



# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 29

WEDNESDAY, AUGUST 9, 2017

NO. 33

## INSIDE YOUR FORUM

### NEWS



#### 70th Anniversary

The public is invited to join First Baptist's 70th anniversary next Sunday

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### LIVING



#### Guac of the Town

Avocados do more than just guacamole. Here's a few recipes to try...

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### H&F



#### Health Fair

3rd Annual Free Health Fair will be held this Saturday in San Leandro

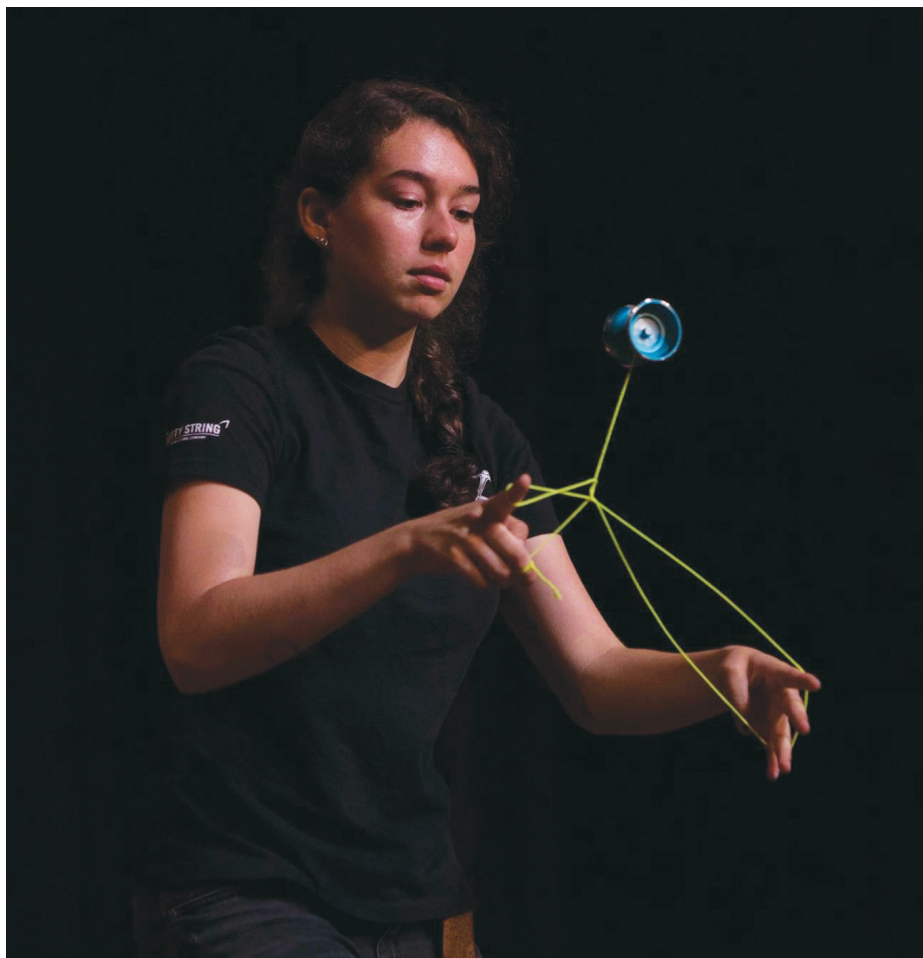
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PHONE: (510) 537-1792

### CV'S WORLD CHAMPION



Twenty-year-old Tessa Piccillo of Castro Valley will be competing in the World Yoyo Contest tomorrow through Saturday in Reykjavik, Iceland. Piccillo won the Women's Division in the 2014 contest in Prague (above). Similar to figure skating or gymnastics, timed yoyo routines choreographed to music are evaluated by a panel of judges who consider criteria such as complexity, creativity and trick execution. To check out the contest, visit [www.iceland2017.com](http://www.iceland2017.com)

## East Bay Municipal Utility District Reducing THMs in Drinking Water

California's historic drought, followed by record-setting rainfall, posed some problems for California's drinking water systems this year.

The East Bay Municipal Utility District (EBMUD) experienced water quality and treatment challenges as a result of reduced water usage, higher temperatures and higher concentrations of organic material in water from Pardee Reservoir.

Disinfection byproducts including trihalomethanes (THMs) formed as chlorine reacted with organic material in water.

A U.S. Environmental Protection Agency (EPA) survey shows that THMs are present in most chlorinated water supplies. Even

though they pose less health risk than do waterborne diseases, THMs are still among the important water quality issues.

EBMUD officials confirmed last week that recent water quality tests showed that the district had been successful in reducing the levels of these THMs.

Tests conducted at 16 locations throughout the district's service area late last month showed THM concentrations ranging from 30 parts per billion to 57 parts per billion.

All locations were well below the Maximum Contaminant Level which is 80 parts per billion, a level that was developed to limit long-term exposure to THMs

while balancing the need to disinfect water to protect the public from disease-causing pathogens.

In a press release, the district said it had detected changes in water composition early and assembled water quality experts who recommended several actions, including system-flushing, adjusting water treatment and modifying operations, as well as installing a pilot THM removal system.

Long-term capital improvements include improved removal of organic material at the Walnut Creek and Orinda water treatment plants, improving water quality in San Pablo Reservoir, and improvements at Orinda Water Treatment Plant.

## Five Pot Shops OK'd For Alameda County

By Amy Sylvestri  
CASTRO VALLEY FORUM

The Alameda Board of Supervisors voted last week to allow up to five medical marijuana dispensaries in the unincorporated areas of the county – one more in the western part of the county to join the two that are already open in Ashland and Cherryland, and two in the eastern part.

By a vote of 4-to-0, with Supervisor Keith Carson absent, the supervisors changed an existing ordinance in order to allow the additional dispensaries, the sale of edible pot products, and deliveries of marijuana by licensed stores.

The ordinance also allows for up to six permits for cultivation of marijuana in indoor growing operations and greenhouses.

The ordinance has been in the works for over a year. In a series of public meetings, many area residents spoke out against the ordinance, asking why the unincorporated county had to bear the majority of the cannabis business.

The ordinance was vehemently opposed by the Castro Valley Municipal Advisory Council (MAC), which sent multiple recommended changes to the ordinance back to the Board of Supervisors on two separate occasions, including a provision that tax money gained from the sale of pot go directly to the Sheriff's Office for enforcement.

None of the MAC's recommendations were included in the final draft of the ordinance.

The MAC had said repeatedly that they felt ignored by the county during the creation of the ordinance.

"It's clear to me that this (public meeting) is an exercise for the public and the supervisors are going to do what they want," said MAC member Ken Carbone in June.

The Sheriff's Office also sent recommendations to the Board of Supervisors requesting that there be no increase in the number of dispensaries in the county and that there be no cultivation, sale of edibles, or deliveries. All were turned down by the board.

At last week's meeting, public speaker Vicki Stadelman of Castro Valley said she believed that medical marijuana can help



A typical display shelf at a legal marijuana shop.

sick people, but there is no need to grow pot in Alameda County when Sonoma, Monterey, and other counties already have enough of the crop.

"Marijuana is helpful to patients with some medical conditions," said Stadelman. "But there is no need to Alameda County to get involved in the cultivation business other than the dollar sign."

Stadelman also questioned the value of an ordinance that allows edibles and other products which aren't held to any standards about content and potency.

"We have regulations for aspirin, beer, and cigarettes, but no standards for cannabis," said Stadelman. "If you are going to treat this as a reputable industry, then there ought to be standards."

In the end, the Board of Supervisors voted to pass the ordinance with little discussion.

Though Supervisor Miley did note that he had been supportive of medical marijuana ever since he saw that Californians – particularly Alameda County residents – supported Prop. 215 in 1996 which made medical marijuana legal in the state.

"There have been countless meetings and it has been a lot of work," Miley said of the new ordinance. "I think we've gone about this in a very methodical, rational, careful, not-rushed approach."

The locations of any additional dispensaries or cultivation sites have not yet been determined, though they would have to be at least one mile away from other cannabis dispensaries. Conditional use permits will also be required before any shops are opened.

## Castro Valley Weather Aug. 9 - 13, 2017



Wednesday  
Clouds then Sun  
High 76° Low 60°



Thursday  
Clouds then Sun  
High 76° Low 60°



Friday  
Clouds then Sun  
High 75° Low 60°



Saturday  
Clouds then Sun  
High 75° Low 58°



Sunday  
Clouds then Sun  
High 85° Low 58°

### Almanac



Past Week's Rain: 00.05  
Season To Date: 00.05  
Normal To Date: 00.00  
Season Average: 21.22

Sun sets at 8:08 p.m. today, rises at 6:22 a.m. Thursday.

### Moon Phases



Aug.  
15



Aug.  
21



Aug.  
29



Sept.  
6

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## Back to School Isn't Just for Kids

By Linette Escobar  
SPECIAL TO THE FORUM

Do you get jealous of kids who are buying their shiny new shoes for back to school? Don't fret. You can be a student too!

There are many reasons to take a class at Castro Valley Adult & Career Education (CVACE) this fall.

For your health! The adult school offers affordable access to

nutrition and fitness experts. "The Heart of the Matter" is a 3-session class which will cover food, supplements and lifestyle habits that support heart health.

You can pair this course with a one-day "Hands-On Cooking for Cardiovascular Health" class.

New this fall is a class taught by the owner and head trainer of Castro Valley Fitness, Mitchell Rothbardt: "5 Things You Should Know About Weight Loss, But

Don't." It's a one day class for just \$25.

In addition to these great informational classes, CVACE offers an array of fitness classes from Zumba to Pilates to Yoga. New this year is "Chair Yoga" which offers a seated or standing assist to postures so that even folks with mobility issues can join in.

For your creative side! Have you always wanted to write a novel? **see SCHOOL on back page**

## First Baptist Church's 70th Year

During World War II, the Bay Area was a major center for ship building and the manufacture of military equipment. Hundreds of thousands were drawn here for jobs.

A sign – "We're Crowing Because We're growing" – that stretched across Castro Valley Boulevard came down as poultry barns gave way to schools and houses.

After the war, a half-dozen residents motivated by the Holy Spirit, longed for worship, Bible study and fellowship with other believers. They began to meet in their homes.

In 1946, Rev. Lawrence Odegard (1946-1948) and the few charter members of the First Baptist Church of Castro Valley began meeting in a small rented building on Castro Valley Blvd. The Word of God found rich fertile soil in this fast-growing community.

Then, under the leadership of Rev. Kenneth Ross (1948-1952), the church was incorporated.

The congregation continued to grow with new members and the small store could no longer accommodate them. In 1951, they bought the present site at Redwood Road and Malabar Avenue.

Members of the congregation built the chapel using recycled materials from dismantled buildings from the Oakland Army Depot. The 5,788- square foot building – currently our Family Life Center – contained a kitchen, an office, classrooms, and an assembly room, capable of seating 250 people.



PHOTOS COURTESY OF FIRST BAPTIST CHURCH OF CASTRO VALLEY

**ABOVE:** This small store on the Boulevard was the first home of First Baptist Church in 1946. **BELOW:** The church at Redwood and Seven Hills roads as it appears today.



In 1952, the Rev. James Baldwin was called to be Senior Pastor. As the congregation continued to grow, the church bought the neighboring property on the corner of Redwood Road and Seven Hills road.

On Sept. 21, 1958, construction of the new chapel was complete. This 350- seat sanctuary is where worshippers still meet to this day. The public is invited to join First Baptist's 70th Anniversary on Sunday, Aug. 20, starting at 9 a.m.

## You Need The Right Diagnosis To FIX SCIATIC Nerve Pain



Your nerve system is involved in everything your body does, from regulating your breathing to controlling your muscles and sensing heat and cold. Because your nerve system is so critical for your health when things go wrong with it you may experience EXCRUCIATING PAIN and/or some very strange symptoms...

There are three types of nerves in the body:  
1. **Autonomic nerves.** These nerves control the involuntary or partially voluntary activities of your body, including heart rate, blood pressure, digestion, and temperature regulation.  
2. **Motor nerves.** These nerves control your movements and actions by passing information from your brain and spinal cord to your muscles.  
3. **Sensory nerves.** These nerves relay information from your skin and muscles back to your spinal cord and brain. The information is then processed to let you feel pain and other sensations.

### What Are the Symptoms of Nerve Pain and Nerve Damage?

With nerve damage there can be a wide array of symptoms. Which ones you may have depends on the location and type of nerves that are affected. Damage can occur to nerves in your brain and spinal cord. It can also occur in the peripheral nerves, which are located throughout the rest of your body.

### Autonomic nerve damage may produce the following symptoms:

- Too much sweating or too little sweating
- Lightheadedness
- Dry eyes and mouth
- Constipation
- Bladder dysfunction
- Sexual dysfunction

### Damage to motor nerves may produce the following symptoms:

- Weakness
- Muscle atrophy
- Twitching, also known as fasciculation
- Paralysis

### Sensory nerve damage may produce the following symptoms:

- Pain
- Sensitivity
- Numbness
- Tingling or prickling
- Burning
- Problems with positional awareness

In some instances, people with nerve damage will have symptoms that indicate damage to two, or even three, different types of nerves. For instance, you might experience weakness and burning of your legs at the same time. To further complicate matters we don't all develop the same way and different un-expected nerves can cause similar problems. This has made it very difficult to diagnose disorders caused by nerve damage based on which nerve "should" cause what.

### That is, until now...

Recent advances in technology that detects nerve damage has led to **more precise diagnosis** for those people suffering with nerve damage disorders.

And more precise diagnosis leads to better results... results which have been published in major medical journals. With data published in 2014 showing success rates as high as 88% some back surgeons are recommending their patients try this treatment first before having back surgery (for nerve damage that leads to back pain and sciatica).

In Pleasanton, you can get your body scanned for nerve damage at Intero Chiropractic.

Your invitation for a **comprehensive consultation and examination to pinpoint the cause of your nerve damage.**

All you have to do to receive a thorough diagnostic examination with the most advanced technology in the world and a comprehensive easy to understand report on your state of health is call (925) 255 5805.

Mention this article (CODE: LOS49NVP4) and they will happily reduce their usual consultation fee of \$100 to just \$20.

But hurry, for obvious reasons – this is a time limited offer – with only 100 reader consultations available at this exclusively discounted rate.

**Don't suffer a moment longer...**

Find out what is causing your nerve damage, book a consultation now by calling (925) 255 5805, they are waiting to take your call today.

Over the years, they've treated hundreds of patients with nerve damage. The vast majority of them have enjoyed superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

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

**Call them now on (925) 255 5805 and cut out or tear out this article and take it to your appointment. You'll be entitled to a comprehensive examination to diagnose the cause of your problem – and you'll be on your way to safe, lasting relief! Don't delay your important diagnosis and treatment another moment!**

You can even call on the weekend and leave a message on their answer machine to secure your spot as they promise to return all calls; and during the week they are very busy, so if they don't pick up straight away do leave a message. So call now on (925) 255 5805 and quote this special discount code: LOS49NVP4.

For obvious reasons they can't help everyone at this reduced price, so please call soon to secure your special opportunity.

PAID ADVERTISEMENT



PHOTO BY LARRY ROSA

**ENTERTAINERS NEEDED:** Local musicians, dancers, and other entertainers to help celebrate the 45th Annual Castro Valley Fall Festival on the weekend of Sept. 9-10. Over 50,000 people are expected to attend the Castro Valley/Eden Area Chamber of Commerce's biggest street party of the year. A few vendor spaces are still available, Register at [www.festivalproductions2.com](http://www.festivalproductions2.com).

## Warriors Insider Monte Poole at CV Library

Meet Warriors Insider Monte Poole, and get a preview of the upcoming basketball season at 7 p.m. this Tuesday, Aug. 15, in the Chabot/Canyon Room at the Castro Valley Library.

Poole will talk about his career as a sports journalist, which began at the Oakland Tribune in 1985 covering High School Sports.

He spent the next 22 years as

an award-winning columnist covering a wide variety of events, including multiple Super Bowls, World Series, NBA Finals and championship fights. Poole currently provides commentary on the Comcast SportsNet "Insider" team.

No registration required for this special appearance. For more information, call 510-667-7900.



Monte Poole

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Illegal Narcotics

Thursday, August 4: at 12:14 a.m., Sheriff's deputies arrested a 26-year-old man from Castro Valley on suspicion of possession of illegal narcotics. The man was traveling on Carlton Avenue near Alexis Place when deputies stopped him for questioning and discovered his stash. The man was taken into custody.

### Wanted Woman at Eden

Thursday, August 4: at 4:24 a.m., a 35-year-old woman was arrested as part of a warrant issued for her capture. The woman was previously charged with felony grand theft of property nearly \$1,000 of value. Deputies responded to a call from hospital security at Eden Medical Center on Lake Chabot Road about a woman fitting the description. The woman was positively identified and taken to Santa Rita Jail pending \$50,000 in bail.

### Spousal Abuse

Wednesday, August 3: at 2:08 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to an apartment on Center Street near Grove Way. There, they arrested a 25-year-old man from Tracy (San Joaquin County) on suspicion of spousal abuse and illegal possession of brass knuckles. The man was handcuffed and taken into custody. The victim was treated at the scene.

### Deputies Investigate One Crime, Find Another

Tuesday, August 1: at 2:00 a.m., a 45-year-old man from Castro Valley was arrested on suspicion of violating the terms of his probation, possession of methamphetamine, and possession of a drug pipe. Deputies spotted the man hiding in a trailer park following a sweep of the area on an unrelated investigation about a suspect way-

ing around a deadly weapon. The man told deputies that he was on probation and that he was worried about going back to jail. Deputies report that the man admitted to drug possession and showed them where he hid his stash. The man was taken into custody.

### Two Arrested on Drug Charges

Tuesday, August 1: at 1:52 a.m., deputies arrested two people on drug possession charges. A 37-year-old man from Hayward and a 33-year-old woman from Livermore were caught with methamphetamine drugs and illegal drug paraphernalia as they were hanging outside a business on Park Way near San Carlos Avenue. The man was also wanted as part of a warrant issued for his arrest. Deputies took the man to Santa Rita Jail pending \$5,000 in bail. The woman was also taken into custody.

### Driving Under Influence Of Drugs and Alcohol

Tuesday, August 2: at 8:15 p.m., deputies pulled over and arrested a 26-year-old woman from Oakland on suspicion of driving while under the influence of drugs and alcohol. The woman was traveling on Lake Chabot Road near Somerset Avenue when deputies noticed she was driving erratically in the neighborhood. The woman failed her field sobriety test and was taken into custody.



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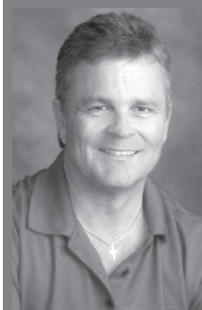
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## GIN HOUSE

**8PM, FRI, AUG 11**

**6PM, SAT, AUG 12**

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**with Nat Bolden**

**3PM, SUN, AUG 13**

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## The Week Ahead

### ● Thursday, August 10: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting at 7 p.m. tomorrow in the District Office Boardroom, 4400 Alma Avenue. Visit [bit.ly/CVUSDBBoardMeetings](http://bit.ly/CVUSDBBoardMeetings) for the complete agenda and board packet.

### ● Saturday, August 12: “Self Care for the Care-Giver”

To help family caregivers better deal with the emotional and physical demands of caring for a loved one, Hope Hospice presents, Self-Care for the Caregiver, from 9:45 a.m. to noon this Saturday, with information about the challenges and rewards of the caregiving experience and stress management strategies. Classes are held at Hope Hospice, 6377 Clark Ave., Suite 100, Dublin. Register online at [HopeHospice.com](http://HopeHospice.com)

### ● Saturday, August 12: Intro to Tarot Board Game

Join practical-mystic Amber Jayanti to play this fun-filled, educational tarot board game designed to open participants both to problem-solving and learning the basics of the Qabalistic Tarot’s Ageless Wisdom, from 2 to 4:30 p.m. this Saturday at the Castro Valley Library. This class is for beginners-only and the group is limited to nine. Jayanti, is the founder of the International School for Tarot & Qabalah Study and author of “Living the Qabalistic Tarot” and “Tarot For Dummies.”

## CASTRO VALLEY FORUM

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### Submissions to The Forum

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

## HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** A strong social whirl brings a new round of good times to fun-loving Rams and Ewes. Cupid also is busy aiming arrows at single Lambs hoping for a heart-to-heart encounter.



**TAURUS (April 20 - May 20):** A romantic incident could take a more serious turn if the Divine Bovine considers meeting Cupid's challenge. Meanwhile, a professional opportunity also is about to turn up.



**GEMINI (May 21 - June 20):** A bit of hardheaded realism could be just what the Twins need at this emotionally challenged time. Face the facts as they are, not as you want them to be. Good luck.



**CANCER (June 21 - July 22):** Many opportunities open up. But you need to be aware of their actual pros and cons. Check them all out and make your choice from those that offer more of what you seek.



**LEO (July 23 - August 22):** A more stable situation begins, allowing you to feel more secure about making important decisions. Meanwhile, be sure to meet your project deadline so you can move on to other things.



**VIRGO (August 23 - Sept. 22):** Congratulations. A new personal relationship thrives as you learn how to make room in your busy life for this wonderfully warm and exciting emotional experience.



**LIBRA (Sept. 23 - October 22):** A new contact opens some doors. That's the good news. But there's a caution involved: Be sure you protect your rights to your work before showing it to anyone.



**SCORPIO (October 23 - November 21):** A former colleague might seek to resume a working partnership. Ask yourself if you need it. If yes, get more information. If no, respectfully decline the request.



**SAGITTARIUS (Nov. 22 - Dec. 21):** Good times dominate your aspect. So why not have a party to celebrate a loved one's success? And do invite that special person you want to know better.



**CAPRICORN (Dec. 22 - Jan. 19):** The shy side of the Sea Goat soon gives way to your more assertive self. This should help you when it comes time to speak up for yourself and your achievements.



**AQUARIUS (Jan. 20 - Feb. 18):** A new period of stability will help you deal with some recently reworked plans. Once you get your current task done, you can devote more time to personal matters.



**PISCES (Feb. 19 - March 20):** Things are finally much more stable these days, so you can restart the process of meeting your well-planned goals with fewer chances of interruption or delay.

### ● Saturday, August 12: Amador Valley Quilters

San Francisco quilter, teacher, and writer Ashley Nickels, who began making quilts as a child, will discuss changing trends in quilting at the next meeting of the Amador Valley Quilters, from 1:30 to 4 p.m. this Saturday at Pleasanton Middle School, 5001 Case Avenue, Pleasanton. Guests are welcome.

### ● Saturday, August 12: Davis Street Health Fair

Join the Davis Street Family Resource Center's 3rd Annual Health Fair, featuring a Farmers' Market, medical and dental screenings, lunch, games and prizes from 10 a.m. to 2 p.m. this Saturday at 3081 Teagarden St. in San Leandro. For info, contact [skumar@davisstreet.org](mailto:skumar@davisstreet.org)

### ● Monday, August 14: Eagles Charity Bingo Luncheon

The Eagles Eden Auxiliary 1139 will serve a charity bingo luncheon – a special chicken salad, lettuce, tomato, rolls/bread, fruit cups, desserts, coffee and tea – at noon on Monday at 21406 Foothill Blvd., Hayward. This will benefit the local Meals on Wheels organization. A donation of \$8 will also include one bingo card. Call Glenda for info at 510-584-1568.

### ● Tuesday, August 15: Meet Warriors Insider Monte Poole

Monte Poole, who began his career in 1985 at the Oakland Tribune, will talk about his career as a sports journalist and give a preview of the upcoming basketball season at 7 p.m. Tuesday, Aug. 15, in the Chabot-Canyon Room at the Castro Valley Library. Poole has spent the past 22 years as an award-winning columnist covering a wide variety of events. No registration is required for this free event. For more info, call 510-667-7900.

### ● Tuesday, August 15: Start Smart Teen Driver Safety Class

The Castro Valley Area CHP and the Castro Valley Library present a “Start Smart” teen-driver safety class at 6 p.m. Tuesday, August 15, at the Castro Valley Library for new and future licensed teenage drivers ages 15-19 and their parents. CHP officers will talk about traffic collisions, their causes and avoidance techniques, and driver responsibilities. To register, RSVP to 510-581-9028 (CHP) or 510-667-7900 (Library).

## ...and Beyond

### ● Friday, August 18: Desi Comedy Fest

Now in its 4th year, the 2017 Desi Comedy Fest presents 40 of the funniest South Asian comedians from around the globe – Indian, Pakistani, Bangladeshi and Sri Lankan, plus comedians from various minority groups including the LGBTQ community, from 8 to 10 p.m. on Friday, Aug. 18, at the James Logan Center for Performing Arts, 1800 H St. in Union City. For tickets (\$40-\$50) visit [www.eventbrite.com/e/desi-comedy-fest-fremont-friday-august-18-tickets-35166210081](http://www.eventbrite.com/e/desi-comedy-fest-fremont-friday-august-18-tickets-35166210081)

### ● Saturday & Sunday, Aug. 19-20: Free Dahlia Show

The San Leandro Dahlia Society will present its annual Dahlia Show from 10 to 5 on Saturday, Aug. 19, and 10 to 4 on Sunday at the San Leandro Library, Karp Room, 300 Estudillo Avenue in San Leandro. If you like diversity, you'll love dahlias. More than 1,000 blooms will be displayed. For info, visit [sanleandrodahliasociety.org](http://sanleandrodahliasociety.org) or [SLDS.club](http://SLDS.club)

### ● Monday, August 21: Fundraiser for Science-Math Camp

The Hayward/Castro Valley American Association of University Women will be raising money at Gianni's Italian Bistro, 2065 San Ramon Valley Blvd. in San Ramon, which will donate 10% of the house and all tips on the evening of Aug. 21 for Tech Trek, a one-week science/math camp for 7th grade girls. For reservations (between 5 and 7:45 p.m.) or more information, call 925-820-6969.

### ● Tuesday, August 22: Lions Club Annual Restaurant Walk

The Castro Valley Breakfast Lions Club will be host its 21st Annual Restaurant Walk in Castro Village from 6-8 p.m. on Aug. 22, a sell-out event every year. Spend the evening visiting old friends and taste foods from many of the Village restaurants. Proceeds go to support local non-profit organizations. Tickets (\$20) can be purchased at the Chamber of Commerce Office or by calling Joe Farias at 510-581-2897.

## Arts & Entertainment

### CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events listed below are available online at [www.cv.k12.ca.us/cfa](http://www.cv.k12.ca.us/cfa); 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.

● **“The Filharmonic,”** a band of five young Filipino American men who specialize in a cappella urban hip-hop mixed with '90s nostalgia, will be on stage at the Center for the Arts at 7:30 p.m. Saturday, Aug. 19, promising a high-energy, fun-filled evening of song and dance. The Filharmonic burst onto the scene in 2013 making the semi-finals of NBC's The Sing Off. They were featured in the hit movie “Pitch Perfect 2” and have made guest appearances on the David Letterman Show and the Late Late Show with James Corden. For tickets (\$34-\$40) see above.

● **“The Spouse Whisperer”** – Spend an evening with comedian Mark Cordes as he takes an hilarious peek into the world of relationships, at 7:30 p.m. on Saturday, Sept. 16. Info at [www.cv.k12.ca.us/cfa](http://www.cv.k12.ca.us/cfa)

### ● Season Tickets on Sale

Tickets for the Castro Valley Arts Foundation 2017-2018 Series are now on sale. The series includes: “The Filharmonic” on Aug. 19, “The Spouse Whisperer” on Sept. 16, “New Year's Eve Cabaret” on Dec. 31, “Super Diamond: The Neil Diamond Tribute” on Jan. 27, “Wake the Dead” on Feb. 24, and “Franc D' Ambrosio's Broadway” on March 31. For tickets, please see above.

### THEATRICAL & MUSICAL PERFORMANCES

● **“Arsenic and Old Lace,”** one of America's funniest murder comedies, is being presented by the San Leandro Players through Aug. 13 at the San Leandro Museum/Auditorium, 320 West Estudillo Avenue. Performances are Saturdays at 8 p.m., Sundays at 2 p.m., and the Fridays of Aug. 4 and 11 at 8 p.m. For tickets (\$20 general admission, \$15 for seniors, TBA members, students and children under 12) call 510-895-2573 or visit [www.slplayers.org](http://www.slplayers.org)

● **“South Pacific,”** the Rodgers & Hammerstein classic musical, will be presented by Woodminster Summer Musicals at 8 p.m. on Aug. 10, 11, 12 and 13 at Woodminster Amphitheater, Joaquin Miller Park, Joaquin Miller Road at Upper Sanborn Drive, Oakland. South Pacific has a compelling plot and some of the most memorable songs in musical theater history, including “Bali Ha'i,” “Some Enchanted Evening,” “Younger Than Springtime,” “You've Got To Be Carefully Taught,” “I'm Gonna Wash That Man Right Out Of My Hair,” and many more. For tickets, visit [www.woodminster.com](http://www.woodminster.com) or call 510-531-9597.

● **“Arsenic and Old Lace,”** Joseph Kesselring's classic dark farce, will be presented by Douglas Morrisson Theatre with a Preview at 8 p.m. on Thursday, Aug. 24 and an Opening Reception at 8 p.m. on Friday, Aug. 25 at the theatre, 22311 N. Third St., Hayward. Showtimes are Fridays and Saturdays at 8, Sundays at 2, with shows at 2 and 8 on Sept. 9. For information or tickets (\$10 preview, \$27 Opening Night and Saturday matinee, \$29 all other evenings and matinees) visit [www.dmtonline.org](http://www.dmtonline.org) or call 510-881-6777. Discounts for seniors and students.

### AT THE GALLERIES

● **“Arts & Letters,”** an exhibition sponsored by the Hayward Arts Council and featuring 135 works from 55 local artists, is on display until Sept. 10 at the new location of the Foothill Gallery at the Hayward Area Historical Society Museum of History and Culture, 22380 Foothill Blvd. Gallery hours are Wednesday to Sunday, 10 a.m. to 4 p.m.

● **“Blue Planet,”** featuring the works by members of Sun Gallery, will be exhibited until Sept. 29 at the John O'League Galleria in Hayward City Hall, 777 B Street. Gallery hours are 9 a.m. to 5 p.m. Monday through Friday. A public artists' reception will be held from 5:30 to 7:30 p.m. this Friday, Aug. 4, sponsored by Hayward Arts Council.

● **The 40th Area Artists Annual** will open Saturday, Sept. 23, with a reception at the Adobe Art Gallery, continuing until Nov. 11. Entries are due Sept. 9. Submit online at [adobegallery.org](http://adobegallery.org).

● **Artist Open Studio Every Thursday:** Join this informal gathering of artists working together in a friendly and helpful atmosphere. Begin something new or work on an unfinished art project. Adobe Art Center hosts provides tables, chairs and easels. \$3. Thursdays 10 a.m. to 2 p.m. in the Redwood Studio 1 at the Adobe Art Center.

● **Watercolor Painting Demonstration** will be presented by well known artist and teacher Ron Pratt at the next meeting of the San Leandro Art Association on Tuesday, Aug. 8th, at 7 p.m. in the Main Library, 300 Estudillo Avenue. Free admission.



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# Classic Comedy 'Arsenic and Old Lace' Coming to the Morrisson

THE DOUGLAS MORRISON Theatre in Hayward opens its 2017 fall season with the riotously hilarious classic, "Arsenic and Old Lace," with a preview performance on Thursday evening, Aug. 24 and an Opening Reception the next night.

Who doesn't know this well-

loved play about a pair of sweet old spinster ladies with macabre secrets who love to play host to lonely older gentlemen?

And, of course, the three nephews - Teddy, who thinks he's President Theodore Roosevelt, brother Jonathan, who looks like horror film star Boris Karloff, and

the hero, Mortimer, a put-upon drama critic.

The show opened on Broadway in 1941 and became best known through the subsequent film adaptation starring Cary Grant.

"Relatively few plays keep their relevance and charm in the way 'Arsenic and Old Lace' does," says Director Dale Albright. "The play remains as shocking, kooky and downright funny as it was when it was first presented. Yet it's always a great challenge to find ways to bring a play from that time period to life for today's audiences."

The cast includes Mary Bishop, Helena Clarkson, Nick Coelius, Alan Coyne, Michael Crozier, Kyle Goldman, Lucas Gust, Christine Macomber, Gretta Stimson, Ivan Velazquez, Pam Williams and Dan Wilson.

Showtimes are 8 p.m. on Aug. 24, 25, 26, Sept. 1, 2, 8, 9, 15, 16, and at 2 p.m. on Aug. 27, Sept. 3, 9, 10, 17.

For tickets (\$10 preview, \$27-\$29 other performances), call 510-881-6777 or visit [www.dmtonline.org](http://www.dmtonline.org).



PHOTO BY TERRY SULLIVAN

"A LITTLE HOMEMADE ELDERBERRY WINE?" Michael Crozier, Alan Coyne, Christine Macomber and Mary Bishop as they appear in "Arsenic and Old Lace" at the Douglas Morrison Theatre in Hayward, opening August 24.

## Graduate Degrees, Honors

Cynthia Chadwick of Castro Valley recently earned a Doctor of Philosophy from Simmons College, a nationally recognized private university located in the heart of Boston, Massachusetts, and the preeminent authority on women's leadership. Founded in 1899, Simmons is the only undergraduate women's college in Boston.

Su Jin Rhim of Castro Valley was awarded Faculty Honors for the spring 2017 semester at Trinity College in Hartford, Connecticut, an independent, nonsectarian liberal arts college with more than 2,200 students from 45 states and

67 countries. Faculty Honors are awarded to students with a semester GPA of at least 3.667 on four graded courses.

Cynthia Chadwick of Castro Valley recently earned a Doctor of Philosophy from Simmons College, a nationally recognized private university and the only undergraduate women's college in Boston, founded in 1899.

Madison Webb of Castro Valley recently graduated with a Bachelor of Business Administration in Marketing from Hofstra University, a nationally ranked private university at Hempstead, New York.

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## Childhood Trauma— It Occurs More Often Than You'd Think

Traumatic experiences happen—but when they happen to children, it can affect their view of the world, their sense of safety, their development, and even their longer-term physical and mental health.

According to the Substance Abuse and Mental Health Services Administration, more than two-thirds of children reported at least one traumatic experience by age 16.

While not every child will be traumatized from a difficult experience, some potentially traumatic events could include abuse, neglect, disaster, violence (physical, sexual and community), bullying or school violence, terrorism, war, serious illness or accident, military family-related stress, human trafficking or the sudden loss of a parent or loved one.

The numbers are staggering:

- One in four high school students were in a physical fight.
- One in five high school students experienced school bullying, and one in six were cyberbullied.
- 54 percent of families in the United States have been affected by disaster.

**1. Create a Positive Attitude About Going Back to School.** Talk to your children about their feelings surrounding going back to school. Encourage them to focus on the positive aspects of a new year, like seeing their friends, meeting their new teacher, and learning new subjects.

**2. Start the School Schedule Early.** Begin the morning and evening school routine at least a week before school starts.

**3. Visit the School.** Visit your new classroom and play on the playground to help children feel comfortable in the environment.

**4. Create a Calendar.** Create a calendar together that highlights bed time, school hours, after school activities and play times.

*Cathy Malone is an educator and University of Phoenix instructor.*



Imagine, then, a traumatized child trying to learn in a classroom—wanting to be alone, distracted by memories of the trauma, and possibly having intense responses to teachers and students.

It is important to understand what may stem from the trauma so that behavior shifts can be linked with what happened and appropriate support can be in place. If that doesn't happen, school performance, friendships and healthy development can be jeopardized.

### Trauma Left Unaddressed

At times, signs that a mental health concern may be emerging go unrecognized. For some children and families, it can be difficult to reach out for help with mental health. In part, this could be because traumatic experiences can be viewed as something to get through and forget about and are not given the same level of attention as a physical injury.

However, the seriousness of traumatic experiences is shifting as more and more people recognize that getting help for traumatic experiences is essential for living a healthy, productive and long life.

*see TRAUMA on page 11*

### Prompt and proper intervention can help save children from some of the serious effects of childhood trauma.

- 19 percent of injured and 12 percent of physically ill youth have post-traumatic stress disorder, a debilitating mental health disorder.

The effects of trauma, when left untreated, can have a profound impact on a child. Some of the common responses in the aftermath include difficulty sleeping, isolation, trouble focusing, and even angry and aggressive behavior.

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## Tell Kids Get Out And Play

The next time you tell your children to stop playing and hit the books, you may want to think again.

The Genius of Play, a movement to bring more play into kids' lives, wants you to know that playtime is critical to healthy child development. Through play, kids build physical skills, improve cognitive abilities, learn communication and social skills, process and express emotions, and increase creativity.

Parenting expert and author Meredith Sinclair, M.Ed., offers four fun tips to help parents encourage more playtime every day.

- Look for opportunities to make chores or activities you already do with your kids more playful. For example, grocery shopping can be a great chance to play "I Spy," or you can make flash card drawings of items you want your child to help you find. When you're doing the laundry, have your child roll the socks and make it a basketball challenge.

- Create a simple "Pops of Playfulness" jar for those moments when there's "nothing to do." Fill a mason jar with slips of paper that say such things as "tell us your best joke," "pillow fight!" or "five-minute puppet show." Whenever you need a spontaneous spark of playfulness, simply pull one from the jar and jump in.

- Make a time for a playdate. Whether it's playing with friends or family, playdates are an important part of childhood—a time when your children can learn to resolve problems and hone their social skills.

- Check out nearby parks and playgrounds. They can be great places for your kids to make new friends and learn about other cultures. Don't worry about language



**GO PLAY:** Through play, kids build physical skills, improve cognitive abilities, learn communication and social skills, process and express emotions, and increase creativity.

barriers. The language of play is universal.

Research shows that play is essential for kids to reach developmental milestones and learn. The American Academy of Pediatrics recommends children spend 60 minutes daily engaged in open-ended, unstructured play.

Here are three amazing facts about play:

1. Play enhances the progress of early development from 33 percent to 67 percent by improving language and reducing social and emotional problems.

2. Children with access to a variety of toys were found to reach higher levels of intellectual achievement, regardless of the children's sex, race or social class.

3. Research points to a direct correlation between play and stress reduction.

It's Child's Play: Great Ideas and Resources for Parents

Parents and other caretakers can get expert advice, play tips and ideas based on their children's ages and developmental stages from [www.thegeniusofplay.org](http://www.thegeniusofplay.org).

Created with the mission to help raise happier, healthier and more successful generations through the power of play, the Genius of Play website and social media channels show how to help kids build confidence, creativity, critical thinking and other skills that will serve them throughout their lives.

—North American Precip Synd., Inc.

## Smart School Supply Shopping

If yours is like most American families with kids in school, you'll spend over \$600 on clothes, shoes, supplies and electronics this year.

Total U.S. spending on back-to-school is expected to be about \$27 billion, reports the National Retail Federation.

### Smart Supply Shopping

Here are a few hints to help you get the most for your money.

- First, shop at home. Look through desks, drawers and closets. Chances are, some of the stuff your kids got last year can still be used this year.

- Also, before you shop, try to find out which supplies the school requires. Depending on your child's grade, this will probably include pens, pencils, markers, highlighters, erasers, rulers, notebooks, loose-leaf paper, binders, calculators, and art supplies. Also, a backpack to put it all in. Look for one with reflective material, a padded back and multiple compartments.

- Next, consider electronics. A laptop or a tablet might be a good idea; which device depends in part on whether it's for productivity or for consumption. Tablets are typically used to browse, watch and consume content. A laptop is used to create and produce, though there is some crossover.



One good way to do so is with one of three protection packages from AVG.

AntiVirus Free—which is free—offers AntiVirus to help protect against viruses, spyware and other malware; Link Protection to scan Web, Twitter and Facebook links; and Email Protection to warn of malicious attachments.

For a bit more, there's an AntiVirus that does all that plus protects against harmful downloads with Online Shield; encrypts and password-protects private files with Data Safe; and provides automatic security updates.

For a little more, you can also get Anti-Spam to keep your in-box free of spam and scams and an enhanced firewall so your kid can browse online with greater safety.

Whatever device you get, make sure your kids understand one core principle: If you wouldn't say it off-line, don't say it online.

For further facts on online security, go to [www.avg.com](http://www.avg.com).

—North American Precip Synd., Inc.

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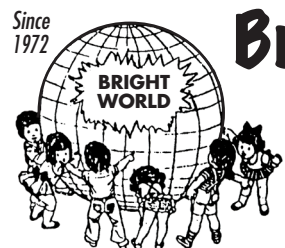
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# Spots, Shots, and Thoughts: 3 Word Mantra for Smarter Golf

By Andy Morris  
SPECIAL TO THE FORUM

The next time you play try repeating this simple mantra to lower your score: spots, shots, and thoughts.

You'll make smarter course navigation decisions, better club selections, and simplify your mental game.

"Spots" refers to where you want your ball to go. You want to be specific. "In the fairway" with your drive is too general (even if that is your goal).

Instead pick out just one side of the fairway, or better yet a specific landing area or target in the distance. When hitting into the green imagine a bulls-eye with concentric rings centered on the spot where you want your ball to land.

Focus on throwing a dart into the bulls-eye. You will be pleasantly surprised at how much more accurate and consistent you will be when you "aim small to miss

small." Pick your spots.

"Shots" refers to what you need to hit the ball to your spot: club selection and trajectory.

Hitting driver is not always your smartest option off the tee, just as a full swing iron is not always your best choice hitting into the green. For every "spot" that you identify you will almost always have at least two club choices that will get the job done.



A 3-wood will often get you where you need to be off the tee, but with greater accuracy and consistency. A three-quarter 9-iron will travel as far as a full-swing pitching wedge, with a lower trajectory and more accuracy.

Good players learn that it is the spot that matters, not the shot, which is why you'll seldom see a

Tour pro take a full swing with a short approach club.

"Thoughts" refers to what you think about during the swing.

There is a lot of confusion around what constitutes the best swing thought. As a rule anything "mechanical" should be avoided.

Thoughts about tempo and targets will yield better results. Here's some of the best advice we can give you for what to think about: When you have a longer shot (generally anything beyond 150 yards), focus on directional accuracy; when you have a shorter approach shot into the green focus on your exact yardage to a specific target.

The sooner you start using "Spots, Shots, and Thoughts" the sooner you will start shooting lower scores.

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.

## CV Lifeguard Is Champion

Last month, the East Bay Regional Park District hosted and participated in the United States Lifesaving Association Regional Championships at Shadow Cliffs in Pleasanton. East Bay Regional Parks lifeguards and rescuers beat Sonoma County Parks in the competition.

The top-scoring man was Erik Clemensen from Cull Canyon Park in Castro Valley and the top-scoring woman was Andie Lindeman from Contra Loma Park in Antioch.



Lifeguards from the East Bay Regional Park District recently beat their counterparts from Sonoma County in a lifesaving skills competition.

## ATHLETE OF THE WEEK

### Zandra Fountila

This week's Athlete of the Week is Zandra Fountila who won two Championships in the Jiu-Jitsu World League (JJWL) World Championships at University of Azusa Pacific over the weekend of July 29-30.

Fountila trains with Z Martial Arts Training Academy (Z MATA), which sent 10 of their competition kids to the tournament to test their Brazilian Jiu-Jitsu skills against the best in the world.

With 168 different academies and 645 competitors, the Z MATA team brought home 12 medals – three of them world titles.

Louis Benitez brought home one of those world championships and Fountila brought home the other two along with a bronze medal in the absolute division.

With tremendous heart and skill, she challenged herself on her birthday weekend by competing in three different divisions. As a 14-year-old, she fought in the Adult (18-29 years of age) 118 pound division, where she defeated all of the women in her bracket, including a 27 year old undefeated champion with a record of 11-0.



On day two, Fountila competed in her own age group, continuing her domination and brought home her second JJWL World Championship. Congratulations to Fountila and the Z MATA competition team for their outstanding performance. They placed 11th, overall, as a team out of 168 academies at the JJWL World Championship.

## CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

**Youth Baseball and Flag Football Programs**  
[www.CVSPORTSLEAGUE.org](http://www.CVSPORTSLEAGUE.org)

## 10 CVTC Athletes Compete in Junior Olympics

Over 8,000 youth athletes, ages 7-18, competed in the USA Track and Field National Junior Olympics at the University of Kansas, in the last week of July.

Modeled after the Olympics, the weeklong meet brings the top 5 athletes from 16 Regional Meets throughout the country.

Many Olympic medalists got their start in this youth program.

"Irreplaceable, positive, experiential learning happens here for our athletes," says head coach Jim Phillips. "The level of competition surpasses any local, country, or

State meet. It inspires our athletes. It raises their goals and reinforces the need to work hard and be persistent if they want to become college track and field athletes. For everyone, it's a great life experience."

Of the 27 CVTC athletes who qualified for this National meet, 10 were able to fly to Kansas to compete. Among them was ten-year-old Anna Dughi, who earned All American status with her silver medal (second place) in the 1500 meter (5:09.24) and eighth place in the 800 meter (personal record of 2:36.19).



Anna Dughi

Earlier, at the Pacific Association meet, Dughi set the new Pacific Association record in the 1500 with a time of 5:07.

In the 8 and under age group, Michael Cereno set a personal record in the 1500 in 5:56.19, placing 19 of 48.

Maya Dughi ran an impressive 5:34.35 1500, finishing 17 out of 53 in age 9-10, and 800 meters in 2:48.30 (28 out of 44).

3000 meter runner Lucas Chaney placed 24 out of 49 with 10:12.67 for 13-14 boys.

Eight-year-old Angelina Zargaza placed 17 out of 48 in the turbo javelin with a personal record 12.45 meters and sprinted her 200 meters in 36.90 in pouring rain.

Ten-year-old, Isabella Zargaza threw the turbo javelin 21.29 meters, placing 11 out of 45, and sprinted an 1:11.16 in the 400 meters.

9-10 girls 4 x 400 relay team of Jazmyne Lawson, Isabela Zargaza, Maya Dughi, and Anna Dughi placed 14 of 32 with a time of 4:56.52. CVHS freshman sprinter, Zoe Bursch, sprinted her 400 meters in 1:05.65.

Redwood Christian junior, Luke Largusa, threw the shot put 13.21 meters and javelin 48.09 meters, with Moreau High school senior, Nicholas Pepares, making a personal record javelin throw of 44.34 meters.

## In Uniform

U.S. Air Force Airman Breanna N. Betti recently graduated from basic military training at Joint Base San Antonio-Lackland in San Antonio, Texas.

She is the daughter of Randal F. and Maria C. Betti of Castro Valley, and a 2016 graduate of Castro Valley High School.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

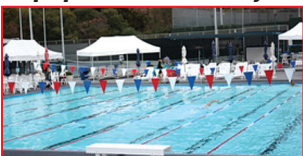


Airmen who complete basic training also earn four credits toward an associate in applied science degree through the Community College of the Air Force.

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## Take the First Steps To Fitness

By Suzanna Hsu  
SPECIAL TO THE FORUM

**D**o you want to start a regular exercise program as part of a healthy lifestyle? Are you recovering from surgery, an illness or completing a rehab program and would like the security, guidance and encouragement of a supervised exercise program?

EdenFit might be perfect for your needs!

This supervised exercise is led by qualified exercise physiologist who helps you safely progress toward your strength, weight loss and balance goals. The program includes aerobic exercise, strengthening, and flexibility exercises in group sessions, individually and a cool down tailored to your capability.

Sessions are Monday through Friday from 6:00 a.m. to 2:00 p.m.

Located in the San Leandro Surgery Center at 15035 East 14th Street in San Leandro, the facility offers a comfortable atmosphere complete with high-quality equipment, a supportive staff and fellow participants who share your fitness goals. Ample, easy-access parking is also available.

**Why Choose a Supervised Exercise Program?**

Starting an exercise program is an important decision. EdenFit is a unique exercise program designed specifically for individuals who do not want to join a traditional health club or for whom a health club may not be appropriate.

It's ideal for those who have just completed physical or occupational therapy, cardiac or pulmonary rehabilitation, and for those with a health condition such as cardiovas-



cular disease, obesity, high blood pressure, diabetes or arthritis.

The program is also ideal for those who have never exercised before, or are just beginning a new fitness program.

Exercise physiologists help tailor a personal plan of exercise to address specific health concerns, continue the progress you made during medical treatment or rehabilitation, improve fitness and build strength and stability for a healthy lifestyle.

Professional staff are also able to monitor your heart rate, oxygen and blood pressure during exercise.

Finally, because EdenFit is part of Eden Medical Center, participants also learn about a full range of health and wellness programs including nutritional counseling, stress management and smoking cessation programs.

**How to Get Started**

There are no long-term contracts to sign. You only pay for the sessions you attend.

The fee for EdenFit is \$12 per

session billed at the end of each month for the sessions attended that month. Spouses who attend the same session receive a 50% discount. EdenFit is not covered by insurance.

All participants are required to obtain written clearance from their physician before beginning the exercise program and to attend an individual session with one of our staff to set up your program.

Additionally, recommendations or restrictions from your physician or physical therapist are welcome and are used to inform your exercise program. Give EdenFit a call at 510-317-8334 to get on the road to health.

*Suzanna Hsu is the manager of Outpatient Rehabilitation and Occupational Therapy Therapist at Eden Medical Center.*

## Trauma: Seek Mental Health Professional

*continued from page 8*

Between 1995 and 1997, a study conducted by the Centers for Disease Control and Prevention revealed that for people who have five or more adverse childhood experiences, their life span was shortened by approximately 25 years.

This is believed to be largely due to coping behaviors that are often used in adolescents and adult life to manage the emotional pain and social disconnection, but can compromise health.

The study is just one of many examples that demonstrate the importance of prevention and action. When prevention efforts fail, responding quickly to ensure safety and establish support is very important to the health and future of children.

**Helping in Aftermath of Trauma**

While every child is different, there are some things you can do to help in the aftermath of trauma.

Assuring and reassuring the child of safety will help to reduce anxiety and stress. Make sure the child knows that whatever hap-

pened isn't his or her fault, as kids often blame themselves when something completely out of their control takes place.

Being patient and listening without judgment will help the child to cope with what has happened, while giving you important insight into how the child is doing and managing what took place.

And if you have concerns for your child's well-being or he/she is not improving over time, consider seeking help from a trained professional.

When needed, a mental health professional trained in evidence-based trauma treatment can help children and families cope and move toward recovery. Ask your pediatrician, family physi-

cian, school counselor or clergy member for a referral.

Some practical tools that can be helpful to parents, guardians, caregivers and teachers when a child may have been traumatized—and some that are specific to the kind of traumatic exposure (e.g., mass violence, disaster and bullying) can be found at [www.samhsa.gov/child-trauma/understanding-child-trauma](http://www.samhsa.gov/child-trauma/understanding-child-trauma).

Children exposed to trauma may have been a target of bullying or their behaviors may make them targets of bullying.

Information specific to the trauma or distress associated with bullying can be found at [www.StopBullying.gov](http://www.StopBullying.gov).

—North American Precip Synd., Inc.

## Free Health Fair Saturday

The Davis Street Resource Center will hold its 3rd Annual Free Health Fair from 10 a.m. to 2 p.m. this Saturday, August 12, featuring a Farmer's Market, complimentary medical and dental screenings, lunch, community re-

sources, games and prizes for the whole family.

The Center is located at 3081 Tagraden Street in San Leandro.

For more information, call 510-347-4620 ext. 109 or send an email to: [skumar@davisstreet.org](mailto:skumar@davisstreet.org)

## PACK A WASTE-FREE LUNCH FOR SCHOOL

AGAIN! is our Zero Waste character that embodies one of the 4Rs - Reuse. Most often used in our school programs, our Zero Waste characters demonstrate the principles of minimizing waste. AGAIN! could include reusable plates, silverware, napkins, food storage containers and reusable spoon/fork combo. AGAIN! holds a reusable bottle to refill and carries items in a reusable tote bag.

## WHAT WOULD AGAIN! DO?



Instead of bringing things for lunch that will end up in the landfill, think "What would AGAIN! do?" AGAIN! would pack a waste-free lunch for school or work by bringing food in a reusable container with reusable utensils and a cloth napkin.

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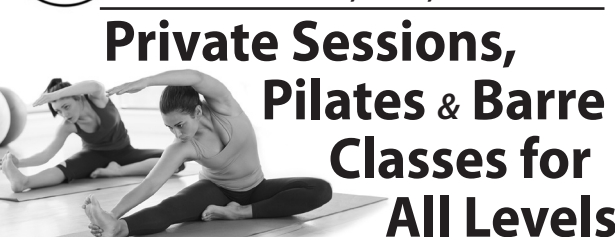
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# LETTERS TO THE EDITOR

FREDZ@EBPUBLISHING.COM



## MAC's 'Wonderful' Decision on Old Library for Veterans

Editor:

What a wonderful decision by the Castro Valley Municipal Advisory Council (MAC) in recommending the conversion of the old Castro Valley Library into a Veteran's Community Center.

The men and women who served, protected and fought to maintain the freedom of the United States of America deserve to have a Veteran's Community Center in Castro Valley.

The new Castro Valley Veteran's Community Center will provide a positive meeting place for the veterans and strengthen their bonds with other veterans who share a common background and related experiences as well as influencing their position in the Castro Valley community.

The veterans represent all of us in the United States of America,

including, but not limited to, people of all races, religions, the poor, the rich and the middle class. Recognizing Veterans as a culture and providing for that culture's needs is the least we can do as a community and as a nation.

I am looking forward to reading about events and the positive influence in the Castro Valley community brought forth by the new Castro Valley Veteran's Community Center.

—Patrick Duane, Castro Valley

## 'Short and to the Point: President Trump Will Be Reelected'

Editor:

Let me keep this short and to the point: After one year in office 68% of those who voted for Obama said they would do so again. I'll take President Trumps 76% over Obama's 68% every time.

Secondly, who cares what Obama "inherited." The fact is he had not four but eight years to leave the next president with a robust economy and he failed (1% growth is not "steady growth").

Mr. Thomasson was absolutely correct in stating that in 2016 our international trade deficit was the worst in history.

There will be no "landslide" victory by democrats in 2020 for three reasons: (1) Liberals have no message that resonates positive to middle

America; (2) Democrats have nobody to deliver whatever message they do have; a(3) It's The Economy!

As long as the stock market is up (over 4 trillion in gains since Trump took office) jobs are being created in America not sent overseas and we're at near full employment.

President Trump will be re-elected.

Finally, please Mr. Thomas, could you stop the name-calling game played by liberals in defeat and deal with facts as Mr. Thomasson clearly did in his letter.

—Jane Mason, Castro Valley

## Waste Management Truck Driver Called 'a Real Winner'

Editor:

The Waste Management truck driver near Stanton and Somerset in Castro Valley went above and beyond my expectations last Wednesday!

Living on a cul-de-sac, parking is always crowded, especially on pickup day. Our cans were moved off the street to the sidewalk by someone needing a parking place, and I came out of the house as the truck was in front of our house.

Without the operator seeing me, I watched the operator — all by himself — exit his truck and move the can out to the street and empty it and then returned the can to the sidewalk. I then followed the truck down the street and watched him do the same thing multiple times along the street.

What a blessing to have someone so conscientious that he did what he did time after time. He always had a smile on his face, too. He got around the corner before I could find out his name or it would appear in this letter. Waste Management hired a real winner with a servant's heart. Thank you on behalf of our family and our neighbors!

—Bruce D. Johnson, Castro Valley

## Obituaries

### ■ Mark L. Bovee

### ■ Bill Langford

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#### CASTRO VALLEY FORUM OBITUARIES

may be emailed to:  
obits@ebpublishing.com  
or faxed to 510-483-4209.

Include a phone number.

The deadline is noon

Tuesday for that week.

Brief notices are published  
free. Longer obituaries,  
including pictures, are  
available for a fee.

For assistance, please call  
Patrick Vadnais at  
510-614-1558

### Bill Langford

Bill Langford, or "Eddie Glockenspiel" — organ-playing maestro, comedic showman extraordinaire and one-time Bay Area institution — had his final curtain call in April 2017, passing peacefully in his sleep, exactly as he had wished.

Over seven decades, Bill played pipe and electronic organs professionally in churches, lounges, restaurants and concerts. He also played as a traveling artist for organ companies, and served a term as President of the Professional Organist Association. He was instrumental in popularizing theater organs in pizza parlors, sparking a nationwide trend.

For 18 years (1963-1981), he presided over the mighty Wurlitzer theater organ installed at Ye Olde Pizza Joynt in San Lorenzo by Carsten and Joyce Henningsen. Credited with ruining the "organ-players' stereotype image" and recognized by the organ community as the father of pizza parlor organ performance, Bill combined musical dexterity, quick wit, and a penchant for bantering with the crowd with outstanding signature pieces such as "the Train Song," the "Star Wars" medley and "Uncle Billy's Wild West Show" to generate a fun and lively experience. Herb Caen, in the San Francisco Chronicle, wrote, "When Bill hits the low notes, crockery rattles all the way to Hayward."

He entertained late night patrons with "The Show." If you don't know about "The Show," you were too young! Commanding a colossal repertoire of the greatest songs from the turn of the century to the current age, Bill delighted his adoring public, young and old, leaving no request unheard. The amalgamation of a secret pizza recipe and Bill's Wurlitzer wizardry made the "Joynt" a Bay Area destination, feeding and entertaining thousands of patrons a month and touching generations of families.

Early in his career, he was a staff organist with ABC Paramount radio, had his own television show on ABC called *Portraits in Black and White*, and appeared on *The Tennessee Ernie Ford Show*, *The Steve Allen Show*, *The Al Collins Show* and *The Dick Stewart Show*. Later, he played at Pizza and Pipes in Santa Clara, California. While semi-retired, Bill, also an accomplished pianist, played the "ivory baby grand" at the Perkins Street Grill in Ukiah, California.

Bill's sensitive playing could elicit audible sighs from the audience. He explained his ability to play with such emotion by saying, "I play the words." When asked, "Do you have any formal training?" Bill would reply, "Yes, but not so much that it hurts my playing."

He was a teacher, mentor, forever friend, and one of a kind...

He was Bill Langford, after all.

A memorial service will be held on Saturday, August 26, at San Leandro Funeral Home, 407 Estudillo Ave., in San Leandro from 1 to 5 p.m. The community is invited to attend.



### Mark L. Bovee

March 13, 1955 – July 17, 2017

Mark went home to Heaven unexpectedly on July 17, 2017.

Sixty-two years ago, Mark and his identical twin brother were born, and joined their sister and older brother. Our whole family was excited. These two boys would forever be "special children."

Mark loved music of all kinds, especially spiritual. He appreciated learning about foreign countries and how they lived. He would give special gifts to people in his life, as he appreciated their time spent with him. Mark, when he was well, flew to visit his family and friends, and loved the excitement of flying in a plane. He was a Cub Scout and Boy Scout and earned several badges.

Mark had friends around the globe, as he cared for many missionary projects. He enjoyed his church, Castro Valley Nazarene, and the many friends there. Some from out of state remembered how he "lit up the room" when he was visiting. He helped box and bag truckloads of supplies for the American Indians when the need arose. His humble spirit was always a sweet part of his being.

He was loving, gentle and compassionate to all, even as his serious health issues began to overtake him, while always believing God had plans for he and his brother, Guy, who went to Heaven seven months earlier.

Mark, as you cross over Rainbow Bridge, you will have your new home and family and friends who have gone before you. When the gates to Heaven open, God will say, "Hi Mark, come in son. Look who has been watching the gate for you to come home. Your brother, Guy, will be so happy to be together again. Welcome home my good and faithful one."

You are greatly missed and especially your voice and frequent expression, "Love you too."

Mark is survived by his parents, Ed and Bonnie of Castro Valley; his big brother, Michael of Davenport, Iowa; and sister, Michelle of Park City, Utah.

With broken hearts, we know you're well and whole, and happy. So, until we see you again, we love you so much.

Family and friends are welcome to the Graveside Service at 11 a.m. on Friday, August 18, at Lone Tree Cemetery in Hayward. Arrangements made by Deer Creek Funeral Service (510-317-7890).



## THE FORUM CROSSWORD

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

- 1 \_\_\_ out a living
- 4 Chops clumsily
- 9 Zodiac feline
- 12 "The Thin Man" actress
- 13 Foolish
- 14 Sixth sense, for short
- 15 Students' excursion
- 17 Chubby
- 18 Oklahoma city
- 19 Ranking
- 21 Laundry container
- 24 "I'll \_\_\_ and I'll puff..."
- 25 A Gershwin brother
- 26 Just out
- 28 Corn
- 31 Outlet
- 33 Depressed
- 35 Oboe insert
- 36 Relaxed
- 38 Pouch
- 40 Trail behind
- 41 Bus rider's payment
- 43 Walk like a duck
- 45 Original
- 47 Modern-day evidence
- 48 Fib
- 49 Voles, e.g.
- 54 Every bit
- 55 Terrycloth item
- 56 Illuminated
- 57 Homer Simpson's neighbor
- 58 Cubic meter
- 59 Fond du \_\_\_, Wis.

#### DOWN

- 1 Sprite
- 2 Japanese pond carp
- 3 CBS logo
- 4 Stashed
- 5 Scorpio's brightest star
- 6 Automobile
- 7 Doughy snack
- 8 Anatomical wall
- 9 Where the unexpected "comes out of"
- 10 Birthright barterer
- 11 Chooses, with "for"
- 16 Sitter's creation
- 20 Somewhere out there
- 21 Bee's home
- 22 Neighborhood
- 23 Actress Jayne
- 27 Existed
- 29 Ardor
- 30 Advantage
- 32 Squad
- 34 Time waster
- 37 Conscripts
- 39 Something wicked?
- 42 His work inspired "Cats"
- 44 Beaver's structure
- 45 Blueprint
- 46 Anger
- 50 Female sheep
- 51 Ailing
- 52 Spy org.
- 53 And so on (abbr.)

ANSWERS ON PAGE 8

# REAL ESTATE GALLERY



**HOME**  
of the  
**WEEK**

Open House  
Sat. & Sun.  
Aug. 12 & 13  
1 to 4 p.m.



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## The 8 Practices of Successful Sellers

By Carl Medford, CRS  
Special to the Forum

Some sellers seem to sell their homes for top dollar and soar through the process while others struggle from beginning to end.

Here are eight practices that help sellers win big.

- **Get Help:** Hire competent representation. You are selling your most valuable asset, so get the best professional help possible.

- **Get Clarity:** With your agent, carefully examine area trends going back a few years to discern the best time to hit the market.

- **Get Proactive:** With your agent, develop a written plan for every aspect of your sale and relocation. Expert Realtors have systems that ensure nothing gets missed along the way. They can also line up Realtors in areas you are moving to.

- **Get Prepared:** Your Realtor will prepare a comprehensive prep-plan to maximize your potential sale. Buyers want move-in-ready homes — they also want staged homes that reflect current tastes. If they do not see what they like online, they'll quickly swipe to the next home.

- **Get Real:** Set a realistic price. Today's buyers have full access to home valuation data. If they determine your property is priced too high, they will not offer less — they simply will not come. It's been said many times: if you set your price too high, you'll end up

with less in the end.

- **Get Promoted:** Go fully professional. I am horrified to see sellers allowing bad pictures on the internet. Get professional pictures, virtual tours and 3D tours. In this day of "swipe left", you only have seconds to impress a potential buyer. Make sure your agent posts online profiles that sizzle.

- **Get Accessible:** Allow buyers access. If buyers cannot get in when it works for them, they will move on to other more accessible

homes. Do not limit access.

- **Get Flexible:** True negotiation means both sides give and take. Work to find win-win solutions that work for all parties.

Want to maximize your sale? Follow these 8 practices diligently and you'll see the magic word appear... **Sold!**

Carl Medford is a licensed Realtor with Keller Williams Realty. This article is sponsored by the Central County Marketing Association.

**Opportunity Awaits!**  
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C	12-5	12-5	3669 Christensen Lane	\$739,000	4/2	J. Rockcliff Realtors	Margaret Kosiba	510-301-1286
A	Thur 4:30-7	1-4	2627 Lakeview Drive	\$888,000	3/3.5	Coldwell Banker	Laurie Pfohl	510-851-3551
C	—	1-3	20950 Manter Road	\$995,000	5/3.5	J. Rockcliff Realtors	Kristy Peixoto	925-251-2536
C	1-4	1-4	4474 Belmont Way	Upon Request	4/2	Berkshire Hathaway	The Brent Team	510-333-9404

A = SAN LEANDRO • B = SAN LORENZO • C = CASTRO VALLEY • D = DUBLIN • F = FREMONT • H = HAYWARD • K = BERKELEY • O = OAKLAND

## Mortgage Rates Hold Steady

Last week's average mortgage rates didn't deviate much from the previous week, according to Freddie Mac.

The 30-year fixed-rate mortgage (FRM) averaged 3.93 percent, up slightly from the previous week when it averaged 3.92 percent. A year ago at this time, the 30-year FRM averaged 3.43 percent.

Fifteen-year home loans averaged 3.18 percent, down from 3.20 percent.

The five-year hybrid adjustable-rate mortgage (ARM) averaged 3.15 percent, down from 3.18 percent.

## RECENT HOME SALES

### Castro Valley

4753 Audrey Drive	94546	\$850,000	4 BD - 1,713 SF - 1952
3434 Brookdale Boulevard	94546	\$726,000	3 BD - 1,386 SF - 1952
5088 Elrod Drive	94546	\$879,000	2 BD - 1,713 SF - 1951
19034 Gliddon Street	94546	\$765,000	3 BD - 2,072 SF - 1953
19125 Lake Chabot Road	94546	\$641,000	3 BD - 1,060 SF - 1950
19110 Parsons Avenue	94546	\$640,000	2 BD - 961 SF - 1947
21861 Redwood Road	94546	\$555,000	3 BD - 1,288 SF - 1948
18904 Santa Maria Ave	94546	\$755,000	3 BD - 1,838 SF - 1948
2253 Star Avenue	94546	\$665,000	2 BD - 1,212 SF - 1947
17460 Vineyard Road	94546	\$1,175,000	3 BD - 2,817 SF - 1940
5182 Abbeywood Drive	94552	\$868,000	3 BD - 1,538 SF - 1998
18840 Buren Place	94552	\$833,000	3 BD - 1,887 SF - 2002
23229 Canyon Terrace Dr	94552	\$515,000	2 BD - 984 SF - 1996
20031 Clement Drive	94552	\$975,000	4 BD - 1,840 SF - 1984
6533 Crow Canyon Road	94552	\$700,000	N/ABD - 2,120 SF - N/A
6571 Crow Canyon Road	94552	\$150,000	N/A BD - 432 SF - N/A
5954 Greenridge Road	94552	\$1,175,000	5 BD - 1,979 SF - 1963
20003 Jensen Ranch Rd	94552	\$1,320,000	4 BD - N/A SF - 2016
20488 Summercrest Drive	94552	\$655,000	2 BD - 1,282 SF - 1998
18821 West Cavendish Dr	94552	\$915,000	N/ABD - 2,078 SF - 1978

**TOTAL SALES:** 20  
**LOWEST AMOUNT:** \$150,000  
**HIGHEST AMOUNT:** \$1,320,000  
**MEDIAN AMOUNT:** \$760,000  
**AVERAGE AMOUNT:** \$787,850



**Location, Location!**

Highly ranked grade, middle, and high school near this well-maintained home. Follow the pavestone driveway to this 4 bedroom, 2 bath home with Maple Rustic hardwood floors, carpeting, gas fireplace, beams, cathedral ceilings of corrugated wood. Updated kitchen has SS appliances. Features: electronic air filter, air conditioning, energy efficient white roof with transferable warranty, crawlspace cover, and seismic retrofit. Redwood deck leads to a pavestone patio, 7 fruit trees, 6 raised beds - an organic delight. Close to BART, 580/880/680 and Lake Chabot Regional Park.

**OFFERS DUE THURSDAY, AUGUST 17**

## NEW ON THE MARKET!



**3669 Christensen Lane, Castro Valley**  
**Asking price \$739,000**

**Open House: Sat. & Sun. Aug. 12 & 13**  
**from 12 noon to 5 pm**

**MARGARET KOSIBA**  
**(510) 301-1286**  
mkosiba@rockcliff.com  
BRE #01817464



## 1st OFFERING

**Open Saturday & Sunday**  
**Aug. 12 & 13, 1-4pm**  
**4495 Lawrence Dr.**  
**Castro Valley**  
**Offered at \$998,000**



## Unique in Design - Exquisite in Taste



Beautifully remodeled craftsman style home featuring 5 bedrooms, 3 1/2 baths, separate formal dining, coffered ceiling, gourmet kitchen, 6 burner Thermador gas stove, newer cabinets, 2 sinks, indirect lighting, Soap stone counters, custom ceiling tile, Large marble breakfast bar, living room with custom redwood ceiling, built-in shelves, crown molding, inlaid hardwood floors, Anderson windows, master bedroom on main floor with remodeled bath, new vanities, large walk-in closet, huge wrap-around porch, large finished basement, landscaped yards, 2-car garage with side access. In Proctor School area. Better hurry on this one. Trade-ins considered. Asking only \$998,000



**Greg Silva, Broker**  
**(510) 889-1777**  
**gsrealty@pacbell.net**  
**Cell: (510) 599-4604**  
**BRE# 00429177**



## ADOPT-A-PET



**MYRTLE** is a 12 years young pup who loves being close to shower you with kisses. She needs a quiet home and is OK with kids 13 yrs+. Info: Hayward Animal Shelter. (510) 293-7200.



**CALVIN** is a friendly bunny with silky-soft fur and soulful eyes. He loves hay, veggies and exploring. He's neutered and ready to go home! Info: Hayward Animal Shelter. (510) 293-7200.



**DUSTY** is a 13-week-old sweet little grey lady. She loves being brushed and is playful with toys. For more information, please fill out an online application at: [dustypawsrescue.org](http://dustypawsrescue.org)



**MARMALADE** is a 6-year-old male orange tabby. His right ear is notched, indicating he is from a feral colony and has been neutered. For more, visit: [dustypawsrescue.org](http://dustypawsrescue.org)

## School: Variety of Classes Offered for Adult Students

*continued from page 2*

el but never found the time? Participate in NaNoWriMo — National Novel Writing Month — with the help of our newest creative writing class to keep you structured and making progress.

Maybe you are more of a visual artist? Castro Valley High Art teacher Jenn Leighton Parker, is offering "Mixed Media Art: Beyond the Brush." This class will explore texture, collage, acrylic mediums, and transfers.

For your sweet tooth! Take "Cake Decorating 101" and make your celebrations extra special. CVACE is also offering a series of one-day baking classes with the former owner of Swiss Delices.

Learn to make homemade treats that will be remembered for years. The exciting variety of classes include Black Forest Cake, Croissant Dough, Easy Canning, Fancy Holiday Cookies, Fruit Tartlettes and more! Friends especially enjoy taking these classes together, so grab your bestie or come meet a new one.

For your career! CVACE has

several computer classes starting at the basic level. New this year is Excel 2013 part I and part II. They also offer ICD-10 Test Prep Boot Camp.

If interested in their Medical Academy Programs, mandatory orientations are August 23 from 6 to 9 p.m., August 26 from 9 a.m. to noon, and August 29 from 6 to 9 p.m. Call 510-886-1000 to reserve a spot.

CVACE also offers high school diploma and GED classes and fall is the perfect time to make your educational goals a reality.

There are many other classes including Estate and Trust Planning, iPad101, CPR, Woodworking, Enneagram, Meditation and more.

Whatever your interest or motivation, there is an affordable class that gives you a reason to sharpen those new pencils. Visit [www.cvadult.org](http://www.cvadult.org) or contact Castro Valley Adult & Career Education at 510-886-1000 to learn more or sign up for classes before they fill.

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



## Dahlias on Display

The San Leandro Dahlia Society will be presenting its annual dahlia show on Saturday and Sunday, Aug. 19-20, in the Karp Room of the main San Leandro Library, at 300 Estudillo Avenue. If you like diversity, you'll love dahlias. Over a thousand blooms will be on display, from 10 a.m. to 5 p.m. on Saturday, and 10 a.m. to 4 p.m. on Sunday. For more information visit the society's website at [sanleandrodahliasociety.org](http://sanleandrodahliasociety.org) or SLDS.club dent, can be contacted at 510 909-1127. He has a huge yard with blooms waiting for the show.

## Kevin L. Hinkley Auto Tech

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# CASTRO VALLEY GREEK FESTIVAL

AUGUST 18-20, 2017  
FRIDAY 5 - 10; SATURDAY 11 - 10; SUNDAY 11:30 - 7

**Authentic Greek Cuisine**

- Roasted Lamb • Gyros • Tiropita (Cheese Pie)
- Spanakopita (Spinach Pie) • Roasted Chicken
- Pork Souvlaki • Calamari • Greek Wine & Beer
- Pastichio • Homemade Greek Pastries
- Baklava • Loukoumades • Greek Coffee

**Other Activities**

- Greek Dance Performances & Lessons
- Children's Fun Zone • Church Tours

**Resurrection Greek Orthodox Church**  
20104 Center St., Castro Valley  
510-581-8950 for information  
[www. GreekFestival.me](http://www.GreekFestival.me)

LIVE MUSIC PERFORMANCE BY MYTHOS  
SATURDAY & SUNDAY

FREE ADMISSION