

PARENTS: PUT AWAY THE BEACH BAG AND BREAK OUT THE BACK PACKS

BACK TO SCHOOL



PAGES
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CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

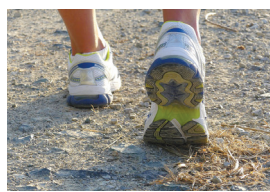
YEAR 30

WEDNESDAY, AUGUST 8, 2018

NO. 32

INSIDE YOUR FORUM

NEWS



Relay for Life

Over \$100,000 raised over the weekend for the American Cancer Society

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Remembering chef, author and television personality Julia Child

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A colonoscopy can be a life-saving process, don't put off your screening

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PHONE: (510) 537-1792

CV on Fire? It Could Happen

By Michael Singer
CASTRO VALLEY FORUM

Castro Valley resident John Sullivan remembers vividly October 19, 1991. That's when a two-day fire destroyed more than 2,800 homes and killed 25 people in the Oakland and Berkeley hills.

"We had some sleepless nights during that time," recounted Sullivan, a 30-year resident whose backyard butts up to the backwoods of Lake Chabot.

But what really worries Sullivan and his neighbors is the possibility that a forest fire on Lake Chabot property could wipe out the homes on the ridge and then spread to downtown Castro Valley.

"If the ridgeline goes, so goes a great portion of Castro Valley," Sullivan says.

Considering the speed and ferocity of Carr Fire near Redding this year and Tubbs Fire in Santa Rosa last year, the potential for a destructive forest fire in Castro Valley is very real say experts.

"We have more than 629 thousand acres burned in California this year alone, so yes the potential is very high for fire everywhere in this state," said Cal Fire spokesperson Scott McLean.

To assess the issue, the Castro Valley Municipal Advisory Committee is scheduled a tour of the Ten Hills Trail starting at Redwood Road and Camino Alta Mira next Monday, Aug. 13th at 4:00 p.m.

Safety representatives from Alameda County, East Bay Regional Parks District and East Bay Municipal Utility District are expected to be on hand to discuss dangers of and mitigations for potential wildfires.

Defense is the Best Offense

Ten Hills Trail stretches from the Ranger Station on Lake Chabot Road to Redwood Road and borders homes along the back end of Arcadian Drive, Hillsborough Drive, Ewing Road, and Proctor Road.

The lush vegetation and tree canopies shade much of the path which makes it popular for walking and running.

The trail typically maintains a 20 to 25-foot distance between the park border and the homes alongside. But there are concerns that the tree branches reach over residential fences and any fire could easily reach into private properties and down the hillsides.

see FIRE on page 7



PHOTOS BY FRED ZEHNDER

Next Monday afternoon's survey of the 10 Hills Trail at Lake Chabot Park will begin at the heavily-forested intersection of Redwood Road at Camino Alta Mira near Proctor Elementary School.

SWALWELL TO TOWN HALL:

Use Votes, Not Insults to Change System

By Linda Sandsmark
CASTRO VALLEY FORUM

A standing-room-only crowd of over 400 turned out Saturday morning for Rep. Eric Swalwell's (D, 15th Dist.) Town Hall meeting, welcoming the Congressman with a round of applause as he entered the room.

In the interest of time, those who wanted to ask a question or make a comment were given a raffle ticket. People whose tickets were pulled got to speak.

The very first speaker came right to the point: there are many old faces in the Democratic Party. What were the chances that Swalwell might run for President?

"Thank you, sir," said Swalwell with a smile. "Next question."

see SWALWELL on page 3



PHOTO BY FRED ZEHNDER

A standing-room-only crowd greeted Rep. Eric Swalwell for his Town Hall meeting Saturday morning at Hayward High School.

BART to Ramp Up Security

BART General Manager Grace Crunican will seek authority at tomorrow's Board of Directors meeting to move forward on plans to strengthen safety on the transit system.

Following a recent increase in assaults on BART property — some of them deadly — the series of proposals would boost the visible presence of police and employees on trains, enhance the surveillance camera network and increase public safety outreach.

"Our riders are demanding that we do more to maintain public safety and this plan offers multiple new initiatives we can immediately begin to roll out," BART General Manager Grace Crunican said in a press statement.

The first part of the action plan has already been put into place. Starting this week, the BART Police Department has temporarily canceled off days for all of its officers.

Patrol officers, community service officers, and dispatchers are now working six 10-hour days a week. Patrol officers who work on their normal days off are required to ride trains throughout their shifts.

Some of the proposals that will be considered tomorrow include:

- Enhancing security training for employees who will be wearing high-visibility vests;

- Accelerating efforts to make it harder to bypass the faregates by raising barriers and adding additional fencing to include elevators in paid areas;

- Adding eight fare inspectors to nighttime enforcement of BART's proof-of-payment policy in stations, on platforms, and in trains;

- Installing emergency call boxes on each platform. High priority stations would get the call boxes as early as this fall while system-wide implementation could take two years;

- Upgrading all cameras to a digital high-definition network in stations, parking lots, and garages.

- Ramping up the "Ride Safe" public outreach campaign, including distribution of safety tips at every station and on social media and posters on trains.

Some proposal can be done within the General Manager's authority, others require Board action for procurement or adoption. The initial cost estimate is \$28 million.

Castro Valley Weather August 8 - 12, 2018



Wednesday
Mostly Sunny
High 76° Low 56°



Thursday
Mostly Sunny
High 80° Low 56°



Friday
Clouds then Sun
High 78° Low 57°



Saturday
Partly Sunny
High 77° Low 56°



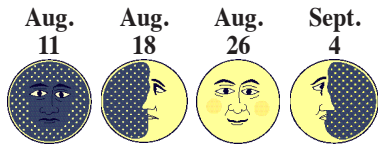
Sunday
Mostly Sunny
High 76° Low 60°

Almanac



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

Moon Phases



Sun sets at 8:10 p.m. today, rises at 6:21 a.m. Thursday.

Michele Markovich Antiques
20407 Santa Maria Ave. and 2510 San Carlos Ave.
michele.estatesales@gmail.com

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PHOTO BY FRED ZEHNDER

About a thousand people joined the 24-hour Relay for Life over the weekend at the Alden E. Oliver Sports Park in Hayward, raising over \$100,000 for the American Cancer Society.

Relay for Life Raises \$100,000

This year's Relay for Life, a combined effort of the Castro Valley, San Leandro, Hayward and San Lorenzo organizations, raised more than \$100,000 for the American Cancer Society. Close to 1,000 people participated in the 24-hour event, held at the Alden E. Oliver Sports Park in Hayward.

Forty-nine teams sold food, food, raffle tickets, plants and

Oakland A's memorabilia. The top earner was Tammy Ham from the Union City Girls Softball Association "Softball for Life" Tournament which brought in \$8,800.

The team raising the most money was Heroes Helping Heroes from Eden Medical Center, who raised over \$19,000.

This year's sponsors included Fremont Bank, Hayward Area

Recreational District, The Cooper Company, Eden Medical Center, Eden Health District, Sons of Liberty, Texas Roadhouse, 96.5KOIT, State Farm/Ernie Lopez agent, the Buon Tempo Club and EpicCare Partners in Comprehensive Care.

The fundraiser provides funding for research and free resources for patients and caregivers through the Cancer Society.

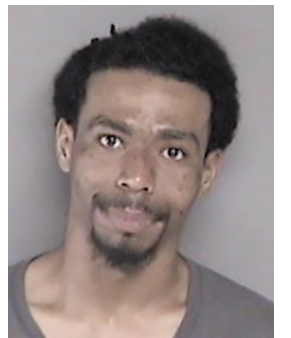
Adult School Appointment

The Castro Valley School Board has appointed Keith Nauman as Assistant Principal of Adult Education, replacing Kathy Castaneda who is retiring.

Nauman will have oversight of the Adults with Disabilities Program and other programs in the Adult and Career Education Program.

He has been an educator for over 17 years, most recently serving as a Special Education Teacher, and Summer School Principal in the Santa Clarita School District in Southern California.

He earned his Bachelor's and Master's Degrees in Special Education at the University Central Florida.



BART Police have released this photo of East Bay transient Solomon Espinosa, 27, the suspect in an assault that took place aboard a Richmond-bound train at the MacArthur Station around 7:50 p.m. last Friday. Anyone with info should call BART Police at 510-464-7040.

Lateral Grants to Resume

Castro Valley Sanitary District's Lateral Replacement Grant Program is scheduled to resume next Monday, Aug. 13, at 7:30 a.m.

CVSan is offering financial assistance to qualified applicants to replace their entire defective lateral at 50% of the approved cost, up to a maximum reimbursement of \$2,000 per lateral. A total of \$50,000 has been allocated to the program.

CVSan is offering financial assistance to qualified applicants to replace their entire defective lateral at 50% of the approved cost, up to a maximum reimbursement of \$2,000 per lateral. A total of \$50,000 has been allocated to the program.

More info, call 510-606-1300 or visit www.cvsan.org/grants.



SUMMER OF LOVE

Dance Party

Geared for LGBTQ, Allies and Friends.

Saturday, August 18, 2018

6:00pm-10:00pm

- ♦ Hors d'oeuvres
- ♦ Mock-tail Bar
- ♦ Prizes for the Best "Summer of Love" Outfit

Tickets: \$20/Advance \$25/Door
Class #: 50102

Kenneth C. Aitken Community Center
17800 Redwood Rd.,
Castro Valley

Castro Valley Pride
DJ Billy Bradford

Information: (510) 881-6738 HaywardRec.org



Swalwell: Town Hall Meeting

continued from front page

Others had questions on a wide range of topics, including the Veteran's Administration, Immigration and Customs Enforcement (ICE), Russian interference in U.S. elections, health care, vehicle emission standards, the Trump administration's relationship with the press, assault weapons and untraceable guns made by 3-D printers, climate change, community involvement, college costs, and how teenagers, "the Parkland generation," have inspired others to speak up.

"If they vote, they can make all the difference in the world," said Swalwell.

Then the question of elections came up again: if Swalwell wouldn't run for President, might he consider running for Senate?

Swalwell answered that there are midterm elections to focus on, plus he and his wife have a one-year-old son and another baby on the way in November.

"It's pretty busy right now," he said.

The topic of White House hostility toward the press came up, and Swalwell said he had done an interview just that morning with Fox news.

"I don't always agree with Fox, but I still have to answer to the press," he said. He added that when the White House press secretary can't say that the press isn't the enemy of the people, "That's just one step away from us being an authoritarian state."

Washington D. C. is too influenced by dirty money, Swalwell said. He and several other members of Congress would like to "strip Citizens United down to its studs." They propose requiring companies to disclose to their shareholders how corporate money is spent in the political arena, because right now it is "secret and unlimited."

When asked how he works with people of such opposing viewpoints, he said he gets "the Republican download" from his father-in-law and his parents, who are Republican.

Swalwell advocates looking for common ground and getting past the impulse to insult another person. He added that there may be *see SWALWELL on page 15*



PHOTO COURTESY OF CAROL LYKE

Tavish reads a book about those doggone cats

'Dog Days of Summer' Book Sale Next Week

By Linda Sandsmark
CASTRO VALLEY FORUM

The Friends of the Castro Valley Library's "Dog Days of Summer" Book Sale is coming Aug. 17 to 19. Tavish, a book-loving service dog (at right) from Canine Companions for Independence, will greet members of the public as they arrive Friday night.

A huge selection of fiction, non-fiction and children's books will be for sale at bargain prices, as well as a special selection of dog books (fiction, breeds, care, etc.), K-12 educational materials, gift quality books, and many non-English books.

Sale dates and times are: member preview, Friday, from 6 to 8 p.m., with memberships sold at the door; Saturday, Aug. 18, 10 a.m. - 4 p.m.; and Sunday, Aug. 19, 1-4 p.m., bag sale, \$4 per bag. The sale will be at the Library, 3600 Norbridge Ave., CV.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Arrested Twice in Two Days
Sunday, August 5: at 9:53 a.m., Sheriff's deputies arrested a 36-year-old man from Concord on suspicion of possession of burglary tools, illegal narcotics, and drug paraphernalia. The man was hanging out in a driveway of an apartment complex on Grove Way near Center Street when deputies approached him for questioning and discovered his stash. The same man was cited and released by deputies only 36 hours earlier for illegal drug and paraphernalia possession behind a grocery store on Redwood Road. Deputies took the man into custody this time.

Grand Theft Auto
Sunday, August 5: at 1:05 p.m., a 35-year-old man from San Francisco was arrested on suspicion of grand theft auto, possession of a stolen vehicle, possession of stolen property, resisting arrest, possession of illegal narcotics and drug paraphernalia, providing dep-

uties with a fake ID, and violating parole terms. The man was traveling on the Boulevard near Yeandle Ave when deputies spotted the stolen car and pulled him over. The man was taken into custody.

Assault and Battery
Saturday, August 4: at 11:17 a.m., deputies arrested a 46-year-old man from Berkeley on suspicion of battery against another person, possession of illegal drug paraphernalia, and violating the terms of his probation. The man was reported outside a business in the Castro Village Shopping Center on Village Drive when he got into an altercation with another person. Deputies handcuffed the suspect and took him into custody. The victim was treated at the scene.

One Too Many
Saturday, August 4: at 10:47 a.m., a 56-year-old man from Oakland was arrested on suspicion of public intoxication. Deputies stopped

the man for questioning at the intersection of the Boulevard and Stanton Avenue and positively identified that he was wanted as part of a warrant issued for his capture. The man failed his field sobriety test and was taken to Santa Rita Jail pending \$2,500 in bail.

False Imprisonment
Saturday, August 4: at 11:09 p.m., a 911 call about an altercation outside a fast food restaurant sent deputies to a business on Castro Valley Boulevard near Nunes Avenue. In the parking lot, they arrested a 23-year-old man from Castro Valley on suspicion of assault against a family member, false imprisonment, and inflicting bodily harm on a minor. The man was handcuffed and taken into custody. The victim was treated at the scene.

Reckless Driving
Friday, August 3: at 8:37 p.m., deputies pulled over and arrested a *see REPORTS on back page*

CASTRO VALLEY

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AUGUST 17-19, 2018

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www.GreekFestival.me

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- Clinic Tour • FREE BARBECUE! • Free Fresh Produce!

For more information, visit www.davisstreet.org or call 510.347.4620 x 104

CROSSWORD PUZZLE ANSWERS

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L	A	R	D	U	S	A	T	U	B	A
A	M	I	D	P	I	Z	Z	E	R	I
B	A	N	I	S	H	Z	E	R	O	E
C	L	O	D	E	N	S				
B	A	C	T	E	R	I	A	S	T	A
O	I	L	D	I	A	L	S	A	M	A
P	L	O	P	C	R	I	T	E	R	I
S	E	A	Y	E	A	R				
W	H	E	N	C	E	N	Y	M	P	H
H	Y	S	T	E	R	I	A	I	L	I
I	D	E	A	G	O	T	N	E	S	T
R	E	T	D	O	N	E	E	A	S	E

The Week Ahead

● Wednesday, August 8: Hearing Loss Association Meeting

The Hearing Loss Association will hold a mid-week meeting this evening during the summer break, when audiologist Dr. Anish Thakkar will speak on "Hearing-loss Issues and Understanding your Hearing Chart." Bring your hearing chart; enjoy a piece of pie! The meeting will be 7-9 pm, in the Parlor at First Presbyterian Church, 2001 Santa Clara Ave., Alameda. More info at info@hearinglosseb.org or 510-221-6080.

● Thursday, August 9: Daughtrey Building Tours

Say goodbye to the landmark Daughtrey Building at 3295 Castro Valley Boulevard during a community celebration from 6 to 8 p.m. tomorrow evening with free tours of the building. Renovation will begin later this year for the new Marketplace complex.

● Saturday, August 11: Documentary Screening

The Hayward Area Historical Society will screen Abby Ginzberg's documentary "And Then They Came For Us," exploring the lingering impact of Japanese American incarceration during WWII, at 2 p.m. Saturday at the HAHS Museum, 22380 Foothill Blvd, Hayward, followed by a panel discussion. Info at: www.haywardareahistory.org

● Saturday, August 11: Hopping Jalapeños Chili Cookoff

Join the fun from 11 a.m. to 4 p.m. Saturday as the Chili Cookoff winner advances to the ICS World Championships. Free admission, chili tasting (\$1 each), raffle prizes, trophies, live music and a BBQ at the Hayward-Castro Valley Moose Lodge, 20836 Rutledge Road.

● Saturday, August 11: Lizard Aerobics at Sulphur Creek

Jumps, leaps, push-ups and sit-ups are just some of a lizard's athletic tactics for hunting, exploring, and confusing the enemy. Meet some aerobic lizards and learn how they help to balance the wildlife chain at a special adults-only nature program from 1 to 2:30 p.m. this Saturday, at Sulphur Creek Nature Center, 1801 D St. in Hayward. Advance registration (\$18) is required, online at www.HaywardRec.org or by phone at 510-881-6700. For more info, call 510-881-6747.

● Sunday, August 12: Free Summer Concerts

Plunge into Music, Arts and Dance from 1 to 5 p.m. this Sunday at Hayward Memorial Park, 24176 Mission Blvd. and enjoy a Blues Concert featuring Giant Garage Spiders with the Sycamore 129 Blues Band and celebrity chef and Hayward City Council Member Mark Salinas, to benefit the Family Emergency Shelter Coalition (FESCO) www.fesco-familyshelter.org/. Bring a blanket or lawn chairs, a picnic (no alcohol), and enjoy an afternoon in the park.

● Monday, August 13: Castro Valley Wildfire Hazards

Interested Castro Valley residents are urged to attend a survey tour of fire-hazard conditions along 10 Hills Trail at 4 p.m. next Monday (see story on page 1). Meet at Camino Alta Mira and Redwood Road.

● Monday, August 13: Rubber Stamp Group

Join the Happy Stampers as they make greeting cards using rubber stamps and dies, from 1:30 to 3 p.m. August 13 at the San Leandro Library. Supplies are furnished. Beginners welcome. For information, call Jane at 510-483-0389

● Monday, August 13: Charity Bingo Luncheon

Eagles Auxiliary 1139 will host a charity bingo luncheon (meatloaf, vegetables and dessert) at noon on July 13 at Eagles Hall, 24106 Foothill Blvd., Hayward. Bring your friends for an afternoon of food and fun. An \$8 donation will get you a free bingo card. Proceeds benefit local charities at Christmas. Call 510-584-1568 for further info.

● Tuesday, August 14: The Rotary International Theme

The Rotary Club of Castro Valley will host Tim Lundell, Rotary District 5170 Governor, who will speak on the Rotary International theme "Be the Inspiration" and how it applies to the programs of District 5170 and the Rotary Club of Castro Valley at a buffet lunch at Redwood Canyon Golf Course in Castro Valley from noon to 1:30 p.m. on Aug. 14. The cost of lunch is \$15 and reservations must be made by 9 p.m. on Sunday, August 12, by contacting Rotary at cvrotary@iCloud.com or 510-402-5123. More information is available at castrovalleyrotary.org

● Wednesday, August 15: Grants for Home Repairs

The Alameda County Healthy Homes Department Housing Rehabilitation Program has grants available for qualifying homeowners in Castro Valley and the surrounding area for minor home repairs, accessibility improvements and lead hazard repairs. Learn more at a free one-hour workshop at 10:30 a.m. Aug 15 at the Castro Valley Library.

● Wednesday-Sunday Aug.17-19: Book Sale

Stop by the Friends of the Castro Valley Library Book Sale Aug. 17-19 for a big assortment of novels, mysteries, cookbooks, children's book assorted non-fiction and gift-quality books. Sale hours on Friday—for members only—are 6-8 p.m. (memberships sold at the door), on Saturday 10 a.m.-4 p.m. and Sunday 1-4 p.m. Buy a bag full of books for \$4.

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

Hayward High School will host an all-alumni weekend Aug. 17-19, to celebrate the opening of its new lighted athletic field, starting with an all-alum tailgate party behind the HHS gym from 3 to 7 p.m. on Aug. 17 followed by the varsity football night game (admission \$8).

● Saturday, August 18: Uncorked Comedy

Spend a summer evening outdoors enjoying comedy at the Twining Vine Winery, 16851 Cull Canyon Road in Castro Valley, featuring fine wine, tasty treats and five hilarious stand up comedians — Emily Catalano, Jerry Talamantes, Marcus Williams, Matt Gubser and headliner Karinda Dobbins, beginning at 7 p.m. Arrive as early as 6 for first choice seating. Grab a seat or bring a blanket for picnic lawn seating. Tickets are \$10 at Plethos.org

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

● **Led Zepagain**, the most authentic representation of Led Zeppelin in the world today, will be performing at 7:30 p.m. on Friday, Sept. 7 at the Castro Valley Center for the Arts. Featured on AXS TV's "The World's Greatest Tribute Bands," this tribute is as close to the real thing that you will ever see. *For tickets (\$34-\$40) see above.*

● Castro Valley Arts Foundation 2018-2019 Series

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

THEATRICAL & MUSICAL PERFORMANCES

● **"Crimes of the Heart,"** a funny and deeply touching play about the intrigues, secrets and scandals of three eccentric sisters in Mississippi, will be presented by Chanticleers Theatre, 3683 Quail Ave. in Castro Valley. The youngest sister is out on bail having just shot her husband. The middle sister, a would-be singer, has retreated from Hollywood by way of a psychiatric ward, and the eldest sister is facing her 30th birthday with no romantic prospects. The show continues through Aug. 19. For tickets (\$25 adults, \$20 seniors/students), visit www.chanticleers.org or call 510-733-5483.

● **"The Mousetrap,"** by Agatha Christie, will be presented by the San Leandro Players through Aug. 19 at the San Leandro Museum/Auditorium, 320 West Estudillo Ave. in San Leandro. Show times are Saturdays at 8 p.m. and Sundays at 2 p.m., plus the Fridays of Aug. 10 and 17 at 8 p.m. Tickets are \$20 general, \$15 seniors. For reservations, call 510-895-2573 or visit www.slplayers.org

● **"Joseph and the Amazing Technicolor Dreamcoat,"** with a cast of 70 and a live orchestra, will be presented by Woodminster Summer Musicals at 8 p.m. on Aug. 9, 10, 11 and 12 at Woodminster Amphitheater, Joaquin Miller Park, Joaquin Miller Road at 3540 Sanborn Drive) Oakland. For tickets, visit www.woodminster.com

AT THE GALLERIES

● **"Elevate,"** Adobe Art Gallery's Inaugural Fundraiser and Silent Auction Exhibition Preview Party will be held from 1 to 3 p.m. this Saturday, Aug. 11, with the work of more than two dozen artists. The exhibition continues through Sept. 29 at the gallery, 20395 San Miguel Avenue. For more info, visit adobegallery@haywardrec.org

● **Loyal Americans: Japanese American Imprisonment During World War II**, an exhibition of artifacts and stories of people whose civil rights were violated, continues in the Special Gallery at the HAHS Museum of History & Culture through Oct. 28, at 22380 at Foothill Blvd in Hayward.

● **'Teachers Exhibit' Watercolors**, featuring botanical works by artists who have taught in Castro Valley and Hayward are currently on display at the Castro Valley Library. The exhibition continues until Sept. 6. View more paintings at www.sfbotanicalartists.com

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

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ARIES (March 21 to April 19) Impatience with those who don't keep up with you can cause resistance, which, in turn, can lead to more delays. Best to be helpful and supportive if you want results.



TAURUS (April 20 to May 20) A surprise announcement from a colleague could put you on the defensive. Gather your facts and respond. You'll soon find the situation shifting in your favor.



GEMINI (May 21 to June 20) Time spent away from a project pays off with a new awareness of options you hadn't considered before. Weigh them carefully before deciding which to choose.



CANCER (June 21 to July 22) Consider confronting that personal conflict while there's still time to work things out. A delay can cause more problems. A longtime colleague might offer to mediate.



LEO (July 23 to August 22) Some emerging matters could impede the Lion's progress in completing an important project. Best advice: Deal with them now, before they can create costly delays.



VIRGO (August 23 to September 22) Your aspect continues to favor an expanding vista. This could be a good time to make a career move, and taking an out-of-town job could be a good way to do it.



LIBRA (September 23 to October 22) Disruptive family disputes need to be settled so that everyone can move on. Avoid assuming this burden alone, though. Ask for -- no, demand -- help with this problem.



SCORPIO (October 23 to November 21) Patience is called for as you await word on an important workplace situation. A personal circumstance, however, could benefit by your taking immediate action.



SAGITTARIUS (November 22 to December 21) Don't lose confidence in yourself. Those doubters are likely to back off if you demand they show solid proof why they think your ideas won't work.



CAPRICORN (December 22 to January 19) A temporary setback might cause the usually sure-footed Goat some unsettling moments. But keep going. The path ahead gets easier as you move forward.



AQUARIUS (January 20 to February 18) There's welcome news from the workplace. There also could be good news involving a relationship that has long held a special meaning for you.



PISCES (February 19 to March 20) You might still need to cut some lingering ties to a situation that no longer has the appeal it once held. In the meantime, you can start to explore other opportunities.

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Remembering Julia

Julia Child was a favorite of audiences from the moment of her television debut on PBS in 1963 where she became a familiar part of American culture.

Born in Pasadena in 1912, she died Aug. 12, 2004, two days before her 93rd birthday.

In 1966, she was featured on the cover of Time. Her kitchen became one of the most popular exhibits at the Smithsonian Institution.

In her opinion, people were so fearful of elevated cholesterol levels and other health problems that they were going overboard in eliminating butter, cream and salt, which she considered essential ingredients for good cooking.

"We should enjoy food and have fun," Mrs. Child insisted. "It is one of the simplest and nicest pleasures in life."

Bon Appétit!

ROAST TURKEY WITH OLIVE & MUSHROOM STUFFING

This adaptation of a Julia Child recipe calls for putting the turkey in the oven about six hours before you intend to serve it. You might want to hang onto this one for your Thanksgiving dinner!

1 14-to-16 pound oven-ready turkey

Olive oil for sautéing

2 cups sausage meat

1 cup minced onions

Turkey liver

1 pound fresh mushrooms, washed and diced

1 cup black olives, pitted and chopped

2 anchovies, diced

2 tablespoons capers, pressed dry and minced

2 eggs, lightly beaten

1 clove garlic, mashed

1/2 teaspoon thyme

1/2 bay leaf, pulverized

4 cups dried bread cubes

Salt and pepper to taste

4 tablespoons soft butter

The turkey stock

To make the stuffing, break up the sausage and sauté slowly in a frying pan until lightly browned.

Remove to a large mixing bowl, pouring the fat into a cup.

Using 2 tablespoons of the fat, sauté the onion until very lightly browned, about eight minutes, then add the liver and sauté for another minute or two. Scrape the mixture into a mixing bowl.

Sauté mushrooms in about 2 tablespoons of the fat for 2-3 minutes, then scrape into mixing bowl with onions and liver. Beat in the olives, anchovies, capers, eggs, garlic, bay leaf and thyme. Fold in bread cubes and salt and pepper.

Preheat oven to 325°F.

Season cavity of turkey with salt and pepper and fill with stuffing, leaving an inch unfilled at the vent end. Truss the turkey, rub it with butter and place breast-up on a rack in roasting pan. Roast until a meat thermometer inserted into the thickest part of the thigh (but not against bone) reads about 185°F.

Allow turkey to rest for about 30 minutes before carving. Thicken juices from roasting pan for gravy.

STOVE-TOP ANNA (Potatoes & Cheese)

2-1/2 pounds boiling potatoes (about 10 cups, sliced)

1/3 to 1/2 cup olive oil or clarified butter

4 ounces Swiss cheese, cut 1/8-inch thick and about 1 by 1-1/2 inches across

Salt and freshly ground pepper

Freshly grated nutmeg

One at a time, peel potatoes and cut into fairly neat, round slices 1/4-inch thick and 1-1/4 inches in diameter, dropping slices into a bowl of cold water. When all are done, drain slices and dry in a towel.

Pour 1/4 inch of the butter or olive oil into a heavy 10-inch no-stick frying pan and set over moderate heat. Rapidly arrange an over-lapping layer of potato slices in the pan, shaking it gently from time to time to prevent sticking. Baste with a sprinkling of butter

or oil, arranging a second layer over the first, and over this arrange a layer of the cheese slices. Season a third layer of potatoes with salt, pepper and a speck of nutmeg.

Continue filling pan with potatoes, cheese, seasoning and end with a layer of potatoes.

When filled, shake the pan gently again, and let cook 3 to 5 minutes over moderately high heat to be sure the bottom is crusting.

Then cover the pan and set over low heat for 45 minutes, or until the potatoes are tender when pierced with a small knife. Be sure the heat is regulated so that the potatoes do not burn on the bottom. Run a spatula all around the edge of the pan and underneath the potatoes to loosen them. Unmold onto a hot serving dish. Serves 6.

Adapted from Julia Child's "The Way to Cook" (Alfred A. Knopf).

CHOCOLATE MOUSSE CAKE

1 tablespoon instant coffee

4 tablespoons hot water

4 tablespoons dark Jamaica rum

14 ounces semisweet baking chocolate

2 ounces unsweetened baking chocolate

6 large eggs

1/2 cup sugar

1 cup whipping cream, chilled

1 tablespoon vanilla extract

Confectioners' sugar

Preheat oven to 350°F and place rack in lower third.

Prep a 10-cup, non-stick cake pan by buttering it. Line the bottom with buttered wax paper. Flour the pan. Choose a roasting pan large enough to hold the cake pan easily and fill with water to come half-way up on cake pan. Set roasting pan in oven.

Swirl the coffee and hot water in a medium-size saucepan, add the rum, and break up the chocolate into the pan. Bring 2 inches of water to a boil in a larger pan, remove from heat, and set chocolate pan in it. Cover and let the chocolate melt while you continue the recipe.

Break the eggs into the beating bowl, add the sugar and stir over hot water for several minutes until eggs are slightly warm to your finger. This makes beating faster and increases volume. Then beat for 5 minutes or more, until mixture has at least tripled in volume and forms a thick ribbon when a bit is lifted and falls from the beater; the eggs should be the consistency of lightly whipped cream. (You must have beating equipment that will keep the whole mass of egg moving at once, meaning a narrow, rounded bowl and a beater that circulates about it continually.)

Pour cream into a metal mixing bowl. Empty a tray of ice cubes into a larger bowl, cover them with cold water, then set the cream bowl into the larger ice-filled bowl. Beat with a hand-held mixer or large balloon whisk, using an up-and-down circular motion to whip in as much air as possible, until cream has doubled in volume and holds its shape softly. Whip in the vanilla.

Beat up the melted chocolate with a whisk. It should be smooth and silky. Scrape it into the egg-sugar mixture, blending rapidly with a rubber spatula, and when partially incorporated, fold in the whipped cream, deflating cream and eggs as little as possible.

Turn batter into prepared cake pan, which will be about two-thirds filled. Set it at once in the pan of hot water in the preheated oven.

Cake will rise about 1/8 inch above the edge of pan, and is done when a skewer or straw comes out clean—after about an hour of baking. Then turn off oven, leave over door ajar, and let cake sit for 30 minutes in its pan of water, so that it will skink evenly.

Remove from oven, still in its pan of water, and let sit for another 30 minutes so that it will firm up before unmolding and serving. Cake will skink down as it cools to about its original volume.

This cake, a cheesecake or custard-like cake confection, is at its most tender and delicious when eaten slightly warm. But you can cook it even a day or two in advance, leave it in its pan (covered when cool, and refrigerated), then set it in a 200°F oven for 20 minutes to warm gently.

To serve, unmold cake and decorate with sprinkling of confectioners' sugar or with soft chocolate icing (semisweet chocolate melted with a little butter). You may wish to pass a sweetened, vanilla-flavored whipped cream with the cake. Serve 8 or more.



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Back-to-School Time: Eight Tips on Getting Your Children Ready

By Cathy Malone
SPECIAL TO THE FORUM

As the days of summer become shorter and vacation draws to a close, the time has come to put away the beach bag and break out the back packs.

Back-to-School time can be very intimidating for some children, who become filled with anxiety over changing teachers, grades and friends.

It's important to give your kids every opportunity to feel confident and prepared for the new school year. This involves more than buying them back-to-school supplies.

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, after school activities and designated play times.

5. Set Goals for the School Year. Talk with your child about what they want to accomplish this school year. Creating a goal board can help motivate and increase excitement!

6. Back to School Shopping. Make it fun! Let them cross their school supplies off the list and help pick out a new outfit.

7. Back to School Activities. Find out about back-to-school activities or events, such as Back to School night or sporting events and participate as a family.

8. First Day of School Ritual. This can include taking pictures of them on the front lawn before they leave for school or making them their breakfast of choice.

Cathy Malone is an educator and University of Phoenix instructor.



It's important to give your kids every opportunity to feel confident and prepared for the new school year.

'Needs' and 'Wants': Organizational and Money Saving Tips

By Jason Alderman
SPECIAL TO THE FORUM

Parents, if this is your first time at the back-to-school rodeo, let me share a few lessons my wife and I have learned the hard way.

Chances are you'll be spending the next few weeks filling out piles of pre-enrollment paperwork, lining up carpools and, of course, taking the dreaded shopping excursions for clothes and school supplies.

If you're a first-timer or simply need a back-to-school refresher course, here are a few organizational and money-saving tips:

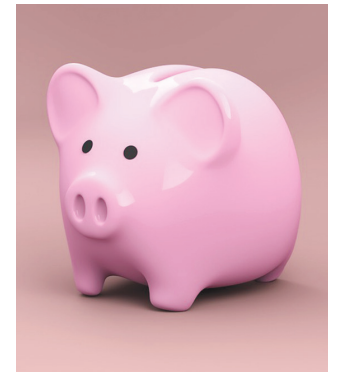
- Before you shop, make a comprehensive list for each child. Use previous years' expenses as a guide and compare notes with other parents and school officials.
- Engage your kids in the budgeting process. Share how much money is available to spend and get them involved in prioritizing expenses between "needs" and "wants."

- Go through your kids' closets and have them try on everything. Make an inventory of items that fit and are in good shape, and take it when shopping so you don't accidentally buy duplicates.

- Spread clothing purchases throughout the year so your kids don't outgrow everything at once. Many stores hold fall clearance sales to make room for holiday merchandise.

- Review the school's dress code so you don't waste money on inappropriate clothing.

- Although shopping online would seem to save money, time and gas, don't forget to factor in shipping and return costs, which could undo any net savings.



- Ask which school supplies you're expected to buy. Go in with other families to take advantage of volume discounts and sales.

- Find out how much extracurricular activities (athletics, music, art, etc.) cost. Account for uniforms, membership dues, private lessons, field trips, snacks, etc.

- Rent or buy used sporting equipment or musical instruments until you're sure they'll stick with an activity.

- Know when to spend more for higher quality. Cheaper notebook paper shouldn't matter, but don't buy poorly made shoes that might hamper proper physical development.

- Before buying new clothing or accessories, look for "gently used" items in the closets of your older kids and friends, at garage sales, thrift and consignment stores and online.

- Clip newspaper and online coupons. Many stores will match competitors' prices even if their own items aren't on sale.

Bottom line: If you get organized before setting out on back-to-school shopping, you can save money, time and aggravation.

Jason Alderman directs Visa's financial education programs.

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Help Your Student Athlete Avoid Top Sports Hazards

For many kids, playing sports is an important part of growing up, and that's a good thing. Sports are a great way for children and adolescents to develop lifelong exercise habits, build relationships, and learn teamwork.

"Parents can play a vital role in ensuring young athletes train and condition properly," says Dr. James Perrin, president of the American Academy of Pediatrics. "From staying hydrated to wearing safety gear, kids may need periodic reminders."

Here are ways to help your child avoid common sports hazards:

Condition
Athletes will reduce their risk of injury by strengthening muscles to protect vulnerable ligaments. This is especially important in certain sports – soccer, football, basketball, volleyball, gymnastics and lacrosse – in which athletes

are prone to injuring their anterior cruciate ligament (ACL), which provides stability to the knee.

Girls need to be especially careful. Adolescent girls are four to eight times more likely to suffer ACL injuries than boys.

Neuromuscular training programs that strengthen hips, the core muscles and hamstrings can significantly reduce one's risk for injury. This training will help athletes improve their form and have a greater awareness of how to safely pivot, jump and land.

Stay Hydrated
Water is the best way for kids to stay hydrated while playing or exercising. Sports and energy drinks are heavily marketed to children and adolescents, but in most cases kids don't need them, and some of these products contain ingredients that could be harmful to children.

see **SPORTS** on page 9



Enhance your children's creativity by encouraging them to try new things.

Fostering a Child's Creativity

(NAPS)—Fostering a child's courage to express creativity is perhaps one of the most important goals that parents can set for themselves.

Understanding Creativity

Often, when people think of creativity, they think of the arts, but it starts with play early in life and leads to other things as children grow. It's through play that children begin to develop their creative muscles, whether with blocks, dolls or action figures. Beyond play, kids may find creativity in the way they play sports, clean their room, prepare their food or do their schoolwork.

According to experts at The Genius of Play™, a national movement to raise awareness about play's critical role in child development and encourage more play in children's lives, creativity can help build confidence, flexibility, individuality, mental agility, and even better physical health.

Expert Advice

Dr. Erik Fisher, Ph.D. and The Genius of Play expert, believes the best way to foster children's creativity is to encourage them to try things and not feel afraid to fail.

Failure itself is an amazing learning experience as it helps children develop tenacity and perseverance, which are some of the most important skills they'll need later in life. At the same time, parents should be aware of their own emotions, attitudes and beliefs and be willing to create with their child. Many times, parents want their kids to "fit in" and don't realize they're stifling creativity.

To help ensure that creativity is part of your child's play routine, Dr. Fisher suggests:

- Don't focus on just the arts. Play has a key role in helping develop children's creative muscles. As children develop creativity in one area, it often extends to other areas.

- Help your kids stretch their creativity muscles and yours by experimenting with many different kinds of toys and playful activities. Trying new things lets kids discover what they like and explore their own talents.

- Observe and appreciate your child's uniqueness and celebrate how they do things differently.

- There's no better way to dry up creativity than with criticism. Try to find constructive ways to give feedback and seek ways to be positive.

- Help your child see failure through play as a learning experience, not a time to quit.

Learn More

You can get ideas on how to enhance creativity and other developmental benefits, expert advice and play resources at www.TheGeniusOfPlay.org, @GeniusOfPlay on Facebook and on Instagram.

—North American Precise Synd., Inc.

Sports: The Most Common Type of Injury

continued from previous page

Sports drinks which contain carbohydrates and electrolytes, can be helpful for young athletes engaged in prolonged, vigorous exercise, but in most cases they're unnecessary. Plain water is usually best, as sports drinks contain extra calories and sugar.

Energy drinks, which contain stimulants like caffeine, are not healthy for children or teens. Read the label to know exactly what you're giving your child. When in doubt, stick to water.

Protect Your Head

Because young athletes' brains are still developing, it's important to take head injuries seriously. Adolescent concussions can cause long-term brain injury.

If your young athlete sustains a concussion, he or she should be evaluated by a physician and receive medical clearance before returning to play. While concussion symptoms usually resolve in seven to 10 days, some athletes may take weeks or months to recover, and some students may need accommodations at school during this recovery.

Don't Overdo It

The most common type of sports injury is from overuse. Ignoring pain can not only worsen the injury, but it can also cause long-term damage.

Limit your child to a single sport or team per season, and the training schedule to no more than five days per week. Alternating sports can help avoid burnout.

More sports safety tips can be found at: HealthyChildren.org.

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Don't Forget Health, Wellness On Back-to-School Check List

Between buying new school supplies and meeting your children's teachers, back to school season is a busy time. But parents should not forget to prep for the school year by considering health and wellness.

The first step is to schedule a visit to the doctor.

"The start of a new school year is an excellent reminder to take kids to the pediatrician for their annual checkup," says Dr. Thomas McNerny, president of the American Academy of Pediatrics, who offers these tips for parents:

- ✓ Doctor's visit: Make the most of your visits by making a list of issues to discuss.

- ✓ Immunizations: Whether you're the parent of a young child, a teen or a young adult heading to college, ask your pediatrician what immunizations your child is due to receive. Vaccines save lives and keep kids and adults healthy.

- ✓ Nutrition: Talk with your child's pediatrician and school about healthful food choices. You can ask the school to stock the cafeteria and vending machines with nutritious food, such as fresh fruit, low-fat dairy products, water and 100 percent fruit juice. If you don't like the options the school offers, pack lunch and snacks at home.

- ✓ Limit soda consumption. Each 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories. Drinking



With a focus on safety and health, you can help make this school year successful for your kids.

just one can of soda a day increases a child's risk of obesity by 60%.

- ✓ Exercise: Make sure your kids are getting plenty of exercise. Turn off the television and make time for sports teams, gymnastics classes and bike rides. Aim for at least an hour a day.

- ✓ Backpacks: Choose a backpack with wide, padded shoulder straps and a padded back or a rolling backpack. Backpacks should never weigh more than 10 to 20% of your child's body weight.

- ✓ Getting there: Whether your child is biking or walking, teach him or her about traffic safety. For bikers, ensure helmets fit properly. Those who take the bus should be

instructed to stay seated and listen to the bus driver.

- ✓ Sleep: Get plenty of sleep to be alert. A regular bedtime can help your child get on a healthy sleep schedule.

- ✓ Bullies: A bully can pose a true threat to a child's physical and mental well-being. Your pediatrician is well equipped to answer questions about mental health, too. Teach kids how to respond confidently to bullies and encourage them to tell an adult when there's a problem. Remember, bullying can occur online too. So keep tabs of your children's social media use.

More back to school health tips at: www.HealthyChildren.org.



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ATHLETES OF THE WEEK



This week's Athletes of the Week are the eight top students from CV's ZMATA/Soul Fighters who traveled to Azusa Pacific University in Southern California for the Jiu-Jitsu World League American Open, on Sunday, July 29.

With over 1,000 competitors and well over 100 different academies represented, from mainly throughout the state of California, ZMATA's

team brought home five gold medals, one silver medal, and two bronze medals. With an accumulative score of 227 team points, ZMATA took home the second place team trophy in the Elite 8 category and placed seventh overall for individual academy out of 142 registered academies.

Top row from left, Leo, Jesiah, Dania, Louis, Skyler, Ajayzee, Justin; bottom row, Adrian.

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Get Screened: Colon Care for Life

By Wei-Fang Ko, M.D.
SPECIAL TO THE FORUM

Colon cancer is one of the most treatable cancers when detected early. Yet according to the American Cancer Society, half of people age 50 and older who should be screened for colon cancer are not.

March is National Colorectal Cancer Awareness Month and an opportunity to learn more about keeping your colon healthy.

Many people tend to put off colon cancer screening, but the significant health benefits make the exam preparation and screening process very worthwhile. With regular testing, thousands of lives could be saved each year.

What is colon cancer?

Colon cancer usually develops slowly in the large bowel or colon. Often, it begins when environmental or genetic changes cause the growth of abnormal tissue or a polyp. Most of this tissue begins as polyps, or noncancerous tumors, that grow on the inner lining of the colon. If not removed promptly, some of these polyps can become cancerous.

Why screening is important

There are many screening tests – talk with your doctor to determine your risk and which screening test might be best for you. Most people with an average risk for colon can-



cer should be screened at age 50.

A colonoscopy is one screening option that your doctor may recommend, usually once every 10 years. During this screening, doctors examine the entire length of the colon to detect polyps or early stage cancers.

Regular colonoscopy screenings for the detection and removal of polyps can reduce a person's risk of developing colon cancer by up to 90 percent. And the detection of early stage cancers increases the chance of a successful treatment outcome.

Preparation

To see the colon lining clearly, your doctor will prescribe a strong laxative for you to drink to clean out your colon. Preparing for your colonoscopy can take one to two

days depending on what your doctor recommends.

Depending on the method of preparation, patients should not eat solid foods for 24 hours prior to the procedure, but they can have clear liquids, such as water, tea, apple juice and clear bouillon.

What to Expect in the GI Lab

During a colonoscopy, most patients receive a sedative. Those receiving conscious sedation are closely monitored. Although they can hear and follow instructions, many do not remember the 30 minute screening. Patients should expect to spend 2-3 hours total at the GI lab.

To examine the colon, your doctor will insert a thin, flexible colonoscope and move it gently through your colon. A chip in the tip of the scope transmits images to a computer screen while fiber bundles provide light so your doctor can check for polyps. You may feel a little pressure on your abdomen as your doctor manipulates the scope, but most patients remember feeling very little at all. Doctors can immediately remove any polyps and take tissue samples during the colonoscopy.

About the author: Wei-Fang Ko, M.D., is a board-certified gastroenterologist and affiliated with Eden Medical Center.

SPORTS NOTES

Cross Country

Sign up open now for Castro Valley Track Club's cross country season. Thanks to its Lake Chabot Trail Challenge, CV Track Club's offers its cross country season without dues or cost for uniform, and will pay for hotel cost at its USATF Junior Olympics Nationals in Reno on Saturday Dec. 8. Practices are at local parks and Canyon Middle School. For details, click on JOIN page at www.cvtrackclub.com

Castro Valley Synergy 12U 2018 Fall Tryouts

Synergy 12B, coached by Scottie Mendoza, will hold a tryout today, Aug. 8 at 5 p.m. for pitchers and catchers, and from 6-8 p.m.

for everyone at the CVHS softball fields. Please arrive 15 minutes early for check-in and warm-ups. Bring water and softball gear. Catchers need to bring their own gear. For more, contact: Coach Scott Mendoza at 626-261-3469 or scottmendoza192@gmail.com

Castro Valley Synergy 18 Gold 2018 Fall Tryouts

Tryouts are at the CVHS Varsity Field from 5:30 to 8 p.m. on Thursdays Aug. 9, and from 10:30 a.m. to 1 p.m. on Saturday, Aug. 11 and Sunday, Aug. 12. CV Synergy 18G is a highly competitive travel softball team. We strive to give our players the best opportunities in order to achieve their goals and play at the next level, all at an affordable price. For more information about the team or are in need of a personal workout, call Mike Adami at 415-308-4712.

NEW CLASS FOR FAMILY CAREGIVERS

To help family caregivers learn about the most prevalent co-existing medical conditions among the elderly and chronically ill, Hope Hospice presents "Understanding Advanced Illness" this Saturday, August 11, from 9:45 a.m. to noon.

Anyone engaged as a family caregiver is invited to attend, at Hope Hospice, 6377 Clark Ave., Suite 100, Dublin (2nd floor). Register at: HopeHospice.com or contact Hope Hospice Community Health Educator Debbie Emerson at debe@hopehospice.com.

Hope Hospice's Family Caregiver Education Series offers 14 classes designed to provide training, education, support, and resources for those caring for loved ones with chronic or disabling conditions. To download a copy of the class schedule, visit HopeHospice.com and select the Family Caregiver Education Series.

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Additional features include an inside laundry room with 1/2 bath and door to backyard, 2 car garage, hardwood flooring, dual pane windows, attic with a pull down ladder and so much more.



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Bulbs

When storing bulbs, shake them free of soil and let them dry in a sheltered spot for several days, then place them in plastic bags filled with sand, vermiculite or peat moss. Poke holes in the bag for ventilation and store in a cool, dry area.

Flowers

Feed azaleas, camellias and rhododendrons with an acid fertilizer for the last time this year to help them set buds for early spring bloom. Continue feeding begonias, fuchsias and summer annuals. Feed chrysanthemums until their buds begin to show color and open.

Harvesting Cucumbers

It's better to pick cucumbers too small rather than too big. They are a vegetable with a short life of high quality on the vine and most flavorful when only a few days old. If you miss this stage, the insides often turn soft, seedy and bitter.

Hedges

Shape hedges for the last time this season.

CASTRO VALLEY HOUSE RENTAL NEEDED!

I am a native of Castro Valley, and my business partner really likes the area and wants to move here. Currently, he is commuting between Bakersfield and San Leandro, which is too much travel, so he has asked me to help find him a house here.

- He will prepay 1 year in advance
- Security deposit as per landlord
- He has no pets
- Looking for a 3 bedroom, 2 bath with garage
- Must be in the Castro Valley school district
- Ideally on a quiet street & east of 580

Please contact me at
lee@usafoods.com or 510-600-3000

RECENT HOME SALES

Castro Valley

19301 Center Street	94546: \$650,000 3 BD - 1,066 SF - 1940
21109 Gary Drive	94546: \$570,000 2 BD - 1,070 SF - 1981
1725 Grove Way	94546: \$955,000 4 BD - 1,904 SF - 1950
2340 Lessley Avenue	94546: \$715,000 3 BD - 1,028 SF - 1948
2464 Mikemary Court	94546: \$850,000 3 BD - 1,156 SF - 1955
2500 Miramar Avenue	94546: \$450,000 2 BD - 1,145 SF - 1982
22055 Queen Street	94546: \$680,000 2 BD - 1,320 SF - 1947
19992 Santa Maria Ave.	94546: \$720,000 2 BD - 1,250 SF - 1946
20106 Sapphire Street	94546: \$766,000 3 BD - 1,060 SF - 1950
5216 Tyler Court	94546: \$1,300,000 3 BD - 3,266 SF - 1964
21172 Walker Court	94546: \$830,000 3 BD - 1,366 SF - 1954
18036 Walnut Road	94546: \$1,200,000 4 BD - 2,602 SF - 1951
6533 Crow Canyon Rd.	94552: \$1,025,000 N/A BD - 2,120 SF-1968
5426 Greenridge Road	94552: \$1,160,000 4 BD - 1,834 SF - 1960
5895 Jensen Road	94552: \$1,550,000 5 BD - 3,024 SF - 1970
20078 Jessee Court	94552: \$998,000 4 BD - 2,125 SF - 1988
7318 Longmont Loop	94552: \$950,000 4 BD - 2,251 SF - 2001
18555 Mountain Lane	94552: \$1,080,000 3 BD - 2,406 SF - 1978
15277 Laverne Drive	94579: \$676,500 2 BD - 1,474 SF - 1958

TOTAL SALES: 18
LOWEST AMOUNT: \$450,000 **MEDIAN AMOUNT: \$900,000**
HIGHEST AMOUNT: \$1,550,000 **AVERAGE AMOUNT: \$913,833**

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AUGUST 11TH & 12TH



CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
A	—	2-4	14420 Cypress St.	\$629,000	3/1	Rinetti & Co. RE	Earle Shenk	510-220-6407
A	1-4	1-4	1586 Graff Ave.	\$898,000	3+/2	Pacific Union Intl.	Michelle Miller	510-701-3442
C	1-4	1-4	17674 Trenton Dr.	\$899,500	3/2.5	Berkshire Hathaway	Cathy Brent	510-381-1065

CITY GUIDE

A = SAN LEANDRO • B = SAN LORENZO • C = CASTRO VALLEY • D = DANVILLE • F = FREMONT • H = HAYWARD • K = CONCORD
L = LIVERMORE • O = OAKLAND • P = PLEASANTON • S = SHEFFIELD VILLAGE • SR = SAN RAMON • W = WALNUT CREEK



All real estate advertised in the Castro Valley Forum is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination because of race, color, religion, sex, handicap, marital status, national origin, or intention to make any such preference, limitation or discrimination. The Castro Valley Forum will not knowingly accept any advertisement for real estate that is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

Lowballs Offers Signal A New Reality

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



We posted a lovely home on the MLS recently, and seven days later I changed the status from active to pending. One hour later, I received a call from a person stating he had seen the listing go pending.

He congratulated me on the accepted contract and asked for the pending price. I queried as to whether he was an agent or a buyer. When he confirmed he was a buyer and was interested in writing an offer on a comparable home, I explained that I could not disclose the pending price. He pushed back, asking if it was more than \$50,000 lower than list price or over asking price. When I explained that it was indeed over asking, the incredulity in his voice was palpable.

"Over asking?" he said, with apparent shock. "Over asking indeed," I replied.

The call highlighted something

I've noticed in the past week. It has become obvious that the market has been slowing. While it has been difficult for most sellers to come to grips with this new reality, some buyers have adapted to the change like sharks sniffing blood in the water.

While sellers are gingerly feeling their way through longer Days on the Market and potentially lower offer prices, we are seeing a few buyers interpreting the current softening market as permission to go for the jugular.

Think, "Lowball Offers."

Just this past week we've seen lowball offers come in three of our listings (offers at least 10% under asking price), none of which had been on the market longer than three weeks.

It has been insult to injury for sellers already grappling with lower prices and a drastic change from the market that existed a few short

months ago. The lowballs have all been summarily dismissed, but the fact that they exist at all signals that buyers are hoping the current market signals a window of opportunity.

Truth is, it is too soon for buyers to start lobbying in underpriced offers. The market may be slowing, but it is a long way from the collapsing market we saw a decade ago. The underlying fundamentals are still very strong and we do not see any impending collapse.

While buyers may be eager to cash in on a perceived weaker market, sellers do not share the same enthusiasm, and any downward shift is going to take a bit longer to become a reality, if at all.

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.

DO AWAY WITH THROW-AWAY

THINK: WHAT WOULD AGAIN! DO?

AGAIN! is our Zero Waste character who embodies one of the 4Rs - Reuse. Most often used in our school programs, our Zero Waste characters demonstrate the principles of minimizing waste. When packing lunch, AGAIN! could include **reusable** napkins, plates, food storage containers and utensils. AGAIN! holds a reusable bottle to **refill** and carries items in a **reusable** tote bag.



Instead of bringing things for lunch that will end up in the landfill, think "What would AGAIN! do?" **AGAIN! would "do away with throw-away"** and 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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LETTERS

TO THE EDITOR
FREDZ@EBPUBLISHING.COM

PRINTING ERROR

Last week's Page 14 was an reprint of the previous week's Letters Page due to a production error at the printing plant.

Take a Tour of CV's Wildfire Hazards on Monday

Editor:

I encourage interested residents to join the Castro Valley Municipal Advisory Committee on Monday, Aug. 13 at 4 p.m. for a tour of the Ten Hills Trail to learn about "Wildland Urban Interface" and potentially devastating fires threatening our community.

This tour will gather at Redwood Road and Camino Alta Mira (adjacent to the Ten Hills Trail). Attending the tour fire and safety representatives from Alameda County, East Bay Regional Parks District and East Bay Municipal Utility District to discuss dangers of and mitigations for potential Wildfires.

A group of Parson Estates residents has been meeting and working with the MAC to address this issue, and bring attention to extreme fire danger effecting various parts of Castro Valley. The tour is a follow up to their March meeting on the subject.

Castro Valley is blessed with surrounding regional parks, open space and forests. All of our neighbors need to be concerned that a devastating Wildfire may not only burn adjacent properties, but can sweep into the city. Look only at the fire destruction in Santa Rosa.

We look forward to collaborating with various agencies to ensure that Castro Valley is a high priority in Wildland Urban Interface Fire prevention, planning and response.

Our group hopes these efforts may include widening Ten Hills Trail, clearing fire fuel, installing trail/firebreak waterlines and hydrants, educating property owners on fire safe and developing and funding a comprehensive plan for Castro Valley. Let's work pro-actively on preventing Castro Valley from becoming another devastating Wildfire event like Santa Rosa, Sonoma County, or the Berkeley-Oakland Hills.

—Steve Hollister, Castro Valley

A Wildfire That Could Threaten Downtown Castro Valley

Editor:

Our East Bay Park District invites all Castro Valley residents to inspect the critical fire hazard along the Ten Hills trail at an important meeting at 4 p.m. on Aug. 13. Please meet at Redwood Rd. and Camino Alta Mira. Just like in Santa Rosa, a forest fire on Lake Chabot property would wipe out the homes on the ridge and then spread to downtown Castro Valley.

Many years ago plans were put in place to protect Castro Valley with basic trail maintenance. Today, the goal posts have moved. The forest and undergrowth have grown enormously, despite the trail maintenance. We now have a fine thread that could wipe us out. Unlike 50 or 60 years ago, huge trees now overhang the trail and reach into the backyards of neighborhood houses. Can we save Castro Valley? Absolutely! But first we must all agree that we have a real problem and that the status quo will no longer work.

Nature gave us a bigger forest. The trail must be cleaned of trees and vegetation to form a fire trail 100 feet wide, which must be maintained. Water and fire hydrants must be installed so that fire fighters and equipment can safely stop a fire. At this crucial point any measure taken short of that will obviously result in another Santa Rosa like catastrophe.

How about funding? For years, special funding from measure KK and CC has been directed to East Bay Parks for trail maintenance and fire prevention. Gov. Brown's recent state budget provides for 256 million dollars for fire prevention. On July 23, the East Bay Times front page article mentioned our state now flush with cash, doling out \$2.5 billion on new grants. Our East Bay Parks District recently received a \$2.1 million grant for habitat restoration.

The money is there, but we need to unite. We simply need to have the various agencies, EBMUD, Parks District and Fire Prevention to sit down with us and formalize a plan to justify receiving these grant monies. Together we can save Castro Valley.

—John Sullivan, Castro Valley

Angry Over 'Mis-characterization' of CV Area Veterans

Editor:

I was totally taken aback by Mr. Ashley's letter ("A Better Use for Castro Valley's Old Library Building," Letters, July 25).

His malicious false, unsubstantiated statements and mis-characteri-

zation of our Castro Valley area veterans left me too angry and full of rage to respond till now.

I served in our Navy for 28 years and continue to serve as a Charter member of our VFW Post 9601 Castro Valley. I serve as a member of our Honor Guard. Our post renders Military Honors in funeral/memorial services as requested, participates in parades and leads numerous events at the Castro Valley Veterans Memorial.

As a Brown Water Navy sailor, I served in rivers/harbor of Vietnam and Cambodia. As result of my service in Vietnam I lost most of my right lung due to an Agent Orange exposure.

As a Senior Chief in the US Navy, I know the difference between fact, stretching the truth and sea story. Mr. Ashley managed to spin a fine Sea Story, stereotyping an old Veterans Hall. (Combat Veterans share a special bond. Have they earned the right to tell their story?)

We do not enjoy rent free meeting place with a bar. Our charter does not allow us to have a drink during our Post meetings. Hayward Veterans Memorial Building does not have a bar. Our VFW post was paying \$75 per month to use the Moose Lodge as our meeting place. We pay \$200 a month for storage unit to store lots of equipment and supplies for our needy and disabled veterans (wheel Chairs, hospital bed, walkers, etc.).

Our main goal is to keep the building paid for through an assessment on our property taxes to remain a resource to serve the community as a small meeting and conference center. We oppose the demolition of this Mid-Century modern building.

Our hope is to create a meeting space for all veteran and civic organizations, storage area for the Friends of Library and service organizations, classrooms for vocational training and office spaces for Veterans Service Officers, "Veterans helping Veterans."

Please visit our web site: saveouroldcvlibrary.org/ and sign our petition @ Change.org.

—Keisuke "Kasey" Warner, Castro Valley
Vietnam/Desert Storm Navy Veteran

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

Obituaries

Anna Schiavello

Anna (Ann) Schiavello passed away on Wednesday, August 1, 2018 in Pullman WA at the age of 92. Ann was born in Brooklyn, NY. She lived in New York, California and Washington. Ann worked for the Farmingdale, NY Public Library, Hayward, CA Department of Public Schools and the Diocese of Oakland, CA Catholic Schools. For the past four years, Ann lived happily in Pullman, WA in the company of her husband Joseph (deceased), children, grandchildren and great-grandchildren. Ann will be remembered for her strong commitment to all her undertakings and for her devotion to her loved ones. She will be missed very much.

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Mark Jay Clinton
Iskrena Georgieva
Joseph F. Huber
Anna Schiavello

■ **HUBER, Joseph F.**, passed away on July 26, 2018 at the age of 81. He was a resident of Castro Valley for the past 40 years. Joe was an entrepreneur, auto enthusiast, animal lover and Oakland A's fan. Joe will be truly missed by his family and friends. Private services were held. Arrangements by Santos-Robinson Mortuary 510-483-0123.

Iskrena "Irene" Dimitrova Georgieva

December 12, 1970 ~ July 26, 2018

Iskrena (Irene) Dimitrova Georgieva died unexpectedly on July 26th in Dallas, Texas at the age of 47.

Iskrena was born on December 12, 1970 in Ruse, Bulgaria to Boiana and Dimiter Ungorov. She graduated from Sofia University in 1992 with a Master's Degree in Mathematics. She married George, a software engineer in 1993. After moving to Northern California, Iskrena began working for Nutanix as a software engineer. She and her family joined the community of Castro Valley in 2013.

She loved to run in her spare time. Just 3 months ago, she ran the Western Pacific Marathon. Iskrena put hard work and dedication into everything she set her mind to. She was kind and incredibly selfless. She will never stop being a true inspiration to everyone who knew her.

She is survived by her spouse George, daughters Annie and Gaby, son Danny, her mother Boiana and sister Dessie.

A funeral service officiated by Pastor Sando is scheduled for Saturday, August 11, 2018 at 10:00am at Graham-Hitch Mortuary. All are welcome to attend and celebrate Iskrena's life. Flowers and condolences in care of Iskrena's family may be sent to Graham-Hitch Mortuary, 4167 First Street, Pleasanton, 94566.



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Mark Jay Clinton

September 11, 1951~July 28, 2018

The world lost a kind and compassionate man much too soon. Mark loved his time to be filled with family and friends. He appreciated a beautiful sunset, the gentle snowfalls at his home in Amador County and a good comedy movie. Lover of the Oakland A's, Golden State Warriors and the Oakland Raiders. NOT to be confused with The "Las Vegas" Raiders.

He was preceded in death by his parents, his sister Ruth, and his "BRO" Doug, all of whom he loved dearly. He will be greatly missed by his wife Wendy, five daughters, sons in law that he considered sons, his six grandchildren, two sisters, brothers and sister in law, nieces and nephews and numerous close friends. Mark was not only generous with his love, but his time. In his memory, find the time to volunteer in your community, or strike up a conversation with a stranger, both things he did frequently, as he knew kindness made this world a better place. And don't waste time sweating the small stuff, live simply and peacefully.



CASTRO VALLEY FORUM OBITUARIES

may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209. Include a phone number. For help, call Patrick Vadnais at 510-614-1558



Lu Bedard

Friends and Family are invited to a Remembrance for Lu on Friday, August 10, 2018 from 2 p.m. to 4 p.m. at JP's Restaurant, 3600 Castro Valley Blvd. in Castro Valley.



PHOTO BY BILL OWENS

The Altamont Music Festival was a counterculture-era rock concert in 1969, held at the Altamont Speedway on Dec. 6.

Free Photo Exhibit

"Altamont to America" celebrates the work of internationally renowned photographer and Hayward resident Bill Owens on his 80th birthday.

The exhibit opens with a public reception at the PhotoCentral Gallery from 2 to 5 p.m. on Saturday, Aug. 18. The event is free and open to the public.

The exhibition coincides with the release of his book, *Altamont to America: Bill Owens and the Legacy of Suburbia*, the catalog for the exhibition. Owens will be on hand to sign copies of the limited edition book, which spans six decades of American culture.

Owens, who opened Buffalo Bill's Brew Pub in Hayward 35 years ago, is president of the American Distilling Institute which he founded. He has become one of the leading spokesmen of the craft distilling movement.

The "Altamont to America" exhibit continues through Oct. 20. The PhotoCentral Gallery is located at 1099 E St. in Hayward. The Upstairs gallery is open Mon.-Fri. 9 a.m. to 5 p.m.; Downstairs gallery hours are Mon. 5 p.m. -10 p.m., Tues. and Thurs. 10 a.m.-1 p.m. and by appointment.

For more information, visit www.photocentral.org.

Swalwell: Never a Winning Strategy to Insult the Voters

continued from page 3

much "unlearning" of this reflexive insulting once another administration is in place.

"It's never a winning strategy to insult the voters," he said, noting that both Republicans and Democrats have done this.

He also said he and other lawmakers are "putting markers down" to ensure it isn't normalized for a president (or presidential family), whether Democrat or Republican, to profit from dealings with foreign entities.

The topic of Russian interference in our elections was touched upon, and Swalwell said there are much larger issues at stake. Turning Americans against one another not only weakens us, it makes our democracy and way of life look unattractive to Russians and the rest of the world.

"We have to understand what Russians did, so they or other entities don't do that again," said Swalwell.

One young man said that he fears for his "black and brown brothers and sisters in his community," and hopes for higher-quality candidates for President.

"Vote," advised Swalwell. "We have to vote our way out. Vote for our lives, because that's what's on the line, matters of life and death."

The tone of the meeting was civil until it was over, when one pony-tailed man shocked the exiting crowd by shouting, "Death to Trump!"

Rep. Swalwell's office is located at 3615 Castro Valley Blvd. It is open 9 a.m. to 5 p.m. Monday through Friday. Constituents may call 510-370-3322 with concerns and comments.

Reserve Flea Market Space

The Kenneth C. Aitken Senior & Community Center in Castro Valley has table space available for its indoor Fall Flea Market that will be held from 8 a.m. to 1 p.m. on Saturday, Oct. 6. The Center.

Table rentals are \$28 each for residents of Castro Valley and all others who live within the Hayward Area Rec District, and \$38 each for non-residents.

Registration will be accepted in person at the Senior Center starting this Friday, Aug. 10, at 8:30 a.m. Deposits are non-refundable and there is a limit of two tables per person. Register early, as the tables will sell out fast!

The Aitken Senior & Community Center is located at 17800 Redwood Road. For more information, call 510-881-6738.



PHOTO BY AL PROIETTI

BLACK BELT PROJECT: Castro Valley High School student Conal Mosbaugh, 16, cleans up the Flag Drop Box in Castro Village, one of the community projects he took on to earn his Black Belt in tae kwon do. Mosbaugh also weeded the CV Veterans Memorial and did other projects for members of American Legion Post 649.

THE FORUM CROSSWORD

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42	43				44		45			46	47	48
49					50				51			
52					53				54			
55					56				57			

ACROSS

- 1 Pooch's tormentor
- 5 Listener
- 8 Stocking feature
- 12 Fat
- 13 "Born in the ____"
- 14 Big brass instrument
- 15 Surrounded by
- 16 Place to get a slice
- 18 Exile
- 20 Round numbers
- 21 LummoX
- 23 Type measures
- 24 Germs
- 28 Pierce
- 31 Lubricant
- 32 Old phones have them
- 34 "I ____ Camera"
- 35 Fall heavily
- 37 Standards
- 39 Caribbean, e.g.
- 41 Calendar quota
- 42 From what place
- 45 Naiads and dryads
- 49 Panic
- 51 Pelvis bones
- 52 Thought
- 53 Understood
- 54 Bird's home
- 55 Sent back (Abbr.)
- 56 Individual
- 57 Relaxation

DOWN

- 1 Dieter's target
- 2 Dalai ____
- 3 Ireland
- 4 One who is hooked
- 5 Elated
- 6 "____ was going to St. Ives"
- 7 Bronx cheer
- 8 Backs of boats
- 9 Chunnel crosser
- 10 Irish Rose's beau
- 11 "Serpico" author Peter
- 17 Last letter
- 19 Coaster
- 22 Journal with a lock
- 24 Jazz style
- 25 Have a bug
- 26 Not widely spaced
- 27 Estrange
- 29 French friend
- 30 Sheep's call
- 33 Remain
- 36 Group of five
- 38 Winter weasel
- 40 High card
- 42 Sound of spinning
- 43 Jekyll's bad side
- 44 Therefore
- 46 Entreaty
- 47 Snake's sound
- 48 Fully fill
- 50 Charged bit

ANSWERS ON PAGE 3

3442 Monterey Blvd., San Leandro • \$700,000

3 Bedrooms, 2 Bath, 1405 Sq. Ft.

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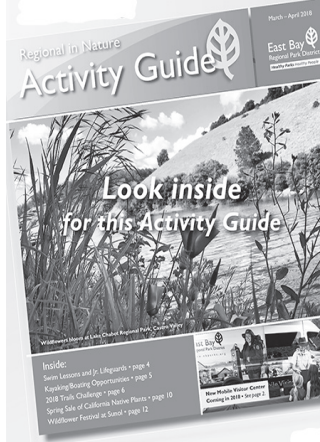
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This issue of the Castro Valley Forum contains the East Bay Regional Park District Sept-October 2018 Activity Guide.

If your copy of the Forum does not include the EBRP Activity Guide, call 510-614-1555 or stop by the Forum office (2060 Washington Avenue, San Leandro, CA 94577) between 9:00 a.m. and 5:00 p.m. Monday through Friday to obtain one.



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ADOPT-A-PET



JAX AND REX are two sweet and amazing pet rat buddies. They're very easy to handle, playful, and inquisitive. They enjoy nothing more than exploring and getting to meet new people. It would be great if they were adopted together however, they can be separated. For more information, please call Hayward Animal Shelter at: (510) 293-7200.



PANDA is Spencer's brother. He has a soft, medium length fur coat. Panda is a little shy with people at first but warms up quickly. For more information, visit: dustypawsrescue.org

SPENCER is one of a litter of four born in April. Spencer is a handsome dark grey tuxedo kitten, a very curious and active. For more information, visit: dustypawsrescue.org

Reports: CV

continued from page 3

19-year-old man from CV on suspicion of reckless driving. The man also had an outstanding warrant issued for his capture. Deputies spotted the vehicle and stopped the man in a parking lot on the Boulevard near Redwood Road. The man was taken to Santa Rita Jail pending \$5,000 in bail.

Petty Theft

Thursday, August 2: at 10:38 a.m., a 32-year-old man from Nice, California was arrested on suspicion of petty theft, possession of property that did not belong to him, and possession of illegal narcotics. Deputies stopped the man outside a home on Pine Street near Elm Street and discovered his stash. He was taken into custody.

Can't Stay Away

Monday, July 30: at 1:30 p.m., deputies arrested a 55-year-old man from Concord was arrested on suspicion of violating a court-issued restraining order. Deputies also report the man had an outstanding warrant for his arrest. The man was taken to Santa Rita Jail pending \$3,000 in bail.



Canyon Middle School was the site of a busy hazardous household waste recycling event.

Hundreds Get Rid of E-Waste

The area surrounding Canyon Middle School was busy Saturday, as people from around the county lined up in their vehicles to drop off household toxics and pick up free compost.

The mobile drop-off event was coordinated by the Alameda County Household Hazardous

Waste Facility and Castro Valley Sanitary District.

For anyone who missed the event, a residential drop-off facility is open every Friday and Saturday, 2091 W. Winton Ave. in Hayward. Hours are Fridays 9 a.m. to 2:30 p.m., and Saturdays 9 a.m. to 4 p.m. (closed Thanks-

giving, Christmas and New Year's weeks).

Items accepted include paints, solvents, epoxy, batteries, motor oil, pesticides, household and pool chemicals, TVs, computers, sharps, and more. Call 800-606-6606 or visit: www.stopwaste.org.

—by Linda Sandsmark



HOMEOWNERS:

NEED TO
REPLACE THAT
LEAKY SEWER
LATERAL?

Grants up to
\$2,000 available

LATERAL REPLACEMENT GRANT PROGRAM

Castro Valley Sanitary District (CVSan) is pleased to announce the continuance of the Lateral Replacement Grant Program (LRGP) for the 2018/19 Fiscal Year. \$50,000 in total funding has been approved and the program is scheduled to start **Monday, August 13, 2018** at 7:30 a.m. Financial assistance is available for replacement or repair of more than 50% of the lateral, up to 50% of the total cost of the lowest bid, up to a maximum of \$2,000 per lateral (subject to availability of funds).

IMPORTANT INFORMATION:

Condition Ratings

Laterals are to be video inspected by the property owner's contractor and witnessed by CVSan. CVSan will evaluate the condition of the lateral and assign a condition rating. Only those laterals with a rating above a certain designation will be eligible for the grant.

Qualified Contractors

CVSan will make a list of qualified contractors available to the public. Only those qualified will be allowed to work on LRGP projects. Qualified contractors are properly licensed to replace sewer laterals, have no outstanding matters with CVSan, and have not presented misleading or confusing print media to the community about the program.

For information, please contact Castro Valley Sanitary District
21040 Marshall Street, Castro Valley, CA 94546
(510) 606-1300 | www.cvsan.org/grants



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