

FATHER'S DAY
THIS SUNDAY

PAGE 6



CONGRATS
GRADUATES!

PAGE 9



CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, JUNE 13, 2018

NO. 24

INSIDE YOUR FORUM

NEWS



Multiple Awards

Journalism students of CVHS win 34 regional, state and national awards

Page 2

NEWS



Election Results

See the selected results of last week's California Primary Election

Page 7

H&F



Free Symposium

Eden Medical Center to host a free lung cancer symposium this evening

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PHONE: (510) 537-1792



PHOTO BY FRED ZEHNDER

Oakland Raiders' quarterback Derek Carr (far left) talks to members of the Castro Valley High School football team during scrimmages at the Raiders' Practice Facility in Alameda last Thursday morning.

A Practice with the Pros

Members of the Castro High School football team were guests of the Oakland Raiders last week for a chance to meet — and be coached by — National Football League players.

The Raiders traded an Organized Team Activity Day for community out-

reach, inviting eight local high school football teams to participate in the inaugural Raiders U 7-on-7 Tournament at the Raiders Alameda Practice Facility.

Raiders players served as coaches, giving participants the chance to interact and learn from the pro's during the

competition. Raiders coaches served as game officials.

After the tournament, Raiders players spoke to the student-athletes about the life lessons they have learned through football, and conducted a Q-and-A session.

HOMELESS HOUSING

MAC Delays Decision on 'Tiny Homes'

By Amy Sylvestri
CASTRO VALLEY FORUM

A church plan to build six "tiny-homes" for temporary homeless housing on its property was continued again at Monday night's Castro Valley Municipal Advisory Council (MAC) meeting.

First Presbyterian Church, located next to Trader Joe's at 2490 Grove Way, first proposed the idea back in April and were hoping for a conditional use permit from the MAC this week.

But the council ultimately decided that the church's plans were incomplete and asked them to come back to the July 9 MAC meeting for further consideration.

Pastor Jake Medcalf says that his church operates a warming center for the homeless in the winter, lets people who live in their cars park in their lot for safety, serves 80 to 100 people a free breakfast every Sunday, and lets 30 to 50 people shower in their gym.

But he wants to actually house people and help them get back into employment and on their feet.

"We really want to help these brothers and sisters get into housing," said Medcalf. "That's the goal."

All tenants of the tiny homes would have to under-go a background check and would have to have a job or other source of income in order to live there.

The plan for the tiny home community would be to allow people to stay in the homes for no more than 18 months, with rent increasing the longer they stay.

They'd start out paying \$200 per month which just see MAC on page 8

CVHS Class of 2018: A Memory to Last a Lifetime

By Linda Sandsmark
CASTRO VALLEY FORUM

The Castro Valley High Class of 2018 kicked off its commencement ceremony with a multi-lingual greeting in 27 of the languages spoken by families of students in the school.

"We take great pride in the diversity of our school and our community," said Student Body President Madeline Thompson.

Nearly 700 graduates were honored at last Thursday's ceremony, which hosted a standing-room-only crowd in the football stadium.

Balloons, signs, air horns and cheering crowds greeted the students, who filed in to traditional "Pomp and Circumstance" musical accompaniment.

see 2018 on page 8



PHOTOS BY ALEX TANG

Castro Valley Weather June 13 - 17, 2018



Wednesday
Mostly Sunny
High 79° Low 55°



Thursday
Mostly Sunny
High 77° Low 55°



Friday
Partly Sunny
High 73° Low 56°



Saturday
Clouds then Sun
High 69° Low 55°



Sunday
Partly Sunny
High 73° Low 57°

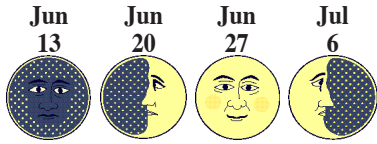
Almanac



Past Week's Rain: 00.00
Season To Date: 17.27
Normal To Date: 21.07
Season Average: 21.22

Sun sets at 8:32 p.m. today, rises at 5:46 a.m. Thursday.

Moon Phases



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PHOTO BY EMMA YIN: JEANC

Castro Valley High School journalism students won 34 regional, state and national awards.

CVHS Olympian Wins 34 Awards

Castro Valley High School journalism students finished the school year on a high note, winning 34 regional, state and national awards. CVHS journalism students publish The Olympian newspaper and website at cvhsolympian.com. Groups such as Quill and Scroll

Society, California Press Women Publishers Association (CNPA) and Journalism Education Association of Northern California (JEANC) honored Olympian staff members for their writing, photography and videos.

Among the top honors was CNPA's Best Story Award. Students Ria Panjwani and Hannah Johanson took first place in this competition for their article titled "We all came from somewhere" about how President Trump's travel ban

see OLYMPIAN on page 15

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0168-18

CV Resident Turns 100 Sunday

By Linda Sandsmark
CASTRO VALLEY FORUM

Longtime Castro Valley resident Kathleen (Kay) Hayes will reach the century mark this upcoming Sunday. She celebrated her 100th birthday a few days early at a family party in Twain Harte last weekend.

Born Kathleen Marie Bedal on June 17, 1918 in Pendleton, Oregon, Mrs. Hayes attributes her longevity to a healthy lifestyle. Even now she gets around with a cane, rarely needing a walker.

"Take care of your body," she advises. "I never smoked, never drank, none of that stuff that tears you down."

Mrs. Hayes outlived all her siblings, five brothers and two sisters.

"I'm the remainder, but I wasn't the youngest. I'm in the middle," she says.

Mrs. Hayes was always quite an athlete, playing field hockey, baseball, basketball, bowling and "tumbling"—what we now call gymnastics. In fact, as a student at Los Gatos High, she was the Girls' Commissioner of Athletics.

Still an avid baseball fan, Mrs. Hayes tunes in whenever the A's or Giants play.

"She loves the Hallmark Channel, but she'll take a baseball game over Hallmark any day," says her youngest son Ken. "She has a great sense of humor and doesn't worry about things, which helps her lead a stress-free life."

The Bedal family moved from a farm in Oregon to California in the 1920s. Kathleen married Kenward R. Hayes in 1941, and moved to CV in 1945. They raised their five children here—Shirley, Stanley, Karen, Susan and Kenward, Jr.

During WWII, Mrs. Hayes worked at Hall Scott Motors, a



PHOTO COURTESY OF THE HAYES FAMILY

Kathleen (Kay) Hayes of CV turns 100 this Sunday.

company that made engines for PT boats. She also worked at Sears Roebuck in Hayward from 1960 to 1980, managing the coffee house and candy departments. The family also owned a local Fosters Freeze for a time, and Mrs. Hayes retired in 1982.

She and her husband were "rock hounds," traveling around the U.S. collecting samples. The family has been members of the Neighborhood Church (now called Three Crosses) since its early days in Oakland. Mr. and Mrs. Hayes traveled with church groups to Alaska, Australia and Hawaii.

During her lifetime Mrs. Hayes has seen many changes, conceding, "It's certainly different than when I was born in 1918."

She's particularly amazed by what phones can do nowadays, and devices such as Alexa "smart home" control systems.

Mrs. Hayes currently splits her time between Castro Valley and her youngest son's house in Twain Harte. She has eight grandchildren and ten great-grandchildren.

In addition to watching baseball, she loves reading and viewing her rock collections.

"She's pretty amazing," says Ken.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Wanted Man

Sunday, June 10: at 11:26 p.m., Sheriff's deputies arrested a 26-year-old man from San Francisco on suspicion of possession of illegal narcotics and drug paraphernalia. The man was also wanted for his capture. Deputies responded to a call from a grocery store manager on Redwood Road near the Boulevard after the suspect was reported acting very strangely in the store. The man was identified in the parking lot to have previous charges of battery, indecent exposure, and public intoxication. Deputies found several syringes included one with drugs in it as well as heroin in the man's possession. The man was taken to Santa Rita Jail pending \$15,000 in bail.

Couple's Fight

Sunday, June 10: at 8:20 p.m., a 24-year-old man from Sacramento was arrested on suspicion of assault on his girlfriend. Deputies responded to an emergency call from the woman after she accused the man of throwing her out of a parked car on the Boulevard near Anita Avenue. The man told deputies that the fight centered on a cell phone but the woman injured her wrist getting out of the car. The man was taken into custody.

Assault and Battery

Friday, June 8: at 8:00 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Renton

Way near Park Way. There, they arrested a 38-year-old man and a 27-year-old woman from Castro Valley on suspicion of assault and battery. The couple were handcuffed and taken into custody.

Burglar Tools

Thursday, June 7: at 8:58 p.m., deputies arrested a 34-year-old man from Tracy (San Joaquin County) on suspicion of possession of stolen property and possession of burglar tools. The man was hanging outside a business on Castro Valley Boulevard near Forrest Avenue when deputies approached him for questioning and discovered his stash. The man was taken into custody.

Breaking and Entering

Thursday, June 7: at 10:27 p.m., a 22-year-old man from Concord (Contra Costa County) was arrested on suspicion of two counts of breaking and entering, possession

of un-authorized lock pick equipment; and violating the terms of his parole. The man was also wanted as part of a warrant issued for his arrest. Deputies caught up with the man outside a grocery store on Redwood Road near Castro Valley Boulevard. He was taken to Santa Rita Jail where he was held without bail.

Stolen Property

Thursday, June 7: at 7:20 p.m., deputies arrested a 45-year-old man from Oakland on suspicion of possession of stolen property and violating the terms of his parole. The man was also wanted as part of a warrant issued for his arrest. Deputies stopped the man for questioning outside a business in the 580 Market Place shopping center on East Castro Valley Boulevard. The man was positively identified and taken to Santa Rita Jail and held without bail.

see **REPORTS** on back page



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The Week Ahead

● Wednesday, June 13: Free Lung Cancer Symposium

Eden Medical Center will host a free symposium on lung cancer this evening from 6 to 8 p.m. in the Medical Office Building attached to the hospital, 20101 Lake Chabot Road. Find out from experts if you meet the criteria for low-dose chest CT screening and, if you do, what happens if a lung nodule is found, and the ins and outs of a positive lung cancer diagnosis. To register or for more details, call 510-727-2718 or email sextonj@sutterhealth.org

● Thursday, June 14: "Families Belong Together" Rally

Join "Families Belong Together" as we rally against the Trump Administration and become the voice of refugee and immigrant families and children, tomorrow at 6 p.m. at Hayward City Hall, 777 B Street. For more information, visit www.familiesbelong.org, Facebook link: www.facebook.com/events/1736830406398646/

● Thursday, June 14: School Board Meeting

The Castro Valley Board of Education will hold a regular meeting with open session starting at 7 p.m. tomorrow in the boardroom at 4400 Alma Avenue. Visit bit.ly/CVUSDBBoardMeetings for the agenda and complete board packet.

● Saturday, June 16: Castro Valley Car Show

The Hayward-Castro Valley Moose Lodge presents its 12th Annual Castro Valley Car Show from noon to 5 p.m. this Saturday, June 16, on Castro Valley Blvd. from Redwood Road to San Miguel Ave., with more than 300 participants and featuring a wide variety of classics, muscle cars, street rods, race cars and customs, plus live music and vendor booths. Fun for the whole family! Proceeds benefit community youth groups.

● Saturday, June 16: Free Spring Flute & String Concert

Join us from noon to 2 p.m. this Saturday, June 16 for a free Spring Concert with the Chabot Flute Choir and The String Trio, at the Castro Valley Library. The Flute Choir includes music majors at Chabot College and community members, performing on alto flutes, bass flutes, C flutes and piccolo. The String Trio is directed by Josh Cohen, conductor of the Castro Valley Chamber Orchestra, who produces and performs chamber music concerts, directs opera and musical theater productions.

● Saturday, June 16: Eden Area Village Monthly Coffee

Join Eden Area Village for coffee at the Cannery Cafe in the Hayward Area Historical Society at 9 a.m. on June 16th and learn how we are working together to help seniors remain in their homes, active and engaged in their community. Visit edenareavillage.org for info/

● Saturday, June 16: Open Mic

Castro Valley School Of Music welcomes the community to join in this Saturday and every third Saturday of the month for a free "Open Mic" experience, from 6-7 p.m. for kids under 14, and 7-8 p.m. for anyone over 14. For info, visit www.cvsom.com or call call 510-397-0721

● Wednesday, June 20: East Bay Rose Society Meeting

Master Rosarian Tom Bonfigli will outline his care regimen for the garden and his tips for growing beautiful blooms at the next meeting at 7:30 p.m. next Wednesday at the Lakeside Garden Center, 666 Bellevue, Oakland. Visit www.eastbayroses.org. Meet people who talk roses.

● Sunday, June 24: Workshop on the Bible & Homosexuality

To commemorate Pride Month, on Sunday, June 24, at 12:30 p.m., All Saints Episcopal Church, 911 Dowling Blvd. in San Leandro will present a free workshop titled "Love is Love: What the Bible really says about Homosexuality" at 12:30 p.m., with the Rev. Justin R. Cannon, who will shed light on the handful of Bible verses that are often misused to condemn lesbian, gay, bisexual, and transgender (LGBT) persons. All are welcome to attend!

● Monday, June 25: First Class: Diabetes Self-Management

The Aitken Senior Center at 17800 Redwood Road in Castro Valley is offering an 8-week series of free classes on Diabetes Self-Management from 1-3 p.m. on consecutive Mondays beginning June 25, where you will learn self-care behaviors: healthy eating, physical activity, monitoring blood glucose and more. Open to those 18 and older who are diagnosed with pre-diabetes or type 2 diabetes. Limited to the first 15 students. Call 510-881-6738 to register or for more information.

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.

● "A Summer Concert to Put a Song in Your Heart" will be presented by the Castro Valley Adult & Career Education Community Band, conducted by Kathy Maier, at 7:30 p.m. this evening, June 13, at the Center for the Arts, 19501 Redwood Road. Enjoy this free concert with family and friends, followed by refreshments courtesy of Castro Valley Adult and Career Education.

OTHER THEATRICAL & MUSICAL PERFORMANCES

● "Talking With," a benefit show for the Youth Theater Program of the Castro Valley Dramatic Arts Academy, will be performed at 7 p.m. Friday and Saturday, June 23-24, at the Douglas Morrisson Theater in Hayward. What do a baton twirler, a snake handler, and a young woman talking about her mother's death all have in common? They're all characters in Jane Martin's play "Talking With." Tickets are \$30 for adults or \$25 for students, and can be purchased at the door or in advance on the website www.cvdaa.org

AT THE GALLERIES

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

● Artist Open Studio Every Thursday: Join this informal gathering of artists working together at Adobe Art Center. Tables, chairs and easels provided, \$3. Thursdays 10 a.m. to 2 p.m. in the Redwood Studio 1 at the Adobe Art Center, 20395 San Miguel Ave, Castro Valley.

● "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 from June 23 through Aug. 19. The images were taken between 1910 and 1925.

● #Climate Change: An Unfolding Emergency featuring the works of more than 20 artists is being presented by Sun Gallery, 1015 E St. in Hayward. For more info on the exhibit, call the Sun Gallery at 581-4050 or visit www.SunGallery.org

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ARIES (March 21 to April 19) Count to 10 if you must, but don't lose your temper, despite that person's (you know who!) efforts to goad you into reacting. Your restraint will pay off in a big way.



TAURUS (April 20 to May 20) This week finds you in a sociable mood, ready and eager to enjoy the company of family and friends. It's also a good time to seek out and renew old friendships.



GEMINI (May 21 to June 20) Patience is called for as you await a decision about that project you're eager to launch. Meanwhile, try to set aside more time to share with that special person in your life.



CANCER (June 21 to July 22) Avoid becoming involved in a workplace dispute early in the week by insisting both sides submit their stands to a neutral arbitrator. Things begin to cool off by Thursday.



LEO (July 23 to August 22) It promises to be a busy but productive week for the Big Cat. The pace slows by Friday, allowing you to catch up on matters you put aside but that now need your attention.



VIRGO (August 23 to September 22) A suddenly disruptive family situation is best handled with a cool, calm and collected response. Wait until things settle to let off all that pent-up emotional steam.



LIBRA (September 23 to October 22) Your practical side dominates the week as you reassess your finances to make some sensible adjustments in what you plan to spend and what you expect to save.



SCORPIO (October 23 to November 21) An unexpected meeting with a former colleague opens some interesting possibilities. But you need to press for full disclosure before making a decision.



SAGITTARIUS (November 22 to December 21) A recent flurry of activity eases by midweek, giving you time to readjust your disrupted schedule and make new plans for a weekend getaway.



CAPRICORN (December 22 to January 19) You're usually the one who gives advice. But now it's time to open yourself up to counsel from friends who have your best interests at heart.



AQUARIUS (January 20 to February 18) You might find resistance to your call for a full inquiry into a workplace problem. But by week's end even the most rigid naysayers begin to come around.



PISCES (February 19 to March 20) A recurring problem surfaces once again. Maybe it's time you used your creative talents to help you find a new approach to resolving it once and for all.

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Annual Bocce Tournament

"Bocce Brothers," a Castro Valley team comprised of John Anderson, Shorty Harrel, Bob Keller and Ed Ciminello, outlasted 11 other teams to win the 9th Annual George Mark Children's House Bocce Tournament at the Adobe Park on Saturday.

Second place went to the "Bocce Nuts." Following in third place was the team of "Chew-bocce" from the George Mark Children's House.

Lead Official was Jim Pineo. The tournament was directed by Max Martin with his wife, Emma, handling registration and scoring.

A lunch of assorted Pizza's salads and desserts was served to all that participated, it was a very competitive friendly and upbeat event.

A special thank you to the Castro Valley merchants, Al's Foods Market, Worley's Home Design Center, Knudsen's Ice Creamery, R&J Quick Clean, Village Barber Shop, Big Apple Bagels and Plaza Bottle Shop who supported the tournament with financial contributions.

The Tournament was hosted by the Buon Tempo Italian American Club of Castro Valley to raise funds for the George Mark Children's House in San Leandro which provides hospice care for terminally ill children — an amazing facility that depends nearly entirely on donations for its funding.

—Al. Bronzini

June 5 Primary Election Results



Just a quarter of Alameda County's 854,217 registered voters turned out for the June 5 California Primary Election. Below are selected results of last week's election as of Sunday. For a complete updated list of California results, visit vote.sos.ca.gov. For an updated list of Alameda County results, visit acgov.org/rovresults/235/index.htm

UNITED STATES

Senate
44.2% Dianne Feinstein 2,031,967
11.5% Kevin De Leon 528,043

House, District 15
69.3% Eric Swalwell (D) 59,145
27.5% Rudy Peters Jr. (R) 23,454

CALIFORNIA

Governor
33.8% Gavin Newsom (D) 1,613,120
26.2% John Cox (R) 1,249,248

Lieutenant Governor
23.7% Eleni Kounalakis (D) 1,069,110
20.6% Ed Hernandez (D) 929,947

Secretary of State
51.9% Alex Padilla (D) 2,366,883
31.9% Mark Meuser (R) 1,454,220

Attorney General
45.3% Xavier Becerra (D) 2,122,870
24.9% Steven Bailey (R) 1,164,676

Supt. of Public Instruction
37.5% Marshall Tuck 1,558,664
34.8% Tony Thurmond 1,445,574

State Senate District 10

70.8% Bob Wieckowski (D) 64,335
24.9% Victor San Vicente (R) 22,621

ALAMEDA COUNTY

Assessor
37.7% 3 Phong La 61,800
25.6% James Johnson 42,012

Auditor-Controller
58.3% Melissa Wilk 91,878
40.6% Irella Blackwood 64,046

District Attorney
59.1% 3 Nancy O'Malley 110,466
40.3% Pamela Price 75,333

Sheriff-Coroner
96.1% 3 Gregory Ahern 138,356

Treasurer
98.0% 3 Henry Levy 143,435

School Superintendent
97.6% 3 L. Karen Monroe 143,053

Measure A (Child Care)
34.7% 3 No 71,683
65.3% Yes 135,141
(Required 66.6% of vote)

Menjivar to Honor Society

Belen Menjivar of Castro Valley was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society.

Menjivar, initiated at San Jose State University, is among some 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership.



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Asst. Variety & Sizes

Kraft® **\$1.49**
Cool Whip® Topping Ea.
Assorted Variety 8 Oz.

C&W® **\$2.29**
Vegetables Ea.
Assorted Variety 12, 14 & 16 Oz.

Stouffer's® **\$13.29**
Meat Lasagna Ea.
90 Oz.

Red Baron® **\$3.99**
Classic Pizza Ea.
Assorted Variety & Sizes

Dairy

Califia® **\$3.49**
Almond Milk Asst. Variety 48 Oz.

Nestle® **\$3.99**
Coffee-Mate Ea.
Liquid Creamer Assorted Variety 32 Oz.

Groceries

SAGRA® **\$8.99**
Extra Virgin Olive Oil Ea.
33.8 Fl. Oz.

Best Foods® **\$3.99**
Real Mayonnaise Ea.
30 Oz.

Wishbone® **\$2.39**
Dressing Ea.
Assorted Variety 15 Oz.

Folger's® **\$8.99**
Coffee Ea.
Assorted Variety 24.2 & 25.4 Oz.

Perrier® **\$1.69**
Water Original, Sparkling, & Flavored Ea.
1 Liter

Teddy's® **\$1.19**
Soda Assorted Variety Ea.
26 Oz.

Vanity Fair® **\$2.49**
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12 Oz.

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Cheese Assorted Variety 8 Oz.

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2018: Congratulations CVHS Graduates

continued from front page

The Star Spangled Banner, followed by “Bridge Over Troubled Water” were played by the school band and sung by the high school choir seniors, many of whom had decorated their mortarboard caps.

Senior class president Peter Maina advised his classmates not to be afraid to fail.

“If you can dream it, you can achieve it,” said Maina.

An enthusiastic congratulatory speech was given by CV School Board President Jo Loss, who told the students that their graduation was a major milestone they would remember for the rest of their lives.

“You have shown us that Castro Valley is a community of compassion and a community of greatness,” she said. “Even small gestures of human kindness can improve our world.”

She added that there is no need to postpone doing good things with their lives.

“Now is your time. You don’t have to wait for the future,” said Loss.

Each graduate’s name was read individually, with closing remarks given by Superintendent Parvin Ahmadi. American Sign Language (ASL) student interpreters were provided for the event.

MAC: ‘Tiny Homes’ Project Discussed

continued from front page

covers the upkeep of the home. By the end of the 18-month period, they’d be paying \$800 per month and the church would take \$200 for expenses and keep the rest in a savings account.

A tenant who stays the whole 18 months would leave with \$6,000 from that saving account to put a deposit on a place of their own.

But one issue that needs to be resolved is whether the tiny home project would legally be considered a mobile home park, in which case it would be subject to more county and state regulations.

Metcalf said one possible solution would be to tweak the rent structure so the church holds all of it in “housing fund” instead so it’s not considered be rent.

Other issues the MAC wanted to see addressed included garbage removal, fire sprinklers, and crime. MAC Chair Marc Crawford said that the sheriff’s department has received 52 calls to the church parking lot.

A few of the MAC members seemed ready to grant the permit with suggested amendments, but Crawford insisted that all the de-

tails be worked out and in writing before the application could move forward.

“This applicant is trying to do a lot of good for people, but that doesn’t mean giving them a pass on the rules that apply to everyone,” said Crawford. “I do want to support this and I think we can get there, but we need to do it right.”

“This applicant is trying to do a lot of good for people, but that doesn’t mean giving them a pass on the rules that apply to everyone”

—Marc Crawford
MAC CHAIR

Supervisor Nate Miley is in support of the idea, which he says could be used all over the county. The church has received \$200,000 from Alameda County to build the infrastructure of the project – the six small structures, fencing, and security cameras.

Last year, the county estimated

that there are about 50 homeless people currently living in Castro Valley, with many in encampments by the creek, but there are no exact figures on the homeless population.

A few neighbors spoke at Monday’s meeting, saying the project is not a good fit for the area and will lead to increased traffic, decreased property value, and other issues.

“I also need to live comfortably, I can’t be afraid and I’m worried about safety,” said one woman. “This is my retirement home and I’m worried about property value when I go to sell.”

Another man owns a business in a nearby shopping center and said that parking is already at a premium and the loss of 14 parking spaces to the tiny homes means he will lose customers.

“What we are worried about is our business,” he said.

But others spoke up in favor of the church’s proposal.

“I’m an atheist, thank God,” said one neighbor, drawing laughs from the crowd. “But I support the project. May your good deed go unpunished.”

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ATHLETE OF THE WEEK

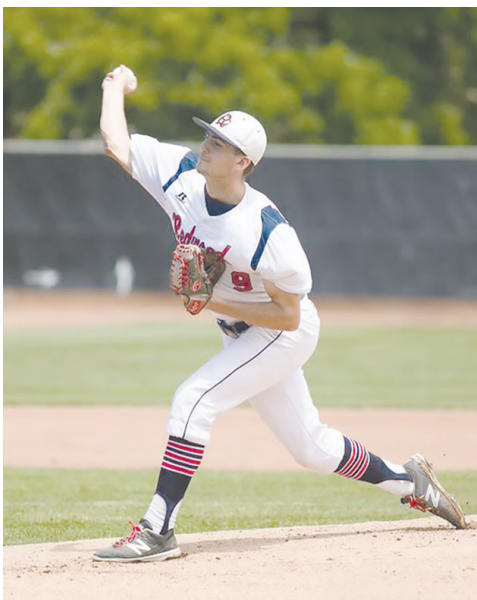
Alex Williams

This week's Athlete of the Week is Alex Williams, a senior at Redwood Christian High School.

Williams finished his season as a Division 4 Champion, with a 10-1 record as a pitcher and a .500 earned run average. On offense, he finished with a .500 season batting average.

Williams pitched throughout the playoffs, helping his 6-seeded Eagles to a Championship. His appearance in the semifinals game against 3 seeded Fort Bragg was a great outing. Williams pitched a perfect game through 6-1/3 innings before giving up a hit. He pitched a complete game, giving up 3 hits and 0 walks, with 14 strikeouts. At the plate, he helped the team by going 2 for 3, with a grand slam, on Saturday, May 26.

Next year, Williams will pitch for Stanford.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

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BACK ROW FROM LEFT: Nicole Dong, Felix Shum, Christopher Kelly, Kayden Wallkvist, Todd Daniel, Jr., Albert Kim, Tobias Catalano, Ishann Patel, Lauren Lee, Coach Todd Daniel, Sr. **MIDDLE ROW:** Andrew Lee, Carlos Toliver, Isaac Wong, Manav Patel, Shaun Nixon, Nathan Yamamoto, Conner Kim, Alex, Sawczuk, Katie Tanaka. **FRONT ROW:** Braden Lew, Emily Pham, Natalie Huey, Christian D'Arcy Dominquez, Denton Hau. **Not pictured:** Leland Tsai

Canyon: SACMAL Golf Champions

Canyon did very well at the SACMAL Middle School Golf Championship on May 23 at the Marina Golf Course at Monarch Bay. Competition was fierce with 8 middle schools and 12 four-somes all competing for the top overall team award and medals for the top individual golfers.

Par for 9 holes was 30. Canyon won 4 of the top 8 coveted medals.

Leland Tsai from Canyon won second place with a score of 32. There was a tie for fourth place between Canyon's Albert Kim and Carlos Toliver with scores of 36.

The Canyon girls also did well. Lauren Lee placed second, with a score of 36 and Nicole Dong placed fourth, with a score of 40.

Canyon won the league championships with an overall score of 180. Under the coaching of Todd Daniel, Sr. PGA, the Canyon Condors golf team of 24 golfers finished undefeated this season and have won the SACMAL Golf Championship for the last 3 years.

All Canyon Tournament players were Lauren Lee, Nicole Dong, Todd Daniel, Jr., Albert Kim, Carlos Toliver, and Leland Tsai.

Chronic overwork can have very negative impacts on our overall quality of life. And when we

HEALTH & FITNESS

Free Lung Cancer Symposium Tonight at Eden Medical Center

By Joanne Sexton
SPECIAL TO THE FORUM

"You have cancer" is something no one wants to hear especially when you are talking about lung cancer.

Lung cancer is the second most common cancer in the United States and ranks number one in cancer deaths. The American Cancer Society estimates over 234,000 new lung cancer cases nationwide in 2018 with almost 19,000 diagnosed in California.

Many times, a person is diagnosed with late stage disease, meaning the cancer mass is too

large to operate or it has already spread to different parts of the body (metastasis).

In order to catch it at an early stage of disease, it is very important to screen for it, like we do with breast cancer and mammography.

The annual American Society of Clinical Oncology meeting this year noted only 2% of eligible people were actually screened in 2016. Screening is the best way to find this deadly cancer early in the disease. This screening is also covered by Medicare.

Did you know Eden Medical Center has a Lung Cancer Screening Program where you can find

out if you meet the criteria for low-dose chest CT screening?

And, if you do, you'll learn what happens if a lung nodule is found, and the ins and outs of a positive lung cancer diagnosis.

Eden Medical Center will host a free symposium this evening, June 13, from 6 to 8 p.m. in the 2nd floor Conference Rooms of the Medical Office Building attached to the hospital at 20101 Lake Chabot Road. To register, or more details, call 510-727-2718 or email sextonj@sutterhealth.org.

Joanne Sexton, CTR, is Manager, of Tumor Registry/Cancer Data Services at Eden Medical Center.

Why Overworking is Overrated

By Jeremy Greenberg
SPECIAL TO THE FORUM

From an early age, many Americans are taught the value of hard work. The harder you work, our society reasons, the more successful and financially prosperous you will be.

As a result, companies often demand much of their workforce, and a high percentage of Americans work overtime to meet or exceed their business' expectations.

According to the U.S. Bureau of Labor Statistics, 85 percent of men and 67 percent of women work more than 40 hours a week. The International Labour Organization reports that Americans work longer hours than people in most of the world's developed nations.

But an emerging school of thought holds that many American workers are overworked, and further, that going the extra mile isn't worth it due to higher health costs and other deleterious effects.

We are told to work longer hours, sleep less, and grind. But it's a big misconception to think that this kind of sacrifice leads to success, more money, faster advancement, and happiness.

Chronic overwork can have very negative impacts on our overall quality of life. And when we

consider what we must give up when we work so hard – too hard – we need to re-evaluate on a lot of levels."

Why overworking is overrated:

- It can't compensate for business flaws. Putting in another two or three hours a day, while continuing to use the same ineffective ways of doing things, won't solve fundamental issues related to a company's success.

- It distracts from the big picture. Having too much to do often promotes tedium, taking away from valuable time that might otherwise be spent on thinking, creating, planning, or maybe just taking a breathe.

We have endless to-do lists, but we get caught up in the day-to-day minutiae or things that are time-intensive and don't have high value. Taking time to rest and reflect helps us differentiate the important work from the low-value work."

- It leads to health problems. Numerous studies show that overwork and stress can result in all kinds of health issues. It takes a toll on the brain and the whole body, by boosting stress and inducing bad habits, such as poor eating, reduced exercise, skipping sleep, and relying on too much caffeine."

- It lowers performance levels. Overwork results in diminishing returns – a general drop-off in quality and an uptick in avoidable mistakes. The irony is you really get less done, accomplish fewer significant goals, and moreover rob yourself of the quality of life that you're presumably trying to attain by working harder and longer.

Jeremy Greenberg co-founder and CEO of Flyte Fitness (www.FlyteFitness.com), an exercise equipment and education company.

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O	B	O	E	U	N	E	V	E	N		
M	O	O	D	I	L	I	S	L	E	T	
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Former Headfirst Players in MLB Draft

The Headfirst Academy had seven former players selected in the 2018 MLB Draft.

In the last three years, over 20 players from the academy have been drafted. Many of these players started as youth players in camps and teams and developed their skills as they moved up through the system. Players selected are:

- **Steven Kwan**, chosen round 5 by Cleveland Indians
- **Dominic Pipkin**, round 9 by Philadelphia Phillies
- **Michael Perri**, round 21 by St. Louis Cardinals
- **Aaron Ackerman**, round 26 by Los Angeles Dodgers
- **Ian Dawkins**, round 27 by Chicago White Sox
- **Kaleo Johnson**, round 32 by Tampa Bay Rays

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CVHS OLYMPIAN 2017-2018 Award Winners

- **Mia Babasyan:** CNPA, enterprise reporting; JEANC, editorial writing; JEANC, Press Freedom Award; Olympian Editor of the Year; Olympian Hall of Fame
- **Brittany Bracy:** JEANC, feature video; CPW, feature video
- **Olga Buzueva:** CPW, review writing; CPW, illustration
- **Da Di:** CPW, illustration
- **Lauren Eisenman:** JEANC, feature video; CPW, feature video
- **Pau Gutierrez:** Quill and Scroll, sports writing
- **Stella Ho:** Olympian Hall of Fame
- **Hannah Johansson:** CNPA, best writing; CNPA, column writing; CPW, opinion writing; CPW, news story; CPW, news video; JEANC, feature writing; JEANC, video news package; Olympian Editor of the Year; Olympian Hall of Fame
- **Hayate Moro:** JEANC, opinion writing; CPW, opinion writing
- **Mara Moysen:** JEANC, video news package; JEANC, feature video; JEANC, school promo video; CPW, feature video
- **Derek Neyer:** Quill and Scroll, news story
- **Nathaniel Ortiz:** CPW, news video
- **Ria Panjwani:** CPW, news story; CNPA, column writing; CNPA, best writing; JEANC, video news package
- **Emily Salazar:** Olympian Hall of Fame
- **Jacob Schoenfeld:** CPW, sports story
- **Wailea Siler:** CNPA, enterprise reporting; CNPA, feature photography; CNPA, sports photography; JEANC, video news package; JEANC, Press Freedom Award; CPW, video news; Olympian Most Valuable Player; Olympian Hall of Fame
- **Young So:** CNPA, sports photo
- **Rachel Stein:** CNPA, feature photo; JEANC, feature video; JEANC, news story
- **Katelyn Wong:** CPW, graphics; CPW, opinion writing

Olympian: 34 Awards

continued from page 2

affected immigrants at CVHS.

Panjwani and Johansson also swept the top two awards in CNPA's column writing competition.

"We're both proud of that article, so we were really happy when we found out that it won the award," said Johansson, co-editor-in-chief.

Students Mia Babasyan and Wailea Siler won the staff's first-ever Press Freedom Award from JEANC for their story about elevated lead levels in school district water sources.

"It's always so great to receive recognition for work that was difficult to achieve," said Babasyan, co-editor-in-chief.

Staff members were also honored to win a CNPA Online General Excellence Award. In addition to its main website, The Olympian publishes to a growing audience via Facebook, Twitter, YouTube, Instagram, Pinterest and Snapchat.

"To expand our social media empire in every direction was a rewarding and enriching experience," said Panjwani, online editor.

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The theme is Western! — Our chili cook-off is open to all attendees!

Bring your favorite chili to enter the contest. Tasting time around 1:00 p.m. Winner announced later in the afternoon. For potluck please bring a Western, barbeque style dish such as: chicken ribs, potato salad, coleslaw, watermelon, etc. Potluck at 7:00 p.m. Western Dancing, including line dance lessons to follow potluck. Tip money welcomed by instructors. (Thank You!)

Sequoians, Inc. is a private social membership club. When visiting, ask about membership options or check out the website for more info.

Water Safety Program is Recognized

The East Bay Regional Park District received this year's Innovative Programming Award from the California Parks & Recreation Society Aquatic Section for its "Vamos a Aprender" (Let's Go Learn) water safety program.

The program was created in 2015 to provide free water safety education to children, ages 7-15, who visited Del Valle Regional Park in Livermore.

Bilingual lifeguards provide participants with a 45-minute water safety program in Spanish, teaching basic water safety with a focus on proper life jacket usage.

"The program began with a focus on the Hispanic population that visits Lake Del Valle on peak summer season weekends," said Park District Aquatic Manager Pete DeQuincy. "We realized we had a lot of patrons visiting the park who were not water confident, and this helped us address that."

Each year as part of the Vamos a Aprender program, lifeguards ask park visitors if their children can participate in a water safety demonstration. They teach best practices around water and explain how to use life jackets.

By 2016, program participants doubled in size to 600 children. In 2017, the program expanded to Shadow Cliffs in Pleasanton and grew to 1,000 total participants.

"The Park District's Aquatics Division is very successful in preventing near-drowning incidents at our parks because of creative programming like Vamos a Aprender," said Dennis Waespi of Castro Valley, president of the park district board.



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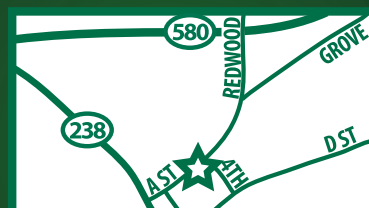
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Reports: CV

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Death Threats with A Deadly Weapon

Thursday, June 7: at 1:09 a.m., a 43-year-old man with no permanent address was arrested on suspicion of making death threats, brandishing a deadly weapon, and vandalism. Deputies were called to a business on Redwood Road near Grove Way to investigate after numerous reports of a homeless man getting into an argument and making a mess of the scene. The man was handcuffed and taken into custody.

Interfering with Business At Eden Medical Center

Tuesday, June 5: at 6:47 a.m., deputies arrested a 53-year-old man with no permanent address on suspicion of interfering with a business. The man was visiting Eden Medical Center on Lake Chabot Road but reportedly harassed the staff and nurses while there. The man was also wanted as part of a warrant issued for his capture. Deputies handcuffed the man and took him to Santa Rita Jail pending \$2,500 in bail.

ADOPT-A-PET



MINNIE is a sweet, 3month old kitten who arrived at the shelter as a timid little furball. She's now curious, easy-going and playful. Info: Hayward Animal Shelter. (510) 293-7200.



CUPCAKE is a sweet pup, who arrived terrified. With TLC, she blossomed. She loves other dogs and walks. Best with an experienced owner. Info: Hayward Animal Shelter. (510) 293-7200.



BERT and ERNIE were rescued from a local backyard. They are now safe in a Dusty Paws foster home and will be available for adoption once they have been neutered and micro-chipped. Both fluffy orange tabbys with medium-length fur coat, Bert and Ernie are now 7 weeks old. They love being curious and playing together. Complete an application online at: www.dustypawsrescue.org



Cattle Drive Opens County Fair on Friday

The Alameda County Fair opens this Friday, June 15, with its second annual cattle drive through downtown Pleasanton beginning around 10:30 a.m. at Del Valle Ave. and heading on to Main Street.

The live procession will feature cowboys, cowgirls, a big herd of steers, entertainers and some surprises to kick off the fair's Western Weekend.

Main Street will be closed during the event, while side streets

will implement rolling closures to keep traffic moving. On opening day, both admission and all rides are just \$1 each until 5 p.m.

Blue Oyster Cult will perform opening night to kick off the 2018 Concert Series.

The Fair will celebrate Father's Day on Sunday with free admission for all dads until 5 p.m. The fair continues through July 8, but will be closed on the Mondays and Tuesdays of June 18-19, 25-26 and

July 2-3. Hours are 11a.m. to 11 p.m. Carnival Hours are noon until closing on Wednesdays and Thursdays, and from 11 a.m. to closing Fridays through Sundays.

Horse Racing will be held June 15-17, 21-24, 28-30, July 1, 4, 6-8.

For more information visit the Fair's website at www.alamedacountyfair.com. Facebook, Instagram and Twitter offer additional information, previews, updates, contests and giveaways.

Certificate of Excellence to Eden Health

The Eden Health District (formerly the Eden Township Healthcare District) has received a Certificate of Excellence for its "outstanding efforts to promote transparency and good governance" by the Special District Leadership Foundation.

"This award is a testament to Eden Health District's commitment to open government," said Michael Mahoney, Eden Health's CEO.

To receive the award, a special district must show it has met essential requirements, including

ethics training for all board members, properly conducting open public meetings, and filing financial transactions and compensation reports to the State Controller in a timely manner.

Special districts are those independent public agencies, established by voters, that deliver such community services as trash collection, healthcare, fire protection, parks, mosquito abatement, libraries, and the like.

One focus of the CV-based Eden Health District is to oversee the endowment fund known

as the Community Health Fund. Through responsible investments, the fund's earnings provide grants to local non-profit organizations, enabling them to provide health care services to those in need.

The District also provides free health education programs on such topics as nutrition, mental health, diabetes, and heart health.

The Special District Leadership Foundation is an independent agency that promotes best practices in California's special districts through certification, accreditation and other recognition programs.

SUN	MON	TUE	WED	THURS	FRI	SAT
- OPEN WEDNESDAYS THROUGH SUNDAYS -						
FAIR SCHEDULE Fair Hours: 11AM-11PM Wednesdays-Sundays, July 4: 11AM-6PM (Admission gates close 3PM) Carnival Hours: Wed-Thurs, 12PM-Closing, Fri-Sun & July 4, 11AM-Closing Big O Tires Concert Series: 8PM Nightly. Born Free nightly video & fireworks show at 9:30PM Military FREE: All Day Every Day, with valid Military I.D. Veterans are free with proof of service.			JUNE 15 Opening Day \$1 Admission & \$1 Rides *Until 5PM Western Weekend Horse Racing Blue Oyster Cult		JUNE 16 Western Weekend Horse Racing Sean Kingston	
JUNE 17 Dads FREE Day *Until 5PM Western Weekend Horse Racing En Vogue	JUNE 18 CLOSED	JUNE 19 CLOSED	JUNE 20 Morris Day Foster Kids Clothing Drive & \$1 Rides *Until 5PM Clay Walker	JUNE 21 Kids FREE 12 & under *Until 5PM \$2 Fair Food Bites *Until 5PM Horse Racing 38 Special	JUNE 22 Boomers FREE 62+ *Until 5PM Extreme Rodeo Snackdown FRYday Smash Mouth	JUNE 23 Extreme Rodeo Red, White & Brew Fest Presented by Tri-Valley Beer Trail Derby Dog Dash Horse Racing The Boys of Summer The Music of the Eagles
JUNE 24 Festival Latino Fiesta Del Charro Horse Racing Sir Mix-A-Lot	JUNE 25 CLOSED	JUNE 26 CLOSED	JUNE 27 Lucky Lucky Feed the Need Food Drive & \$1 Rides *Until 5PM Morris Day & the Time	JUNE 28 Kids FREE 12 & under *Until 5PM \$2 Fair Food Bites *Until 5PM Horse Racing Con Funk Shun	JUNE 29 Boomers FREE 62+ *Until 5PM Monster Trucks Horse Racing Queen Nation	JUNE 30 Monster Trucks Sip, Savor & Wager Wine Festival Horse Racing The Tubes Featuring Fee Waybill
JULY 1 Monster Trucks Horse Racing Purple Reign The Music of Prince	JULY 2 CLOSED	JULY 3 CLOSED	JULY 4 First Responders Day Until 3PM** Horse Racing	JULY 5 Kids FREE 12 & under *Until 5PM \$2 Fair Food Bites *Until 5PM LeAnn Rimes	JULY 6 Boomers FREE 62+ *Until 5PM Demolition Derby Horse Racing Journey Revisited	JULY 7 Demolition Derby Craft Cocktail Festival Horse Racing Super Diamond
JULY 8 RV Demolition Derby Livestock Auction Plant Sale Horse Racing WAR	*DISCOUNTS END AT 5PM ** ENDS AT 3PM For promotion details visit alamedacountyfair.com Schedule subject to change. Check website for full schedule.					

IS YOUR EVENT GREEN?

PLAN AHEAD FOR YOUR SUMMER OR FALL EVENT!

People are often receptive to innovative ideas at special events; consider going the extra mile to reduce waste at yours. Because we can put so much in the blue recycling and green organics carts in Castro Valley, you won't need much space for garbage.

CVSan has a variety of resources and expertise to help with event greening. Please call CVSan's Solid Waste Department at 510-537-0757 ext. 112 for free assistance.

Note: for event services donations of recycling and/or organics containers, place your request at least two weeks prior to your event to allow time for processing. Thank you!

CASTRO VALLEY SANITARY DISTRICT
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