## HAPPY Valentine's DAY

CASTRO VALLEY SINCE 1989

#### YEAR 30

#### WEDNESDAY, FEBRUARY 7, 2018

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PHONE: (510) 537-1792



The average distance between Earth and Mars is 140,000,000 miles.

# 'LANDING' IN CASTRO VALLEY NEXT WEEK

#### **By Tucker Hiatt** SPECIAL TO THE FORUM

Pascal Lee is almost a Martian. He likely knows the Red Planet as well as any Earth-bound human.

Dr. Lee is a planetary scientist who is internationally recognized for his study of Martian water, of Mars' moons, and of future human voyages to Mars. On Wednesday, Feb. 21, two weeks from today

- Dr. Lee will present "Mission: Mars—Toward the First Human Journey to the Red Planet" at Castro Valley's Center for the Arts.

This free lecture/adventure is sponsored by three community organizations: Castro Valley Education Foundation (cvef.org), Castro Valley Science (cv-science.us), and Wonderfest (wonderfest.org). To learn more and to register, visit: bit.ly/go-mars.

Dr. Lee, is also Chairman of the Mars Institute, Senior Scientist at the SETI Institute, and Director of NASA's Haughton-Mars Project.

To fully secure that "almost Martian" title, Dr. Lee has led over 30 expeditions to the Arctic and Antarctica to study the Red Planet by comparison with Earth.

Dr. Lee's personal history is almost as interesting as his explorations. Born in Hong Kong, he lived in France as a child. As a teenager, Lee already had his eyes on the stars.

He pursued amateur astronomy and read every book he could on space travel as he earned his bachelor's in physics and masters in geology from the University of Paris.

Lee earned an astronomy PhD from Cornell, working with Prof. Joseph Veverka, a pioneer in robotic exploration of the solar system.

During that time, Cornell was also home to world-renowned astronomer Carl Sagan. Lee became the legendary science popularizer's very last teaching assistant.

Lee's work at NASA's Ames Research Center and



PHOTO BY LEE NARRAWAY

Pascal Lee and King Kong in the Arctic

SETI takes him to the Arctic every summer to Devon Island, one of the most Mars-like places on Earth.

Recently, Dr. Lee led the Northwest Passage Drive Expedition along the fabled Arctic Northwest Passage. This daring adventure, a glimpse into what a future Martian road trip might be like, is the subject of the award-winning documentary film *Passage To Mars*, released to much acclaim in 2016.

As great explorers go, they often have a trusty companion. Lewis had Clark, Armstrong had Aldrin, and Kirk had Spock. Lee is no exception, for his sidekick is his trusted dog, King Kong, who bravely accompanies him to every hostile and desolate place, from pole to pole... and, at talks.

In his scarce free time, Dr. Lee likes to be walked by his dog, to paint, and fly helicopters. He is an FAA certified flight instructor on rotorcraft, which he views as analogous to future Mars exploration craft. *see MARS on page 15* 

## Trails Challenge' Marks 25th Year

This year marks the 25th anniversary of the East Bay Regional Park District's signature outdoor activity program, Trails Challenge.

Launched in 1993 to get East Bay residents moving outdoors and exploring their trails, the program makes it easy for hikers of all abilities to get to know and love their Regional Parks.

"The 2017 Trails Challenge was great," said 2017 participant Diane Petersen. "I've been hiking at the same park (Mission Peak) forever and Trails Challenge got me out to other amazing parks in the region."

"My pups especially liked the Trails Challenge because they got to go to new parks with new sniffs!" added Petersen.

To complete the 2018 Trails Challenge, participants need to hike a marathon's length of trails (26.2 miles) or at least five of the 20 designated hikes in the Trails Challenge guidebook.

"Trails Challenge is about people connecting with nature," said David Zuckermann, the district's recreation services manager. "Hiking is one of the best ways people can enjoy our Regional Parks."

Each year, a new Trails Challenge guidebook highlights 20 different trails throughout the parks. From shorelines to ridge-tops, there is something for everyone.

A handy matrix helps readers choose from easy, medium or challenging hikes, and to identify trails accessible to wheelchair users, and those that allow dogs, bikes or horses.

Participation in Trails Challenge is easy – simply visit www. ebparks.org/TrailsChallenge to download the guidebook and get started. No online registration is required. Free printed guidebooks and T-shirts are also available at participating Visitor Centers while supplies last.

see TRAILS on page 15

#### 2017 HARD AWARDS

## CV Volunteers and Chamber Honored

The Hayward Area Recreation District (HARD) recognized two Castro Valley men – Veterinarian Rene Gandolfi and activist Billy Bradford – for their volunteer contributions to the community during the past year.

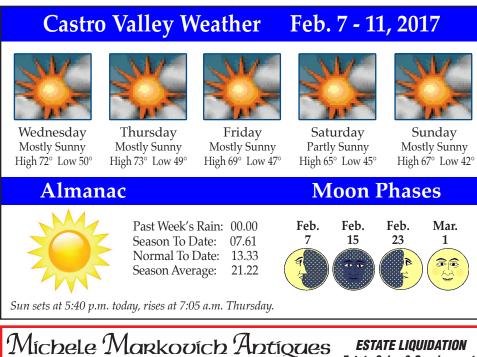
Dr. Gandolfi, a volunteer for HARD since 1987, has logged over 3,100 hours in helping with the care of the more than 100 resident animals at Sulphur Creek as well as the 700 injured, sick, and orphaned native wildlife that are brought in for rehabilitation each year.

He has shared his veterinary skills free of charge and is always on call for a variety of services including surgeries, X-rays, pathology tests, and general exams. Billy Bradford has volunteered for

Billy Bradford

Dr. Gandolfi

HARD's Senior Adult Programs for the past three years. He is founder of "Castro Valley Pride," a community event to raise awareness and promote equality for all lesbian, gay, bisexual and trans-gender people.



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

#### GOT A NEWS TIP? CALL (510) 537-1792 OR EMAIL: fredz@ebpublishing.com

## SPORTS HALL OF FAME Kollias' Winning Obsession Proved Boon to CVHS, Cal

Eleventh in a series profiling the 16 new members of the Castro Valley Sports Hall of Fame. The induction banquet will take place Saturday, April 21, at Redwood Canyon Event Center. For tickets, call Ted Riche at 510-537-2048.

> By Lowell Hickey SPECIAL TO THE FORUM

The late Al Davis would have loved Alexis Kollias.

The former Oakland Raiders' owner had a motto, "Just win, baby." Kollias certainly could relate to that.

"I was obsessed with winning," said Kollias, whose married name is Alexis Kollias Thiele. That obsession began as a seven-year-old swimmer and tennis player and continued through college and beyond as a standout volleyball player.

led the Trojans to two Hayward nament appearance in 13 years.



**Alexis Kollias** 

Area Athletic League volleyball co-championships and three North earning first-team all-league honors as a junior and senior.

helped the Bears rise from the bottom of the Pac-12 to near the top At Castro Valley High, Kollias and make their first NCAA Tour- Cal?

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There was a bit of a party atmosphere around women's volleyball in Berkeley prior to 2002, Alexis recalled. But that culture soon

"We had a phenomenal group of freshmen," Kollias said. "The priorities became academics and volleyball. We wanted to change Cal volleyball forever."

Included in that freshman class were Alicia Powers, from Clayton, and Texan Jenna Brown. "We were the Three Musketeers," said Kollias, who has been elected to the Castro Valley Sports Hall of Fame. The Bears made the NCAA Tournament in three of the four Coast Section qualifications while years Alexis was there, including one Sweet 16 appearance.

Kollias, who was recruited by Taking her talent to the Uni- Yale and MIT among other univerversity of California in 2002, she sities, twice earned Pac-12 All-Academic honors while majoring in public health. Why did she choose

see SPORTS on page 15

## **FOOD SCRAP RECYCLING TIPS**



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#### Shredded Paper: Did you know shredded paper should be placed in your green organics cart, not your blue recycling cart? Shredding

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results in short fibers which are not ideal for recycling. Gather your shredded paper and envelopes in a paper bag to prevent litter.

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Visit www.cvsan.org/fsr for more information and helpful tips.

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## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM

#### Not So 'Super' Sunday

Sunday, February 4: at 9:47 p.m., Sheriff's deputies arrested a 48-year-old man from Hayward on suspicion of two counts of possession of illegal narcotics drugs, possession of illegal drug paraphernalia, and possession of stolen property. The man was at a home on North 6th Street near Grove Way when deputies arrived to serve a warrant. The man was found with the illegal drugs and property and was taken to Santa Rita Jail pending \$5,000 in bail.

#### Wanted Man

Sunday, February 4: at 3:34 p.m., a 29-year-old man from CV was arrested on suspicion of assault and battery against his wife. Deputies responded to an emergency call about a domestic dispute at an apartment complex on Center Street near Grove Way. The suspect was also wanted as part of a warrant for his arrest. The man was handcuffed and taken to Santa Rita Jail pending \$15,000 in bail. The victim was treated at the scene.

#### Spousal Assault

Sunday, February 4: at 2:44 a.m., a 911 call about a loud and ag-

they arrested a 46-year-old man ing with a business and refusing on suspicion of assault and battery against his wife. He was handvictim was treated at the scene.

#### Driving Drunk and Drugged

Valley on suspicion of driving under the influence of drugs and alcohol. The man was traveling on Redwood Road near Castro Valley Boulevard when deputies spotted the man weaving in and out of traf-

#### **Disrupting a Business**

Friday, February 2: at 10:08 a.m., a 31-year-old man with no persuspicion of deliberately interfer-

#### to leave after being asked several times by management to do so. cuffed and taken into custody. The Deputies were called to a gas station on Castro Valley Boulevard near Strobridge Avenue after store managers called to complain about Saturday, February 3: at 2:26 a.m., a man intimidating other customdeputies pulled over and arrested ers. The man was also found to a 44-year-old man from Castro have a warrant issued for his arrest. Deputies took the man to Santa Rita Jail pending \$2,500 in bail.

#### **Buddy Trip Turns Out Badly**

Friday, February 2: at 12:29 a.m., deputies pulled over and arrested fic. The man failed his field sobri- two men from Southern Califorety test and was taken into custody. nia on charges stemming from a drunk driving charge on Castro Valley Boulevard. The driver, a 25-year-old man from Fontana (San Bernardino County) was manent address was arrested on found to be driving under the influsee REPORTS on back page

Tips for Change' Fundraiser

The Castro Valley Breakfast Lions will hold their third annual numerous local community "Tips for Change" fundraiser at Gianni's Italian Bistro restaurant at Meals on Wheels, Ruby's Place 2065 San Ramon Valley Blvd. in and many others. For additional San Ramon on Monday, Feb. 19. information call Joe Farias at 510gressive-sounding argument sent Lions' members will provide the 581-2897. deputies to a home on Greenacre wait staff for the evening with all Road near Marshall Street. There, tips from patrons going to the club. 6989 or go to opentable.com.

Funds raised go to support groups-FESCO, Salvation Army,

For reservations call 925-820-



## The Week Ahead

#### • Wednesday, February 7: 'Finding Wellness' Series Begins

The Aitken Senior Center at 17800 Redwood Road is hosting a 4-week series of Wednesday classes for those 60 and over, exploring health and well-being as it relates to the brain, heart, liver and gut. The classes will be held from 2 to 3 p.m. beginning today. Learn tips and tricks on how to maintain a healthy lifestyle from a nutritional, physical and emotional perspective. Space is limited. Call the Senior Center at 510-881-6738 to register

#### • Wednesday, February 7: Diabetes Support Group

Rajinder Singh, Diabetes Educator with the Alameda County Public Health Dept., will be leading an open forum discussion group at the San Leandro Diabetes Support Group meeting at 4 p.m. today at Carlton Senior Living 1000 E. 14th St, San Leandro. For more info, call Amber Bennett at 510-636-0660.

#### • Thursday, February 8: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting beginning at 7 p.m. tomorrow at the School District Headquarters, 4400 Alma Avenue. The complete agenda and board packet are available at bit.ly/CVUSDBoardMeetings

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#### • Thursday, February 8: Recycled Art & Toys

Bring your children to experience hands-on Science, Technology, Engineering, Arts, and Math (STEAM) learning from 3:30 to 5 p.m. tomorrow at the Castro Valley Library where they can upcycle materials and make fun toys and art with them, part of CVSan's Zero Waste Week.

#### • Thursday, February 8: Toddler Time: Trains

From the Southern Pacific line to BART, trains have made transit fast and easy. Join us for this Toddler Time to learn more about trains with games, crafts, and stories, from 10:30 to 11:30 a.m. on Feb. 8 at the HAHS Museum of History & Culture, 22380 Foothill Blvd in Hayward. For children ages 1-4, siblings, and their caregivers. Free admission (\$5 suggested donation). For more info, call 510-581-0223.

#### • Friday, February 9: Smalltown Gathering

Connect with your community, hear from local artists and advocates, and experience the developing narratives of your neighborhood at the Smalltown Gathering from 7 to 10 p.m. this Friday at 22222 Redwood Road, highlighting the work of artist Livia Radu, Bay Area Women Against Rape, Poet Nicia De'Lovely, and music from CitizenFive. Free. More details at www.smalltownsociety.com

#### • Saturday, February 10: Low-Cost Pet Adoptions

Hayward Animal Shelter volunteers and Assemblyman Bill Quirk are hosting "All Fur Love" pet adoptions this Saturday from 11 a.m. to 5 p.m. at the shelter, 16 Barnes Court. Adoptions to qualified homes are just \$14, which includes spay/neuter, vaccinations and microchip (\$17 dog license fee for Hayward residents). Also a Valentine's Day Photo Booth. More info at: haywardanimals.org/events

#### • Saturday, February 10: Eden Awards

Join the Castro Valley/Eden Area Chamber of Commerce in recognizing exceptional community members who have gone above and beyond their duties – awards for Volunteer of the Year, First Responder of the Year, Teachers of the Year, and Business of the Year, to be held from 6 to 10 p.m. this Saturday at Redwood Canyon Golf Course, 17007 Redwood Road. Buy tickets online at www.EdenAreaChamber.com

#### • Saturday, February 10: Annual Valentine's Crab Feed

All Saints Episcopal Church at 911 Dowling Blvd. in San Leandro will host its 45th Annual Valentines Crab Feed from 5-9 p.m. on Feb. 10. Tickets (\$50, \$35, \$10) include all-you-can-eat crab, pasta, salad, and dessert. Buy tickets at tinyurl.com/2018CrabFeed

#### • Saturday, February 10: Quilts on Display

Amador Valley Quilters will showcase the quilting workspaces of 17 members at their meeting this Saturday from 1:30 to 4 p.m. at Pleasanton Middle School, 5001 Case Ave. Quilts crafted in these spaces will be on display, and members will try to guess their creators. Amador Valley Quilters meet at 1:30 p.m. on the second Saturday of the month. Guests are welcome!

#### • Saturday, February 10: Hearing Loss Association Meeting

Dr. Karina Canadas, an experienced, highly qualified pediatric physician from the East Coast and currently on a one-year sabbatical in SF for one year, will speak on "Pediatric vs. Adult Hearing Loss" at the next meeting on Feb.10. Refreshments at 9:30 a.m.; Program at 10, at the Oakland Kaiser Permanente Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. Park free on Saturday in garage across Howe. Email: athos.artist@att.net or call Kay at 510-886-4717.

#### • Saturday, February 10: Jewish Teen Group Mixer

Join our Jewish Teen Group for a really fun social mixer with games, activities, pizzas, ice cream sundaes, and a presentation from our local co-ed BBYO chapter (Mar-Win) from 6-9 p.m. this Saturday at Congregation Shir Ami, 4529 Malabar Ave. in Castro Valley. BBYO is open to everyone in grades 8-12. The presentation will be for teens and parents from 6-6:30 p.m. followed by teen time, from 6:30-9 p.m. For more info, visit www.congshirami.org or contact bonnie@congshirami.org

#### • Saturday, February 10: Free Writer's Workshop

Attend a free introductory class on The Power of Words from 10 a.m. to noon this Saturday at the Smalltown Space, 22222 Redwood Road in Castro Valley. Local author Mark Cotta Vaz invites you to join his free 2018 writer's workshop series, open to any interest, whether it's forging a writing career, increasing one's communication skills at work, or writing the family memoir. For more info, visit www.smalltownsociety.com

#### • Sunday, February 11: All-You-Can-Eat Gourmet Soup

The Buon Tempo Italian Club invites everyone to a Gourmet Soup/Salad/Bread fundraiser from 4:30 to 6:30 p.m. on Feb. 11, with three types of soup – Minestrone, Cream of Celery, and Merlot Spicy Bean – along with salad and bread for \$10. All proceeds go to the San Leandro Relay for Life. It will be held in Mt. Tabor Hall at Transfiguration Church, 4000 E. Castro Valley Blvd. No reservations are required.

#### • Monday, February 12: Free Look Good-Feel Better Class

Eden Medical Center will hold a class to help women with skin care during treatment, including learning to wear scarves and turbans, from 10 a.m. until noon on the 2nd floor in the Medical Office Bldg., 20101 Lake Chabot Road. To register, call the American Cancer Society at 1-800-395-5665.

#### • Monday, February 12: Charity Bingo Luncheon

Eagles Auxiliary 1139 will serve a charity bingo luncheon (beef stew, salad and dessert) at noon on Monday at 21406 Foothill Blvd., Hayward. The \$8 donation, which benefits a local charity, includes one bingo card. Bring a couple of friends. For more information, call 510-584-1568.

#### • Tuesday, February 13: Rotary: The Daughtrey's Building

The developer of the Daughtrey's Building, Craig Semmelmeyer of Main Street Property Services, will provide an update on what is happening with the development at the next buffet lunch of the Rotary Club of Castro Valley at noon on Feb. 13 at Redwood Canyon Golf Course, 17007 Redwood Road. The lunch costs \$20. Reservations must be made by 9 a.m. on Feb. 12 by contacting Jim Negri at 650.996.9173 or ciaojim\_cvrotary.org. More information available at castrovalleyrotary.org.

## Arts & Entertainment

#### CASTRO VALLEY CENTER FOR THE ARTS

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

• "Mission to Mars," a speech by Dr. Pascal Lee of the NASA Haughton Mars Project on the first steps underway toward achieving the first human mission to the Red Planet, will be presented free at 7 p.m. on Wednesday, Feb. 21 by the Castro Valley Educational Foundation.

• **"Wake the Dead,"** the world's only Celtic All-Star Grateful Dead Jam Band, will appear at the Castro Valley Center for the Arts at 7:30 p.m. on Saturday, February 24. This hot Northern California group has been blending Celtic traditional music and the songs of the Grateful Dead since 2000, pleasing Deadheads and Celtoids alike! If you can't quite imagine how this works, come and find out.

• Jangala, a 75-minute family-friendly dance performance inspired by Rudyard Kipling's *The Jungle Book*, will be presented by the Oakland Ballet Company 7 - 9 p.m. on Tuesday, March 13, at the Castro Valley Center for the Arts. For tickets (\$15-\$50 with discounts available) visit oaklandballet.org/wp/jangala/. For info, call 510-893-3132.

#### **THEATRICAL & MUSICAL PERFORMANCES**

● **"Dial M for Murder,"** will be presented by Chanticleers Theatre through Feb. 25. Best known as a film by Alfred Hitchcock, this time-less masterpiece of construction and plotting weaves a tangled web of clues and red herrings, back-stabbings and blackmail that will keep you hooked from start to finish. Performances are at 8 p.m. Fridays, Saturdays and on Thursday, Feb. 22, and at 2 p.m. on Sundays at the theatre, 3683 Quail Ave., in the park just off Lake Chabot Road in Castro Valley. For info or tickets (\$20-\$25), call 510-733-5483 or visit chanticleers.org

#### AT THE GALLERIES

• 29th Annual Children's Book Illustrator Show, a local favorite of young and old alike, is currently at the Sun Gallery, 1015 E St. in Hayward, featuring a wide variety of artists and their books. Normal gallery hours are Friday through Sunday from 11-5.

• "Anything Goes, *Almost*," an exhibition by A.R.T. Inc. members, is currently at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. See the Gallery's Artist-in-Residence, Philip Denst, at work during exhibit hours. For more information, call 510-881-6735.

• "Asian Inspired Art Exhibition," featuring 21 local artists and a variety of techniques including calligraphy, brush painting, ink, sculpture, poetry, mixed-media, quilts and acrylics, will be on display from Feb. 9 to March 22 at the John O'Lague Galleria at Hayward City Hall. An artists' reception will be held from 5:30 to 7:30 Friday, Feb. 23, sponsored by the Hayward Arts Council.

• Hayward Arts Council Member Show will be on display from Feb. 16 to May 27 in the Community Gallery at the HAHS Museum of History & Culture, 22380 Foothill Blvd. in Hayward. For more information about this exhibit and the Hayward Arts Council, visit www. haywardartscouncil.org

• Artist Open Studio Every Thursday: Join this informal gathering of artists working together in a friendly and helpful atmosphere. 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, 20395 San Miguel Ave, Castro Valley

## Baby Boomers Finding Companionship Through Online Dating

**By Jim Miller** SPECIAL TO THE FORUM

hether you're interested in dating again or just looking for a friend to spend time with, online dating sites have become a very popular and effective way for baby boomers to meet new single people.

challenging as we get older, which interests and preferences so they between \$15 and \$20 per month, have a lot of advertising. is why online dating sites are an can steer you to matches that are however some dating sites are excellent option for baby boomers. best suited for you. They provide an easy and convenient way to meet dozens of new you get started. people, without ever having to leave home.

Here are some other tips to help

Choose a site or two: There look into.

are literally hundreds of different And, to make things even easier, matchmaking websites and apps money, free sites like OKCupid. choices consider Match.com, com and 50more.com for those many sites today use matchmak- available, so choosing can be a bit com and PlentyofFish.com are which has a huge membership in

completely free to use.

here are some popular options to If you don't want to spend any

Making new friends can be ing algorithms that factor in your confusing. Costs typically range good places to start, but these sites all demographics. Or checkout There are also free apps like Tin-

der (GoTinder.com) and Bumble. Depending on your preferences com, but these tend to be geared toward younger adults looking for casual romance.

eHarmony.com, which is also very large but more targeted for people who want to take things slow.

Or, if you are looking to find a specific type of person, there are hundreds of niche sites like: Our-If you're interested in lots of Time.com, SeniorPeopleMeet. see DATING on page 8

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### **SENIORS** Amending a Trust: Simple Task?

My late wife and I set up That a trust about 10 years Change? ago, and now I want to we review older change the Successor trusts, we often Trustee and remove a beneficiary. discover other pro-*Is that a simple thing to do?* 

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

some of the considerations:

Is It Amendable? Is It Amendable? Not all trusts can be amended, which often comes as a surprise to clients. If your trust was set up years ago, it is likely that it included tax-saving provisions requiring itated; adding Special Needs prothat, upon your wife's demise, her share be allocated to an irrevocable sub-trust (often called a "By-Pass," Exemption, Credit Shelter, or just plain "B" Sub-Trust).

By design, and in order to the trust without a court order. achieve tax-saving objectives unsub-trusts could not be amended by the survivor, and could usually be changed only by court order. However, your own share, typically called the "Survivor's Trust", ferred: upon your later demise, could be amended.

Require When visions that should also be changed. Examples: add-

ing provisions to coordinate the trust with a Power of Attorney so Like so many things in as to permit further changes, in the inally named trustee or beneficiary life, it depends. Here are event of your later incapacity, as need requires and/or to facilitate Medi-Cal long term care planning; including HIPAA Privacy Waiver provisions to facilitate assumption of responsibility by the named Successor Trustee in the event that the prior trustee becomes incapacvisions to protect the inheritance of beneficiaries receiving public benefits, such as SSI or Medi-Cal.

To be sure, the same issue presents as to whether we can amend

Amendment vs. Restatement? by Amendment or by a complete Restatement.

A Restatement is often pre-Are There Other Provisions the statutory notices to beneficia-

· 24 Hour Care · Socializing

Housekeeping · Laundry

Quality of Life · Independence

Activities • Chef Prepared Meals

ries and heirs in connection with formal trust administration, a Restatement often turns out to have *continued from page 7* been the better choice.

Reason: Unlike an Amendment, a Restatement does not require that the prior version of the trust go out with the notices. You can imagine the benefit to family harmony to avoid having to reveal that an origwas later replaced.

Professional Responsibility: An analogy from the medical field may be helpful: imagine calling a new physician seeking only a prescription for a persistent stomach ache. It is doubtful that any doctor would accommodate your request without a physical exam and appropriate lab work.

The situation is much the same for members of my profession. When an attorney reviews an existing trust with an eye toward making even the simplest change, he or she then becomes responsider then existing tax law, those If a change can be made, the next ble for the entire trust. Most attorconsideration is whether to do so neys take this responsibility very seriously.

That said, much good often comes from requests like yours: if the trust is amendable, we can often when it comes time to send out amend the trust to make it more suitable to the client's present circumstances and current tax law.

Alternatively, if it is only amendable by court order, we can evaluate the option of petitioning the court for authority to reform rescuing what might otherwise be a document badly in need of reform.

Gene L. Osofsky is an elder law and estate planning attorney don't get a response from somein Hayward. Visit his website at www.LawyerForSeniors.com

funded with support from Alameda County Transportation C

Measure B dollars

#### Dating: How Take a Class without Boomers Are Leaving Your House Finding Love

50 and older; EliteSingles.com for professionals; DateMyPet.com for animal lovers; VeggieDate.org for vegetarians; JDate.com for Jewish singles; BlackPeopleMeet.com for African Americans; and Christian-Mingle.com for Christians.

Create a profile: When you join a matchmaking site you'll need to create a personality profile that reflects who you are, including recent photos, hobbies, interests and more. If you need some help, sites one for you for a fee.

No one gets access to your personal contact information until you decide to give it out, so be prudent whom you give it to.

Before meeting, you should chat on the phone or video chat a few times, and when you do meet in person for the first time, meet in a public place or bring a friend along. And if someone asks for money, don't send it. Online dating/sweetheart scams are out there, so be aware. If you want to be extra cautious, you can even do a quick background check on your date at MyMatchChecker.com.

Make an effort: A lot of times, people - especially women - sit back and let others come to them. Don't be afraid to make the first the trust. Indeed, these client re- move. When you find someone quests for changes often end up you like, send a short note that says, "I really enjoyed your profile. I think we have some things in common." Keep it simple.

Don't get discouraged: If you one, don't let it bother you. Just move on.

#### **By Linette Escobar** SPECIAL TO THE FORUM

o you want to take a class but you'd rather stay in your cozy house? Maybe your kids are young and

you don't want to get childcare? In addition to the great in-person classes offered at Castro Valley Adult & Career Education, agement." These courses will give there are online options including certificate courses.

Beef up your resume! The adult like ProfileHelper.com can write school offers online options leading to a certificate. You can learn Use caution: When you register the financial concepts and acwith a site you remain anonymous. counting processes used in most businesses in "Certificate in Accounting & Finance for Non-Financial Managers."

Make your resume stand out by taking "Certificate in Customer Service" or "Change Management that couldn't be more convenient. Skills for Human Resource Professionals."

Whether you want to lead people in a business or non-profit, there are courses to help you including a "Certificate in Non Profit Admin- Chair of Castro Valley Adult & istration" or "Collaborative Man- Career Education.

you skills to help you effectively lead teams. Get tech skills!

We live in the heart of the tech industry. You can take "Introduction to Coding" or "Certificate in Web Design" to launch you into a lucrative new field.

There are many other classes including for parents or training for teachers and health professionals. Whatever your interest or motivation, there is an affordable class

Visit www.cvadult.org or contact Castro Valley Adult & Career Enhance your leadership skills! Education at 510-886-1000 to learn more or sign up for classes before they fill.

Linette Escobar is Marketing

### Dementia Caregivers Class

Dementia changes the way individuals think, perceive and use language, so it is important to un- tend. Classes are held in Suite 100 derstand that those with dementia at Hope Hospice, 6377 Clark Ave., frequently communicate wants Dublin. Light refreshments will be and needs through their behaviors.

To help promote meaningful with dementia and those providing care, Hope Hospice presents, Understanding Behavior as Communication, on Saturday, Feb. 10 from 9:45 a.m. to noon, as part of its

p.m. Monday through Friday

to obtain one.

Any family caregiver or prospective caregiver is invited to atserved.

The class is free to all commucommunications between those nity members. Donations are appreciated.

Register online at HopeHospice.com or contact Hope Hospice Community Health Educator Debbie Emerson at debe@hope-



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## EAL ESTATE GALLE

#### REAL ESTATE REALIT By Carl Medford, CRS Special to the Forum GUEST COMMENTARY



## Bad Crab Legs Cost Couple \$36,000

couple purchasing a frozen."

The wife went online, unfroze the accounts, and received an- covered that not only had the credit, a mortgage paid in full, other call. "I've got your reports restaurant not comped them any- zero debt... none of it mattered. now but your scores aren't there. thing, they'd been charged the Only the last six months on one If we can't fix this, we'll have higher price for the husband's revolving credit line that tempoto go with a conventional loan reordered entrée. The wife went rarily disappeared - thanks to a using earlier scores. You'll lose online and disputed the charge. your rate lock," she clarified. "The new rate is .03 higher."

In a panic, she called the credit reporting companies. On the phone she was told, "It seems that you have a transaction in dispute, and when something is By Samantha Mazzotta in dispute, it doesn't get reported to us."

In a flash, the wife realized what was happening. A few months prior, they had visited a shaped to fit around the base of the restaurant for lunch. It was awful. The husband's order of crab the waiter and ordered a lobster tail instead.

15678 Maubert Avenue

The wife started eating her en- paperwork. home were counting the trée and quickly discovered there days to closing. With were issues with it as well. Time and stopped the dispute, then two days to go, their lender was an issue so she kept eating, called the credit bureaus, but it called. "We can't pull your cred- but her husband's order did not was too late. This crummy meal it scores for final verification," come until she was almost com- is the reason that we lost our she said. "Your accounts are pletely done. When it finally ar- rate lock and will pay thousands rived, it had the wrong sides.

Once on the road, they dis-

The credit card company were not worth \$36,000. called a couple of weeks later The wife ran some calcula- asking for more information, Realtor with Keller Williams Retions with an online calculator and then sent another request the alty and a licensed general conand discovered the increased following week for more infor- tractor. This article is sponsored rate would cost \$100/month – mation. Life had been busy, so by the Central County Market-\$36,000 over the life of the loan. the wife had not completed the *ing Association*.

In the wife's words, "I called more for our house.

Eighteen years of excellent bad batch of crab legs - which

Carl Medford is a licensed

## SALE PENDING 16572 Cowell St., San Leandro \$799,000

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## **Replace Damaged Tiles in Tight Areas**

#### ial to the Forun

f you need to replace some cracked or chipped tile in the bathroom, especially those toilet, it takes a bit of practice.

legs came out and, before tasting store, grab a few extra tiles of the them, he realized they were bad. same type as your replacement The wife confirmed. He called tiles, along with a tile cutter and a arc before cutting. scoring tool. Practice cutting tiles in half, then in quarters, working to

SALES

get a smooth break by first scoring adding an extension to the flange along the cutting line (drawn with so the toilet base fits securely on a pencil) across the top of the tile, the newly raised floor, but it may then making the final cuts with the be worth the extra effort. tile cutter.

shape. For an arc, you may need to loosen the grout and then try to At the home-improvement to score deeper — repeating along the cutting line a few times — and chisel edge in the center of the tile then score down the middle of the

> Working from a template can make things a bit easier. If the surrounding undamaged tiles. chipped tiles haven't been removed, place as many of them brush away the debris. This is a back in place as possible. Trace the outline of the tile on a piece of paper to use as a template.

aged to use as a template, mark the contours of the toilet pedestal base on a sheet of paper.

redoing the entire floor.

If it's practical, you may want by the old tiles. your replacement floor to do the same thing. This would require the bottom with a thin layer of removing the toilet and perhaps grout or tile adhesive. Press the

To replace the damaged tiles, Next, practice cutting tiles to tap a chisel gently along the edges lift the tile. If it's stuck, place the and tap it with a hammer until the tile cracks. Then, pry out the pieces, being careful not to mar the

Once the damaged tiles are up, good time to inspect the underlayment (the flooring underneath the tile, often a plywood sheet) If the tiles are too badly dam- for water stains, swelling or other damage. Contact a flooring professional if you detect a problem.

Replace the damaged tiles with Now let's fix the damage. Keep new ones that closely match the in mind that this repair works best old ones. Make sure to buy a few if just a few tiles are damaged. If extra, in case your initial cutting the damage is extensive, consider efforts don't work. Score and cut the new tiles to fit the spaces left

Working one tile at a time, coat



Use a hammer and chisel to break out damaged tile.

tile into place, as close to the toilet base as possible.

each tile (about a 1/8 inch gap) us- a thin bead of silicone caulk being a wide putty knife. Wipe away tween the toilet base and the edges excess with a damp cloth and let of the tiles. the tiles set for at least 24 hours.

To finish, scrub tiles with a lint-free cloth, soap and water to Once they're set, apply grout remove the hazy layer of excess generously to the spaces between grout. Dry completely, then apply

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3848 Somerset Avenue	94546:	\$1,000,000	8 BD - 5,856	SF - 1994
2322 Vestal Avenue	94546:	\$600,000	2 BD - 1,018	SF - 1948
20111 West Ridge Court	94546:	\$570,000	2 BD - 1,440	SF - 1977
25552 Crestfield Circle	94552:	\$1,210,000	4 BD - 2,334	SF - 1998
24543 Palomares Road	94552:	\$796,500	N/A BD - N/	A SF - N/A
TOTAL SALES:	11			
	64,500	MEDIAN A		\$795,000
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San Leandr	<b>n</b> —			
1550 Bancroft Avenue	-	\$479.000	3 BD - 1.680	SE - 1076
791 Dolores Avenue			3 BD - 1,381	
1081 Douglas Court			3 BD - 1,234	
2456 Driftwood Way			5 BD - 1,584	
351 Kenilworth Avenue			2 BD - 1,121	
14263 Seagate Drive			2 BD - 904	
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1722 140th Avenue			4 BD - 1,604	
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94578: \$455,000 2 BD - 904 SF - 1946

## Homes

## Make Sure Asparagus Gets Plenty of Room to Grow

#### **By Buzz Bertolero** The Dirt Gardener

my first vegetable garden this year, and I love fresh asparagus. Can a novice like myself be successful growing asparagus or should I stick to the more a raised bed that's 18 inches deep traditional vegetables?

Asparagus isn't that difficult to grow, but it does need a dedicated area. Unlike tomatoes, lettuce, radishes, peppers, etc., asparagus is amond pattern.

I'm planning on planting will not interfere with your other etable food. seasonal crops. So, planting along a fence would be a good location. Asparagus is grown in a trench

of any length.

Asparagus plants or crowns are centered in the trench and spaced agus plant is the young shoots than a half an inch in diameter. a foot apart. However, in a raised or spears. They emerge from the bed, you will want to plant in a di-

producing for 15 years or longer. made or commercial compost, to grows to a height of four to five You'll need to select a location that amend the native soil and add veg-

Two-year-old asparagus plants are available at this time of the that is 12 inches wide and deep or next year. Asparagus is unpredictable from seed so it's not advisable and 3 feet across. The bed can be to plant from seed. Also, it takes three years to produce a crop.

The edible part of the asparground in February–March while

feet and is cut off at the ground in November or December.

Spears are harvested when they get to about six or seven inchyear, and they will start producing es tall. They can be cut at an angle or snapped off just above the soil level. The tips should be tight because once they loosen they become tough and fibrous. Also, you shouldn't harvest any spears less

The harvesting period is about two to three weeks after the spears the vegetative portion is called the start to show. So, keep a close eye production.



Asparagus spears are ready to harvest two to three weeks after they start to show.

ishes the nutrients for next year's

After harvesting, allow the California Certified Nursery Profern growth to grow; this replen- fessional and Senior Gardening Professional at Sloat Garden Centers (www.dirtgardener.com).



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## Homes



**12** CASTRO VALLEY FORUM Wednesday, February 7, 2018

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CASTRO VALLEY FORUM **13** Wednesday, February 7, 2018



## ATHLETE OF THE WEEK



#### **Payton Stanberry**

This week's Athlete of the Week is Payton Stanberry, a junior at Castro Valley High School. Stanberry is a member of the varsity girls basketball team. She scored her season high of 29 points in the season opener against Clayton Valley Charter. In 21 games played, Stanberry has scored 247 points, has 123 total rebounds, 21 assists, 22 steals, and 13 blocks for the season. She won "All-Tournament" honors in the Emerald Division Jamboree at the end of December and has helped her team to a 6-1 league record and a 19-2 overall record.

#### CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



### Sports: Kollias Inducted Into Hall of Fame

#### continued from page 2

tle bit of pressure to stay close to around the country. home — and by that I mean a lot of pressure," she declared, smiling.

А self-described "tomboy," Kollias tried many sports as a youngster, but by middle school ciated with Cal," she explained. she had it narrowed down to volleyball, basketball and occasion- matches, even collecting autoally track and field (high jump graphs from the players. "I fell in them with "digs," which requires a was her specialty). While playing in the National Junior Basketball League, she came under the posi- nior varsity and one year of varsity had 594 digs, including 31 in one tive influence of coaches Tina and basketball at Castro Valley before match against St. Mary's (the third Bob Frev.

"They taught me teamwork," Alexis said. "I was a bit of a crytaught me how to be more of a presence for my team."

at Canyon Middle School, Steve Olympians. Spinola, recognized Kollias' volleyball potential and told his daughter, Shelby, to take a look. that emphasizes slamming the ball Shelby was coach of the Golden into the opponents' court. "Trying

She obviously liked what she saw. Alexis soon was playing volleyball with and against the best in her age group.

"The club was loosely asso-Alexis would attend Cal volleyball love with the campus."

Kollias played two years of judeciding to concentrate solely on volleyball. Playing for both the high school and Golden Bear was a member of the USA High Performance team, which aimed A physical education teacher to develop elite athletes as future ground."

side hitter, a front-line position

#### **SPORTS NOTES**

• Swag Basketball is having tryouts for sixth, seventh, and eighth grade boys and girls players from 9 to 11 a.m. this Sunday, Feb. 11, at Bancroft Middle School, 1150 Bancroft Ave. in San Leandro (\$10 tryout fee). Contact Joseph@ebswag.com or Dina@ebswag.com

• HARD Senior Softball League is looking for new players in 3 divisions. The 50-plus division plays on Thursday mornings, 60-plus on Tuesday mornings, and 70-plus on Wednesday mornings. All games start at 9:30 a.m. and are played at Alden Oliver Sports Park in Hayward from late March through late September. All new players must attend at least one "rating day." Rating days will be on the Tuesdays of Feb. 13 and 20 at CV Community Center. For more info, visit www. HARDSeniorSoftball.com. or contact John Ironside at 925-828-2314 or at JohnIronside6@hotmail.com or Mike Carroll 510-531-8075 rtkm@comcast.net or Lanny Witt marlan4551@att.net



"Being Greek, there was a lit- club that played top competition es, on the other side of the net ... I loved it," she said.

short for the front line in the Pac- around the world - from the Arcup. At Cal, she was strictly a libero, a defensive player limited to the back line. Instead of making "kills," she was defending against lot diving on the floor.

In her four years at Cal, Alexis most single-match digs in Cal history).

"I was never afraid of hitting baby, a poor loser. I'd pout. They club volleyball teams, she also the floor," she said. "I was always ready to sacrifice any part of my body so the ball wouldn't hit the

Kollias, who began her Cal At CVHS, Alexis played out- career as a walk-on, eventually became the first Cal libero ever to be awarded an athletic scholarship. Alexis and many of her Cal teammates still have frequent reunions. "When you bleed, sweat and cry together, you form bonds that can't be broken," she said.

Upon graduation from Cal, Kollias played one year (2006-2007) in the Greek A1 Women's Volleyball League, considered one of the top professional leagues in Europe.

Kollias Thiele is now a nurse at Eden Hospital. She and her husband, Aidan Thiele, have two children and live in Castro Valley. Oh, yes, when her busy sched-

ule permits, Alexis also plays in a Hayward Area Recreation District volleyball league. And you can bet she plays to win.

Bear club team, an elite traveling to give people facials, bloody nos- continued from front page At the upcoming community

presentation of "Mission: Mars," But at 5-foot-7, Kollias was too Dr. Lee will discuss progress made

tion — in preparing for humanity's the Advancement of Science. first voyage to Mars.

An amazing self-portrait of the Curiosity Rover on the surface of Mars taken two weeks ago. Since it landed on the Planet in 2012 it has traveled more than 11 miles. This "selfie" was

assembled from dozens of photos taken by Curiosity's Imager mounted on a movable arm.

Mars: Upcoming Community Presentation

his first book, "Mission: Mars," winner of the 2015 Prize for Excel-12, where the women occupying tic to Antarctica, from basement lence in children's science books Science. For more info and photos that position were 6-foot-1 and labs to the International Space Sta- from the American Association for of Mars, visit mars.nasa.gov

Tucker Hiatt, a former high Dr. Lee will also sign copies of school physics teacher, is the Executive Director of the nonprofit, Wonderfest – Bay Area Beacon of

NASA - JET PROPULSION LAB

#### LAST WEEK'S SPORTS RESULTS

BASKETBALL

CVHS Varsity girls 66-36 Win vs. Álameda 74-37 Win vs. Encinal

CVHS JV girls 64-19 Win vs. Ălameda 52-28 Win vs. Encinal

CVHS Varsity boys 61-58 Loss vs. San Leandro

CVHS Freshman boys

SOCCER CVHS Varsity girls

3-1 Loss vs. Mt. Eden 1-1 Tie vs. Piedmont (4 O.T.)

CVHS JV girls 1-1 Tie vs. College Park 4-1 Win vs. Piedmont

CVHS Varsity boys 2-0 Loss vs. Mt. Eden 3-1 Win vs. San Leandro

CVHS JV boys 3-0 Win vs. Mt. Eden 3-1 Loss vs. San Leandro



EAST BAY REGIONAL PARK DISTRICT PHOTO Diane Petersen of Hayward, a participant in the 2017 Trails Challenge, at Garin Regional Park.

#### Trails: Many Nearby Parks

continued from front page Participants who complete the memorative Trails Challenge pin.

are featured on the free mobile app al State Beach in Alameda, Garin/ AllTrails. Download the app, sign- Dry Creek Pioneer Regional Parks up and log in, then go to: alltrails. in Hayward, Dublin Hills Regioncom/lists/trails-challenge-2018 al Park in Dublin, Tilden Regional and click on "Copy to my lists." Park in the Berkeley/Orinda Hills, Then click "Continue in App." and Sibley Volcanic Regional Pre-The featured trails will show under serve in Oakland.

'Lists' in 'Plan.'

The 2018 featured hikes include challenge and turn in their log by these nearby parks: Cull Canyon December 1 will receive a com- Regional Recreation Area and the Lake Chabot Regional Park, both This year, all 20 featured trails in Castro Valley, Crown Memori-



68-56 Win vs. Mt. Eden

51-34 Loss vs. San Leandro 63-35 Win vs. Mt. Eden

### HARD: CV Recognition

#### continued from front page

Bradford also operates "Bad Business Model Bikes" out of his Castro Valley garage where he acquires used bikes, refurbishes them, and then gives them to those in need. He has not tracked how many bikes he has given away or how much money he has spent, but he says he loves what he does.

The district also paid special recognition to the Castro Valley/ Eden Area Chamber of Commerce and to CAHR, a nonprofit organization founded 45 years ago to enrich the lives of those with intellectual disabilities which was forced to dissolve in 2015 for financial reasons.

The Castro Valley/Eden Area Chamber, which serves Ashland, Cherryland and San Lorenzo besides Castro Valley, was honored for its sponsoring of a variety of positive programs to area residents and partnering with HARD on many others.

In addition, HARD recognized the Hayward Junior Giants Program, and named Christina Sonas as Volunteer of the Year.



ADOPT-A-PET

TC is a curious, sometimes shy AIKO is a shy neutered 5-yearteen who'll say hello when you old who prefers curling up in a walk near her cage door. She for- warm, quiet place for a cat nap. gets her shyness when she sees He needs a calm home with a a feather tickler. Info: Hayward patient family. Info: Hayward Animal Shelter. (510) 293-7200. Animal Shelter. (510) 293-7200.



**COOPER** iis a Pomeranian **HUNTER** s a handsome mix, about 11 months old. Most 6-month old gray tabby and likely fully grown at 6.7 pounds, he looks like a little fox. For born in an abandoned house in more information, please visit: Hayward. For more information, www.dustypawsrescue.org. visit: dustypawsrescue.org

white kitten, part of a litter

#### **Reports:** Robbers

#### continued from page 3

ence of alcohol. Deputies spotted him driving erratically near Stanton Avenue. The driver also had a warrant issued for his capture. The passenger, a 30-year-old man from Los Angeles, was charged with resisting arrest, giving authorities a fake identification, and violating the terms of his parole. Both men were taken to Santa Rita Jail pending \$30,000 in bail apiece.

#### **Grocery Store Robbers**

Thursday, February 1: at 9:45 p.m., two people from San Francisco were arrested in connection with a robbery at a grocery store on Redwood Road near the Boulevard. A 22-year-old man and a 20-year-old woman were identified in the robbery. Deputies stopped the pair at the scene and took them to Santa Rita Jail pending \$100,000 in bail.

#### **Drugs in Pocket**

Monday, January 29: at 1:30 p.m., deputies arrested a 36-year-old man from Hayward on suspicion of possession of illegal narcotics. The man was traveling on Redwood Road near I-580 when deputies pulled him over. Deputies discovered drugs during questioning and the man was taken to Santa Rita Jail pending \$5,000 in bail.



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## 'All Fur Love' Event

THIS SATURDAY AT HAYWARD SHELTER

The volunteers at the Hayward Animal Shelter and Assemblymember Bill Quirk are hosting "All Fur Love" low-cost pet adoptions from 11 a.m to 5 p.m. this Saturday, Feb. 10, at the shelter.

For only \$14, any qualified home can adopt a cat, kitten, dog, puppy, bunny, Guinea pig or even a rooster. This special fee includes spay/neuter, vaccinations and a microchip. Hayward residents must pay the regular \$17 licensing fee for dogs.

A Valentine's Day Pet Booth, in operation from noon until 3 p.m., will provide photos for \$10, with proceeds going to benefit shelter animals.

During this event, Assemblymember Quirk is partnering with the shelter to also offer a limited number of free spay/neuter vouchers to Castro Valley residents and others living in his district. Call 510-293-8818 or visit asmdc.org/members/a20/ to learn how you can get yours.

The Hayward Animal Shelter is located at 16 Barnes Court, near the Hayward DMV Office at Jackson and Soto Road. For more information, visit haywardanimals.org/events.



- Train to become an EMT in as little as one month at our Dublin location
- Program open to high school graduates (Ages 18+)
- Payment plan available

We offer weekend, weekday and accelerated programs.

**Register today!** For more information, call 800-483-3615

Americanhealtheducation.com



# WHAT IS A **TRANSFER STATION?**

CASTRO VALLEY SANITARY DISTRICT (CVSan) has opened registration to CVSan adult residents and business owners to attend a tour of the Davis Street Transfer Station (DSTS) in San Leandro. Learn how curbside materials are sorted, separated, and packaged on this engaging three hour tour.

Register at www.cvsan.org/dststour or call 510-537-0757 for the Friday, March 9, 2018 tour from 9 a.m. to 12 p.m.

Please take into consideration that this is a walking tour (min. age 10) consisting of uneven surfaces, obstacles, up and down steep stairs (72 steps total), inclines, and elevated areas. Please contact CVSan if you are not physically able to participate to discuss an alternate tour option.

#### CASTRO VALLEY SANITARY DISTRICT

Effective Environmental Services since 1939 510-537-0757 | www.cvsan.org This ad was funded by WMAC Public Education Funds

