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PAGE 15



CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 29

WEDNESDAY, AUGUST 2, 2017

NO. 32

INSIDE YOUR FORUM

NEWS



Healthcare Rally

A march in support of healthcare for all was held in CV Saturday

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LIVING

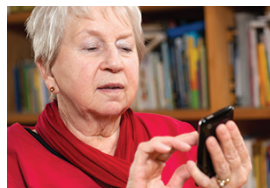


The Slice is Right

To make a great pizza takes a little time, but its not at all complicated

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SENIORS



Senior Cell Deals

Several low-cost deals for older smartphone users who want to save money

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PHONE: (510) 537-1792



PHOTOS BY LARRY ROSA

Congressman 'Takes a Hike'

On a cool Saturday morning, Congressman Eric Swalwell (center) hosted his annual "Hike with Your Rep." The parking lot atop Lake Chabot was overflowing with a diverse crowd of 150 – not including dogs – who came to spend few hours with the Congressman for what he coined an "informal forum." During a stop midway through the 2-mile walk, he answered questions and addressed concerns on many current issues from the crowd. Swalwell joked about having been told to, "take a hike," and decided to invite them to join him. He will follow up with Town Hall meetings this coming Saturday in both Livermore and Union City.



Old CV Cold Case is Solved 20 Years Later

Defendants Cheryl Ann Drace and William Joseph Devincenzi were each sentenced to 15 years to life for the cold case murder of Drace's ex-husband Stephen Rudiger in 1990.

The murder of Stephen Rudiger of Castro Valley 27 years ago had remained open until a 2010 anonymous tip helped solve the mystery, according to the Alameda County District Attorney's office.

Drace and Rudiger married in 1985 and both had children from their previous relationships. By mid-1990, Drace had become prison-penpals with Defendant William Devincenzi, who was serving time in Federal Prison. She would frequently speak to Devincenzi for hours at a time on the phone and they wrote love letters to each other.

In September 1990, divorce proceedings between Drace and Rudiger were finalized, though one matter remained unresolved: the sale of their Castro Valley home.

Drace refused to lower the price of the house, so the family court judge intervened and said he would lower the price every month if they did not sell the home and live separately.

Meanwhile, Rudiger and Drace continued to live in the house together. The victim repeatedly told his friends and family that Drace was stripping the house of valuables and he chose to remain to protect the inheritance of his three daughters.

During this time, Rudiger changed his will to reflect the dissolution of his marriage and told his co-workers that he was in fear of his life. He said Drace had bought a gun and had threatened him with it.

see SOLVED on back page

Juvenile Arrested at CV BART Station Following Cellphone Theft Attempt

BART Police arrested a juvenile suspect at the Castro Valley Station last Thursday evening in connection with the theft of a cellphone. The arrest came as BART launched a public awareness campaign to help prevent such thefts.

In the Castro Valley incident, BART Police investigators say the victim and suspect were both aboard a Dublin/Pleasanton-bound train at approximately 7:30 Thursday night. The suspect grabbed the victim's phone and attempted to flee.

A responding BART police officer found the suspect who was with three other juveniles and detained them. Only one suspect was identified as being involved in the crime. The other juveniles were not involved.

That suspect was arrested and the victim's phone was retrieved from the suspect. Police said there

were no threats or violence involved in the incident.

This latest arrest comes as BART has seen a recent decline in cellphone thefts on the system following a sharp spike at the beginning of the year. After a peak in March of 58 electronic item thefts systemwide, there were 44 such thefts in April, 28 in May, and 27 in June.

"There are often peaks and valleys in electronic item thefts in our system but one cellphone theft is one too many," said BART Police Deputy Chief Lance Haight. "Our officers are working overtime to not only arrest suspects but to increase our visible presence. Teamwork is essential, which is why we need the public to be aware and promptly report crimes to the BART Police Department."

BART's public awareness campaign encourages riders to be more

aware of their surroundings and to let passengers know thefts of electronic gadgets are taking place. It encourages riders to protect their phones by keeping them secure, especially near train doors and while waiting on platforms.

"The thefts are occurring as the trains are pulling into the station and the doors open. The phone gets taken, or electronic devices, and they run off the train," said BART Deputy Police Chief Ed Alvarez. "They are just looking for people who aren't paying attention and aren't securing their cell phones or iPads."






Thursday's arrest in CV comes as BART Police have made several key arrests this week in connection with various crimes. They assisted Alameda County Sheriff's deputies at the CV Station last Tuesday in arresting a theft suspect who had an active felony warrant.




BART VIDEO

This frame from a BART surveillance video at Oakland's 12th Street Station shows a suspect fleeing after snatching a cellphone from a passenger.

Castro Valley Weather Aug. 2 - 6, 2017





				
Wednesday Mostly Sunny High 87° Low 64°	Thursday Partly Sunny High 84° Low 64°	Friday Mostly Sunny High 82° Low 64°	Saturday Mostly Sunny High 79° Low 59°	Sunday Mostly Sunny High 79° Low 61°

Almanac



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

Moon Phases

Aug. 7	Aug. 15	Aug. 21	Aug. 29
			

Sun sets at 8:35 p.m. today, rises at 6:15 a.m. Thursday.

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West Nile Virus Season Begins

Alameda County's first indication of West Nile Virus for 2017 was confirmed two weeks ago when a dead bird collected in Oakland tested positive for the disease. Since then, the Alameda County Mosquito Abatement District has greatly increased surveillance and larval control efforts throughout the area.

Every effort is being made to locate areas of standing water where mosquitoes may breed including catch-basins, storm-drain systems, and swimming pools.

Neglected swimming pools continue to be a mosquito breeding issue in the county, according to district officials. Anyone knowing of an unmaintained swimming pool is asked to inform the District so the proper treatment can be made.



Follow the State Health Department tips to reduce risk of mosquito-borne diseases.

"West Nile virus is endemic to Alameda County," said Laboratory Director Eric Haas-Stapleton, PhD. "We will continue to eliminate mosquitoes that spread the virus, but we need the public to help by reducing mosquito breeding sites."

He urged residents to dump and drain – or tightly cover – containers that have standing water to reduce mosquitoes around homes and workplaces.

As of July 14, California has had 71 dead birds, 17 sentinel chickens, 681 mosquito samples, and 4 humans test positive for West Nile virus. The positive number of humans is higher than this time last year.

The State Health Department says the risk of contracting mosquito-borne diseases can be reduced by following these guidelines:

- Dump or drain standing water on your property where mosquitoes develop.
- Limit outdoor activities during dawn and dusk when mosquito activity peaks.

see SEASON on page 15



PHOTO BY LINDA SANDSMARK

A march for healthcare began at Lake Chabot and ended with a rally at the Boulevard and Redwood Road in Castro Valley on Saturday.

Healthcare Advocates Stage Rally

By Linda Sandmark
CASTRO VALLEY FORUM

A march in support of healthcare for all was held in Castro Valley Saturday, culminating in a rally at the corner of Castro Valley Boulevard and Redwood Road.

"We're just a group of Castro Valley residents, encouraging people to pay attention, participate and do their best to enact change," said Erin Cambra, who helped facilitate the event. "We agree that there are changes to Obamacare that need to be made, but it needs to be improved, not torn down completely."

Cambra said the march, which began at the entrance to Lake Chabot, was held in conjunction with many others across the country July 29. The timing was especially fortuitous in light of Congress's recent tug-of-war over the

Affordable Care Act, commonly called Obamacare.

The group walked nearly three miles to their meeting point on the Boulevard. At least 75 people of all ages made it to the rally, where they held signs encouraging motorists to "Honk for Healthcare."

A local pediatrician, Dr. Michael Ruiz, spoke on the benefits he has seen for his patients since health coverage was expanded.

"To make sure kids are healthy and growing up well, it's important to make sure health care stays intact. People with pre-existing conditions should not be negatively affected by the fact they developed a health care issue that's expensive," said Ruiz.

The group held signs with such slogans as, "Wealth Should Not Decide Health," "People Before Party," and "I Am A Gold Star Mother Resisting The Trump

Agenda." Rep. Eric Swalwell, (D-Calif.) joined the rally in Castro Valley, saying he hopes one day the country has Medicaid for all.

"I've heard from many people whose health care is in jeopardy, and I love Castro Valley because if any rights are under attack, this community's voices get louder. I encourage you to keep speaking up, and keep showing up on street corners like this," said Swalwell.

Cambra says her group, which was inspired by the Women's March earlier this year, intends to do just that. They call themselves the Castro Valley Women's March Huddle Group.

"We have to keep paying attention to what's going on," said Cambra.

If interested, please send e-mail: CVWomensMarchHuddle@gmail.com



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Fridays, 10:00 a.m.-3:00 p.m.



SUNRISE SENIOR LIVING PLEASANTON

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B Street Writers Presents Evening of Poetry, Prose

Poet, author, and playwright Kevin Killian will be featured at Hayward's B-Street Writers Collective's third annual evening of poetry and prose this Saturday evening, Aug. 5, at the Hayward Area Historical Society (HAHS) at 22380 Foothill Boulevard.

The multi-talented Killian is one of the founders of the New Narrative movement. He has written three novels, four books of poetry and 45 plays for San Francisco Poets Theater, and teaches writing at California College of the Arts in San Francisco.

In addition to readings by Killian, East Bay authors will read from their original work—poetry, memoir, short stories, and novels, and Hayward Poet Laureate Bruce Roberts will make a special appearance. The evening will be emceed by A. T. Stevens, executive director of HAHS.

Dinner will be available for purchase from the Cannery Cafe (inside the HAHS) starting at 6 p.m.



Kevin Killian

with music provided by Sezu. The program begins at 7 p.m.

Tickets to the event are \$7 and can be purchased at the Cannery Cafe counter, or online at bswc.brownpapertickets.com. All proceeds benefit the Historical Society.

The B Street Writers Collective, an East Bay writing community, meets on the first Saturday of the month on and around B Street in Hayward. New members are welcome. For information, email bstreetwriterscollective@yahoo.com



PHOTO BY JIM NEGR

ROTARY'S BACKPACK PROJECT: Back row from left, Murline Monat, Dan Willits, Ajay Ahluwalia, Gary Bosley, Charles Mortimer, Kay Mortimer, Ben Gurule, Project Coordinator Heidi Hausauer, Margie Ramos, Bob Shayler and Rina Negri; front row, student Gavin Willits, Ceta Dochterman, Bruce Johnson, and students Ian Willits and James Fitzgerald.

CV Rotary's Backpack Bonanza

The Rotary Club of Castro Valley bought – and fully stocked – 96 multicolored backpacks for local school kids who might not otherwise have what they needed to start their 2017-18 school year successfully. “Tomorrow’s community is in the hands of today’s children,” said Project Coordinator Dr. Heidi

Hausauer. “Providing basic school supplies for students helps ensure that students are prepared and ready to learn every day.”

“The Rotary Club of Castro Valley wants our students to have every opportunity to be successful as they begin their school year.”

The backpacks were filled with school supplies, including a binder,

notebooks, crayons, colored pencils, erasers, scissors, glue sticks, index cards, and pencils. This is the fourth year for the project.

“The backpack project supports the Object of Rotary to encourage and foster the ideal of service as the basis of worthy enterprise,” Rotary President Jim Negri said in a statement.

Students Thrive at Adult School

By Linette Escobar
SPECIAL TO THE FORUM

The Castro Valley School District is known as a place to get an excellent K-12 education. What may be less well known is that the district’s adult school is also highly regarded in the adult education field.

At the June 5th school board meeting, Castro Valley Adult & Career Education (CVACE) highlighted its accomplishments, inviting several students to share how the school has improved their lives.

The Adult School gave a student of the year award to Takla

Channis, who arrived from Syria a few years ago. Channis started rebuilding her life by taking English as a Second Language classes at the school. She also began to look for jobs, but saw her employment choices were limited.

“I didn’t want to be a burden on my family or accept help from the government,” she said. So she applied for the CVACE Healthcare Administration Program to gain new skills. When she didn’t pass the English reading test, she forgot about that idea.

But the school’s Medical Academy program technician did not forget about her, and a few months

later she sought out Channis to tell her another orientation was coming up.

When she took the test this time, her reading had gone up six levels. She was eligible for the program, but faced another obstacle. The war in Syria made it impossible to prove she had a high school diploma which is necessary for the program.

Channis was encouraged to concurrently enroll in the school’s GED program. She has already passed the math test and is doing well in her Healthcare Administration class.

see TRIVE on page 6

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



Side of Fries with Those Drugs?

Thursday, July 27: at 8:43 a.m., Sheriff’s deputies arrested a 31-year-old man from Hayward on suspicion of possession of illegal narcotics and drug paraphernalia. The man was hanging out in the parking lot of a fast food restaurant on Strobbridge Avenue near Castro Valley Boulevard when deputies stopped him for questioning and discovered his stash. The man was taken into custody.

Fake Gun, Real Trouble

Thursday, July 27: at 10:27 a.m., a 25-year-old man from Hayward was arrested on suspicion of altering an imitation firearm to make it look real, which is a misdemeanor. Deputies were called to the parking lot of Eden Medical Center on Lake Chabot Road after hospital security received word of some suspicious activity in the parking area. Deputies confiscated the fake gun and took the man into custody.

Roommates and Thieves

Tuesday, July 25: at 4:53 p.m., deputies arrested two people from Fremont on robbery charges following an incident at a grocery store on Redwood Road near Castro Valley Boulevard. A 30-year-old woman and a 26-year-old man were arrested at the scene after store security identified the pair in a robbery attempt outside the store. Deputies apprehended the suspects who both listed the same home address despite different last names. The couple were handcuffed and taken into custody.

Failed to Report To Authorities

Tuesday, July 25: at 8:10 a.m., a 57-year-old man with no permanent address was arrested on suspicion of failure to report his living status to law enforcement. Deputies responded to a report of a suspicious person outside a church

on Somerset Avenue near Anita Avenue. The man was currently on probation and had been required by the courts to report his whereabouts. Deputies took the man into a 48-hour detention center.

Illegal Narcotics and Warrant for Capture

Tuesday, July 25: at 2:30 p.m., deputies arrested a 49-year-old man from Castro Valley on suspicion of possession of illegal narcotics. The man also had an outstanding warrant issued for his capture. Deputies spotted the man in front of a home on Lake Chabot road near Orange Avenue when they stopped him for questioning.

The man was taken to Santa Rita Jail pending \$2,500 in bail.

Two People Arrested For Illegal Drugs

Tuesday, July 25: at 12:15 a.m., deputies arrested two people on charges related to illegal drug possession. A 53-year-old man with no permanent address and a 32-year-old woman with no permanent address were charged with possession of illegal narcotics, illegal amounts of marijuana, and illegal drug paraphernalia. Deputies stopped the pair for questioning outside a business on Redwood Road near Lessley Avenue. The couple was taken into custody.

CVSan Looking for Intern For Solid Waste Program

The Castro Valley Sanitary District (CVSan) is accepting applications from college students or recent four-year university graduates for its Solid Waste Program Intern position.

This temporary full-time or part-time internship will allow the intern to have a direct impact on the Castro Valley community while learning more about the recycling industry.

The intern will coordinate and lead CVSan’s field trips for Castro Valley’s third grade students, assist with commercial business and multi-family recycling and organics programs, and coordinate CVSan’s popular Used Motor Oil Recycling Program.

Visit: www.cvsan.org/employment for more on the position and how to apply. Applications will be accepted until Aug. 13.

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Touch of Class
5PM, SAT, AUG 5

The Mark Banning Band
3PM, SUN, AUG 6

The Week Ahead

● Wednesday, August 2: Measure G Oversight Meeting

The Measure G Citizens' Bond Oversight Committee (CBOC) will meet at 6 p.m. today in the Boardroom of the Castro Valley Unified School District, 4400 Alma Avenue, to inform the public and the School Board concerning bond revenues and to make sure they are expended in accordance with the intention of the voters and state law. Meetings are open and the public may comment on issues under consideration. Agendas for the CBOC meetings are posted at least 72 hours in advance at www.cv.k12.ca.us/district/business-services/facilities-2016-g-o-bond

● Thursday, August 3: Free School Supplies

The Clorox Company will hold a free pop-up shop with essential school supplies, like backpacks, notebooks, pencils and more, open to all elementary-aged students, their families and local teachers, from 4 to 6 p.m. tomorrow at the East Oakland Youth Development Center, 8200 International Boulevard. Supplies will be distributed free on a first-come, first-served basis, so please plan to arrive early!

● Thursday, August 3: Mental Health & Music Therapy

The public is invited to a panel discussion on Mental Health and Music Therapy from 6:30 to 8 p.m. tomorrow, at the Castro Valley School of Music, 3300 E. Castro Valley Blvd. Expert panelists Psychotherapist

Natalia El-Sheikh, Music Therapist Ian Wilkerson, and Crisis Support Coordinator Cristina Rita, MA, will discuss addressing mental health issues in an honest way, followed by a Q&A. Free, all donations will go to Crisis Support Services of Alameda County.

● Friday, August 4: Eden Area Village

Eden Area Village is developing a non-profit membership based neighborhood "Village" that will help people in the Castro Valley, Hayward, and the San Lorenzo areas stay in their homes as they age. Public outreach meetings are held the first Friday of each month at 2 p.m. at Hayward City Hall. Next meeting is this Friday.

● Saturday, August 5: CVSan Hazardous Waste Collection

Castro Valley Sanitary District will hold its CVSan Recycles Day this Saturday from 8 a.m. to 2 p.m. at Canyon Middle School, 19600 Cull Canyon Road for residents (not businesses), in partnership with the Alameda County Household Hazardous Waste Facility. Hazardous and electronic waste items will be collected. A full list of accepted items is available at www.cvsan.org/hhw. In addition, three, 1-cubic-foot bags of compost per event will be distributed to CVSan residents and businesses (only) on a first-come, first-served basis.

● Saturday, August 5: "Hot PAWgust Nights" Pet Adoptions

The Hayward Animal Shelter volunteers present their annual Hot "Paw"gust Nights pet adoptions and fundraising Classic Car Show from 11 a.m. to 5 p.m. this Saturday, featuring cats, kittens, dogs, puppies, bunnies and Guinea pig adoptions at the special reduced rate of \$20 – which includes spay/neuter, vaccinations and microchip – at the shelter, 16 Barnes Court in Hayward, near the DMV at Jackson and Soto Road. For more info, visit www.facebook.com/haywardanimalshelter

● Saturday, August 5: "Gardening with Succulents"

Learn how to use succulents in gardens during a free talk by Master Gardener Ed Ellebracht, at 10 a.m. this Saturday at Quarry Lakes Regional Rec Area, 2100 Isherwood Way, Fremont (\$5 parking fee). Visit acmg.ucanr.edu or email acmg@ucanr.edu for more information.

● Saturday, August 5: 3rd Annual Evening of Poetry & Prose

The B Street Writers Collective, the Hayward Area Historical Society and The Cannery will present an evening of community readings at 7 p.m. this Saturday, featuring poet, author, and playwright Kevin Killian. For tickets (\$7) visit bswc.brownpapertickets.com. Purchase dinner at the Cannery Cafe (in the HAHS) starting at 6 p.m. with music provided by Sezu. For more info, email bstreetwriterscollective@yahoo.com

● Saturday, August 5: "Wild & Woolly Neighbors"

It's not just *you* in your backyard. Find out why urban backyards are so desirable to opossums, skunks and raccoons as they search out a new neighborhood, and meet some of Sulphur Creek's furry wildlife up close in an adults-only program from 1 to 2:30 p.m. this Saturday at Sulphur Creek Nature Center, 1801 D Street in Hayward. Advance registration (\$18) is required. To register online, visit www.haywardrec.org or call 510-881-6700.

● Saturday & Sunday, Aug. 5-6: Fremont Art Festival

The 34th annual Fremont Festival of the Arts returns to Downtown Fremont on Paseo Padre Parkway and Walnut Ave. from 10 a.m. to 6 p.m. this Saturday and Sunday. It's the largest free art, wine and music festival west of the Mississippi with activities and entertainment for all ages, and more than 500 artisan booths, food trucks and continuous entertainment. For more info, visit www.fremontfestival.net.

● Sundays, Aug. 6-13-20-27: Learn to Play Cribbage

The Castro Valley Library will host a series of classes on the game of cribbage, which combines luck and skill in a unique card game, on the next four Sundays from 1:30 to 3 p.m. Learn basic rules, strategies, and winning tips from teacher Terry Higgins. Join the thrill of a race as you peg points on a board in this class designed for teens and adults. Sign up at the Library Information Desk or call 510-667-7900.

● Saturday, August 12: "Self Care for the Care-Giver"

To help family caregivers better deal with the emotional and physical demands of caring for a loved one, Hope Hospice presents, Self-Care for the Caregiver, from 9:45 a.m. to noon on Aug. 12, with information about the challenges and rewards of the caregiving experience and stress management strategies. Classes are held at Hope Hospice, 6377 Clark Ave., Suite 100, Dublin. Register online at HopeHospice.com

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events listed below are available online at www.cv.k12.ca.us/cfa; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. (phone 889-8961), or at the Castro Valley Adult School, 4430 Alma Avenue.

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

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

● Season Tickets on Sale

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

THEATRICAL & MUSICAL PERFORMANCES

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

● **"South Pacific,"** the Rodgers & Hammerstein classic musical, will be presented by Woodminster Summer Musicals at 8 p.m. on Aug. 4, 5, 6, 10, 11, 12 and 13 at Woodminster Amphitheater, Joaquin Miller Park, Joaquin Miller Road at Upper Sanborn Drive, Oakland. South Pacific has a compelling plot and some of the most memorable songs in musical theater history, including "Bali Ha'i," "Some Enchanted Evening," "Younger Than Springtime," "You've Got To Be Carefully Taught," "I'm Gonna Wash That Man Right Out Of My Hair," and many more. For tickets, visit www.woodminster.com or call 510-531-9597.

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

AT THE GALLERIES

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

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

● **"Wake, Sleep, Repeat: Repetition in the Everyday,"** an exhibition open to all Bay Area artists and featuring a variety of media is on display at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. Call 510-881-6735, or visit adobegallery@haywardrec.org for more information.

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

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

CASTRO VALLEY FORUM

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

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): A turn in a relationship upsets the amorous Arian, who is puzzled by Cupid's romantic antics. Be patient and considerate. The confusion soon will sort itself out.



TAURUS (April 20 - May 20): It's a good time for travel-loving Taureans to take off for fun-filled jaunts to new places. And don't be surprised if Cupid tags along for what could be a very eventful trip.



GEMINI (May 21 - June 20): You appear to be of two minds about continuing a relationship that seems to be riding roughshod over your emotions. A frank talk could help you decide one way or the other.



CANCER (June 21 - July 22): Stepping back from a relationship problem provides a fresh perspective on how to deal with it. Meanwhile, watch your words. Something said in anger now could backfire later.



LEO (July 23 - August 22): A changing situation makes the Big Cat uneasy. But hold on until things settle down around the 5th. Meanwhile, continue your good work on that still-unfinished project.



VIRGO (August 23 - Sept. 22): A decided improvement in a workplace situation results in an unexpected, but very welcome, added benefit for everyone. Personal relationships also improve.



LIBRA (Sept. 23 - October 22): Money matters remain a bit unsettled but soon will ease into the kind of stability you appreciate. Meanwhile, an expanding social life offers a chance to make new friends.



SCORPIO (October 23 - November 21): Use an unexpected roadblock in your monetary dealings to reassess your financial plans and make changes, if necessary. It soon will be smooth sailing again.



SAGITTARIUS (Nov. 22 - Dec. 21): Aspects of love are strong for both single and paired Sagittarians. Professional dealings also thrive under the Sag's clever handling of difficult situations.



CAPRICORN (Dec. 22 - Jan. 19): Set a realistic goal and follow it through to completion. Remember: You're more likely to impress the right people with one well-done job than with lots of jobs left undone.



AQUARIUS (Jan. 20 - Feb. 18): You like to plan ahead. That's fine. But be prepared to make some changes because of an unsettled period that influences your aspects through the 5th.



PISCES (Feb. 19 - March 20): A brief phase of instability affects your usual work cycle. Use the time to catch up on chores around the house or office. Things settle down soon after the 5th.

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CVTC Advances to National Meet

The Castro Valley Track Club had 27 athletes advance from the 2017 track and field's Regional Meet to the National Meet.

The Regional Meet was held the weekend of July 15-16, and covered a region consisting of Central California to the Oregon border, and includes the Reno area, as well.

From throws, to sprints, to distance, 16 personal records were set by CVTC athletes at the Meet.

Javelin throwers advancing to

Nationals were Angelina Zaragoza (age group under 8), sister Isabella Zaragoza (age 9-10), Alyssa Posades (15-16), Alex Sawczuk and Jack Buckley (11-12), Luke Largusa and Nicholas Pepares (17-18).

Largusa advanced in shot put, with teammates Sawczuk advancing in discus and Buckley in both shot put and discus.

Kadin Sellami advanced in discus. Also advancing to Nationals were 3000 race walker, Rebecca

Lu (17-18) and Angelina Zaragoza in 200 (under age 8).

In 400, Isabella Zaragoza (age 9-10) and Zoe Bursch (15-16). Identical twins, Anna Dughi and Maya Dughi advanced in both the 800 and 1500 for age 9-10. They join teammates Isabella Zaragoza and Jazmyne Lawson in the 4 x 400 relay.

Forming the 4 x 400 relay for 13-14 at Nationals are Karime Paredes, Marissa Ponce, Anela Hopkins, and Monica Lu.

In the boys 800 are CJ Conley (15-16) and Michael Ceren Jones (under 8). Mickey also advanced in the 1500.

Advancing in boys' 4 x 800 relay were Zidane Sellami, Ryan Gauuan, Kadine Sellami, and Gavin Huynh. 3000 meter National entry is Lucas Chaney (13-14).

The National Meet was held at the University of Kansas, with over 6000 youth athletes competing over the last week of July. We will have results next week.

'Big Salami Shoot' Entries

The Buon Tempo Club is looking for entries for its 9th Annual Big Salami Shoot which will be held on Sept. 9 at the Ken Martin Bocce Courts in Adobe Park at 20395 San Miguel Ave. in CV.

The competition is open to four-person mixed teams and limited to a total of 12 teams. The entry fee is \$40 per team and the en-

try deadline is Saturday, Sept. 2. In the event of rain, the Salami Shoot will be held on Sept. 16.

A playground, BBQ and picnic tables are available. Play begins at 9 a.m. and spectators are welcome.

For info and entry forms, email cvbearhouse@gmail.com or mxsmartin@aol.com, or call 510-415-9043 or 510-9679753.

CV DANCERS BRING HOME CHAMPIONSHIP TITLE



Eleven teenage dancers from Michelle's Dance X-plosion in Castro Valley achieved highest honors Thursday night at the 2017 Starbound National Dance Competition in Lake Tahoe when they took home the Grand National Champion title. The dancers are Amber Hardisty, Danielle Molkentin, Melissa Ah-Tye, Taylor Daniel, Lindsey Lavine, Arnela Besic, Tori Speed, Lindsay Villamor, Tea Otani, Alexa Tang and Shaelly Adams. They spent the entire week competing and then re-competing in a showcase for the coveted title. Joining them are Dance Instructor Monica Barrios and Studio Owner Michelle Barrios.

ATHLETES OF THE WEEK

CV Synergy

This week's Athletes of the Week are the members of the Castro Valley Synergy's 10U team. They went undefeated to win the Gold bracket Championship in the Strawberry Jam Tournament, in Watsonville, on the weekend of July 22-23.

Their 7-6 defeat over the Oakland Vipers was enough to secure them the championship. Synergy played intensely and never stopped fighting for the win. Synergy came back from being down in 3 out of 4 games, finishing 2 of their games with walk-off wins.

Their 11-10 walk-off victory over the Palo Alto Heat, on Saturday, was particularly monumental for Synergy because they were defeated by Palo Alto Heat in The Twister Classic Tournament's Silver bracket Championship, in San Jose, in June.



Top Left: Coach Tim Armstrong, Coach Scottie Mendoza, Coach Julius Mercado, Coach Jason Popper. **Second Row (left to right):** Natalie Jaime #20, Jessica Terashima #32, Mahliyah Ortiz-Lucerno #9, Jesymae-Olympia #3, Marina Sacrey #11, Kailey Armstrong #2. **Front Row (left to right):** Bryana Bostrom #10, Anabelle Cardenas #17, Jaella Mercado #7, Ava Thomas #21, Makayla Mendoza #24, Jaelyn Popper #1 (Not pictured Gabby Morones #15).

CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



**Youth Baseball and
Flag Football Programs**

www.CVSPORTSLEAGUE.org





CV ADULT SCHOOL PHOTO

THRIVING AT CASTRO VALLEY ADULT & CAREER EDUCATION: From left, Adelina Sandoval, Takla Channis (Student of the Year Award) with Sierra Connolly and Eleonore Zwinger, representing International Institute of the Bay Area (Volunteer Recognition Award).

Thrive: Students Credit Support of CVACE

continued from page 3

"I'm grateful for the people of the United States and especially for the great people in this school, who are so flexible, supportive, and have such faith in me," she said.

The board also heard from two former students.

Sierra Connolly obtained both her high school diploma and her Clinical Medical Assistant certificate at the adult school and now works in a doctor's office where she is being trained for advancement.

She dreams about going even further with her education and

career, and she credits the support of CVACE with putting her on the right path.

Adelina Sandoval, last year's student of the year, told the school board about the changes she has experienced since graduating. In just a year, she earned a bookkeeping certificate at Chabot College and has launched a painting company with her husband.

"Getting the GED changed my whole life," said Sandoval, who invited her former GED instructor to the Chabot commencement ceremony for all of the support she received at the adult school.

CVACE Director Susie Passeg-

gi says these students exemplify the power of adult education.

"We not only help people finish their educations, but put them on a career pathway that helps them thrive. This benefits the whole community. The beauty of adult education is that we're able to provide a high level of support to students, and we are so proud of them for overcoming obstacles and challenges to achieve their dreams."

If you are seeking a career change or to finish your education, visit www.cvadulthood.org or contact Castro Valley Adult & Career Education at 510-886-1000.

How Much Can We Leave to Our Children Free of Taxes?

Q My wife and I were wondering how much we could leave to our children free of any gift or estate tax?

By **Gene L. Osofsky, Esq.**
SPECIAL TO THE FORUM

A The answer may surprise you. A married couple can actually transfer to up to \$10,980,000 to their children, free of any gift or estate tax (in 2017).

You can either do so by either making lifetime gifts, or by leaving it to them as an inheritance. You can actually mix-and-match: you can gift a portion of this exemption amount to them during your lifetimes by way of gifts, and the balance upon death by way of your will or trust.

This comes as a surprise to many couples, who mistakenly

believe that they are limited to gifts of \$14,000 per year per child. Not so. The \$14,000 per year Annual Exclusion Amount ("AEA") is merely the amount that each of you may gift annually to as many individuals as you wish, without the need to file a gift tax return.

If you were so inclined, you and your wife could each make a \$14,000 gift to every single person in your neighborhood without the need to file a single gift tax return!

More realistically, married couples typically prefer to leave their assets to each other, first, and then to their children.

Under tax laws signed by President Obama in 2010 and 2013, each person has an exemption from the federal estate tax of more than \$5 million. This exemption adjusts each year based upon inflation.

For an individual dying in 2017, that exemption is now \$5,490,000.

If a married person dies without using his entire exemption, the unused portion may be timely claimed by his surviving spouse, who thereby preserves it for later use to combine with her own exemption.

The deceased spouse's unused portion is called the Deceased Spouse's Unused Exclusion Amount ("DSUEA" for short).

This transferability of the DSUEA to the surviving spouse is called "portability." In essence, the unused portion of the first spouse's exemption may be "ported," or transferred, to the surviving spouse, assuming a timely election is made by the survivor.

Example: Bob and Sue have an estate worth \$9 million. Bob dies in 2017 and leaves everything to Sue. Everything passes to Sue without tax under the Unlimited Marital Deduction available to transfers between spouses. So Bob's entire DSUEA is therefore unused.

Sue's CPA helps her make a timely election to claim Bob's DSUEA by filing a Form 706 Estate Tax Return.

For simplicity, assume Sue also dies in 2017 and that her estate is then still worth \$9 million. Her estate would then be entitled to all of Bob's unused DSUEA, plus her own exemption, so she could then leave \$5,490,000 + \$5,490,000 = \$10,980,000 to their children, estate tax free.

This plan completely tax shelters the estate passing to their children. Caution: if Sue does not make a timely election to port Bob's DSUEA, then the excess value of her estate above \$5,490,000 would be subject to estate tax, at the very hefty rate of 40%, resulting in an estate tax of over \$1.4 million.

"By combining your exemptions via a timely election after the first death, you and your wife can minimize, or even eliminate, estate tax for your children.

Note: The ability to port over the DSUEA is more complicated if the survivor later remarries, but even then there are planning options to minimize tax."

Gene L. Osofsky is an elder law and estate planning attorney in Hayward. Visit his website at www.LawyerForSeniors.com.



Low-Cost Plans Available to Seniors With Smartphones

By **Jim Miller**
SPECIAL TO THE FORUM

There are several great low-cost deals for older smartphone users who are looking to save some money by paring down their bloated cell phone plan. Here are three good options to consider.

• Republic Wireless

If you're an Android smartphone user, Republic Wireless (RepublicWireless.com) offers one of the cheapest deals available for light data users.

Republic uses a mixture of Wi-Fi and cellular networks – Sprint and T-Mobile specifically – to transmit calls, texts and data. This patented technology automatically offloads as much as possible to Wi-Fi when available, so you'll consume less data than you would with traditional carriers.

Republic's no contract service plans with cellular data start at only \$20 per month for unlimited talk, text and 1 gigabyte (GB) of data. If you need more data, their \$30 per month plan gets you 2GB, and \$45/month buys you 4GB.

How much data do you need? The best way to find out is to check your current phone bills. The average smartphone owner uses between 2GB to 3GB of data each month, but most older smartphone users use less than 1GB.

To use Republic you'll need

a compatible Android phone (you can't currently use Apple iPhones), or you can buy a new phone through the company. It currently offers eight Android phones with prices starting at \$99.

• Consumer Cellular

Another excellent low-cost option for lighter data users, and one that caters to older adults is Consumer Cellular (ConsumerCellular.com, 888-532-5366).

Rated the number one wireless service by Consumer Reports seven years running, Consumer Cellular offers a variety of "pay for what you need" talk and connect plans that let's you choose exactly what you want.

Their talk plans start at \$10 per month plus 25 cents per minute used for infrequent callers, or \$15/month for 250 minutes, \$20/month for 1,500 minutes, and \$30/month for unlimited minutes.

And their connect plans for text messages and cellular data run \$2.50 per month for 300 texts and 30 megabytes (MB) of data, \$5/month for 2,000 text and 200MB data, \$10/month for unlimited texts and 500MB, \$20/month for unlimited texts and 1.5GB, \$30/month unlimited texts and 3GB, and \$40/month for unlimited texts and 5GB.

Consumer Cellular, which offers 5 percent monthly fee discounts to AARP members, also lets you bring your own smartphone by offering free SIM cards. Or, you can purchase a wide variety of Android and Apple iPhones along with the senior-friendly Doro 824 SmartEasy for \$100.

• Lifeline Program

If your income is low enough, another option to check into is the Lifeline Assistance Program. *see SENIORS on back page*



PHOTO COURTESY OF JANIS CUSHERE, AITKEN SENIOR CENTER

Cushere Art Exhibit

The Aitken Senior and Community Center and A.R.T., Inc. are presenting an exhibit of original paintings by Janis Cushere through August 9, including portraits, landscapes and floral themes, at the Center, 17800 Redwood Road, Castro Valley. For more info, call 510-538-3569.

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REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



The Law of Expansion

A family of four called, wanting to move up. “We’ve outgrown our existing home,” they said. “We need more space, but we’re not sure we can afford larger digs.”

After touring through their house, (a 1,500-square-foot, 3-bedroom, 2-bath, single-family house), I sat down with them at their kitchen table.

“I have some good news and some bad news,” I stated. I had worked with them a few years back helping them move from a 2-bedroom condo into their cur-

rent home.

“The bad news first: I’ve run the numbers and you’re currently not in a position to buy a larger home.”

“We figured as much,” agreed the wife. “But we can’t understand something. We fit perfectly in the condo — it was tight at times, but we all had enough room. Soon after moving here, we totally ran out of space.”

“I’m afraid you’ve run into a Universal Law,” I explained. “It frequently catches people off guard.”

The law? “Your stuff will ex-

pand to fill all available space.” It’s actually a corollary of Parkinson’s Law which states, “Work expands to fill the time available for its completion.”

The principle is simple: When people live in smaller homes, they understand that space is limited so they buy small-scale items or hold off on frivolous purchases. They look forward to the day when they get a bigger home so they can buy the things they feel they need or deserve.

Once in the larger space, they fail to effectively plan the space and act accordingly. This failure means their new home is quickly filled with “stuff” that takes up all available space.

We are a society obsessed with gathering possessions, many of which we seldom use and don’t really need. Paradoxically, those who learn to live with less frequently lead less stressful lives.

“Now the good news,” I said. “You don’t need a bigger home — just better manage the space you have.”

Since another universal law is: “Money disappears at the rate you get it”, effective planning and budgeting means living comfortably with less and investing money that might have been spent on a larger home and more belongings. My opinion? People who live comfortably within their means and invest wisely are often more fulfilled as their investments can open many other doors. Since money is actually a tool — learn to use it wisely.

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.



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California Wildfire Season Is Here

With the recent aggressive fires near Yosemite forcing thousands of people to evacuate their homes, AAA is reminding residents to secure their home from wildfires.

■ Create and Maintain a Defensible Space

Minimize or clear shrubs and trees closest to your home.

Use concrete, rocks or other noncombustible materials for landscaping. Remove dead vegetation, keep grass short, and trim tree limbs to at least 10 feet from other trees, roofs and decks.

Clear your roof and gutters regularly to avoid accumulation of flammable materials.

Keep any combustibles, such as firewood and picnic tables, away from structures.



■ Make Your Home Fire Resistant

Use noncombustible or fire-resistant materials, such as tile, slate, sheet iron, aluminum, brick or stone for the roof, exterior of your home, and fences and decks.

Use a chimney guard to keep sparks from landing on the roof. Cover all exterior vent openings with 1/8- to 1/4-inch metal mesh to reduce the possibility of burning embers getting into or under your home.

Keep propane tanks away from buildings and flammable vegetation.

Where possible, roads and driveways should be at least 16 feet wide to allow for access by fire trucks and large equipment.

Be sure that your address is clearly marked and visible from the street.

■ Create Evacuation Plan

Create a plan for your family that includes escape routes and places to meet, as well as out-of-area phone and email contacts. Practice, review and revise the plan regularly. Don’t forget to include your pets and animals.

Have a few options lined up for places that can keep your animals in case of an emergency.

Keep important papers — birth certificates, passports, medical records, insurance information — in a fireproof and waterproof box.

Assemble an emergency supply kit that includes nonperishable food and water (enough for three days), a multipurpose tool, flashlight, hand-crank or battery-powered radio, batteries, extra cash, cell phone and charger, first-aid supplies, critical medications and basic personal hygiene products.

RECENT HOME SALES

Castro Valley

17705 Almond Road	94546	\$1,072,500	4 BD - 3,159 SF - 1955
2731 Barlow Drive	94546	\$908,000	4 BD - 2,000 SF - 1960
18767 Brickell Way	94546	\$832,000	3 BD - 1,808 SF - 1951
19204 Center Street	94546	\$450,000	1 BD - 728 SF - 1946
20677 Forest Avenue	94546	\$660,000	2 BD - 1,066 SF - 1941
3644 Lorena Avenue	94546	\$535,000	1 BD - 1,248 SF - 1993
20031 Lorena Place	94546	\$530,000	2 BD - 1,258 SF - 1981
19310 Parkview Road	94546	\$700,000	2 BD - 1,579 SF - 1969
19318 Parkview Road	94546	\$775,000	3 BD - 1,499 SF - 1968
4976 Proctor Road	94546	\$735,000	2 BD - 1,123 SF - 1952
18817 Sandy Road	94546	\$635,000	3 BD - 1,217 SF - 1947
5342 Briar Ridge Drive	94552	\$591,000	N/ABD - 1,572 SF - 1978
6420 Ridgewood Drive	94552	\$960,000	3 BD - 2,256 SF - 1990

TOTAL SALES: 13
LOWEST AMOUNT: \$450,000
HIGHEST AMOUNT: \$1,072,500
MEDIAN AMOUNT: \$700,000
AVERAGE AMOUNT: \$721,808

San Leandro

249 Accolade Drive	94577	\$683,000	4 BD - 1,627 SF - 2002
352 Accolade Drive	94577	\$675,000	3 BD - 1,599 SF - 2002
1340 Carpentier Street	94577	\$488,000	2 BD - 990 SF - 1940
400 Davis Street #107	94577	\$475,000	2 BD - 1,728 SF - 1982
1249 Kelly Avenue	94577	\$555,000	3 BD - 1,140 SF - 1942
14011 Seagate Dr #235	94577	\$480,000	2 BD - 1,033 SF - 1985
1204 Vistagrand Drive	94577	\$795,000	3 BD - 2,206 SF - 1959
1473 Vistagrand Drive	94577	\$975,000	3 BD - 2,532 SF - 1959
798 Moraga Drive	94578	\$630,000	3 BD - 1,108 SF - 1954
1718 Sidney Avenue	94578	\$638,000	2 BD - 1,486 SF - 1945
720 Fargo Avenue #2	94579	\$389,000	2 BD - 840 SF - 1965
740 Fargo Avenue #6	94579	\$363,000	2 BD - 840 SF - 1965
690 Fargo Avenue #7	94579	\$365,000	2 BD - 1,020 SF - 1965
1220 Georgetown Avenue	94579	\$580,000	3 BD - 1,459 SF - 1951
15605 Hebron Court	94579	\$615,000	3 BD - 1,419 SF - 1959
14331 Juniper Street	94579	\$480,000	3 BD - 1,076 SF - 1952
15280 Laverne Drive	94579	\$655,000	3 BD - 1,401 SF - 1957
1033 Lewelling Boulevard	94579	\$800,000	N/ABD - 2,871 SF - N/A

TOTAL SALES: 18
LOWEST AMOUNT: \$363,000
HIGHEST AMOUNT: \$975,000
MEDIAN AMOUNT: \$597,500
AVERAGE AMOUNT: \$591,167

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Call Trish Radovich: 510-367-7999/calltrish@comcast.net
21060 Redwood Rd. Ste. 100, Castro Valley

Kill Weeds Prior to Placing Landscape Fabric

By Buzz Bertolero
The Dirt Gardener

Q We've had the hill in the backyard weed-whacked and the debris removed. Now, the hillside is brown but it still has the roots of the cut weeds. I'd like to place a weed-blocking fabric and then plant a ground cover. Do you treat the ground with a weed killer before laying the fabric?

A The answer is not as simple as it might seem. The weeds should have been sprayed first before you weed-whacked them. A non-selective herbicide, like Round Up will be ineffective if sprayed on the bare ground. It will not kill the remaining roots. These products require plants to be leafed out and actively growing.

So, it's not a bad idea to wait and plant in the fall and let the weeds start to grow again. A week to 10 days before planting, spray the active weeds.

I'd encourage the growth by irrigating the hillside in the weeks beforehand.

It's a judgment call on your

part whether or not to install the landscape fabric. The landscape fabric is a short-term answer and not a long-term solution for weeds. It will only control the unwanted vegetation and dormant weed seeds below the fabric.

You should also cover the fabric with a two- to three-inch layer of mulch to shut out the light, preventing the weeds from growing. However, deep-rooted perennial weeds will penetrate the fabric or barrier in time.

After the rainy season concludes, the weed seeds from the seasonal grasses and plants will blow in and settle in the mulch. They germinate with the winter rains or with conventional sprinklers but not necessarily with drip irrigation. The ground cover, depending on the species, could reduce this concern as it matures.

Controlling the unwanted vegetation after the area is planted becomes more challenging with a non-selective herbicide. These herbicides damage desirable and undesirable plants so you'll need to be careful when spot treating them.

It's going to take several grow-

ing seasons for the plants to cover the area and you shouldn't expect much growth this year. To speed things up, you can plant them closer together and apply an annual all-purpose fertilizer between mid-February and April.

By planting in the fall, there shouldn't be much of a weed issue next spring.

To prevent weeds the following year, I'd apply Monterey Impede to control the weed seeds in the late fall. Monterey Impede is a pre-emergent herbicide that can be applied over the top of growing plants as it only kills the plant seeds and not any plant with a root system.

In addition, Impede requires moisture to establish the barrier. This isn't a problem if you're using conventional sprinklers, not drip, because the barrier needs to be established over the entire area.

You'll then need to wait and apply Impede just before the first significant rains of the season. Once the weeds start to germinate, it's too late.

Also, read the instructions, to make sure that you're applying the correct amount of the herbicide for

the square footage.

Buzz Bertolero is an Advanced California Certified Nursery Professional and Senior Gardening Professional at Sloat Garden Centers. His web address is www.dirtgardener.com. Email questions to dirtgarden@aol.com or go to [Facebook.com/Buzz.Bertolero](https://www.facebook.com/Buzz.Bertolero).

Mortgage Rates Drop Once Again

Average mortgage rates dropped last week for the second consecutive week, according to Freddie Mac's nationwide survey.

Thirty-year fixed mortgage rates averaged 3.92 percent last week, down from 3.96 percent the week before. A year ago at this time, the 30-year rate averaged 3.48 percent.

Fifteen-year mortgage rates averaged 3.20 percent, down from 3.23 percent.

The five-year hybrid adjustable-rate mortgage (ARM) averaged 3.18 percent last week, down from 3.21 percent.



August Chores

August is a time of transition in the garden. You'll be harvesting many of your summer vegetables — especially zucchini and tomatoes — and getting the soil ready for the fall-winter garden.

Chard grows beautifully in late summer and fall. Harvest the outer leaves and leave the crown intact for extended use of fewer plants. Cauliflower and broccoli must be in the ground a good two months before frost, which means no later than the middle of this month.

Plant beans now through Labor Day. Use a nitrogen-fixing bacteria powder to increase the yield. Plant spinach as early as possible this month. To promote growth, apply a half-pound of composted chicken manure or other high-nitrogen fertilizer into each square foot of garden space.

Feed tasseling corn and other vegetables that are setting fruit.



Native Americans used beebalm to treat a wide range of ailments, such as soothing bee stings by crushing the leaves of the plant and rubbing them on the skin. The Blackfeet used the plant in poultices applied directly to infections and minor wounds, the Cherokee and Teton Dakota used it to treat stomach ailments, and the Winnebago made a stimulating tea from it. - Brenda Weaver

Sources: plants.usda.gov, getbusygardening.com



CANYON MIDDLE SCHOOL
19600 Cull Canyon Road
AUGUST 5, 2017
From 8:00 a.m. to 2:00 p.m.

Event is free to Alameda County residents! Bring photo ID. 125 lb./15 gallon limit per resident. www.cvsan.org/hhw

RECYCLE



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Sprays, Fertilizers, Ant Traps, Pesticides, Herbicides, Rat Poison, Gopher Bait



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This ad was funded by WMAC Collection Events

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This section will feature advertising and editorial on local, public and private schools, as well as services available for today's busy parents.



To place your ad in this section call your advertising representative:

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Sample Ad Sizes

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2 cols. x 6 " = 12" ad

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An Exhausting Proposition

By **Samantha Mazzotta**
Special to the Forum

If your bathroom is completely fogged up when you get out of the shower — even when the exhaust fan is running — you may wonder what's the point in having a bathroom exhaust fan if it doesn't clear the air?

The exhaust fan serves a good purpose. It draws moist air out of the bathroom, minimizing damage to wallpaper, baseboards, the ceiling and anything else that isn't sealed against water.

However, if a "fog" lingers for

more than five minutes after a shower, the fan isn't doing its job.

The problem could be a blocked exhaust duct, an ailing fan motor or a unit that's not large enough to clear the entire room. In every case, the unit is not pulling enough air out of the bathroom.

If cleaning the unit doesn't help, consider replacing it.

Switch off the unit at the circuit box, then remove the front grille.

Remove the mounting screws and pull the fan out. Disconnect everything and set it aside.

Next, measure the fan's wall or

ceiling cavity and the square footage of the bathroom, as well. Purchase a fan that works best for the room's square footage. Make sure the new fan's exhaust port matches the size of the old exhaust port.

Install the new fan in the old cavity and test the household wiring to make sure the power is off before attempting to connect them. Then, follow the manufacturer's instructions to hook up the wires. Connect the vent hose, replace the grille cover and switch on the power at the circuit box.

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OPEN HOMES

SATURDAY & SUNDAY
AUGUST 5TH & 6TH



CITY	SAT	SUN	ADDRESS	PRICE	BD/MS/BATHS	REALTOR	AGENT	PHONE
K	—	1-3	79 1st Street	\$350,000	2/1	J. Rockcliff Realtors	Kristy Peixoto	925-251-2536
C	—	1-4	20480 Wisteria Street	\$435,000	2/1.5	Re/Max Accord	Lovewell Team	510-351-5555
A	—	12-3	1904 Bancroft Avenue	\$549,976	2/1	R.E. eBroker Inc.	Antonio Cardenas	510-326-4263
C	1:30-4	1:30-4	21940 Nugget Canyon Road	\$619,000	3/2.5	Coldwell Banker	Laurie Pfohl	510-851-3551
C	—	1-3	20950 Manter Road	\$995,000	5/3.5	J. Rockcliff Realtors	Kristy Peixoto	925-251-2536
C	1-4	1-4	26314 Fairview Avenue	\$999,000	4/2.5	J. Rockcliff Realtors	Suzanna Chew	510-326-4125
D	—	1-4	5655 Bruce Drive	Upon Request	5/3.5 (5+ acres)	J. Rockcliff Realtors	Debra Allen	925-251-2536

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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.

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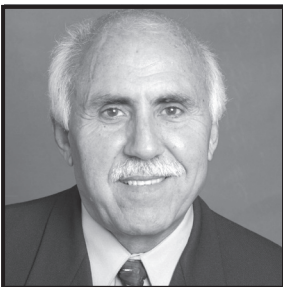
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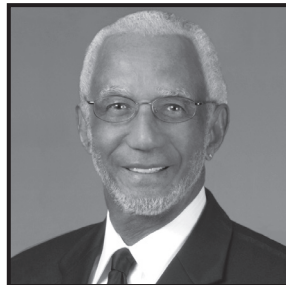
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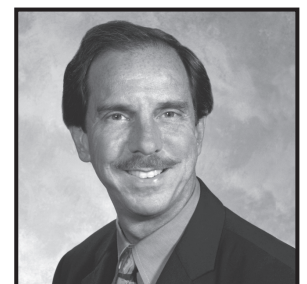
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MULTIFAMILY GARAGE SALE 8/5, 8:30am-3:30pm. Giftware, childrens, LP's, Asian ware, tools, Xmas, household, plants, fly fishing books, and much more. 551 Glen Drive, San Leandro.

GARAGE SALE Fri. 8/4, Sat. 8/5, & Sun. 8/6, 10am-4pm. No junk. 14392 Acacia Street, San Leandro.

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LETTERS
TO THE EDITOR
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Predicts Loss 'By a Landslide' of Trump in 2020

Editor:

In a Letter to the Editor, Scott Thomasson ("Only 'Far-Left Liberals' Calling for Trump Impeachment," *Letters*, July 26) stated, "Here's one other fact that will keep Mr. Thomas and his friends up nights: a recent poll showed that 76% of those who voted for President Trump will vote for him again in 2020. Sorry to let stone, cold, hard facts get in your way, Mr. Thomas."

If Scott Thomasson's 76% number is correct (I'm not questioning it), President Trump will lose by a landslide in 2020.

His winning margin in 2016 in each of these following states were so far below a 24% margin that he would be unlikely to win any of them in 2020: Alaska, Colorado, Florida, Georgia, Iowa, Michigan, Nevada, North Carolina, Ohio, Pennsylvania, South Carolina, Texas and Wisconsin.

These states account for 203 out of President Trump's 306 electoral votes. If they go to the Democratic challenger in 2020, President Trump will have only 103 of the 538 electoral votes. And he may have even fewer than that because I gave him the benefit of the doubt that he'd again win in states where his margins were as low as 20%.

All of these numbers are readily available on the web, at www.politico.com/mapdata-2016/2016-election/results/map/president/ and many other sites.

—Martin Zanfino, Castro Valley

Says GOP Has 'Given Us a Lying Narcissistic Sociopath'

Editor:

Mr. Thomasson ("Only 'Far-Left Liberals' Calling for Trump Impeachment," *Letters*, July 26) is right. Seventy-six percent of Trump's base would vote for him again. So the cold hard fact is that he has already lost 24% of his base. Not a good thing.

Mr. Thomasson also fails to mention that Obama went into office at the height of an economic crises, of which he had to pull us out. The economy has steadily grown since.

The trade deficit has grown under the previous Republican administrations, another economic reality inherited by Obama.

The fact is Republicans have given us a lying narcissistic sociopath with no sense of ethics. He has even stabbed his own supporters in the back.

—Robert Thomas, Castro Valley

Thinks Sheriff Should Crack Down on Illegal Immigrants

Editor:

Regarding the Page One story, "Sheriff Ahern Defends Immigration Policies During Heated Town Hall," (*The Forum*, July 5): As the son of immigrants (I was born in the U.S., but my parents immigrated from Latin America and became legal residents/citizens), I am appalled at how obnoxious, self-righteous and short-sighted those "protesters" behaved at the Town Hall meeting in Hayward toward Sheriff Ahern.

You can't have a civilized discussion with them; they simply resort to name-calling and talking over you (Eichmann; really?). We have enough crime to deal with from our own citizens without having to deal with illegal alien criminals.

I personally think Ahern should cooperate more fully with ICE (aren't government agencies supposed to be working together anyway?). Illegal immigrants know the risks coming here; it is *they* who place

their families at risk (knowing full well they may be "ripped apart" from each other). To say it is somehow the sheriff's fault for following the law is ludicrous.

That the protesters side with criminals rather than law-abiding citizens is reprehensible. And the fact they assumed a person with an accent would be "liberal" shows how racist those protesters truly are. It also shows how out-of-touch they are, since they obviously haven't had to live in rundown neighborhoods overrun with crime.

It's disappointing that the ACLU would sponsor that gang of hooligans.

—Ron Lopez, Castro Valley

Upset with MAC's Selection for Daughtrey's Building

Editor:

I just cannot believe that the MAC board has once again given approval for one more restaurant and bar in Castro Valley.

I am writing about the proposed use of the second floor of the old Daughtrey's building. Give me a break, please!

I can understand a new large grocery store, but to place a restaurant and bar on the second floor? Don't we have sufficient eateries and bars now?

I would like to see a new grocery store that is uncluttered with so much stock in the aisles! Safeway is so far out on placing items in the aisles and now in front of the checkout stands. No more restaurants are needed. I might ask the owners of those here now, how their business is going? I feel positive we have more than enough.

Perhaps we need a complete makeover of MAC!

—Dick Purdee, Castro Valley

LETTERS TO THE EDITOR must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. We do not withhold names or print unsigned letters. Email letters to: fredz@ebpublishing.com, or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

Obituaries

Dorothy Diane Fernandes

April 5, 1933 – July 21, 2017

On Friday, July 21, 2017, while holding her daughter Pamela's hand, Dorothy Diane Fernandes made her escape.

Dorothy, "Dottie" to her friends, debuted on the same day that FDR removed the United States from the Gold Standard — an auspicious start for a woman with a heart of gold.

Her parents, Frank Mesa and Francis Dominiano, of Spanish and Italian descent, were young and of limited means. She was their only child.

Dorothy's early life was marked by struggle and hardship. As a young child, she lived in a one-room shack without running water or heat. However, she was quick to recall the joy of that time, sitting with her Spanish grandfather as he served her coffee with a pat of butter.

Despite this setback, and time spent in and out of foster homes, she never let bitterness or anger take hold or define her.

Dorothy was a proud, adventurous, beautiful woman with a generous spirit and a loving and open heart.

As a young girl, Dorothy excelled at singing competitions — a talent she acquired from her father, a professional singer, and passed on to her son, Joe, and granddaughter, Sonoma.

Matrimony came twice and left early leaving her a single mother with three children, often working double shifts or two jobs without complaint. Her children were never left wanting.

In 1963, Dorothy reported for work as a waitress at the grand opening of Pipers restaurant in San Leandro. She would work there until they closed 40 years later.

In 1971, she married Anthony Fernandes.

A mother, grandmother and great-grandmother, she was selflessly devoted to her family.

She loved a good meal with family and friends, was an excellent and efficient cook, and took pride in keeping her kitchen and home organized and tidy.

An avid reader with a passion for biographies, Dorothy enjoyed sharing personal stories and the occasional bit of local gossip with neighbors. She had a quick wit and easy way of talking with everyone she met, leaving them with a smile.

A natural beauty, Dorothy was not a showy person. However, she had a distinct sense of style and pride in her appearance, down to the smallest detail. Her hair, nails and makeup were always perfect, with just the right combination of being glamorous and comfortable.

For Dorothy, there was always something to do. Gardening, exploring thrift stores with her friend, Laurie, and looking after her home and family were never chores. She loved life and was always busy. She would often tell her children that the point of life is to have fun!

She will remain forever in the hearts of her family: daughter, Pamela Parlagreco; son, Joseph Parlagreco; grandchildren, James Harrington, Sean Harrington, Sonoma and Nicolo Parlagreco, and Tanner Simms; and great-granddaughter, Serenity Simms, and husband, Anthony Fernandes.

She was preceded in death by her youngest son, Peter Bamberg.

Asked to describe her in a word, her grandchildren, James, Sean, Sonoma and Nicolo responded, "Genuine, Tenacious, Generous, Amazing!"

Dorothy remarked more than once that she would like to be reincarnated as a bird.

You are finally free, Dorothy... Fly away!

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Dorothy Diane■ AMARAL,
Grace (Gracie)

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Grace (Gracie) Amaral

Grace (Gracie) Amaral passed away peacefully in her home on Monday, July 24, from complications of dementia. She touched so many lives with her warm smile and her wonderful, positive outlook on life.

She was known by many as "The Cake Lady", as she took pride in the making of so many wedding and birthday cakes! Others knew her as the "#1 Umpire's Wife".

Gracie is survived by her loving husband of 58 years, Donald Amaral; devoted children, Dawn DeRose (John), Marty Amaral (Darlene) and Scott Amaral (Cassie); 7 grandchildren; and 2 great-grandchildren. Her generous loving spirit will be missed by all who knew her.

Friends and family are invited to a Celebration of Life on Friday, August 18, at 1 p.m. at the Castro Valley Moose Lodge, 20835 Rutledge Road, in Castro Valley.



THE FORUM CROSSWORD

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ACROSS

- 1 Do something
- 4 Apparel
- 8 Crockpot creation
- 12 Thickness
- 13 Radius neighbor
- 14 Head
- 15 Bribe
- 16 Paper quantity
- 17 Hebrew month
- 18 Cosmetic item
- 21 "Of course"
- 22 Young fellow
- 23 "Ivanhoe" author
- 26 Rarin' to go
- 27 Vagrant
- 30 Aesopian also-ran
- 31 Foundation
- 32 Foundation
- 33 Ram's partner
- 34 Plague
- 35 Tier
- 36 Spread seeds
- 37 Household member
- 38 Paperwork specialists
- 45 Met melody
- 46 Annoys
- 47 Have a bug
- 48 Volition
- 49 Reebok rival
- 50 Masseur's workplace
- 51 Gotta have
- 52 FBI employee
- 53 Evergreen type

DOWN

- 1 Church section
- 2 Satiated
- 3 Sort
- 4 Structure on a tank
- 5 Spreads for bread
- 6 Chew away at
- 7 Tried
- 8 Shell out
- 9 Body powder
- 10 Needle case
- 11 Healthy
- 19 Computer unit
- 20 Dine
- 23 The lady
- 24 Cornfield call
- 25 Tramcar load
- 26 Driver's license datum
- 27 Fundy, for one
- 28 Work with
- 29 Mal de
- 31 Pete Weber's game
- 32 Dog owner's chore
- 34 Luau treat
- 35 Diminish
- 36 Burn with steam
- 37 Authentic
- 38 Chess piece
- 39 Ontario neighbor
- 40 Cleo's water
- 41 Proper companion?
- 42 Uncomplicated
- 43 Mature
- 44 Deli salad

ANSWERS ON PAGE 7

Find Your Circle of Fitness

By Chris LaLanne
SPECIAL TO THE FORUM

Finding a positive circle of influence will lead to success in any endeavor, particularly with fitness.

Trying to start a new routine and reach new fitness goals is not easy and going it alone is a daunting task. It's natural, like most animals, we thrive in groups.

In fact, as a member of a team or a group, your chances of reaching new goals will skyrocket!

Over the years I have been involved in various sports. All of them require a commitment to being a part of the team or the group. This leads to the formation of bonds and friendships, all making for a more engaging, challenging and motivating experience – long-term.

Fitness is no different. The most success programs are built around the group, where the collective energy and camaraderie play a huge part in driving performance and results.

I recommend looking to group exercise as the ideal place for you to find a "circle of fitness." Being part of a like minded community will provide invaluable support and lead to long-term success!

Chris LaLanne is the grand nephew of Jack LaLanne. He is the owner of LaLanne Bootcamp in Castro Valley.



COLLECTIVE ENERGY: The most success programs are built around the group, where the collective energy and camaraderie play a huge part in driving performance and results.

East Bay Regional Park District Approves E-Bike Pilot Program

The East Bay Regional Park District Board of Directors has voted unanimously to implement an E-Bike Pilot Program on three regional trails in the District.

The program will last through July 2018 and includes plans to gather information about users' perceptions and experiences, and to make sure they know about the program and appropriately share the trails with their fellow cyclists.

Park District employees will be performing user counts, monitoring usage, and conducting surveys on the trails covered by the program.

The pilot program applies to three Park District trails and only covers Class 1 and 2 electric motor-assisted E-Bikes with fully operable pedals and electric motor of less than 750 watts.

All existing regional trail rules, including the 15 mph speed limit, will remain in full effect during the pilot program.

The three trails authorized by the pilot program are the Alameda Creek Trail in Alameda County, the Iron Horse Trail running through both Alameda and Contra Costa counties, and the Contra Costa Canal Regional Trail.

The Park District has an active "Green Transportation" network of paved trails that connects users to transit, school and work sites, and the District was recently awarded \$10 million from the U.S. Department of Transportation to expand these trail connections.

District officials say there has already been an increase in bicycle commuting on the trails, and

E-Bike users will likely continue the trend, which will help reduce traffic congestion on roadways and improve access for those with physical limitations.

E-bikes are not just used by commuters, however. Many seniors and individuals with disabilities are opting for a bicycle that can do the pedaling when they can't. These types of bikes provide new mobility opportunities to people who need extra assistance.

Governor Brown signed legislation in 2015 modernizing electric bike regulations for trails on state parks and authorized local districts to update their rules for allowing E-bikes on their own local trails.

In developing the pilot program the Park District engaged community members and user groups to obtain feedback and input.

New Hope for People with Brain Cancer; Precision Improvements

By Glen Jett
SPECIAL TO THE FORUM

On July 20, America learned that one of its elder statesmen, Sen. John McCain, was diagnosed with a brain tumor.

Regardless of party affiliation, politicians and other citizens from around the country were saddened and wished McCain and his family well.

The news is unfortunate because the 80-year-old senator's tumor is a glioblastoma multiforme or GBM, the most aggressive of all primary brain tumors.

"The average length of survival for people with GBM is 12 to 14 months, and life expectancy is often shorter for patients over 60 or 65," said Dr. Lawrence Dickinson, M.D., Neurosurgeon at Sutter Health Eden Medical Center.

Treatment usually involves surgery to remove as much of the tumor as possible.

"If it's possible to remove the tumor safely then surgery is prioritized" said Dr. Dickinson. Radiation and chemotherapy can also be used to help control growth (or regrowth) of the tumor.

Goals of Surgery

Highly trained neurosurgeons are now using new technology called *BrightMatter* to see a complete 3-D map of a patient's brain fibers – the connections that control body functions like speech, movement and learning.

Being able to see this map during surgery helps surgeons navigate their instruments around healthy tissue, veins and nerve fi



American war hero and U.S. Senator John McCain, who was diagnosed with brain cancer last week.

bers in order to access and remove a GBM tumor without disturbing or damaging other critical structures in the brain.

"This technology gives me the ability to access deep seated tumors once deemed inoperable because the software finds a safe passage for my tools," said Dr. Dickinson. "The improved optics and preciseness of *BrightMatter* affords a higher probability of total tumor resection and this correlates to longer survival."

Safe surgical removal of a tumor can not only improve survival, but also relieve certain deficits the patient may be experiencing and give the patient more time with their loved ones.

"*BrightMatter* allows the safest – and least invasive – tumor removal, and the patient spends minimal amount of time in the hospital, thus has more time at home with family."

Advances in Precision Medicine

"Glioblastoma multiforme is an aggressive tumor, which often regrows, removal and adjunct therapy can extend longevity and improve quality of life by remediating symptoms and neurologic deficits" said Dr. Dickinson. "But we have to develop a better strategy for eradicating these tumors."

Eden Medical Center, Pacific Brain and Spine and EpicCare, in association with Dr. Liliana Soriano at California Pacific Medical Center, have developed a personalized, genome-based oncologic treatment program for patients that incorporates a mouse Avatar program.

Using this new program doctors can directly test various intravenous and oral drugs on the actual tumor from a patient to determine if there is potential efficacy.

In addition, Cancer Program providers at Eden Medical Center offer inter-professional clinics where neurosurgery, radiation oncology and medical oncology providers meet simultaneously with the patient to provide comprehensive, coordinated care.

Brain cancer is one of the most challenging diagnoses a patient can receive, we offer our thoughts and well wishes to Senator John McCain, his entire family and patients across the country battling brain cancer.

Glen Jett, MSN, RN, BC, NE-BC is the administrative director of the Neuroscience Center and Oncology Services at Sutter Health Eden Medical Center.

Season: Defend Yourself from Mosquito Bites by Wearing Long Pants and Shirts

continued from page 2

- Defend yourself from mosquito bites by wearing long pants and long-sleeved shirts. Apply insect repellent containing such ingredients as DEET, Picaridin, IR3535, or Oil of lemon eucalyptus.

- Keep door and window screens in good repair with no tears or holes.

West Nile virus is transmitted to people and animals through the bite of an infected mosquito. There is no cure for West Nile virus.

Approximately one in five people who are infected with the virus

will develop symptoms such as fever, headache, body aches, joint pains, vomiting, or rash. Less than one percent will develop a serious neurological illness such as encephalitis or meningitis.

Adults over 50 years old and people with compromised immune systems are at increased risk of serious complications. Anyone who develops symptoms should seek medical care immediately.

Horses are very susceptible to West Nile virus and vaccines are available. Horse owners are advised to contact their veterinarians

regarding timely vaccinations.

For info on mosquitoes, West Nile virus, or to request any of the District services visit www.mosquitoes.org or call 510-783-7744.

Residents can also request mosquito fish for their fish ponds, horse troughs, or neglected swimming pools at the District office located in Hayward at 23187 Connecticut Street.

For information concerning West Nile virus symptoms, prevention or testing please contact the Alameda County Public Health Department at 510-267-8001.

Find More Local News in the Forum

To advertise call
Mary Florence: 510-861-3270 or Linda Nakhai: 510-915-1513

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ADOPT-A-PET



MUFFINS is a 3 month old who gets along with kids, cat-friendly dogs, and cats. While a bit independent, she's super playful. Info: Hayward Animal Shelter. (510) 293-7200.



GLADYS is a sweet 10 years young gal who has a lot of pep. She enjoys being petted and going for walks. Best in an adult home. Info: Hayward Animal Shelter. (510) 293-7200.



GRACIE is a white kitten with black tabby patches, one of which looks like a little heart. She is outgoing, very athletic and playful. For more info, visit: dustypawsrescue.org



TRISCUIT is a 2-3 year old terrier mix weighing 11 pounds. He'd do best in a home where he's the only dog. Please fill out an application if you want to meet him: dustypawsrescue.org

Solved: Anonymous Tip Allowed Case to Reopen

continued from front page

As 1990 drew to a close, Rudiger feared his death was imminent. Rudiger mentioned to friends and colleagues that his ex-wife, Drace, had moved her boyfriend and recent parolee, Devincenzi, into the house. The beloved cat of Rudiger had also disappeared and the cat's collar was hung on the doorknob of his bedroom.

The day prior to his murder, Rudiger placed a copy of his will in his toolbox at work and mentioned it to a colleague.

In the late evening of Dec. 27, 1990, Rudiger was brutally murdered by Drace and her boyfriend, Devincenzi. Rudiger was stabbed at least 21 times and beaten to death. He fought for his life, as evidenced by the defensive wounds on the inside of his fingers.

In the hours following the murder, Drace and Devincenzi had packed up Rudiger's truck with the body of Rudiger in the back, along with other evidence they wanted to destroy. Drace drove her car to a spot along Redwood Road with Devincenzi following

just behind in Rudiger's truck. They dumped the body close to the spot where Rudiger and Drace had been married five years before. They disposed of Rudiger's truck in Oakland, leaving the keys in the car in an attempt to set-up other people for his murder.

When the victim didn't show up for work on Dec. 28, 1990, his colleague knew something was wrong. The colleague alerted Rudiger's brother and then went to Rudiger's house in Castro Valley. There was no answer at the door, and Rudiger's truck was gone.

A few hours later, the body of Rudiger was spotted by a passerby down a steep embankment on Redwood Road. East Bay Regional Parks personnel recovered the body of Rudiger. Meanwhile, Drace and Devincenzi drove to Reno and were married that same day.

In 2010, the Alameda County Sheriff's office received an anonymous tip about the murder. With this new information, and along with DNA, ACSO were able to reopen the investigation and solve the murder of Rudiger.



Molly, a beautiful little Guinea pig, would love to be adopted this Saturday during Hot PAWGust Nights event.

Hot 'Pawgust' Nights

Volunteers at the Hayward Animal Shelter are celebrating Hot Pawgust Nights this Saturday by offering cat, kittens, dogs, puppies, bunnies and Guinea pigs at less than half the regular cost. Adoption fees are just \$20 this Saturday, Aug 5 only, from 11 a.m. to 5 p.m. at the shelter, 16 Barnes Court, near the DMV office at Jackson and Soto Road. That fee includes spay/neuter, vaccinations and a microchip. (Hayward residents are subject to a \$17 licensing fee for dogs.) The day also includes a fund-raising classic car show from 11 a.m. to 3 p.m. and a kids booth. For more information, visit www.facebook.com/haywardanimalshelter

CVSAN WANTS TO HEAR FROM YOU



Castro Valley Sanitary District (CVSan) is issuing sections of its draft Request for Proposals (RFP) for a new Municipal Solid Waste Collection Agreement (2019-2029) for public comment.

Later this year, CVSan will begin accepting RFPs from companies seeking to provide the collection and transfer of garbage, and the collection, transfer, and processing of recyclables, organics, and construction and demolition debris. The selected company will begin providing these services in CVSan starting May 1, 2019.

HOW YOU CAN PARTICIPATE:

CVSan encourages the community to submit comments by August 18th at www.SpeakUpCVSan.org. SpeakUp is designed to be an online space for the community to provide feedback, submit questions, and to sign up to receive email reminders and updates on the new contract.

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This ad was funded by Contract Admin Fees



'South Pacific' Begins 7-Night Run at Oakland's Woodminster Amphitheatre

Rodgers & Hammerstein's classic "South Pacific," which has won more Tony Awards than any musical in history, opens this Friday night at Woodminster Amphitheater in Joaquin Miller Park in Oakland.

Shortly after the conclusion of WWII, Richard Rodgers and Oscar Hammerstein, already hugely successful with "Carousel" and "Oklahoma," set out to write a popular musical that would also send a strong progressive message about racism.

Using James Michener's Pulitzer-Prize winning Tales of the South Pacific as inspiration, they succeeded so well that South Pacific still has an important and relevant message today.

Besides a compelling plot, it has some of the most memorable songs in musical theater history, including "Bali Ha'i," "Some Enchanted Evening," "Younger Than Springtime," "You've Got To Be Carefully Taught," "I'm Gonna Wash That Man Right Out Of My Hair," and many more.

Presented by Woodminster Summer Musicals and Producers Associates, Inc., the show runs at



PHOTO BY NATALIE FONG

Edward Hightower as Luther Billis, performs the hilarious "Honey Bun." Hightower was honored with a Theatre Bay Area award for his performance as Lord Farquaad in Woodminster's 2016 production of Shrek the Musical.

8 p.m. on Aug. 4, 5, 6, 10, 11, 12 and 13 at Woodminster Amphitheater, Joaquin Miller Road at upper Sanborn Drive in Oakland. Tickets for summer musicals at

Woodminster Amphitheater range from \$31 to \$64, with a \$2 discount for seniors 62 and older. For tickets, call 510-531-9597 or visit www.woodminster.com.

Seniors: Savings for Smartphone Users

continued from page 7

This is a federal program that provides a \$9.25 monthly subsidy that could go towards your smartphone service.

To qualify, you'll need to show that your annual household income is at or below 135 percent of the Federal Poverty Guidelines – which is \$16,281 for one person, or \$21,924 for two. Or, that you're

receiving certain types of government benefits, such as Medicaid, food stamps, SSI, public housing assistance, veterans pension or survivor's pension benefit, or live on federally recognized Tribal lands.

To apply, contact a wireless provider in your area that participates in the Lifeline program (see LifelineSupport.org or call 800-234-9473) and ask how to apply.

Be sure to check all wireless providers in your state because some offer better services – like a free smartphone, monthly talk time minutes, unlimited texting and some cellular data – than others.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org.