

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 29

WEDNESDAY, MARCH 29, 2017

NO. 13

INSIDE YOUR FORUM

OUR TOWN



Taste of CV

CV/Eden Area Chamber presents its First Annual 'Taste of Castro Valley'

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LIVING



Passover

Try making some of these recipes for Passover, the celebration of spring

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NEWS



Behind the Badge

Sheriff's office is now accepting applications for Citizens Academy

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PHOTO BY FRED ZEHNDER

Once a favorite shopping spot for electronic hobbyists and "ham" amateur radio operators, the longtime Radio Shack store on Redwood Road will close its doors this Friday, one of 552 such closings this month across the country.

CV Radio Shack to Close On Friday After 45 Years

By Linda Sandsmark
CASTRO VALLEY FORUM

Castro Valley's Radio Shack store on Redwood Road is closing March 31, after 45 years in business.

Sprint is expected to continue its current presence in the storefront after Radio Shack departs.

"I bought my first soldering gun here for a 4-H electricity project. This must have been 1974 or 1975, when I was about nine years

old," says Raymond DeGroat, who was in the store shopping for close-outs last week.

"I think it's good that Castro Valley will have some sort of a phone store, but the nearest Fry's Electronics is in Fremont. I'm going to miss this store and all the adaptors you can buy here," DeGroat added.

Some 552 Radio Shack stores across the country will close this month, including many that it shares with Sprint, according to

published reports. The move is part of the company's most recent Chapter 11 reorganization. (Radio Shack also filed for bankruptcy in 2015.) Other stores are closing this month in Dublin, San Leandro and Hayward.

The reorganization announcement came March 8. About 1,850 employees nationwide are expected to be affected.

"I've enjoyed this job immensely," says Castro Valley Resident **SHACK on back page**

MAC: Food Trucks OK'd for Adobe Park

By Amy Sylvestri
CASTRO VALLEY FORUM

The popular food truck event will be back in Castro Valley soon, but the trucks are moving away from the Boulevard to Adobe Park at 20395 San Miguel Avenue.

The weekly event, operated by the Food Truck Mafia, will feature a rotating variety of trucks every Tuesday evening from 5 to 9 p.m. from April 25 through November 14, a total of 30 nights.

The Castro Valley Municipal Advisory Council (MAC) approved the event at their Meeting Monday night, with four votes in favor and member Linda Tangren abstaining due to some concerns about signage.

The MAC in general expressed some worry about signs and publicizing the event, saying that since it's off Castro Valley Boulevard and toward the back of the park, it could attract less attention from passersby.

"Everything is positive if you move it there, except if you drive by, you'd have no idea it's there," said MAC member Ken Carbone.

When the trucks were first approved last year to occupy the parking lot of a tire shop on the Boulevard, there was push-back from the management company behind the neighboring Castro Village. Once the event started up, some attendees complained of being hassled by security guards hired to keep food truck patrons from parking at the shopping center.

The new location at the park

will allow for more seating room, have a playground for kids to play while their parents eat, and have ample parking, according to the Castro Valley/Eden Area Chamber of Commerce.

But MAC member Chuck Moore lamented the move from the Boulevard, saying that one of the original intentions of the event was to mutually benefit businesses downtown by bringing in foot traffic on Tuesday nights, a typically slow time.

"I don't see how this does that in that location," said Moore.

The Chamber said that the Village didn't express interest in partnering on the food truck event and that they are working on publicizing the new location so the event will continue to be a success.

Other Business

Also at Monday night's MAC meeting, the council unanimously approved a 1,080 modular building to serve as a residence on a large plot of land at 33833 Palomares Road.

And the council also announced the new members of the Safe Routes to School MAC subcommittee. The committee was originally chaired by Janet Everson, who resigned from the MAC last month.

Chuck Moore will be the new chair and Shelia Cunha and Marc Crawford will also be on the committee. They plan to start right away to deal with the lack of sidewalks near Stanton Elementary School, beginning with an onsite meeting next week.

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PHONE: (510) 537-1792

Local Cowgirls to Compete for Rodeo Queen Title April 1

Local cowgirls Jessica Segale and Megan Stevens are competing for the title of this year's Rowell Ranch Pro Rodeo Queen.

Each year, the queen contest is held to select a young woman who has the desire and enthusiasm to serve as an ambassador for the Rowell Ranch Pro Rodeo.

Jessica Segale is 20 years old and was born in Mariposa, Calif. She attended Hayward High School and continued her education at Los Positas and Feather River colleges.

She is a veterinary technician for East Bay Mobile Country Vet, as well as a groomer for A Stones Throw Farms in Pleasanton. In her spare time she enjoys riding her horse Chisim, competing in gymkhana, working cattle and trail riding, as well as, other outdoor adventures.

Megan Stevens is 22 years old and from San Leandro. She graduated from Dublin High school and entered Cal State East Bay. She is currently working for the Dublin School District as a principal

secretary at Dublin Elementary School.

She enjoys riding her horse Pristine and competing in gymkhana events and trail-riding. She also likes dancing, working out and tactical shooting.

The competition is based on poise, personality, interview skills and horsemanship. The horsemanship portion of the competition will take place at 9:00 a.m. on April 1 at Apple Creek Farms in Castro Valley and is free to the public.

A celebration of Castro Valley's western heritage – the crowning of the Rowell Rodeo Queen – will highlight the annual coronation dinner and dance that Saturday night at Transfiguration Church Hall.

The speech and interview portion of the competition will also take place at the Rodeo's kick-off dinner that evening. The 2017 rodeo queen will receive more than \$1,000 in scholarships and prizes.

Tickets (\$35) are sold in-advance-only for the April 1 dinner,

coronation and dance, and can be purchased by contacting Susie Alves at 510-409-6104 or Rowell's Saddlery 510-581-2577.

Tickets are also on sale now for the 97th Rowell Ranch Pro Rodeo. They range in price from \$15 to \$27 and can be purchased online at rowellranchrodeo.com or at the gate the day of the performance.

For details about how you can take part in the full cowboy experience and a complete calendar of rodeo activities, visit rowellranchrodeo.com.

CV STUDENTS BATTLE IT OUT



The student team members and coaches of Castro Valley Science Olympiad.

'Fierce' Competition on Display At Regional Science Olympiad

Student teams from Castro Valley High School and Canyon and Creekside middle schools took part in the Bay Area Regional Science Olympiad competition at Cal State East Bay earlier this month.

The March 11th competition was "particularly fierce," according to participants. Creekside was represented with two teams who placed 12th and 13th in the overall competition, with 19 Top-10 medals.

The young Canyon team finished 15th and 16th place, with 13 Top-10 finishes.

The CVHS team finished 12th in the High School division with 7 Top-10 placements.

Each team, led and coached by a dedicated army of parent volunteers, competed in 23 diverse events that involved building airplanes and helicopters, bottle rockets, hovercraft, balsa wood towers, or robot arms, and studying for tests on hydro-geology, epidemiol-

ogy, astronomy, and many others.

There were also diverse lab events, such as Crime Busters (forensics), food science, coding, and chemistry lab.

"It was a lot of hard work, but I am proud of myself," said Cyanni Yao, a 7th grade Science Olympian at Creekside. "I had fun, I learned a lot, and made many new friends."

For more information about joining or volunteering in this program, visit cvscience.us/contact/

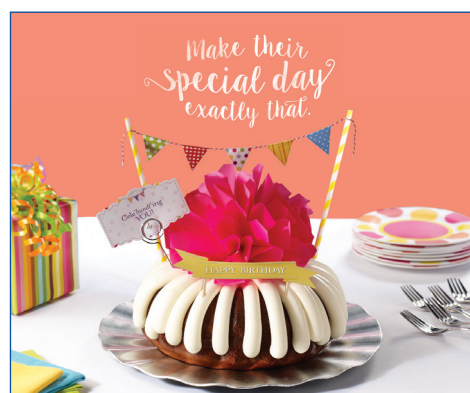
CV Library Seeks Homework Volunteers

The Castro Valley Library is looking for dedicated and enthusiastic high school students to volunteer a few hours a week in its after-school Homework Assistance Center.

If you're looking for community service hours or need some job experience for your resume, sign up for hours on Mondays, Tuesdays, Wednesdays, and Thursdays from 3:30 p.m. to 5:00 p.m. to help

students tackle their homework while you gain valuable experience and have fun.

Call Nathan Silva, Librarian II, (510) 608-1141 for more info or stop by the Castro Valley library.



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Expires 4/30/17. Limit one coupon per guest. Cannot be combined with any other offer. Redeemable only at the bakery listed. Must be claimed in-bakery during normal business hours. No cash value.

Castro Valley Weather March 29 - April 2, 2017



Wednesday
Partly Sunny
High 72° Low 54°



Thursday
Partly Sunny
High 67° Low 49°



Friday
Sunny
High 71° Low 50°



Saturday
Partly Sunny
High 75° Low 51°



Sunday
Sunny
High 69° Low 49°

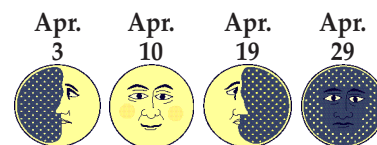
Almanac



Past Week's Rain: 01.30
Season To Date: 33.32
Normal To Date: 20.91
Season Average: 21.22

Sun sets at 7:30 p.m. today, rises at 6:56 a.m. Thursday.

Moon Phases



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

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CV Adult & Career Education Offers Two New Creative Writing Courses

Do you have a draft of a novel gathering dust in a box somewhere? Have you always dreamed of writing a book? Do you just want to add some creativity to your life?

Castro Valley Adult & Career Education (CAVCE) is offering two new creative writing classes this Spring and Summer taught by local author Missy Kirtley.

Ms. Kirtley has written since she was a child, studied creative writing and screenwriting at San Jose State, and is a published author. Her novelette series, "The Royals," is available on Amazon.

She is passionate about writing and loves to take on the National Novel Writing Month (NaNoWriMo) challenge where participants endeavor to write a novel in just one month. She was one of the less than 10 percent who succeeded in the NaNoWriMo challenge.

Kirtley has designed two writ-

ing classes to help bring out your creativity:

- Discover your inner author in the Fiction Writing course. It will be held Wednesday evenings for eight weeks beginning April 5.

The focus will be on finding your unique voice as a writer. Through introspection and practice, you will discover your own process. Experiment with character creation, plot structure, point of view, and tense, while receiving encouraging guidance from your instructor and constructive feedback from your peers.

By the end of the course, you will have a portfolio of work that you will be proud of, and be ready to submit your work to a contest or magazine for publication. The cost for this course is just \$99.

- The summer class is a Creative Writing workshop that will be held every Wednesday evening in July. Each week's meeting will include a brief lecture with advice

on aspects of storytelling: world building, character creation, sensory details, and literary devices. Then class will take time to write.

Prompts, journaling, freewriting, and other techniques will be explored in a fun, supportive, encouraging environment. Carefully facilitated peer review and feedback will be available. Cost for the four-week course is just \$49.

William Faulkner said, "If a story is in you, it has to come out." Missy Kirtley is ready to help you bring your stories to the page.

To register for these creative writing classes or any of our wide array of enrichment classes from baking classes to bird watching, visit www.cvadult.org or call the office at 510-886-1000.

Remember to include us in your acknowledgements page of your first novel!

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

Is Your Store Empty when Others are Full?

Advertise in the
Castro Valley Forum

Call: Mary Florence: 861-3270 or Linda Nakhai: 915-1513

CASTRO VALLEY FORUM

San Leandro Times

3742 Castro Valley Blvd., Castro Valley www.castrovalleyforum.com

2060 Washington Ave., San Leandro www.sanleandrotimes.com

Montessori at Five Canyons



Open House

April 12th @ 6:30PM - 8PM

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510.581.3729

www.montessoricastrovalley.com

Toddlers (18 mo.) - Preschool - Kindergarten - Extended Daycare



Free the child's potential, and you will transform him into the world.

— Maria Montessori



Ivan Velazquez, Matt Beall, Gigi Benson and Steve Wilner as they appear in Frederick Knott's suspense thriller "Wait Until Dark" opening next week at Chanticleers Theatre.

Suspenseful 'Wait Until Dark' Opens April 7 at Chanticleers

A policeman. A con man. An old friend. A blind woman. A lost doll and ... a murder.

All of this and more will keep you on the edge of your seat when "Wait Until Dark" opens at Chanticleers Theatre in Castro Valley.

Authored by Frederick Knott, who also penned "Dial 'M' for Murder," the play is a slow burn that builds in menace until the gripping climactic confrontation between its protagonist Susy Hendrix and the terrifying Roat.

"Wait Until Dark" is as anxiety-inducing as an old film noir, but also has many laugh-out-loud

funny moments that balance the tension. It is a wonderful statement about finding the strength inside yourself to overcome insurmountable obstacles, refusing to be the victim, and fighting the true monsters in the world around you.

Chanticleers hopes you enjoy "Wait Until Dark" and apologize in advance for the increase in your electric bills when you refuse to turn off your lights after seeing it!

Directed by Michael Sally, a talented cast from all over the East Bay includes Gigi Benson (Oakland), Matt Beall (San Leandro), Steve Wilner (Dublin), Ivan

Velazquez (Alameda), Roger Caetano (Castro Valley), and Emma Curtin (Alameda).

The show opens with Chanticleers' traditional champagne gala on Friday, April 7, and runs through April 30. Curtain time for Friday and Saturday evening shows is 8:00 p.m. and Sunday matinees start at 2:00 p.m. (no matinee on Easter Sunday).

General admission is \$25 and \$20 for senior 60 and over, students and military. All tickets will be \$20 on Bargain Night, April 8. The Chanticleers Theatre Flex-Pass (gives you four tickets to use anytime during the season) is \$85 general and \$68 seniors/students/military.

Chanticleers Theatre is located within the Castro Valley Community Park located at 3683 Quail Avenue, Castro Valley. For more information, call (510) 33-5483 or visit: www.chanticleers.org for reservations/tickets.

Clean Water Grants

Alameda County's Clean Water Program is inviting applications for its 2017 Community Stewardship Grants aimed at protecting waterways and beaches in the county.

A total of \$25,000 will be awarded in amounts between \$1,000 and \$5,000 per project.

Eligible applicants include teacher and student groups, youth organizations, homeowners associations, community groups, environmental groups and other non-profit organizations. Outreach methods include art projects, events, trainings, videos and printed materials, among others.

Deadline for submissions is Wednesday, April 12. The application packet can be downloaded at www.cleanwaterprogram.org/grants.

Grier on University of Rochester Dean's List

Alan Thomas Grier, a senior majoring in mechanical engineering at the University of Rochester (New York), has been named to the Dean's List for academic achievement for the fall 2016 semester. Grier, of Castro Valley, is the son of Carla Grier and David Grier.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Sex Offender Failed to Register
Sunday, March 26: at 10:55 p.m., Sheriff's deputies arrested a 62-year-old man from Castro Valley on suspicion of failing to renew his sex offender registration with authorities. The man was hanging out on San Carlos Avenue near Stanton Avenue when deputies stopped him for questioning and found him out of compliance. The man was taken into custody.

Crack in His Pants
Sunday, March 26: at 8:57 p.m., a 40-year-old man from Castro Valley was arrested on suspicion of possession of crack cocaine, public intoxication, and violating the terms of his probation. Deputies stopped the man for questioning at a fast food restaurant on Redwood Road near Redwood Court when they discovered his stash in the coin pocket of his jeans. The man also failed his field sobriety test and was taken into custody.

Shoplifter Caught
Saturday, March 25: at 9:17 p.m., deputies arrested a 50-year-old man from Hayward on suspicion of petty theft from a drug store on Castro Valley Boulevard near Marshall Street. The man was caught by store management leaving with an unspecified amount of unpaid merchandise. Deputies also revealed the man had an outstanding warrant issued for his capture. He was taken to Santa Rita Jail pending \$2,500 in bail.

Charged with Battery
Saturday, March 25: at 4:24 a.m., a 42-year-old man with no permanent address was arrested on suspicion of battery on another person. Deputies responded to reports of an altercation on Redwood Road near Watson Street. The man was also found to have

an outstanding warrant issued for his capture. Deputies took the man to Santa Rita Jail pending \$5,000 in bail. The victim was treated at the scene.

Spousal Assault
Wednesday, March 22: at 11:43 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Somers Avenue near Anita Avenue. There, they arrested a 20-year-old man from Castro Valley on suspicion of assault and battery on a spouse and violating the terms of his probation. The man was handcuffed and taken into custody. The victim was treated at the scene.

Felon with Hidden Firearm
Tuesday, March 21: at 4:26 a.m., deputies pulled over and arrested a 44-year-old man from San Leandro on suspicion of felony possession of a loaded and concealed firearm. The man was traveling on Crow Canyon Road near Greenridge Road when deputies stopped him for questioning. The man also had several outstanding warrants issued for his capture. Deputies took the man to Santa Rita Jail pending \$160,000 in bail. The passenger, a 32-year-old man from Castro Valley, was charged with illegal possession of narcotics. Deputies took the man into custody.

Drug Possession
Tuesday, March 21: at 10:17 a.m., a 37-year-old man from San Francisco was arrested on suspicion of possession of illegal narcotics. Deputies stopped the man for questioning on Almond Road near Walnut Road when they discovered his stash. The man was handcuffed and taken into custody.

Deadly Weapon Over Coffee
Monday, March 20: at 8:10 a.m., deputies arrested a 39-year-old man with no permanent address on suspicion of brandishing a deadly weapon. The man was hanging outside a coffee store on Castro Valley Boulevard near Lake Chabot Road when passersby noticed him waving around a weapon. Deputies also found the man had a warrant issued for his arrest. The man was taken to Santa Rita Jail pending \$15,000.

Wanted Woman
Monday, March 20: at 10:07 a.m., a 22-year-old woman from San Lorenzo was arrested on suspicion of possession of an illegal amount of marijuana. The woman was also wanted as part of a warrant issued for her capture. Deputies stopped the woman for questioning on Redwood Road near Castro Valley Boulevard when they discovered
see REPORTS on page 15

'Taste of Town' Tomorrow

Sample local delicacies from Castro Valley's favorite food houses tomorrow from 4:30 to 7:30 p.m. as the Castro Valley / Eden Area Chamber of Commerce presents its First Annual "Taste of Castro Valley & Business Expo" at the Moose Lodge at 20835 Rutledge Road.

This is also an opportunity to

chat with local business owners and your neighbors, and shop many retail vendors all in one spot.

Tickets for the March 30 Expo cost \$10 (children under 10 are admitted free) and are available in advance at www.edenareachamber.com or at the door tomorrow. For more information, call 510-537-5300.

SPRING LAP SWIM

Castro Valley Swim Center
Corner of Redwood and Mabel

Saturday's
6:30am-9:30am
Beginning April 8

\$4 per drop-in Or Swim Pass

Hayward Area Recreation & Park District
1099 "E" Street | Hayward | HaywardRec.org

Village Barber Shop

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An Old Fashioned Barber Shop

In The Village Shopping Center
3372 Village Dr., Castro Valley

881-9555
Just Walk In

Open: Tuesday-Friday 9am - 5:30pm
Saturday 8am - 4pm
www.villagebarbershop.com

***Your chance to celebrate**

Local Heroes

Service Above Self

Enter

Castro Valley Chili Cook-Off
Friday, May 12—5pm
CVChiliCookoff.com

Rowell Ranch Rodeo Parade
Saturday, May 13—10am
RowellRanchRodeoParade.com

Buy Tickets
Rowell Ranch Rodeo
May 13-21
RowellRanchRodeo.com

***Parade Theme: Join the Parade and celebrate your Local Hero - (A hero could be an individual, group, organization, or animal!)**

The Week Ahead

● Wednesday, March 29: *Handling Cash-Flow Emergencies*

The Aitken Senior Center at 17800 Redwood Road will host a free seminar on "Ways to Handle Cash Flow Emergencies" from 1:30 p.m. to 2:30 p.m. today. Learn about credit cards and other options in an emergency. Call 510-881-6738 to reserve your spot.

● Wednesday, March 29: *Santa Maria Avenue Project*

The Alameda County Public Works Agency will hold a community meeting to present proposals on the Santa Maria Avenue Improvements Project and to receive addition public input at 6 p.m. and an overview at 6:30 today at the Castro Valley Library. Info can be found at www.acp-wa.org/project-information/santa-maria-avenue-improvement-project

● Thursday, March 30: *Taste of Castro Valley*

The public is invited to sample local foods, chat with business owners and shop retail vendors at this new Castro Valley Business Expo from 4:30 to 7:30 p.m. at the Moose Lodge, 20835 Rutledge Road. Tickets are \$10 (children under 10 admitted free).

● Saturday, April 1: *DeMolay Goes to Two A's Games*

If you know a young man between the ages of 11 and 20, please bring them to join Castro Valley DeMolay to watch the A's take on the Giants this Saturday and Astros on Sunday, April 16 for just \$36 for two games, both at the Oakland Coliseum at 12 noon. Also tailgate parties starting at 10 a.m. in the parking lot. RSVP (or get more info) by sending an email to elizabeth_k_2007@yahoo.com

● Saturday, April 1: *Gardening Open House & Seminar*

See what your neighbors are growing at a free open house from 10 a.m. to 1 p.m. this Saturday at Paradise Community Garden, 20095 Mission Blvd. in Hayward, sponsored by Eden Area Food Alliance and Eden Urban Farms. Seminar on Urban Farming at 11 a.m. Native plants will be for sale. For more info call Rick Hatcher 510-909-4077.

● Saturday, April 1: *Salvation Army Flea Market*

The Salvation Army Hayward Corps will hold its 2nd Annual Flea Market from 10 a.m. to 3 p.m. this Saturday at 430 A St. in Hayward, offering a broad range of new and used goods to raise funds for Summer Camp programs for local, low-income families. For more info, call 510-581-6444.

● Saturday, April 1: *Free New SAT Practice Test*

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

● Saturday, April 1: *Soroptimists Yard Sale*

The Soroptimists will have their first yard sale of 2017 — weather permitting — from 8 a.m. to 4:30 p.m. at 3841 Somerset Ave. in Castro Valley. Shop for tools, shoes, clothes, sports gear and more. All proceeds go to programs assisting at-risk and trafficked girls. For info, or to donate, Call Lynn Levin at 510-593-7377. Best time to drop off donations is Friday evening after 5 p.m.

● Saturday, April 1: *Women's Hall of Fame Awards*

Twelve local women will be inducted into 24th Annual Alameda County Women's Hall of Fame at a Luncheon and Awards Ceremony this Saturday in Building B at the Alameda County Fairgrounds, 4501 Pleasanton Ave. in Pleasanton. Doors open at 11:45 a.m. For tickets (\$100) visit whof.acgov.org. Proceeds will support far-reaching local partners serving women and families in Alameda County.

● Saturday, April 1: *Introduction to Meditation*

Join Dr. Marshall Zaslove, a Board-certified psychiatrist with over 40 years of daily meditation experience, in an informative workshop that will get you started on the road to reducing stress and experiencing inner peace, at 2 p.m. this Saturday at the Castro Valley Library. No tickets are required for this free library event. For more info, call 510-667-7900.

● Monday, April 3: *Diabetes Support Group Last Meeting*

The Diabetes Support Group will hold a meeting at 4:30 p.m. on Monday, April 3 at 15035 E. 14th St. to thank those who have supported the effort over the past 10 years. Thereafter, meetings will be suspended until a new venue can be found.

● Monday, April 3 & 10: *2-Part Diabetes Series*

A free two-part program, "Keys to Living Well with Diabetes," will be held from 7 to 9 p.m. on the next two Mondays at Eden Medical Center to help people gain a better understanding of the disease. For more info, call 510-727-3032.

● Tuesday, April 4: *Ohlone Audubon Meeting*

Ed Harper will lead a discussion on birding in the four seasons of Montana, sharing the great diversity of birds he has managed to photograph over many years, at the next meeting, beginning at 7:30 p.m. at the Castro Valley Adult School, 4430 Alma Avenue. No admission charge and refreshments are served. For more info, visit www.ohloneaudubon.org

● Tuesday, April 4: *Buon Tempo Family Dinner*

Celebrate the Buon Tempo Club's 59th anniversary at a family dinner beginning at 7 p.m. at Transfiguration Church at 4000 E. Castro Valley Blvd. For reservations (\$15 members or \$20 guests), call 510-483-6929. The deadline for reservations is this Friday, March 31. Buon Tempo, an Italian-American Club, is a social welfare organization, and is also looking for new members. To learn more, check out the website at buontempoclub.org/

● Thursday, April 6: *Parkinson's Support Group*

The San Leandro Parkinson's Support Group will hold its next meeting with an open discussion on April 6 at 10 a.m. at the San Lorenzo Community Church, 945 Paseo Grande in San Lorenzo. For information call Lona White at 510-276-3119.

● Friday, April 7: *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 Friday April 7.

● Saturday, April 8: *Boy Scout Garage Sale*

Boy Scout Troop 722 will hold a fundraising sale from 8 a.m. to noon on April 8 at Castro Valley High School in the Redwood Road Parking Lot by the swimming pool. For info, call John at jk4peace@gmail.com

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events listed below are available online at www.cvartsfoundation.org; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. phone 889-8961; or at the CV Adult School, 4430 Alma Ave.

● **Castro Valley Adult School Band Concert** will be presented at 7:30 p.m. on Wednesday, March 29. The event is free.

THEATRICAL & MUSICAL PERFORMANCES

● **"Wait Until Dark,"** a psychological thriller that will keep you on the edge of your seat, opens Friday, April 7 and runs through April 30 at Chanticleers Theatre, 3683 Quail Ave. in Castro Valley. Performances are Fridays and Saturdays at 8 p.m. with Sunday matinees at 2 p.m. on April 9, 23, and 30. Opening Night Gala on April 7 includes complimentary drinks and hors d'oeuvres. For tickets (general \$25, seniors and students \$20, bargain night April 8 \$20) call 510-733-5483 or visit chanticleers.org

● **"Side by Side by Sondheim,"** a musical revue featuring the songs of the incomparable Stephen Sondheim, will be presented by the Douglas Morrisson Theatre, 22311 North 3rd St. in Hayward April 7-23. Performances are at 8 p.m. on Fridays and Saturdays and Thursday, April 20. Matinees are at 2 p.m. on Sundays and on Saturday, April 15. For tickets (\$10-\$29), visit www.dmtonline.org or call 510-881-6777.

● **"The Taming of the Shrew,"** the controversial Shakespeare comedy, will be presented by the Castro Valley Dramatic Arts Academy at 6:30 p.m. on April 6 and 7, and at 2 p.m. and 6:30 p.m. on April 8, in the Canyon Middle School Little Theatre (also known as Room D-11). The CVDA production will include live music and a few surprises. Tickets are a suggested donation of \$15 at the door. For more information about the Castro Valley Dramatic Arts Academy, visit cvdaa.org/

ART GALLERIES & EVENTS

● **Watercolor Painting Demonstration** will be presented by well-known artist Carolyn Lord, a signature member of both the National Watercolor Society and the California Art Club, at 7 p.m. on Tuesday, April 11, at the San Leandro Main Library, 300 Estudillo Avenue. To see examples of her work go to carolynlord.com.

● **"Unmentionable: The Indiscreet Stories of Artifacts,"** an original exhibition exploring topics and artifacts that we, as a society, find uncomfortable to talk about, including race, lifestyle, politics and personal adornment, will be on exhibit from April 5 to July 30 at the HAHS Museum, 22380 Foothill Blvd., Hayward.

● **"Finding the Quiet Places,"** a display of pastel paintings by Castro Valley artist Sarah Schneider, is on view at the Castro Valley Library. These landscapes show calm and restful scenes, a reminder of the local beauty of our area. Schneider is a member of A.R.T., Inc.

● **"Identity,"** an art show that engages with race, ethnicity, gender, religion, age, politics, world view, personality, individual characteristics, what we have in common, and how we differ. Students from area high schools will express their view of Identity; how they see themselves and how they relate to the world, through April 16 at the Community Gallery at the HAHS Museum of History & Culture, 22380 Foothill Blvd, Hayward.

● **Hayward Elementary Students' Art** will be on display through April 21 as part of the Art IS Education Exhibition at Foothill Gallery, 22394 Foothill Blvd. in Hayward, sponsored by the Hayward Arts Council. Gallery hours are 10-4 Thursday-Saturday.

● **The Artist Within 2**, the works of Sorensdale Recreation Center featuring a variety of media including two and three-dimensional pieces, will be on exhibit at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley until April 29.

● **Hayward Chinese School Art** featuring Chinese calligraphy, brush painting, mixed media and crafts by the art students of the Multicultural Education Research Center will be on display until April 26 at The Alameda County Law Library, 125 12th St. in Oakland.

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

CASTRO VALLEY FORUM

CASTROVALLEYFORUM.COM

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SPRING HOME IMPROVEMENT

SEE FULL GUIDE ON PAGES 9 - 11

Start Your Spring Cleaning with Outdoor Space

As spring turns to summer, many of us can't wait to get outside and rediscover the joys of our outdoor spaces. One of the best ways to ensure the enjoyment of your space all season long is with some upkeep of your yard and outdoor living spaces.

There are a few spring cleaning projects that benefit every homeowner and make spaces much more inviting for the hours you'll spend enjoying the summer sun. The home improvement experts at Lowe's offer the following checklist of improvements that will have your outdoor space looking great in no time:

✓ Take the time to prune. Before the season heats up and the first leaves start to appear, it's the perfect time to shape up your trees and shrubs. Doing so before the growing season is less stressful for your plants, easier to clean up and will promote the type of growth you envision to keep your greenery looking great all season.

Make sure your tools are sharp, as cleaner cuts are easier on plants. New pruners and loppers like those



made by Fiskars feature fully hardened steel blades to making cutting and pruning that much easier.

✓ Clean up leftover leaves. While you probably spent much of the fall raking and mulching fallen leaves, stragglers collect throughout winter, clogging gutters and drains. In addition to cleaning areas of your yard blanketed with leaves, rake your lawn to rid it of matted leaves that can inhibit healthy growth.

Break these chores into separate days so you don't have to do it all at once. Using a blower also helps you clean up your yard in short order.

✓ Bring out the power washer. Winter tends to leave its mark, and the exterior of your house, deck, sidewalks and driveway can all show grime once spring rolls around.

A pressure washer is a convenient way to clean these surfaces.

It can be conveniently wheeled around the outside of your home to meet all your pressure-washing needs.

✓ Check in on your deck. Once it's been pressure washed, it's time to see if you need to re-seal it. If you drizzle water on your deck boards and it beads up, your seal is still effective. If not, it's time to apply another coat of sealant. Pleasant spring days are ideal for re-sealing and staining your deck and once you're done, you can enjoy the whole season without worry.

✓ Design your dream outdoor room. Once you've cleaned up your space, you might realize there's more that could be done to enhance it. Spring is the perfect time to consider a new patio set, or even a patio extension using decorative pavers. Dress up existing patio furniture by staining wood furniture or buying fresh new covers or cushions. This is also the perfect time to buy that new and improved grill you've had your eye on.

—BrandPoint

A Difference Between Practice and Training

By Andy Morris
& Eric Jones

SPECIAL TO THE FORUM

The one thing golfers value above all else is consistency. Yet when they practice they often achieve the exact opposite.

If you want to improve your consistency — and your scores — it is vital to understand the difference between practice and training and to adjust your range time accordingly.

We like to think of the difference this way: you practice to change; you train for consistency.

If you want your swing to improve, you practice.

If you want your scores to improve, you train.

When you go to the range to "fix" your swing you are practicing. Working on making a change. And while we always want to be improving our swing, at some point you need to be able to get the ball in the hole.

We know change is difficult. It

takes time and effort to create a new habit strong enough to replace the old habit. And almost by definition when you are making a swing change your swing is in flux. In other words, inconsistent. Sound familiar?

When you train, on the other hand, your primary focus is on results. It doesn't matter how you improve your results: only that you do improve.

For example, we ask our Academy students to see how many times out of 10 they can sink a 6-foot putt. If they make six we set a goal to make seven. When they make seven we set a goal to make eight.

We call this "leveling up", a concept familiar to online gamers. When you level-up in an online game it means you have reached a new skill level. More options and opportunities open up to you.

see GOLF on page 7



Opt for LED: Flip the Switch to a More Beautiful Home

The average home has 45 light sockets which means you probably have more light bulbs than just about any home product, and yet the lighting aisle can still be a daunting place.

With the right knowledge, you can save money, protect the environment and bring the best features of your home to life.

• Opt for LED. By 2020, half of all residential sockets will have converted to LEDs, which is good

news, as LEDs can last over 10 years and use up to 85 percent less energy than the traditional lighting you may use today.

Available in a variety of shapes, sizes, wattages and color temperatures, they are becoming increasingly affordable, too. Just a few years ago, LEDs topped \$40, but today you can find a high-quality LED for less than \$5.

• Pay attention to color temperatures, wattages, shapes and

quality of light. A few lighting facts can help you make useful purchases.

For example, an average 60-watt replacement bulb would require about 800 lumens. The higher this number is, the brighter the light will be. And remember: when you invest in an LED that's expected to last more than a decade, you want one that's going to reliably live up to your expectations, so brands that have been around for a while and have proven their commitment to quality truly matter in this space.

• Identify how you use each room and the mood you'd like to create.

Use comfortable, soft white light in cozy places like bedrooms, family rooms and dining rooms. Active spaces like laundry rooms and playrooms can benefit from an energetic daylight bulb.

Feature pure, clean lights in kitchens, bathrooms and craft and hobby spaces that tend to benefit

from light that delivers exceptional color contrast and brightness.

Today, select manufacturers such as GE, are taking the guesswork out of the equation by listing whether each bulb has a warm or cool tone and by offering room and use recommendations on the packaging. A warm white light will have a lower K (Kelvin) number, while a cool daylight will have a higher K number.

• Put your home in its best light. Even with the right colors, perfect accessories and trendy furniture, a home can look lackluster. Look for new options, such as High Definition LED light bulbs which are engineered with a higher color rendering index for greater color contrast and boldness over an average bulb. This means the colors and features in each room can look even better.

Just imagine a room makeover in five minutes simply by changing light bulbs. With today's advanced options, there's no better time than now to shed some new light in every room in your house.

—StatePoint

Sheriff's Citizen Academy Now Accepting Applicants

Register now for the Alameda County Sheriff's Office Spring 2017 Citizens Academy.

Get an inside look at the Sheriff's Office through the eyes and ears of the people who do the job every day. See presentations from specialized units, take tours of facilities and learn the tools you need to be an empowered and safer citizen.

Most classes are on Wednesday nights from 6:30 to 9:30 beginning April 5 at the Ashland Community Center, 1530 167th Ave. in San Leandro.

To register, or for more information, call the Crime Prevention Unit at 510-210-4071 or send an email to MGordon@acgov.org

Realtor Volunteers Assist Community Food Bank

The Bay East Association of Realtors Young Professionals Network joined other volunteers last week is supporting the Alameda County Community Food Bank, bagging apples, oranges and pears to help hungry families.

In less than three hours the Realtors packed more than 22,000 pounds of fruit.

"We've supported other pro-

grams like Kids Against Hunger and we wanted to branch out a little, and the Alameda County Food Bank is always in need of help," said Elizabeth Hall, 2017 Chair of the Young Professionals Network.

Established in 1985, the Food Bank works with more than 200 non-profit agencies throughout the county to provide more than 500,000 meals each week.

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School District To Dispose of Surplus Books

The Castro Valley School District has announced its intent to dispose of surplus textbooks and instructional materials for grades 6-8 and grades 9-12.

For more info, contact the Educational Services Dept. at (510) 537-3000.

ATHLETE OF THE WEEK



Louis Benitez

Louis Benitez

This week's Athlete of the Week is Louis Benitez, who won the National Scholastics Judo Championships in Reno on Saturday, March 18.

Benitez, along with four of his teammates from Z MATA, spent a long day of battling against competitors from across the country. Benitez was able to bring home the gold after five hard-fought matches to become Z MATA's first Judo National Champion.

CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

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Golf: Basic Idea Behind Level-Up Training

continued from previous page

Leveling-up in golf works the same way. You'll be more skilled, you'll have more options when you play, and your scores will improve by leveling-up.

The basic idea behind level-up training is to set performance

goals: how many times out of 10 you can reach or improve upon an objective.

You can set performance measures for any club or shot by focusing on directional accuracy, center contact, distance control, and even shot shape consistency. Two that

we use most often on the range are driver accuracy (how many times they hit a 30-yard wide fairway), and distance control (how many times plus or minus 5 yards from a 100-yard target).

The smart way to spend your range time is to devote 2/3rds to training and 1/3rd to practice. Switching to more emphasis on training will make your range time a lot more enjoyable, especially as your scores drop.

Andy Morris is the instructional program manager at Eric Jones Golf, specializing in helping new golfers. Eric Jones is the Northern California PGA Teacher of the Year and coach at Stanford University with a Masters degree in Sport Psychology. The Eric Jones Golf Academy is located at Redwood Canyon Golf Course in Castro Valley.

CVHS TENNIS RESULTS

CV at Mt. Eden on Thursday, March 23 (Castro Valley 7, Mt. Eden 0)

Singles

1. Timothy Wu (CV) vs. Austin Ralleta 6-1, 6-1
2. Dustin Fong (CV) vs. Allen Mercado 6-2, 6-4
3. Gabe Priem (CV) vs. Nikosh Pardel 6-1, 6-0
4. Leon Chen (CV) vs. default

Doubles

1. Scott Coleman / Peter Maina (CV) vs. Darren Vaughn / Matthew Nguyen 6-1, 6-0
2. Tony Gugg / Alexander Long (CV) vs. Joshua Tirado / Brian Chinchilla 6-0, 6-0
3. Monav Aulakh / Eric Moehle (CV) vs. Mohit Gupta / Yusef Samimi 6-2, 6-2

O'Dowd at CV on Tuesday, March 21 (Castro Valley 6, Bishop O'Dowd 1)

Singles

1. Timothy Wu (CV) vs. Noah Linde 6-0, 6-1
2. Edward Wang (CV) vs. Grant Craney 6-0, 6-0
3. Rohit Sinha (CV) vs. TJ Hicks 6-1, 6-3
4. Alex Low (CV) vs. Aidan Forth 2-6, 6-2, 6-4

Doubles

1. Ian Thomas / Ryan Anderson (BOD) vs. Dustin Fong / Gabe Priem 6-0, 6-4
2. Leon Chen / Brendan Soo (CV) vs. Michael Jayasuriya / Brandon Choy 6-3, 6-4
3. Ashir Gupta / Scott Coleman (CV) vs. Brandon Khua / Ivan Fong 6-3, 6-2



PHOTO COURTESY OF JIM BRAZIL

Creekside Wrestling Begins After Delay

The Creekside wrestling team started this year's season a month late because they were unable to practice after water leaked into the mat room, ruining the team's equipment and practice facility.

The coaches feared that the season might have to be cancelled, but with the help of Canyon Middle School's wrestling coach Manny Hernandez and the Canyon staff, Creekside's wrestlers were able to practice there, salvaging their season.

This year's Creekside Wildcats wrestling team is smaller in numbers than in years passed, but it hasn't seemed to matter because their tremendous heart, will, and determination. They have learned much in a short amount of time.

The following are the stats from this season's first 3 tournaments:

Saturday, March 4, Bulldog Tournament – Champions, Jason Oh and David Torres; 2nd place, Justin Duncan, AJ Anderson, Sam D'Antonio, Samantha Garcia, Abby Kwan and Courtney Michalowski; 3rd place, Owen Goodman, Colby Kerry, James Mackin and Carlia Ott; 4th place, David Sandoval

Saturday, March 11, Bronco Tournament – Champions, Jus-

tin Duncan, AJ Anderson, Jack Clarke, Sam D'Antonio and David Torres; 2nd place, Jason Oh, Magnus Tucker, Colby Kerry, James Mackin, Samantha Garcia and Courtney Michalowski; 3rd place, Owen Goodman; 4th place, Carlia Ott and Emily Weed

Saturday, March 18, Harvest Park Tournament – 6th & 7th grade boys took 1st place; Champions, Jack Clarke and David Torres; 2nd place, AJ Anderson,

Sam D'Antonio, Jason Oh, Travis Orem, David Sandoval, James Mackin, Samantha Garcia and Courtney Michalowski; 3rd place, Justin Duncan, Colby Kerry, Bibi Lazares and Carlia Ott.; 4th place Daniel Ma

The Creekside coaches and wrestlers are sending a "Thank You" to Coach Manny Hernandez and the decision makers at Canyon to allow this to happen. The team is truly grateful!

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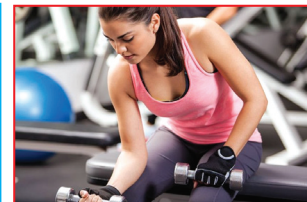
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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



A Requiem for Open Houses

I recently spotted an article proclaiming, "Open houses are dead!" Agents in my neighborhood didn't get the memo – I passed about 40 signs on my two-mile trip home from church last Sunday.

Truth is, open houses are alive and fulfilling a vital role in today's dynamic market. Their methodology, however, has significantly changed.

Back a few years, with a copy of the newspaper real estate section in hand, potential buyers searched for open house signs. If they spotted signs for a home that wasn't listed, they'd visit anyway just to see inside.

Everything has changed. Open house signs are no longer necessary. Today's buyers search for homes on their smartphones, and, if they like what they see, verify when it's open, hit the address link and let their phones lead them to the front door.

We've held successful open houses with no corner signs at all – with the open house posted online, buyers come like bees to

a picnic.

Why are signs still out? For potential sellers. Nothing promotes an agent better to someone interested in selling their home than a passel full of signs cluttering every corner around their house. Some agents even utilize drivers who spend weekend mornings littering the landscape with signs.

Another change is the frequency of open houses. You'd think that in a hot market homes would sell themselves, therefore open homes numbers would go down.

The opposite is true. Realizing the more traffic they can get through a front door the higher the chance of multiple offers, listing agents hold as many open houses as they can. Buyer's agents, recognizing that most homes are open on weekends, instruct buyers to go to as many as possible without them. They then focus on providing their clients access to the few homes not open. If a buyer wants to write an offer, then their agent will visit.

A final change is *which* homes get visited. Increasingly fussy

buyers sort homes online and if a home doesn't sparkle, they won't come, regardless of how many signs are out.

If they're driving and spot an open house they're not aware of, they might stop in front and view the interior on their phones. If they don't like what they see, they won't enter. Sellers who don't understand the new rules may be very disappointed with the results.

Time to sing a requiem for open houses? Not quite yet.

Carl Medford is a licensed Realtor with Keller Williams Realty and a licensed general contractor. This article is sponsored by the Central County Marketing Association at www.ccmgtoday.com.



COUNTRY CHARM - CITY CLOSE

What a gem! This conveniently located, authentic ranch-style home has 4 bedrooms, 2 baths, and exudes warmth and charm in a picturesque creekside setting. The large, mostly level lot is perfect for your own family park, with side access driveway, deck & hot tub for entertaining and garden shed. The Great Room features an open-beamed ceiling and stately stone fireplace, and is adjacent to the enormous country kitchen beautifully remodeled in today's finishes. Enjoy the country lifestyle while retaining the benefit of city utilities, easy commute, with nearby Cull Canyon Recreation and Equestrian stables. Call for showing schedule, early April.



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Plant Tomatoes with Meals in Mind

By Melinda Myers
Special to the Forum

Tomatoes are a favorite and versatile vegetable that taste best when grown and harvested from your own garden.

For the best results, select the most disease-resistant varieties and grow your tomatoes in full sun and moist, well-drained soil.

Choose plants with the growth habit that works best with your garden space and gardening style.

Determinate tomatoes are perfect for small gardens and containers. They grow to a certain height, stop growing, and produce in a relatively short timeframe.

Indeterminate tomatoes continue to grow throughout the season,

producing flowers and fruit until frost kills the plant or you prune off the growing tip found at the end of the main stem(s). Stake or tower the plants to save space, reduce disease and insect problems, and make harvesting convenient.

Grow varieties best suited to the intended use. Save time and do a bit of research before visiting the garden center.

Bite-sized tomatoes are great for salads, relish trays, and snacking. Red Robin and Sweet 'n Neat produce clusters of red cherry tomatoes on compact plants. Grow them in containers or window box.

The explosively sweet Sun Gold and Sun Sugar cherry tomatoes are the candy of the garden

and will get even your most reluctant family members to eat their tomatoes. It's best to stake or cage these tall plants and grow them in a 24-inch-diameter pot.

Paste and sauce tomatoes have meatier fruit, making them perfect for sauces, soups and preserving. Roma is the traditional favorite. The egg-shaped fruit has thick walls and few seeds. You can also freeze them for future use.

Grow a few slicing tomatoes. Look for large, juicy tomatoes to enjoy on sandwiches and salads. Solar Flare and Creole are heat-tolerant and keep producing despite high summer temperatures.

So, gather your favorite recipes and create a list of both longtime



Cherry tomatoes are great for salads and snacking.

favorites and new tomato varieties to include in this year's garden.

Melinda Myers has written over 20 gardening books, including *Small Space Gardening* and the *Midwest Gardener's Handbook*.

RECENT HOME SALES

Castro Valley

21925 Ada Street	94546	\$540,000	2 BD - 906 SF - 1948
21994 Cameron Street	94546	\$450,000	2 BD - 978 SF - 1947
19019 Gliddon Street	94546	\$815,000	4 BD - 1,528 SF - 1953
4431 James Avenue	94546	\$845,000	6 BD - 2,730 SF - 1977
2663 Jones Street	94546	\$620,000	3 BD - 1,020 SF - 1949
19741 Louise Court	94546	\$667,000	3 BD - 1,442 SF - 1947
4772 Malabar Avenue	94546	\$819,000	5 BD - 2,279 SF - 1957
19120 Parsons Avenue	94546	\$650,000	2 BD - 1,026 SF - 1940
20638 Patio Drive	94546	\$530,000	N/A BD - N/A SF - N/A
3849 Somerset Avenue	94546	\$440,000	3 BD - 1,589 SF - 1954
3388 Sydney Way	94546	\$805,000	3 BD - 2,276 SF - 1949
5005 Heyer Avenue	94552	\$830,000	3 BD - 1,633 SF - 1968
5787 Highwood Road	94552	\$1,065,000	5 BD - 1,932 SF - 1962

TOTAL SALES:

13

LOWEST AMOUNT: \$440,000

MEDIAN AMOUNT: \$667,000

HIGHEST AMOUNT: \$1,065,000

AVERAGE AMOUNT: \$698,154

San Leandro

723 Callaway Street	94577	\$885,000	6 BD - 2,806 SF - 2004
1937 Campbell Avenue	94577	\$557,000	3 BD - 1,104 SF - 1952
512 Monogram Road	94577	\$710,000	4 BD - 2,124 SF - 2000
1234 Montrose Drive	94577	\$580,000	3 BD - 1,786 SF - 1957
2155 167th Avenue	94578	\$460,000	2 BD - 728 SF - 1961
15765 Maubert Avenue	94578	\$385,000	3 BD - 1,131 SF - 1974
14975 Portofino Circle	94578	\$665,000	3 BD - 1,582 SF - 1984
13905 Rose Drive	94578	\$515,000	3 BD - 1,016 SF - 1942
15168 Endicott Street	94579	\$100,000	2 BD - 924 SF - 1948
740 Fargo Avenue #11	94579	\$347,000	2 BD - 840 SF - 1965
670 Fargo Avenue #4	94579	\$405,000	3 BD - 1,136 SF - 1965
1716 Hubbard Avenue	94579	\$575,000	3 BD - 1,149 SF - 1954
1203 Ottawa Avenue	94579	\$685,000	5 BD - 2,396 SF - 1951
2330 Overlook Court	94579	\$760,000	3 BD - 2,225 SF - 2001

TOTAL SALES:

14

LOWEST AMOUNT: \$100,000

MEDIAN AMOUNT: \$566,000

HIGHEST AMOUNT: \$885,000

AVERAGE AMOUNT: \$544,929

San Lorenzo

633 Hacienda Avenue	94580	\$560,000	3 BD - 1,134 SF - 1947
16723 Meekland Avenue	94580	\$492,000	3 BD - 1,264 SF - 1948

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HOME IMPROVEMENT GUIDE



By following a few safety measures, you can make your spring clean a rejuvenating experience.

Avoid Spring Cleaning Mishaps Take the Following Precautions

Cleaning your home from top to bottom this spring? Do so with care. From falls off ladders to muscle pain, heavy-duty chores can be hazardous to your health and wellness if you're not careful.

So before you roll up your sleeves and get into the thick of it, take a moment to review some essential safety precautions:

Avoid Outdoor Mishaps

When mowing the lawn, wear sturdy, closed-toe shoes. Clear your lawn of stones, toys and other potentially hazardous debris before you begin, to prevent flying objects. Keep children away from your yard while you're mowing.

Reduce the risk of a ladder fall by always using a stable ladder. Be sure to use the correct height ladder for the job and follow all weight restrictions. Only set lad-

ders on level surfaces. Pay close attention to what you're doing and climb up and down the ladder slowly and deliberately.

Treat Muscles Right

From lawn work to scrubbing floors, unusual repetitious motions can really take a toll, resulting in muscle pain or bruising. Treat your spring clean like a workout and stretch your major muscle groups before you get started.

When lifting those boxes in your basement and any other objects with heft, bend at the knees to avoid throwing your back out. If a chore is causing you pain, stop what you're doing.

"Start out slowly to avoid placing a sudden demand on your muscles that are not use to this activity," says Anne Meyer, MD who focuses on sports rehabilitation medicine.

If you feel stiff or sore after a long day of reaching, bending and lifting, Dr. Meyer recommends minimizing physical activity and elevating an aching arm or leg.

Remember to take frequent breaks. And end your long day with a relaxing bath.

Clean Safely

Cleaning products can be extremely stringent, causing irritation to eyes, nose and throat. If opting for natural alternatives, such as vinegar or lemons is not an option, use harsher stuff with care.

Open all windows when using harsh cleaning products, especially ammonia. Wear gloves and consider protecting your nose and mouth with a surgical mask. Place products out of reach when you're not using them if you have pets or small children.

—StatePoint

SPRING HOME CHECKLIST

Spring should involve scrutinizing the condition of your home following the stormiest season in the East Bay in many years.

Home improvements won't just help owners enjoy their properties more; they'll also keep energy costs down as hot weather rolls in.

This list will help you save on your utility bills and avoid big repairs later on.

- **Inspect your deck.** Sometimes it's hard to maintain a deck because it is constantly exposed to outside elements. It can take a beating during the rainy months. So, if you want to enjoy your deck in the summer, make sure you do the proper maintenance. Begin by checking the structure and frame. Things to look for include cracks or rotten decking boards and loose nails. As you are cleaning up your deck, take a look underneath it. If you see deterioration, it's a good idea to replace those parts sooner rather than later.

- **Check your roof.** Your roof is your home's first line of defense against water damage. Now is the time to inspect and repair any water damage.

- **Clean your gutters.** Gutters carry rainwater away from your roof and home, protecting both in the process. Clogged gutters open your home to water damage—and there's a good chance you won't notice the damage until you need an expensive repair. Installing gutters is a simple process, however, the technique depends on the gutter type. There are two basic types. These include k-style and half-round. So, if you're replacing your gutters, be sure to arrange the new system the same way as the old one.

- **Clean HVAC filters.** This should be done more often than once a year. A dirty filter forces your HVAC system to work harder, which in turn drains your wallet. It could also shorten the life of

your blower motor. If you don't have air conditioning, now's the time to weigh choices of a central system, heat exchange, or room units.

- **Clear vegetation around your AC compressor.** To work efficiently, the compressor needs good airflow. Prune any plant growth that could block it.

- **Clean your dryer vent.** Not all lint is caught in the lint trap; some makes its way into the dryer vent. A clear vent will save you money by reducing the time your dryer has to run. A plugged vent not only wastes money, but could also cause a house fire.

- **Check washing machine fill hose.** Look for cracks that could become leaks. A leaky hose under pressure can cause major damage in a short period of time.

- **Repair (or install) window screens.** Trying to reduce your electric bills this summer? You can see *SPRING* on page 10

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Exterior Paint Should Be High on Spring To-Do List

As springtime weather turns warm and sunny, every homeowner's attention turns to the outdoors. It's time to clean things up, tend to the garden, and make needed repairs to both the home and its surroundings.

Where to start? Assuming that your exterior paint is failing, it's best to focus on that first, according to experts.

Debbie Zimmer, paint and color expert for the Paint Quality Institute, says there are plenty of good reasons to start spring chores with exterior painting:

"First, spring is a very comfortable time to do outdoor painting. Second, it's smart to paint before putting down mulch, which along with your plants, will just get trampled if you paint later on. Third, why not get your painting done before more pleasant 'distractions' like gardening, sports, and barbecues begin?"

If your house paint is near the end of its life expectancy, you're taking a chance by postponing repainting. It doesn't take long for exposed wood to begin to rot, and other types of exteriors also suffer when the paint wears off. Wait too long and you may have to make repairs before starting to paint.

Another reason to get to your painting first: Exterior latex paint forms the most durable, protective finish when the weather is mild. It's always best to do exterior painting when the temperature is above 50°F, but not too hot. Very hot days can cause the paint to dry too quickly and impair good paint film formation. By painting in moderate weather, you'll likely get a longer-lasting paint job."

If a day starts off mild, but turns hot, try to avoid painting in direct sunshine, since sunlit surfaces can be 10 to 20 degrees hotter than the air temperature. Work your way

around the house so that you are always painting in shade. As a bonus, you'll be more comfortable!

When painting, pick a day that isn't too windy. Like the heat of the sun, wind can cause latex paint to dry too quickly and prevent optimal paint film formation. Plus, wind can stir up dust and other contaminants that can embed in the paint to create an inviting surface for mildew, which feeds on such matter.

You should also try to steer clear of "weather events" that could affect the paint, waiting for another day if it has rained within the last 24 hours, or postponing the job if several days of rain are expected right after you finish painting.

Of course, it's important to properly prepare the surface before doing any exterior painting. That includes applying a coat of primer to any new surface that has never been painted, or spot-priming previously painted surfaces where the paint is worn away.

To extend the life of your paint job, apply the very highest quality acrylic latex paint, which is especially durable, flexible and colorfast. Top quality paint often lasts 10 years or more, compared to about four years for ordinary paint, saving you time, work, and



Exterior latex paint forms the most durable, protective finish when weather is mild. It's always best to do exterior painting when the temperature is above 50°F, but not too hot.

money in the long run. For the longest-lasting paint job, always apply at least two coats – either a coat of primer and a coat of paint, or two coats of house paint.

Once you've finished your exterior

painting, you can turn your attention to the other things on your to-do list. What's more, you'll have peace of mind knowing that you've done right by your biggest investment – your home.

Keep UV Rays Out Of Home

Many Americans think they need to worry about skin protection only when they are outside. However, according to the International Window Film Association, the harmful UV rays that people are concerned about while outdoors can also penetrate into homes, with the possibility of causing damage.

Typical windows block as little as 25 percent of UV rays which, if left unchecked, can damage skin, including premature aging, wrinkles and even skin cancer. Additionally, the UV rays may accelerate the fading of furniture, flooring and other décor.

Fortunately, professionally installed window film may act as a powerful defense against these problems, by blocking up to 99 percent of the UV rays.

Installing window film can also have a positive affect on energy costs, because it can help regulate room temperatures, thus lowering energy bills during warm and, in some cases, even cold weather.

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Spring: Home Checklist

continued from page 9

keep your house cool (at least at night) by opening windows. Gently scrub screens on a flat surface with soapy water and patch small holes, as needed. If you don't have window screens, consider installing them now.

• **Clean decks, driveways and other outside surfaces.** A pressure washer makes the work much easier. If you don't have one, borrow one from a neighbor or rent one from a home center. While you're cleaning, inspect for damages.

• **Fix cracks in your walks, driveway and outside of home.**

Unlike the human body, cracks in asphalt, concrete or stucco don't heal themselves. Fortunately, most of these repairs are fairly easy if done immediately.

• **Repair any cracked or peeling paint.** A good paint job makes your home look nice, while providing a protective barrier from the elements. Touchup painting is easy to do and inexpensive.

• **Vacuum your refrigerator coils.** The coils you'll find on the bottom or back of your refrigerator conduct the hot air from inside the unit. If they're coated with dust, they do the job less efficiently and cause your fridge to work harder. That means a higher electric bill for you. Use a vacuum cleaner hose or a brush to clean the coils.

• **Replace smoke detector batteries.** You never know when you'll need them. Sometimes, it's a matter of life or death, so take the time to change the batteries now.

• **Prep lawn mower for summer.** Change the engine oil and sharpen the cutting blade. You'll lengthen the life of the mower and improve the look of your lawn.

• **Check seals around windows and doors.** Winter weather can crack and harden caulk and other weather seals. Inspect them now and repair and replace as needed. You'll reduce your air-conditioning bill and could prevent water from entering your home and causing damage.

• **Drain your water heater.** Sediment builds up in your water heater tank. Use the spigot near the bottom of the heater to drain it. By doing so, you'll prolong its life and reduce your electric bill.

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Increase The Value Of Home

According to Homes.com, the top projects that improve home equity are:

Bathrooms

If adding an additional bathroom isn't an option, upgrade existing ones.

Adding a dual vanity to a master or secondary bath improves functionality, allowing multiple people to use the space. Change out fixtures like faucets and shower doors to increase aesthetic appeal. If you're on a budget, replace light fixtures or switch plates to help refresh the space.

Kitchen

Kitchen renovations can cost anywhere from \$20,000 to \$40,000 and more. If that's not in your budget, upgrading cabinetry and paint does wonders to liven up even the most outdated spaces.

Add crown or decorative molding to "shape out" the kitchen cabinets and modernize the space. Repaint cabinets, or add new hardware to add visual interest and brighten dark spaces.

Outdoor Spaces

Curb appeal adds immediate interest to any home's exterior. According to Remodeling Magazine, improving outdoor spaces can increase a home's resale value dollar-for-dollar.

Frame the front walkway with



items that add visual interest, like flowers, potted plants, large rocks of various sizes and solar-powered lights. If yard space is scarce, hanging plants are another great, low-cost option.

Extend outdoor projects to the backyard – power-wash decks or patios and clean screened-in areas.

Basement

Basement improvements can optimize livable space and protect the home from extreme weather, mold, moisture damage and mites. Whether transitioning the basement to a home gym, office

or family room, the basics remain the same: insulate well and waterproof.

Maximize space by including shelving and storage units. If the opportunity exists, make the space feel open and inviting by creating an open stairwell, a trick that visually connects the upper part of the house with the lower, and filters natural light into the space.

Making homes stand out in a sea of real estate listings isn't always easy. For more tips, visit: www.homes.com.

—StatePoint

How to Paint Like the Pros

By Samantha Mazzotta
SPECIAL TO THE FORUM

Preparation is the biggest part of painting. It can be maddening getting everything ready to paint, but if you do it right, putting down each coat is really satisfying. You'll doubtless hear much more advice from friends and relatives on how to do the best job, but here are some key checkpoints:

✓ Get clearance from the landlord or building management before painting. Just as importantly, pay attention to – and follow any – specific instructions, such as which colors to use.

✓ Prepare the room(s): Remove as much furniture and stuff as possible. Move what remains to the center of the room and cover with dropcloths or old sheets. Cover the floor or carpets with overlapping dropcloths.

✓ Prepare the walls: Take down pictures and carefully remove nails and screws; fill the small holes with spackling compound and let dry for 24 hours before sanding smooth.

✓ Remove cover plates from wall switches and outlets; cover window and door hardware with plastic or remove the hardware (if it's easy to put back on). Cover light fixtures with plastic shopping bags and secure with masking tape.

✓ Brush away loose plaster, cobwebs, dirt and peeling paint. Sand bumpy areas smooth using fine-grit sandpaper. Wash the walls



with a sponge dampened in a light soap-and-water mix or wall-cleaning product, and let dry.

✓ Use blue painter's tape (which is less sticky than masking tape) to mask off window and door trim, and other areas where you don't want paint to go.

✓ Assemble all the stuff you need to paint: Not just an assortment of brushes and rollers, but paint trays, stirring sticks (usually available free with paint purchase)

and old rags or towels for cleanup.

✓ Save money not by picking the cheapest paint, but by purchasing the exact amount you need. How to do that? Measure the square footage of each wall (length times height) and total the numbers.

✓ Use primer if you don't know what type of paint is currently on the walls, or if you're covering glossy paint with matte paint or vice versa, or if the old paint is darker than the new paint.

Once prepped, you're ready to paint! Follow some tried-and-true methods for laying down paint: Start high and work on one wall at a time. Use a foam edger or a brush to paint a border about 3 inches wide where the wall meets the ceiling. Then start rolling on paint, using a "W" pattern in various directions until the wall is covered. Once the walls are done, paint the trim, windows and finally the doors, if you're painting them.

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LETTERS TO THE EDITOR

CV Street Eats Returning On April 25 at the Adobe

Editor:

On March 27, the Castro Valley MAC Board approved the request for a venue change for "Castro Valley Street Eats"!

Food Truck Mafia and the Castro Valley Eden Area Chamber of Commerce in partnership with HARD (Hayward Area Rec & Park District) will host Food Trucks every Tuesday night at the Adobe Art Center Park on San Miquel, starting April 25th.

Over the last two seasons of Castro Valley Street Eats, we have received a lot of feedback from the community and with this new location we have been able to full fill the requests.

Through this partnership with HARD we will be showcasing "Art in the Park", Bocce Ball, scheduled Mobile Rec and other exhibitions. The Adobe Park offers a safe fun place for everyone that comes to the event, children can enjoy the play structures and the lawn provides a great place for a picnic.

A parking plan was presented in the approval process; however, we

encourage the community to walk and bike to Castro Valley Street Eats. Looking forward to seeing everyone on April 25th!

—Ashley Strasburg
Interim Executive Director
Castro Valley/Eden Area
Chamber of Commerce

CVHS Writers 'Fulfilled Highest Purpose of Journalism'

Editor:

Two writers (*Letters, March 15*) who addressed "We All Came From Somewhere" (*Page 14, The Forum, March 8*) both seem to have a poor understanding of the article by two CVHS students about Pres. Trump's attempts to ban immigration from Muslim-majority nations.

"Why can't we, as American citizens, all do whatever is necessary to keep our home, our country safe and free from those who have entered the United States illegally and with the sole purpose to do us harm?" asked one of the letter writers.

Neither the students nor their sources expressed opposition to that. In fact, the article in question did not address illegal immigration at all.

The two students interviewed immigrants from Sudan and Yemen about Trump's executive orders concerning their countries of origin. One is a U.S. citizen and an exemplary teacher; the other is a legal resident and a high school senior. Neither "just walked across our border," nor expressed opposition to background checks in the process of legal immigration.

The second letter writer shared that "I was raised in a home and through my education to get your facts straight, make your own decisions and think for yourself. But after reading this article I can only believe that the Castro Valley School District is in business to tell the kids what to think."

Since the student journalists expressed none of their own personal opinions, I must conclude that the letter writer objects to them interviewing local sources whose families are affected the Trump orders. But by doing so, they demonstrated the self-reliance and independent thinking that the letter writer endorsed. They got their facts straight and told no one what to think.

Instead, these young journalists provided their readers with information they can use to form their own opinions and conclusions about this issue.

By shining a light on the local impact of a national and international event, they have fulfilled

the highest purpose of American journalism and done their community a service.

—Matt Johanson
CVHS Journalism Instructor

'Way Too Many Fast Food Restaurants Here'

Editor:

Regarding Gino Bossetto (*"In Defense of the Fast Food Industry," Letters, March 22*), I am sorry you did not understand my letter regarding yet another fast food "restaurant" in CV. And, I agree that my poor attempt at sarcasm was not amusing, nor was it meant to be.

My letter had nothing to do with small business owners trying to make a living or to disparage those who work at fast food restaurants. My letter was directed at those who make decisions on behalf of the citizens of CV, and to generate a respectful debate among us.

My letter did not mention big oil, or the detriments of drinking sugary sodas despite the contribution made by these drinks, and yes, fast food, to obesity, diabetes, and poor heart health, not to mention our burgeoning health care costs.

I do very much respect those like you, who work long hours and don't have time to prepare a healthy meal, and so take advantage of fast food availability.

I am sorry that there do not seem to be enough fast food choices for you here in CV, but let's drop the sarcasm (and the personal insults). We both know that there are way too many fast food restaurants here and we don't need any more.

Finally, Gino, please don't worry. I won't quit my day job and yes I am not a restaurateur, have never owned or operated a restaurant of any kind, and I'm not a very good cook to boot. However, I do like to eat healthy, and wish there were more healthy choices available in our town, for both you and me.

—Perry Chatter, Castro Valley

Trap, Neuter, Release Best Strategies for Feral Cats

Editor:

First, I'd like to thank you for publishing these local papers. They are much needed and enjoyed.

That being said, I feel compelled to educate the reader who wrote the letter, "Jamison Way Feral Cat Feeder Admonished," (*Letters, March 15*).

Asking the feeder to be a more tidy steward of the colony is a very reasonable request, but making a correlation between feral cats and an increase in "rats and other animals" is a mistake.

Cats are well known predators that decrease rat populations,

not increase them. Trap, neuter, release (TNR) programs have proven extremely successful management strategies for feral cat colonies. If done right, they work best for all involved.

—Piper McKnight
Castro Valley

2016 Dynamic Dinner 'A Smashing Success'

Editor:

The annual Dynamic Dinner was hosted by the Castro Valley Educational Foundation (CVEF) on Nov. 4th. The theme was "Old Hollywood" and it was a smashing success!

Thank you to all those who attended. Your contributions are most appreciated. All proceeds from the Dynamic Dinner benefit the CVEF grant program.

This year CVEF is proud to award \$16,687 in grants to Castro Valley Unified School District's teachers and staff to fund programs, supplies or resources that extend and enrich the classroom lessons. These grants complement classroom instruction throughout the school year and are carefully coordinated with CVUSD educators to focus on specific high-impact activities. Visit www.cvef.org for more details about grants, events and scholarships.

—Hope Kingma
CVEF Vice President

Open Letter to Local TV News Stations

Editor:

I am massively annoyed at the massive number of massive news stories that are massively overinflated with massive details about massive destruction and massive mayhem.

Now, I realize that news stations long ago became profit centers for your parent companies, and that pressure from above causes you to sensationalize every story to the most massive extent possible.

However, do you realize that when almost every story on which your report includes the adjective "massive," we viewers become inured to the term and it has no effect other than irritation?

A mudslide is not "massive" unless you're referring to the Mount St. Helens eruption. A street flood is not massive unless you are talking about New Orleans after Hurricane Katrina.

If everything is "massive" then everything is the same.

If you are looking for reasons why people believe "alternative facts," look first at your own reporting.

—Brian A. Foster
Castro Valley

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Frank Peter Giuntoli

age 91, died Thursday, March 23, 2017, peacefully at home.

His memorial service will be held Friday, March 31, at 1 p.m. at Salas Brothers Funeral Chapel in Modesto, California. Frank and his wife, Millie, resided in Modesto for the last 17 years and are both native Californians. Frank was a first-generation Italian-American, growing up in the agricultural community of Madera, California. He served in the U.S. Navy during WWII. Frank retired from a 25-year-long career with the Castro Valley Fire Department in 1982.

He was a loving husband to Millie for 41 years, and a devoted father to his three children, Sharon Moreno, Lisa Schwarz and Gary Giuntoli. He is also survived by five grandchildren and one great granddaughter. He will be greatly missed by all.

Teresa D. Lavin

March 17, 1928 – March 16, 2017
Resident of Castro Valley

In loving memory, Teresa D. Lavin, 89, passed away on March 16, 2017 in Castro Valley. Teresa was born in Minneapolis, Minnesota on March 17, 1928.

Terry dedicated her life to her children, family and friends. She was a devoted mother to her three children, loving them unconditionally but always holding them accountable. She was an active volunteer throughout her life, volunteering in her children's schools and interests throughout their formative years. She loved teaching catechism at Our Lady of Grace and continued to do so late in life. She had an affinity towards "spirited" kids who just needed a nudge in the right direction. She was a loyal friend and cherished the members of her many groups such as the Parson's Group and the Sunset Club.

Terry was a strong proponent of social justice, equality and fairness, and was a strong believer that good works is what defines a good Catholic. Her favorite motto was: "We need love most when we are least lovable". She was a loving and proud grandmother to her six grandchildren — all who contributed to her happiness.

Terry is survived by her sons, Richard (Francesca, wife), Robert (Theresa, wife) and Anthony (Janet, wife); and 6 grandchildren, Quinn, Casey, Aidan, Andrew, Tessa and Kellan. She is predeceased by her loving husband, Richard Lavin, Sr.

Funeral service will be held at Our Lady of Grace Catholic Church in Castro Valley on Tuesday, April 11, at 11 a.m. Memorial donations may be made to www.nokidhungry.org (1-800-222-1767). Arrangements made by Jess C. Spencer Mortuary in Castro Valley.



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LETTERS TO THE EDITOR

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



The Hill & Valley Club, at 1808 B Street in Hayward, celebrated its founding 107 years ago with a party last week.

Hill & Valley Women's Club Celebrates 107th Anniversary

Hayward's Hill & Valley Club members celebrated the club's 107th anniversary last week with birthday cakes, balloons, and entertainment by the Golden Follies Dancers.

The club began on March 15, 1910, when social leader Mrs. John Allen Park and a few of her friends got together to form a club that would serve the community.

Those original members included some big names in local history — Strobridge, Heyer, Oakes, Mohr, Harder, Jensen, Oliver.

Today, the organization is as active as ever and at this year's celebration on March 20, the following people received spe-

cial recognition & a red rose, the club flower: Five Past Presidents, Barbara Burgard, Carol Crossett, Mary Jo Henninger, Barbara Kuhns and Lola Silvestri; Eight Honorary Members with over 50 years of membership, Carmen Avelar, Barbara Burgard, Alain Hanke, Mary Jo Henninger, Lucille Lorge, Yvonne Mooney, Nola Pigott and June Rigley; Seven new members, Carol Ann Bigelow, Joan Boyd, Pat Keathley, Wanda Pezzaglia, Loretta Siegel, Joan Starchurski and Judi Tehada; and Five Alameda District Officers, Cora Ariosa, Choling Cordero, Elisa Ducusin, Ruby Munoz and Michi Yee.

Salvation Army Flea Market To Raise Funds for Camp

The Salvation Army Hayward's annual Community Flea Market will be held from 10 a.m. to 3 p.m. on Saturday, April 1, at 430 A Street in Hayward.

This event, now in its second year, is a fundraiser for Summer Camp programs for local, low-income families.

It features a full-house of vendors with an array of all kinds of unusual items for shoppers, everything from antiques and collectibles, arts and crafts, to new and

used merchandise.

The location is close to Hayward BART and Hayward City Hall. So take a trip to Hayward and combine your visit to the Farmer's Market and Downtown Hayward with the Salvation Army's Community Flea Market.

Arrive for admission at 10 a.m. and find your treasure before anyone else. For more information, contact Amy Mefford at 510-581-6444 or Amy.Mefford@usw.salvationarmy.org

Reports: Trio With Drugs And Weapon

continued from page 3

her stash. The woman was taken to Santa Rita Jail pending \$5,000 in bail.

Unwanted Customer

Monday, March 20: at 11:11 a.m., deputies arrested a 60-year-old woman from Castro Valley on suspicion of refusing to leave a business after repeated requests from management to do so. The woman was hanging out in a business on Castro Valley Boulevard near Wilbeam Avenue when the manager asked her to repeatedly leave. Deputies took the woman into custody.

Trio in Trouble

Monday, March 20: at 11:57 p.m., three people were arrested on various drug and weapons charges at a home on Seven Hills Road near Lamson Road. Deputies were called to the home after neighbors complained about noises. A 31-year-old man at the home was arrested on suspicion of trying to sell a handmade weapon to two women in a pickup truck parked outside. The driver, a 25-year-old woman with no permanent address, was charged with violating a court-issued restraining order. The passenger, a 24-year-old woman from Castro Valley, was charged with possession of illegal narcotics and drug paraphernalia as well as possession of stolen property. The trio was taken into custody.



PHOTO COURTESY OF THE CV DRAMATIC ARTS ACADEMY

Nathaniel Mitchell and Skylar Scott play Katherine and Petruchio next week in the CV Dramatic Arts Academy's presentation of "The Taming of the Shrew" at Canyon Middle School.

'Taming of the Shrew' Opens Next Week

Local Castro Valley High School and college students are working with Castro Valley Dramatic Arts Academy on a production of William Shakespeare's comedy, "The Taming of the Shrew," next week at the Canyon Middle School Little Theatre.

"It is the land of 10,000 things to do," says Academy Program Director Michael Lushington about putting such a big production as part of the youth theatre's spring season. "There is always more to be done and never enough time to do any of it, but I love it, every last bit of it."

The controversial show depicts the courtship of Petruchio and Katherine, the headstrong shrew. Initially, Katherine is an unwilling participant in the relationship, but Petruchio tempers her with various psychological torments—the "taming"—until she becomes a compliant and obedient bride.

"The students bring energy, and — as you get older — it feels like that's in shorter supply, so I'm very grateful when they show up ready to go," says Lushington as he gets his group of young performers ready for another rehearsal. "It wakes me up."

The Dramatic Arts Academy presentation of "The Taming of the Shrew" will be staged at 6:30 p.m. on Thursday and Friday, April 6 and 7, and at 6:30 p.m. and 8 p.m. on Saturday, April 8.

This year's show, which includes live music and a few surprises, promises to make for a delightful evening out. Tickets are \$15 suggested donation, at door.

Canyon Middle School is located at 19600 Cull Canyon Road in Castro Valley. The Little Theatre is also known as Room D-11.

For more on the CV Dramatic Arts Academy, visit cvdaa.org/

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2:30pm

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April 13 & 14
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at church's Cafe 4. General Seating \$5 (suggested donation).



PHOTO BY CV/EDEN AREA CHAMBER OF COMMERCE

CV Parking Project to Begin

DIGGING IN: Ground was officially broken on Monday next to the Daughtrey Building in Castro Valley for a new, continuous shared parking lot along the 3200 block of the Boulevard. The \$4.8 million project will be completed before September.

Shack: CV Store Closes This Friday

continued from front page
dio Shack employee Ivan Titov. "I loved helping people out here, because I'm a technically-oriented person."

Customers have been combing through Castro Valley Radio Shack's discounted inventory ever since the closures were announced.

Shelves are almost empty, with cables, connectors, toys and accessories going fast.

"While we are sad to hear about Radio Shack closing, we look at it as a new opportunity for a local business to fill the void that is left," said Ashley Strasburg, Interim Executive Director of the Castro Valley/Eden Area Chamber of Commerce.

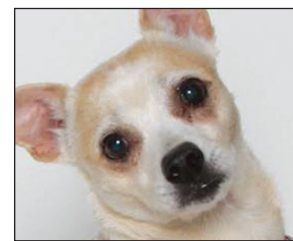
According to <https://www.radioshack.com/pages/bankruptcy-customer-faq>, some stores and Radio Shack's company website will remain open.

Castro Valley's Radio Shack store opened in March 1972, exactly 45 years ago this month.

ADOPT-A-PET



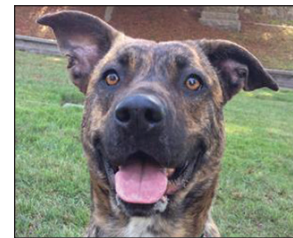
BABE RUTH is a young, super friendly bunny. He loves having "hop time" outside his kennel, and snacking on parsley. He's neutered. Info: Hayward Animal Shelter. (510) 293-7200



LIBERTY is 9-year-young and full of joy. She loves attention from people and short walks. Spayed. Best with kids 10 yrs+. Info: Hayward Animal Shelter. (510) 293-7200.



SQUEEKERS is a beautiful silver and gray Tabby, about 8 months old. She is part of a litter of kittens born in her foster parents' backyard. For more info, visit: dustypawsrescue.org



PRADA is a 3-year-old that is 55 pounds of true love. She is a mix of German Shepherd, Terrier and various sporting dogs. Visit www.dustypawsrescue.org for more information.



CANYON MIDDLE SCHOOL
19600 Cull Canyon Road
APRIL 29, 2017
From 8:00 a.m. to 2:00 p.m.

DO YOU HAVE CONSTRUCTION OR DEMOLITION DEBRIS?

If you are a CVSan resident and have any of the following materials, obtain a Construction & Demolition (C&D) Voucher from the CVSan Recycles Day event on April 29th. C&D Materials include:

- Rock, stone, concrete, asphalt
- Brick, masonry, tile, stucco
- Carpet, finishing, wood, lumber
- Soil, fines, dirt
- Ceiling, drywall, roofing
- Doors, windows, glass, metal



These materials will not be collected at the April 29th event.

600 residential households, first come, first served, are eligible to receive a C&D Voucher to drop off two cubic yards (per household) at the Davis Street Transfer Station (DSTS) in San Leandro at no charge. Please note: DSTS staff will not unload materials; please be prepared to unload materials yourself. Details about drop offs will be provided on the voucher.

C&D materials are not accepted in blue recycling carts, green organics carts, or in annual on-call Bulky Goods Pick-Ups. Clear out these materials from your garage or backyard and deliver them to DSTS for processing, recycling, and diversion from landfill!

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AT CHABAD JEWISH CENTER 20912B REDWOOD RD.

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Sponsor a person: \$36 Sponsor an entire table: \$300

RSVP @ JewishCastroValley.org or call (510) 342-9326

To reserve for the Second Seder on April 11th, please call us.