com/GJFaqs.cfm)

Applicants needing special accommodations during the exam process should call 510-544-2154.

The East Bay Regional Park District is also a major employer of students in Alameda and Contra Costa counties, staffing approximately 370 seasonal positions annually. For more information, visit [www.ebparks.org/about/jobs](http://www.ebparks.org/about/jobs).

## DID YOU KNOW?

IN THE PAST **3** YEARS,  
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MULTI-FAMILY  
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## Foot: Prevention Through Good Hygiene

*continued from page 9*

Such a treatment appears to provide better resolution of the problem when the patient observes the course of treatment prescribed by the podiatrist; if it's shortened, failure of the treatment is common.

Fungicidal and fungistatic chemicals, used for athlete's foot treatment, frequently fail to contact the fungi in the layers of the skin. Topical or oral antifungal drugs are prescribed with growing frequency.

If the infection is caused by bacteria, antibiotics that are effective against a broad spectrum of bac-

teria, such as penicillin, may be prescribed.

It is important to keep the feet dry by dusting foot powder in shoes and hose. The feet should be bathed frequently and all areas around the toes should be dried thoroughly.

If someone in your family develops athlete's foot, disinfect home showers and tubs after each use to discourage transmission of infection.

### Prevention

It is not easy to prevent athlete's foot because it is usually contracted in dressing rooms, showers, and swimming pool locker rooms

where bare feet come in contact with the fungus. However, you can do much to prevent infection by practicing good foot hygiene:

- Wash feet daily with soap and water; dry carefully, especially between the toes
- Avoid walking barefoot; use shower shoes in public showers.
- Reduce perspiration by using talcum powder
- Wear light and airy shoes
- Change shoes and hose regularly to decrease moisture
- Wear socks that keep your feet dry, and change them frequently if you perspire heavily

—American Podiatric Medical Association

## Tick: Reducing Exposure is Best Defense

*continued from page 9*

Reducing exposure to ticks is best defense against Lyme disease. While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active.

Avoid wooded and brushy areas with high grass and leaf litter. Walk in the center of trails.

Use repellents that contain 20 to

30% DEET on exposed skin and clothing for protection that lasts up to several hours. Always follow product instructions.

Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks. Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from any tick-infested areas.

Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.

Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.

For more information on Lyme disease, visit [www.cdc.gov/lyme/toolkit/index.html](http://www.cdc.gov/lyme/toolkit/index.html)

## Meals on Wheels Fundraiser on April 29

You can help SOS Meals on Wheels serve some 1,100 meals each day in Castro Valley and the surrounding area by attending the organization's 4th Annual Boutique Fundraiser from 10 a.m. to 4 p.m. on Saturday, April 29, at the Hill & Valley Women's Club.

Many great handmade items will be available and there will also be a "Pick Your Prize" raffle.

If you're not a shopper come enjoy the food prepared by the Meals on Wheels Chef – eat there or take some home.

The Hill & Valley Women's

Club is located at 1808 B St. in Hayward.

For more info call Gerry Mellen at 510-483-8156, or if you would just like to donate send your donations to SOS Meals on Wheels, 2235 Polvorosa No. 260, San Leandro 94577.