



# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, FEBRUARY 21, 2018

NO. 8

## INSIDE YOUR FORUM

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Palomares Elementary School is turning 150 years old!

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PHONE: (510) 537-1792

## Local 'Traders Sporting Goods' to Close Next Month

By Michael Singer  
CASTRO VALLEY FORUM

Traders Sporting Goods, a longtime, family-owned sporting goods store, is shutting its doors for good after 60 years in the community.

Owner, Mark Cucchiara made the announcement last week in an advertisement that the company will sell off its inventory at its location on Castro Valley Boulevard near Chester Street.

The store specializes in gun safes, ammunition, and supplies for hunting and fishing. Traders has not sold firearms since 2006 and never at its Castro Valley address.

Cucchiara says there were a lot of factors leading him to his decision to shut down. Interacting with his regular customers is one thing 57-year-old Mark says he will miss the most.

"Throughout the years, and all of the customers I've dealt with, it's been a pleasure to help them buy their hunting and camping gear. Because you go back a long ways of time with them and I will miss that," Cucchiara told the Castro Valley Forum.

A series of obstacles motivated Cucchiara's decision. Rent has increased substantially on



PHOTO BY FRED ZEHNDER

**Purchasing equipment online and shifting attitudes about outdoor sports among younger people have resulted in the closure of Traders after a 60-year history in sporting goods.**

his 1,300-square foot store. Sales are drastically down. Parking in the area is limited to a few spaces on the street, and worst of all, customers often use Traders as a place to try before they buy the same products online, such as on

Amazon.com.

"Eight out of 10 of my customers come in and take a look around and then end up buying on Amazon," Cucchiara says. "I had a player from the Oakland Raiders come in one time and look at a

hand-held taser before he took out his phone and purchased it without shipping charges."

The original Traders Sporting Goods opened in 1958 in San Leandro on East 14th Street near Dutton Avenue. Cucchiara's fa-

ther, Tony, faithfully ran the business with his son joining him in 1975.

The store was a central location for hunters and gun enthusiasts. A clerical error in 2006 and new gun restrictions forced the company to eliminate its firearms sales. The store reopened in 2010 after a Castro Valley location was secured.

Ammunition and other items are not as easy to purchase online. New laws take effect in 2019 requiring a background check on purchases of ammo, so Cucchiara is hoping to sell his stock quickly.

Reminiscing about his business in Castro Valley, Cucchiara says he was not as negatively influenced by the street improvement projects on the Boulevard. However, closure of the Castro Valley Gun Club and shifting attitudes of younger people towards camping have hurt his bottom line.

"Younger customers are interested in fishing and hunting, but mostly because they are accompanying a parent or grandparent," Cucchiara says.

Cucchiara says it will be nice to have his weekends back again after the store closes. He adds that he might even take his own fishing trip. Traders is expected to hold its final sales the week of March 5.



PHOTOS BY FRED ZEHNDER

## Shared Parking Lot Grand Opening

After months of construction, Castro Valley celebrated the Grand Opening of the Shared Parking and Paseos project at 3295 Castro Valley Boulevard yesterday afternoon. Despite the wintry cold, more than a hundred people turned out for the brief ceremonies and ribbon-cutting, which featured Community Development Agency Director Chris Bazar, County Supervisor Nate Miley and Kathy Knudsen. The \$4.8-million retain revitalization projects creates a parking lot from the western entrance of the Daughtrey's building to Wilbeam Avenue, with parking, lighting and landscaping extending behind the Ice Creamery building and other stores.

## FUNDRAISER FOR FAMILY OF CHP OFFICER

A fundraiser for the family of California Highway Patrol Officer Andrew Camilleri is being held next Tuesday, Feb. 27, at Rigatoni's Restaurant at 20680 Rustic Drive in Castro Village.

Officer Camilleri was killed in the line of duty on Interstate 880 by a suspected DUI driver on Christmas Eve last year, leaving behind a wife, Rosanna Camilleri, and their three children.

On Tuesday, Rigatoni's will donate 20% of food purchases (dining in or take-out) or gift cards to the Camilleri family. You must tell the cashier when you place your order that your purchase is in support of the fundraiser.



## Castro Valley Weather Feb. 21 - 25, 2018



Wednesday  
Mostly Cloudy  
High 57° Low 41°



Thursday  
Partly Sunny  
High 55° Low 38°



Friday  
Partly Sunny  
High 57° Low 37°



Saturday  
Partly Cloudy  
High 57° Low 43°



Sunday  
Mostly Sunny  
High 57° Low 40°

### Almanac



Past Week's Rain: 00.00  
Season To Date: 07.61  
Normal To Date: 15.83  
Season Average: 21.22

Sun sets at 5:55 p.m. today, rises at 6:49 a.m. Thursday.

### Moon Phases



Feb.  
23



Mar.  
1



Mar.  
9



Mar.  
17

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## SPORTS HALL OF FAME

# Jim Cleveland Finds His Calling In Coaching, Not Investigating

Thirteenth 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



Jim Cleveland

JIM CLEVELAND thought he'd spend a year coaching baseball at Redwood Christian High, his alma mater, before following in the career footsteps of his father and grandfather by joining the Federal Bureau of Investigation.

Twenty-four years and 327 victories later, Cleveland is still at Redwood and the FBI is still waiting.

"Once I got the flavor of teaching and coaching, I knew that's where I wanted to be," Cleveland said.

Cleveland returned to Castro Valley with his new bride, Sandy, in 1994, upon graduation from Liberty University in Virginia, where he played four years of Division I baseball as an outfielder and corner infielder.

In addition to coaching the Redwood Christian varsity baseball

team, he was hired to teach physical education at both the elementary and high school levels, and coach middle school basketball and softball.

Realizing the task at hand and his own inexperience, Cleveland turned to two of his former mentors – Oscar Miller and Don Christiansen – for guidance.

"I spent lots of hours in (Miller's) backyard and living room, just talking baseball," he said.

As a youngster, Cleveland had attended Christiansen's baseball camps at Chabot College. So, when the two ran into each other one Sunday at First Baptist Church in Castro Valley, the young coach asked the veteran for help.

Christiansen has been working at Cleveland's summer baseball camps ever since.

"Don's passion for the game comes through even today," Cleveland said.

see FAME on page 7



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## Workshop On Cancer Prevention

By Joanne Sexton  
SPECIAL TO THE FORUM

Inflammation is a natural healing process that your body initiates in response to injury or infection. If you scrape your knee you might experience heat, redness and pain – these are the signs of localized inflammation – which often lasts just a few days.

Chronic inflammation is different – it's persistent inflammation that doesn't have noticeable symptoms and isn't confined to a particular tissue. Rather it may involve whole organs and systems (like your heart and blood vessels).

### Response to Stress

Chronic inflammation is your body's response to stress, whether from your diet, lifestyle or environment. Lack of sleep, excessive anxiety, environmental toxins – all contribute to low levels of chronic inflammation that often goes undetected for many years until disease finally emerges.

### Damaged DNA

Over time, the inflammatory process – which involves rapidly repairing cells and creating new ones – can increase the odds that cells will develop spontaneous DNA mutations. The inflammatory response may actually lower the body's ability to detect mutations and mistakenly promote the

see **CANCER** on back page



A classroom at Palomares Elementary School in a photo from around 1892 showing teachers Miss McGough, left, Miss Katelsen, right, and their students.

## Celebrating 150 Years

Palomares Elementary School is turning 150 years old! To celebrate this special and historical event, the Palomares community will be holding a celebration from 11 a.m. to 3 p.m. on Saturday, April 14. The Palomares 150th Planning Committee wants to hear from former alumni for stories and pictures. If you'd like to contribute, please contact Principal Dr. Jennifer Tomita, principal, or teacher Diane Milinkevich at Palomares Elementary. The April 14 event is open to all, and the students and staff would love to have you celebrate with them. For more info, contact the school at 510-582-4207 or e-mail [dmilinkevich@cv.k12.ca.us](mailto:dmilinkevich@cv.k12.ca.us)



Palomares Elementary School, circa 1900.

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Wanted Man

Friday, February 16: at 1:02 a.m., Sheriff's deputies arrested a 54-year-old man from Santa Rosa on suspicion of possession of illegal drug paraphernalia. The man was also wanted as part of a warrant issued for his capture. Deputies stopped the man for questioning in a parking lot on Redwood Road near the California Highway Patrol office. The man was found with a pipe used for smoking methamphetamine drugs in his pocket. Deputies confirmed the warrant and took the man to Santa Rita Jail pending \$1,500 in bail.

### Fought the Law

Thursday, February 15: at 8:52 p.m., a 45-year-old man from Castro Valley was arrested on suspicion of public intoxication and resisting arrest. Deputies stopped the man for questioning in the driveway of a home on Joseph Drive near Lamson Road following reports of a disturbance in the neighborhood. The man failed his field sobriety test and assaulted the deputies when told he was being charged. Deputies handcuffed the man and took him into custody.

### Can't Stay Away

Thursday, February 15: at 7:40 a.m., deputies arrested a 21-year-old man from Castro Valley on suspicion of violating a court-issued restraining order, violating

the terms of his parole, and resisting arrest. The man was spotted outside a home on Summerglenn Place near Villareal Drive when deputies arrived. Deputies reported the man became belligerent after confronted with his charges. The man was taken to Santa Rita Jail and held without bail.

### Attempted Shoplifting

Thursday, February 15: at 7:22 a.m., a 29-year-old man with no permanent address was arrested on suspicion of attempted shoplifting at a grocery store on Castro Valley Boulevard near Redwood Road. Deputies were called to the scene after store managers spotted the man leaving with unpaid merchandise. The man also had a warrant issued for his arrest. Deputies took the man to Santa Rita Jail pending \$5,000 in bail.

### Failed to Register

Wednesday, February 14: at 4:15 p.m., deputies arrested a 58-year-old man with no permanent address on suspicion of failing to register as a transient with local authorities. The man was loitering behind a grocery store on Redwood Road near Grove Way when store managers called deputies to help. The man was handcuffed and taken into custody.

### Two Arrested After Traffic Stop

Tuesday, February 13: at 8:34 p.m., two men were arrested regarding a traffic stop on Grove Way near the onramp to Eastbound Interstate 580. Deputies report pulling the vehicle over for an expired registration. The driver, a 56-year-old man from Modesto (Stanislaus County) was charged with driving with an expired registration, possession of illegal narcotics, and possession of illegal drug paraphernalia. The driver was also wanted as part of a court-issued warrant. The passenger, a 36-year-old man from Riverbank (Stanislaus County) was charged with possession of stolen property. The passenger was also wanted as part of a court-issued warrant for his arrest. Deputies took the men to Santa Rita Jail pending as much as \$12,500 in bail.

### Back to Jail

Sunday, February 11: at 8:52 a.m., deputies arrested a 42-year-old man with no permanent address on suspicion of violating his parole and providing a false ID to authorities. The man was also wanted for his capture. Deputies stopped the man for questioning at the intersection of A Street and Charlene Way. The man was taken to Santa Rita Jail and held without bail.

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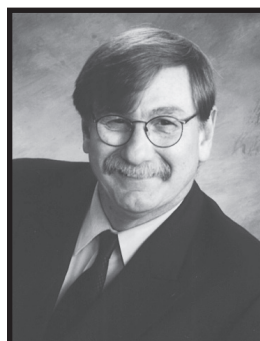
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## The Week Ahead

### ● Wednesday, February 21: East Bay Rose Society Meeting

Master Gardener Judy Eitzen will discuss the Historic Rose Garden in the Sacramento City Cemetery, a fabulous collection of roses rescued from a variety of pioneer sites — cemeteries, ranches, backyards, and fields, at the next meeting at 7:30 p.m. this evening at the Lakeside Garden Center, 666 Bellevue, Oakland. Come enjoy snacks and meet people who talk roses. More info at [www.eastbay.roses.org](http://www.eastbay.roses.org)

### ● Wednesday, February 21: CV Women's Club Meeting

The public is invited to hear Mary Louise Zernicke of the Alameda County Area Agency on Aging who will discuss "The Role of Food and Nutrition in Maintaining Brain Health" at the next meeting at 1 p.m. today at 18330 Redwood Road. For more information, call 510-461-7692 or visit [www.castrovalleywomensclub.weebly.com](http://www.castrovalleywomensclub.weebly.com)

### ● Wednesday, February 21: Fairview Fire District Meeting

Residents and property owners in the Fairview Fire Protection District, including Five Canyons, are invited to join the Board of Directors and fire department staff this evening from 7 to 9 p.m. at Fairview Elementary School, 23515 Maud Avenue, where you can learn about Personal Emergency Preparedness, Fuel Reduction Planning, Defensible Space, and Preventing wildfires, as well as discussing 2018 priorities.

### ● Thursday, February 22: 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](http://bit.ly/CVUSDBoardMeetings)

## CASTRO VALLEY FORUM

ESTABLISHED: 1989 • CIRCULATION 22,500

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Published every Wednesday by EastBay Publishing Corp.  
2060 Washington Ave., San Leandro, CA 94577  
Corporate Address: P.O. Box 2897, Alameda, CA 94501  
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### ● Friday, February 23: Smalltown Songwriters' Showcase

Come spend your Friday night listening to local singer/songwriters perform in an intimate setting! The Music of Wilson Wong and the Dudes, Paul Keim from Smalltown Society, Holly Curtis, Clay Bassard, and Sara Perry. More info at [www.smalltownsociety.com](http://www.smalltownsociety.com)

### ● Saturday, February 24: Living with Dementia Class

To help family members who are caring for loved ones with dementia, Hope Hospice will present a class titled "Behavior as Communication – Practical Applications," from 9:45 a.m. to noon this Saturday, Feb. 24, in Suite 100 at 6377 Clark Ave., Dublin. This free caregiver class (donations appreciated) will offer strategies for handling common behaviors such as wandering, agitation, delusions, resistance to care and aggression. Anyone currently – or expecting to be – engaged as caregiver may attend by registering online at [HopeHospice.com](http://HopeHospice.com)

### ● Saturday, February 24: Documentary: "Intelligent Trees"

Learn that trees talk, know family ties and care for their young when the Castro Valley Library screens the documentary "Intelligent Trees" at 2 p.m. this Saturday. The film is based on decades of research investigating communication between trees. Free, no registration required.

### ● Saturday, February 24: Stanton School Pancake Breakfast

Stanton Elementary is having its 2nd All-You-Can-Eat Pancake Breakfast Fundraiser at Knudsen's Ice Creamery this Saturday from 9 to 11 a.m. for \$15 person at the door. Proceeds go towards such Stanton Elementary projects as computers in the classroom, science and after-school programs.

### ● Saturday, February 24: Historical Society Volunteer Meeting

Whether you are interested in Bay Area history, looking for a fun way to make friends, or are interested in developing new professional skills, the HAHS Museum of History & Culture has the opportunity for you! Come to the next Volunteer Orientation Meeting at 10 a.m. this Saturday at 22380 Foothill Blvd. in Hayward to find out more about volunteering with your historical society.

### ● Saturday, February 24: Free Open Studio

Each month Smalltown opens The Space at 22222 Redwood Road for local artists to use as a shared studio space for 4 free, uninterrupted hours to work intentionally on art. Come connect with local artists. Bring whatever supplies you need. More info at [Smalltownsociety.com](http://Smalltownsociety.com)

### ● Saturday, February 24: Shrimp APeel Fundraiser

The Hill & Valley Woman's Club will hold its Annual Shrimp APeel fundraiser with shrimp, spaghetti, salad, garlic bread and dessert this Saturday at 1808 B St., Hayward. Social hour at 4 p.m. and dinner at 5. For tickets (\$30), call J. Silveira 510-785-2063. Proceeds will benefit local veterans, EDGE sophomore leadership, and Painted Turtle, Paul Newman's Camp for children with medical problems.

### ● Sunday, February 25: The Kids' Breakfast Club's 25th Year

The Kids' Breakfast Club (TKBC) will celebrate its Silver Jubilee with a breakfast at Stonebrae Country Club, 202 Country Club Drive, Hayward, from 10 a.m. to noon this Sunday. For tickets (\$75) visit [www.tkbc.org](http://www.tkbc.org) or call 510-300-5744. Sponsorship opportunities available.

### ● Tuesday, February 27: Business Coach to Speak

The Rotary Club of Castro Valley will host Paul Wildrick, an Action Coach, who will speak on "What businesses are doing right and what businesses need to do right" at a buffet lunch at noon Tuesday at Redwood Canyon Golf Course, 17007 Redwood Road, Castro Valley. The cost of lunch is \$20 and reservations must be made by 9 a.m. on Feb. 26 by contacting Rotary President Jim Negri at [ciaojim\\_cvrotary.org](mailto:ciaojim_cvrotary.org) or 650-996-9173. For more information, visit [castrovalleyrotary.org](http://castrovalleyrotary.org).

### ● Tuesday, February 27: Start Smart Teen Driver Safety Class

The California Highway Patrol and the Castro Valley Library present "Start Smart," a teen-driver safety class at 6 p.m. on Feb. 27, at the Library for new and future licensed teenage drivers between the age of 15-19 and their parents. CHP officers will talk about traffic collisions, their causes and avoidance techniques, seat-belt usage and driver responsibilities. To register, call 510-581-9028 (CHP) or 510-667-7900 (Library).

### ● Tuesday, February 27: Speech Contest & Potluck

Castro Valley Toastmasters holds its annual International Speech & Table Topics Contests on Feb. 27, with members utilizing the skills they have learned in Toastmasters to compete. The public is welcome to attend this free special event at Baywood Court Retirement Community, 21966 Dolores Street beginning at 6:45 p.m. with a potluck. For more info, visit: [961.toastmastersclubs.org/](http://961.toastmastersclubs.org/)

### ● Wednesday, February 28: Eden Area Village Seminar

Find out how you can become involved with Eden Area Village, part of a fast-growing national movement to help seniors remain in their homes and actively engaged in their communities, during a seminar from 10 to 11 a.m. Feb. 28 at the Aitken Senior Center, 17800 Redwood Road in Castro Valley. Phone 510-881-6738 to reserve your space.

### ● Wednesday, February 28: Native Plants Tour Registration

Registration is now open for this spring's Native Plants Tour on Sunday, May 6, when many low-maintenance gardens that contain mostly native plants will be open on from 10 a.m. to 5 p.m. at locations throughout the county. Register at: [www.bringingbackthenatives.net/registration](http://www.bringingbackthenatives.net/registration)

## Arts & Entertainment

### CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events listed below are available online at [www.cvcfa.com](http://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.

● "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. this 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 (\$20 all seats), visit [www.cvcfa.com](http://www.cvcfa.com) or [oaklandballet.org/wp/jangala/](http://oaklandballet.org/wp/jangala/). For info, call 510-893-3132.

### THEATRICAL & MUSICAL PERFORMANCES

● "Dial M for Murder," will be presented by Chanticleers Theatre through this Sunday, Feb. 25. Best known as a film by Alfred Hitchcock, this timeless 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. tomorrow, Friday and Saturday, and at 2 p.m. Sunday at 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](http://chanticleers.org)

● Auditions for Plethos' "In the Heights" will be held at 2 p.m. on Saturday, March 3 at Smalltown Space, 22222 Redwood Road. It's a fun blend of salsa, merengue and hip hop that is sure to be a crowd pleaser. Information and signups (age 16 and over) for this Tony Award-winning musical – to be presented in June – are available at [plethos.org/auditions](http://plethos.org/auditions)

### AT THE GALLERIES

● Hayward Art Council Members' Works, is now on display at the Community Gallery of the Museum of History and Culture, 22380 Foothill Blvd. in Hayward, highlighting 60 artists in a dynamic collection of media. This Saturday, Feb. 24, an artist's reception, a free art demonstration, and a meet-and-greet will be held from 3 to 5 p.m.

● 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 through March 22 at the John O'Lague Galleria at Hayward City Hall. An artists' reception will be held from 5:30 to 7:30 this Friday, Feb. 23, sponsored by the Hayward Arts Council.

● Hayward Arts Council Member Show will be on display through 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](http://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 Redwood Studio 1 at the Adobe Art Center, 20395 San Miguel Ave, Castro Valley

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# REAL ESTATE GALLERY

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## It's Déjà Vu All Over Again

Back in 2005 when home purchase loans were available to those who could fog a mirror, home prices were scraping the stratosphere due to low inventory.

Armed with low-interest variable-rate loans, buyers who had no business buying were snapping up properties as fast as they could. The result? Inventory disappeared faster than flapjacks at a lumberjack breakfast.

As homes flew off the market the second they hit, prices ramped up, prompting buyers to quickly submit offers on any new listing that became active. Offers, by the way, that were written at ridiculously high prices with all contingencies removed.

The result? When the dust settled, many buyers began having the "morning after" blues.

With homes selling so quickly, many buyers had no opportunity to fully investigate the homes they were purchasing. Consequently, once they moved in, some began to discover that their purchase failed to meet their expectations. The result? The uptick in home prices was

accompanied by a sharp increase in litigation.

Looks like it's déjà vu... all over again.

It's no secret that home prices in the Bay Area are spiraling out of control, fueled by a hot local economy and extreme shortage of homes to purchase. Consequently, conditions now are very similar to the peaks of the 2005 real estate market.

There is one significant difference, however. Purchases now are by buyers with cash or loans with payments they can actually afford. Therefore, we do not see a market collapse on the horizon and, although prices are at all-time highs, this is not a bubble.

The factors that are the same as 2005 are significant, including limited time on the market, high prices and non-contingent offers.

There could easily be cause for a consumer warning: "Buyers forced to buy a home in a hurry at record high prices may come to regret their decision down the road."

In fact, recent surveys indicate that record numbers of new homeowners are experiencing

buyer's remorse. They feel they were pressured to buy, did not have time to evaluate their purchase, ended up with a home that was too small... and so on. The result? Stay tuned. The last time we went through a similar market, the real winners were attorneys.

As buyers in the last market wallowed in regret, they looked for scapegoats. Could it be the current market will ultimately reap the same result? Stay tuned... the jury is still out.

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.



### New Listings!

- 8000 Crow Canyon Rd., Castro Valley, Crow Canyon park with over 40 Acres!
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### Before It Rains Again

If the weather is nice this weekend, get out and do some serious work. Finish pruning roses, grapes and deciduous fruit and nut trees. (If you want more grape vines, stick a few of the pruned cuttings into the ground — they root easily.) Put any bulbs that haven't been planted into the ground right away. Pull weeds while the ground is still very moist and before they take over everything.

### Repot Cymbidiums

If your cymbidium orchids are bulging out of their containers, repot them from now until the end of June. Remove the old bark, discard dead roots and rotted bulbs, and transfer the entire plant into a larger container filled with cymbidium mix or bark. You can also split up the plant into groups of three to five bulbs with leaves and repot each division individually.

### RECENT HOME SALES

#### Castro Valley

2790 Betlen Court	94546: \$640,000	2 BD - 1,203 SF - 1953
22015 Cameron Street	94546: \$725,000	3 BD - 1,936 SF - 1947
5346 El Caminito Court	94546: \$875,000	3 BD - 1,848 SF - 1964
21623 Gail Drive	94546: \$750,000	3 BD - 1,416 SF - 1960
4634 Malabar Avenue	94546: \$625,000	3 BD - 2,337 SF - 1948
17357 Robey Drive	94546: \$450,000	4 BD - 2,488 SF - 1988
6033 Mt. Olympus Drive	94552: \$1,030,000	4 BD - 2,327 SF - 1991
20707 Tuxedo Court	94552: \$995,000	3 BD - 2,336 SF - 1966

**TOTAL SALES: 8**  
**LOWEST AMOUNT: \$450,000** **MEDIAN AMOUNT: \$737,500**  
**HIGHEST AMOUNT: \$1,030,000** **AVERAGE AMOUNT: \$761,250**

#### San Leandro

13547 Aurora Drive	94577: \$9,600,000	10 BD - 4,411 SF - 1947
1837 Benedict Drive	94577: \$755,000	3 BD - 1,574 SF - 1955
1115 Davis Street	94577: \$645,000	3 BD - 1,514 SF - 2007
659 Macarthur Boulevard	94577: \$650,000	3 BD - 1,732 SF - 2008
351 Rosewood Court	94577: \$605,000	4 BD - 1,151 SF - 1940
1580 150th Avenue	94578: \$560,000	4 BD - 1,330 SF - 1939
1437 153rd Avenue	94578: \$352,000	2 BD - 935 SF - 1946
429 Braddock Drive	94578: \$670,000	3 BD - 1,086 SF - 1953
462 Nabor Street	94578: \$524,000	2 BD - 833 SF - 1947
16512 Toledo Street	94578: \$850,000	3 BD - 2,330 SF - 1975
1417 Church Avenue	94579: \$375,000	3 BD - 1,646 SF - 1952
1033 Duzmal Avenue	94579: \$700,000	4 BD - 1,585 SF - 1980
1706 Nelson Street	94579: \$730,000	3 BD - 1,470 SF - 1956
1876 Willow Avenue	94579: \$710,000	5 BD - 1,582 SF - 1953

**TOTAL SALES: 14**  
**LOWEST AMOUNT: \$352,000** **MEDIAN AMOUNT: \$660,000**  
**HIGHEST AMOUNT: \$9,600,000** **AVERAGE AMOUNT: \$1,266,143**

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## ATHLETES OF THE WEEK



Back row (from left): Calista Burnama, Vivian Woo, Kassady Marasigan, Victoria Nelson, Payton Stanberry, Olivia Gilman-chun, Bianca Greer. Front row: Kellsey Yuto, Jacki Gonzalez-palaofox, Bailey Jones, Keilani Yuto, and Sydney Burnama. Missing from picture: Mia Smith.

### CVHS Varsity Girls Basketball Team

This week's Athletes of the Week are the members of the Castro Valley High School's Varsity girls basketball team.

The Varsity team (21-5 overall record) finished their regular season with back to back wins, last week, against Berkeley 68-49 then Encinal 65-53, on Friday's senior night game, which was the last game of the regular season. They enter

the North Coast Section (NCS) Division 1 playoffs, as the number 3 seed.

Their first round game was yesterday as CV hosted Liberty. With a win, CV advances to this Friday's quarter finals game, where CV would host the winner of California vs. Mt. Eden at 7 p.m. and would enjoy all of the support from the CV community.

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## Fame: Cleveland Says Its Not About Wins

*continued from page 2*

In his first 23 seasons as Redwood Christian's varsity baseball coach, Cleveland has compiled an outstanding 327-208-2 record and has led the Eagles to four league championships and three North Coast Section Division 5 titles.

In 2010, he was named Regional Coach of the Year by the American Baseball Coaches Association.

Cleveland coached the North All-Star team in the California North vs. South high school showcase three times – 2004, 2016 and 2017. In 2015, he was the NCS/CIF Spring Honor Coach for Baseball. Not bad for a guy who expected to be at Redwood Christian for one year.

Even with all his success, Cleveland would never agree with Vince Lombardi, that "winning isn't everything, it's the only thing." In fact, winning isn't even his top priority.

"It's not about wins, but how you become a better person," said Cleveland, who will be inducted into the Castro Valley Sports Hall of Fame on April 21. "At a Christian school you can teach character and how it all relates to the Bible. It's an opportunity that's unique."

"I realize the impact I have in kids' lives ... more impact, probably, than any other profession."

One of his former players – A.J. Vanegas – matriculated to Stanford on a baseball scholarship, was drafted by the Dodgers and

pitched a couple of years in the Dodgers organization before injuries shortened his career. He is now Cleveland's pitching coach.

A Redwood Christian student from kindergarten through high school, Cleveland knew he wanted to attend a Christian college, but he also wanted to play Division I baseball. That limited his choices considerably, but Liberty qualified on both counts. Plus, he had family just a three-hour drive away.

Injuries (shoulder and knee surgeries) reduced Cleveland's playing time at Liberty, but as he looks back on it he sees that they could have been a blessing in disguise.

"I spent a lot of time on the

bench because of the injuries, so I gravitated toward the assistant coaches," he explained. Talking baseball strategy with his coaches, he says, helped him when he became a coach.

Since becoming Redwood Christian's athletic director in 2004, Cleveland has been strictly a coach and administrator. In addition to coaching varsity baseball, he runs the middle school baseball program in the fall and serves as transportation director for the school. He also has run the Redwood Christian baseball camp for the past 23 summers.

Cleveland and his wife, Sandy, currently live in Dublin.

### HAYWARD ARTS COUNCIL MEMBERS

## Dynamic Collection on Display

By Winda I. Shimizu  
SPECIAL TO THE FORUM

The 2018 exhibition of Hayward Arts Council members' works is now on display at the Community Gallery of the Museum of History and Culture, 22380 Foothill Blvd., in downtown Hayward.

Sixty accomplished artists are highlighted in the exhibition that comprises a colorful dynamic collection of media including watercolor, collage, photography, pastel, ink, acrylics, mixed media, Chinese brush painting, poetry, digital compositions, metal sculptures, and ceramics.

The show, a collaboration of the Hayward Arts Council (HAC) and Hayward Historical Society Museum, is open to the public from 10 a.m. to 4 p.m. Wednesday to Sunday through May 27.

This Saturday, Feb. 24, an artist's reception, a free art demonstration, and a meet-and-greet will be held from 3 to 5 p.m.

The HAC stimulates community interest in visual and performing arts, promotes opportunities for artists to exhibit, and encourages public participation in free art demonstrations. For more, visit: [www.haywardartscouncil.org](http://www.haywardartscouncil.org).

Winda I. Shimizu is Executive Director of Hayward Arts Council.



"Nature's Resplendence," an acrylic by Castro Valley artist Ann Maloney-Mason, is part of the Hayward Arts Council Members' Exhibit continuing through May 27 in the Community Gallery at Hayward Area Historical Society in downtown Hayward. An artists' reception will be held this Saturday.

## Two CV Textbooks Available for Preview

The Castro Valley School District invites the community to preview two books proposed for district adoption.

"Campbell Biology in Focus," AP Edition, 2nd Edition 2017, and "Biotechnology: Science for the New Millennium," 2nd Edition, by Ellyn Daugherty.

Individuals interested in reviewing these materials at the District Office, 4400 Alma Avenue, may do so by contacting Lauren Baiocchi (lbaiocchi@cv.k12.ca.us) for an appointment between 8 a.m. and 4 p.m. Monday through Friday through March 16. The materials will not be available for check out.

If you have any questions about this public preview, please contact Lauren Baiocchi at 510-537-3335 ext. 1243. Please provide feedback online at [tinyurl.com/CVUSD-HS-Science](http://tinyurl.com/CVUSD-HS-Science). An adoption decision is expected at the March 22 school board meeting.

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## 11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your Castro Valley Home for Sale

Castro Valley - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether.

In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-844-767-8796 and enter 4003. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

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San Leandro Times

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## Local College Students on Dean's List

Two Castro Valley students made the academic Deans' List at Azusa Pacific University in Southern California. **John Breslow** a Business-Economics major, and **Justine Brown**, a Public Relations major, were honored for a fall 2017 grade-point average of 3.5 or better.

## Table Space Available for Senior Health Fair

The Aitken Senior and Community Center at 17800 Redwood Road in Castro Valley has table space available for its 12th Annual Senior Health & Wellness Resource Fair that will be held from 9 a.m. to 1 p.m. on Thursday, May 3. Table rentals are \$55 for non-profit organizations and \$80 for regular businesses. Deposits are non-refundable and space is limited to tables on hand. This event will sell out so register early. Event sponsorships are also available. For more information, call 510-881-6742.



CVSAN PHOTO

## Palomares Students Audit 'Garbage'

A dozen students at Palomares Elementary School recently joined CVSan staff and three parent volunteers in sorting through one day's worth of campus garbage, finding that about 70 percent could have been recycled or gone into organic carts. While an improvement over last year, the students learned that there is still work to be done to educate fellow students, teachers, and staff how to better sort their throw-aways. The session was part of CVSan's Green Ribbon Schools Program.

material with which G-d asks us to build His home sheetim – has the same etymological root as another Hebrew word: shtus ... which means "irrational".

You want to know how to respond to this week's Massacre? Think of a noble cause to which you've always wanted to dedicate yourself to, whether it is a Mitzvah between you and G-d, or between you and your fellowman, and commit today to actually doing something for that cause.

Then, push the logical envelope of your commitment and commit to doing something even more than what you've always wanted to do. Even if it seems hard to accomplish. Irrationally hard.

Irrational hatred and evil, will only be vanquished with irrational goodness and kindness.

Wishing you a wonderful and peaceful Shabbat.

—Rabbi Shimon Gruzman  
Castro Valley

## Advocates Teachers Carrying Concealed pistols

Editor:

Putting up pretty signs that say "Gun Free Zone" is not working. Mass shooters do not obey signs (or laws). And banning the sale of certain guns will not work, for the same reason. If mass shooters are willing to kill, then they are also willing to violate any gun control law. And mass shooters are determined, so they will always find a suitable weapon for slaughter. Besides, there are millions of AR-15 rifles, already in American homes.

And erecting high fences around schools won't work, for two reasons. First, the schools must keep at least one gate open to the public. So anyone (including a mass shooter) can simply walk through this gate. Second, high fences may actually prevent some children from saving themselves, because the fences would prevent them from fleeing the campus. High fences are potential death traps. (Are you reading this, CV School district?)

Metal detectors will not work. The mass shooter could just walk through with his gun blazing. Any armed guard at the metal detector would simply be the first victim.

Even an armed guard patrolling the campus will probably not work. The mass shooter would know who he is. So the mass shooter would simply seek out the armed guard as his first victim.

So what solution will really work? It's common sense. Every school should have at least two teachers licensed to carry a concealed pistol. The identity of these teachers should be kept confidential, known only to the principal. That way the mass shooter would not be able to "eliminate" them first.

Why aren't we doing this? Anti-gun groups vehemently oppose arming teachers, because of their irrational hatred for all guns. So because of their irrational opposition, we are not implementing the only workable solution.

—Karl Becker  
Castro Valley

## LETTERS TO THE EDITOR

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

## HOROSCOPE by Salomé

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-  **ARIES (March 21 - April 19):** Stop being the wool-gathering Lamb, and start turning that dream project into reality. You have the ideas, the drive and the charisma to persuade others to follow your lead. So do it.
-  **TAURUS (April 20 - May 20):** You've scored some big successes. But remember that all hardworking Ferdinands and Ferdinandas need some time to restore their energies and refresh their spirits.
-  **GEMINI (May 21 - June 20):** You're gaining a stronger mental image of what you're trying to achieve. Now look for the facts that will help get this to develop from a concept into a solid proposal.
-  **CANCER (June 21 - July 22):** Some of you eager-to-please Moon Children might want to delay some decisions until midweek, when you can again think more with your head than your heart.
-  **LEO (July 23 - August 22):** A new business venture seems to offer everything you've been looking for. But be careful that that rosy picture doesn't betray traces of red ink under the surface.
-  **VIRGO (August 23 - Sept. 22):** A volatile situation needs the kind of thoughtful and considerate care you can provide right now. There'll be plenty of time later to analyze what might have gone wrong.
-  **LIBRA (Sept. 23 - October 22):** Your loyalty to a friend in a tough situation earns you respect from people you care about. Those who criticize you don't understand what friendship is all about.
-  **SCORPIO (October 23 - November 21):** Your strong work ethic is rewarded with the kind of challenging opportunity you love to tackle. Now, go ahead and celebrate with family and/or close friends.
-  **SAGITTARIUS (Nov. 22 - Dec. 21):** A legal matter you thought had been finally resolved could require a second look. But don't make any moves without consulting your lawyer.
-  **CAPRICORN (Dec. 22 - Jan. 19):** Taking charge is what you like to do, and since you do it so well, expect to be asked to lead a special group. This could open an exciting new vista for you.
-  **AQUARIUS (Jan. 20 - Feb. 18):** An important matter might wind up being entrusted to you for handling. The responsibility is heavy, but you'll have support from people able and eager to help.
-  **PISCES (Feb. 19 - March 20):** A spouse or partner might make an important, even life-changing, suggestion. Consider it carefully. It could hold some of the answers you've both been looking for.

## THE FORUM CROSSWORD

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### ACROSS

- 1 See 12-Across
- 5 Scoundrel
- 8 Mine entrance
- 12 With 1-Across, have trouble
- 13 Bullring cheer
- 14 Pianist Peter
- 15 Fermi's bit
- 16 Time on Earth
- 18 Summerhouse
- 20 Deviating off course
- 21 Albacore, e.g.
- 23 \_\_\_ Aviv
- 24 Help on "... Millionaire"
- 28 Pealed
- 31 Commotion
- 32 Nuptial announcement
- 34 Dead heat
- 35 Legal wrong
- 37 Shipwreck aid
- 39 Bill and --
- 41 Sea eagle
- 42 Cover the cost up front
- 45 Adjective modifier
- 49 Organism
- 51 Concept
- 52 Finished
- 53 Regret
- 54 Whirlpool
- 55 Marries
- 56 Conclude
- 57 Back talk

### DOWN

- 1 Carpet style
- 2 Silents actress Naldi
- 3 The gamut
- 4 Reproductive cell
- 5 House style
- 6 Boxer Muhammad
- 7 Challenge
- 8 Reply
- 9 Remove hair
- 10 Persia, now
- 11 Chinatown gang
- 17 Dine
- 19 Closed-up tulip
- 22 Sandy's mistress
- 24 Long. crosser
- 25 "What can \_\_\_ for you?"
- 26 Made to consume
- 27 Put in a border, as a photo
- 29 Zero
- 30 Obtain
- 33 Remit
- 36 Drunkards
- 38 Groups of quail
- 40 LummoX
- 42 Winter truck attachment
- 43 Split
- 44 Bygone times
- 46 Icelandic epic
- 47 Cincinnati team
- 48 Chesapeake et al.
- 50 Scoot

ANSWERS ON PAGE 5

## Obituaries

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**Jess C. Spencer**  
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**Marilyn Diane Finney**  
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Graveside Service  
1 p.m., Thursday, Feb. 22  
Lone Tree Cemetery,  
Hayward

**Cynthia Anise Thomas**  
July 24, 1951 - Feb. 14, 2018  
Celebration of Life  
4 p.m., Saturday, Feb. 24  
Graham-Hitch Mortuary,  
Pleasanton

**Winslor Tong**  
Aug. 4, 1943 - Feb. 15, 2018  
FD 1168 CR49

**CASTRO VALLEY FORUM OBITUARIES**  
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Baywood Court volunteers with Care packages for homeless people in Berkeley.

## BAYWOOD COURT VOLUNTEERS

# Helping Those Less Fortunate

Residents and employees of Baywood Court senior community in Castro Valley recently teamed up to distribute 150 care packages to homeless individuals in Berkeley last week.

"The idea originated with one of our employees, who suggested that our community come together to help the less fortunate in some way," says Keelin Jardin, Baywood Recreation Therapy Department Manager. "Now in the second year, our hope is that this will become an annual community program and that the actions of

those here at Baywood will inspire other large companies to give back to the community in some way. A kind thought is all it takes to spark an idea that can bring people together and help to improve people's lives."

Baywood Court residents, managers and staff donated items for the packages, which included socks, blankets, a sack lunch, granola bar, toothbrush and toothpaste, sanitary napkins, all in a Trader Joe's bag.

A group of knitters at Baywood Court known as the Heart Warm-

ers also knitted scarves and hats to include in the care packages.

Baywood Court was developed and is operated by Eden Hospital Health Services Corporation, a nonprofit organization associated with the Eden Township Healthcare District. Its residents come from all over the Bay Area and beyond, bringing a variety of unique skills and interests to the community. They create and participate in an extraordinary array of recreational and public service activities.

For more information, please visit [www.baywoodcourt.org](http://www.baywoodcourt.org)

## Senior Health Fair Tables Available

The Aitken Senior and Community Center at 17800 Redwood Road in Castro Valley has table space available for its 12th Annual Senior Health & Wellness Resource Fair that will be held from 9 a.m. to 1 p.m. on Thursday, May 3. Table rentals are \$55 for

non-profit organizations and \$80 for regular businesses. Deposits are non-refundable and space is limited to tables on hand. This event will sell out so register early.

Event sponsorships are also available. For more information, call 510-881-6742.

# How to Cut Hearing Aid Costs

By Jim Miller  
SPECIAL TO THE FORUM

Unfortunately, for many years the high cost of hearing aids has kept millions of Americans with hearing loss from getting hearing aids because they can't afford them.

Hearing aids – typically sold through audiologists' offices – are expensive, usually ranging between \$1,000 and \$4,000 per ear, and are not typically covered by private insurance or traditional Medicare.

But there's good news on the horizon. Last summer President Trump signed the Over-the-Counter Hearing Aid Act of 2017 into law. This will allow people with mild to moderate hearing loss to buy hearing aids without consulting an audiologist, and the devices could sell for between \$250 and \$300 at drugstores and other retailers.

The only problem is that it will be a couple more years before these OTC hearing aids are available to consumers. So in the meantime, here are some tips to help you find some affordable options.

### • Check Your Insurance

While most private health insurance companies do not cover hearing aids, there are some that do.

For example, Aetna members can purchase aids at a discount

through certain suppliers, and United Healthcare offers hearing aids to their beneficiaries through Health-Innovations for \$799 to \$999 each.

You should also know that some federal workers can get their hearing aids covered by health insurance, as can eligible veterans through the Department of Veterans Affairs.

Or, if you are a Medicare recipient, about half of all Medicare Advantage plans offer at least partial coverage or discounts on hearing exams and devices. So, be sure you check your insurance coverage to see if it offers any type of hearing aid benefit.

### • Shop Around

To help save money, consider shopping at Costco, which offers no-cost screenings at certain locations, as well as very competitive prices. Hearing aids there range between \$500 and \$1,500 each.

You can also shop online at websites like EmbraceHearing.com and Audicus.com, which can save you up to \$2,000 per pair. Then visit a local specialist to

make any necessary adjustments.

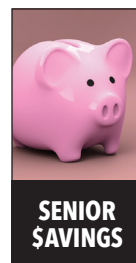
Another option worth a look is over-the-counter personal sound amplification products (or PSAPs). Unlike hearing aids, the Food and Drug Administration does not regulate PSAPs. And PSAP manufacturers are not allowed to call these products hearing aids or claim that they help hearing.

These devices are very effective for people with mild to moderate hearing impairment, and typically cost between \$350 and \$450 each. To find a variety of PSAPs see assistive listening sites like Harris Communications (HarrisComm.com, or call 866-476-9579).

### • Look For Assistance

If your income is low, there is a number of national, state and independent groups that can help you pay for hearing aids or offer discounts. To find them, visit the American Speech-Language-Hearing Association website at [ASHA.org/public/coverage/audfundingresources](http://ASHA.org/public/coverage/audfundingresources). Or, call the National Institute on Deafness and Other Communication Disorders at 800-241-1044, and ask them to mail you their list of financial resources for hearing aids.

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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Project funded with support from Alameda County Transportation Commission Measure B dollars

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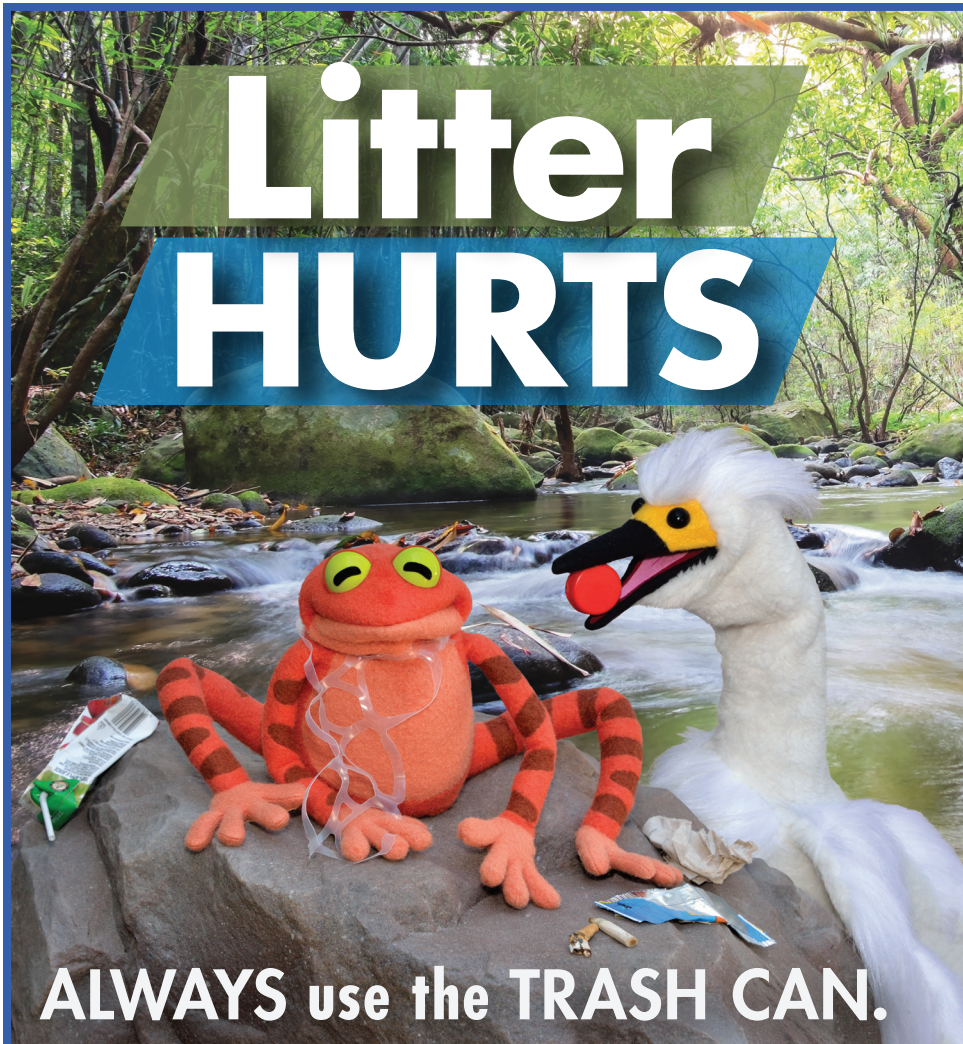
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Many studies have documented the harm litter causes when it remains in the water. The most common items—cigarette butts and plastics—degrade slowly over time and leave behind toxic residue and tiny particles. Birds, fish and other animals mistake these items for food, and can die or become sick, as their digestive system becomes clogged.

During local cleanups, volunteers find hundreds of pounds of litter. Much of it is not dropped directly into or near the water, because litter travels—even from miles away. Trash tossed on the ground in Castro Valley can easily find its way to the ocean. It can blow over land or move through storm drains that lead directly to creeks, wetlands and eventually the Bay.

### What can you do?

#### Put litter in its place.

Use nearby garbage cans or pack your trash until you reach the next available trash can.

#### Use reusables.

You can prevent litter by using a travel mug, cloth napkin and reusable lunch kits.

#### Tell your friends.

Many people don't know how serious a problem litter is. You can help by encouraging your friends to put litter in the right place.

Will our friends  
get out of this mess?

[cleanwaterprogram.org](http://cleanwaterprogram.org)

SEE THE VIDEO AT:



## Cancer: Tips

*continued from page 3*

survival of mutated cells. These mutated cells can go on to become cancer.

Inflammation is also believed to play a role in heart attack, stroke, Alzheimer's and other diseases and this link remains a topic of ongoing research.

### What You Can Do!

There are things you can do to dampen inflammation, making it much harder for cancers to flourish. Two key approaches are 1) eat more fruits, vegetables, legumes, nuts, olive oil, and fish and 2) exercise at least 3 times a week for 20 minutes or more.

Learn more tips at a free workshop from 6 to 8 p.m. Tuesday, Feb. 27 at Eden Medical Center, 2nd Floor at 20101 Lake Chabot Road in Castro Valley. Certified Holistic Cancer Coach, Gina Bowen, will provide you with tools for implementing anti-inflammatory lifestyle - including stress management, movement, mindset, mindfulness and more. Call 925-933-0107 to register.

Joanne Sexton is Cancer Registry Manager at Eden Medical Center.

## ADOPT-A-PET



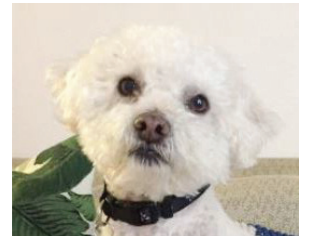
**ESTRELLA** is a smart, 7 year old pup. She enjoys warm baths, playing with tennis balls, and going for walks. She's spayed and ready to go home! Call: Hayward Shelter. (510) 293-7200.



**ABRACADABRA** is a handsome, neutered bunny. He likes greens, hay, making new friends, and looks forward to finding a loving family. Info: Hayward Shelter. (510) 293-7200.



**PEARL** appears to be a Dachshund/Chihuahua mix, estimated 2 to 4 years of age. She is crate trained, loves going on walks, and gets along with other dogs. Info, visit: [dustypawsrescue.org](http://dustypawsrescue.org)



**WILLY** is a personable, energetic 15-lb. Maltipoo, 8-years-old. Willy is house trained, knows the commands for sit and down and he doesn't shed! Info., visit: [dustypawsrescue.org](http://dustypawsrescue.org)

## REDUCE WASTE

### When Dealing with Life Changes



Big life changes happen. Whether it's a new baby, a move, or the unexpected, life changes can leave you with furniture and bulky items that you no longer use or have space for.

Instead of sending your items to the landfill in your Bulky Goods Pick-Up, consider the following Zero Waste options!



**1. Sell:** post your item online, have a yard sale, or sell at a flea market or consignment store.

**2. Give:** list on the Castro Valley freecycle.org group, drop off at a thrift store, or ask around.

**3. Call:** Urban Ore picks up reusable goods for free and pays for antiques and real wood furniture in good condition. [www.cvsan.org/reuse](http://www.cvsan.org/reuse)

## REDUCE REUSE RECYCLE ROT

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