

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, JUNE 27, 2018

NO. 26

INSIDE YOUR FORUM

LIVING



Let's Be Frank

The dog days of summer are coming... but we don't mind this type

Page 5

H&F

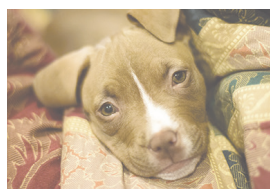


Give Life

Red Cross to hold blood drive at Eden Medical Center this Friday

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NEWS



Dog Days

Hayward Animal Shelter's annual Pit Bull adoption event this Saturday

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PHONE: (510) 537-1792

CV's Ken Martin Remembered

By Michael Singer
CASTRO VALLEY FORUM

Longtime community champion, Ken Martin is being remembered for his passion and commitment to the people of Castro Valley, San Leandro, and beyond. Martin died on June 11 after an illness that left him wheelchair bound in his later years.

A frequent contributor to the Castro Valley Forum with his "CV Side Trips" column, Martin's passions included garden railroads, Alfa Romeo automobiles, and bocce. He was instrumental in bringing bocce to Adobe Park and the game's awareness to the community.

In August 2015, Hayward Area Recreational and Park District (HARD) honored Martin for his efforts with the official naming of the Ken Martin Bocce Courts at Adobe Park where games are regularly played on Wednesday and Saturday mornings.

Various bocce tournaments that Martin organized help fund the George Mark Children's House for kids with chronic illnesses in San Leandro.

Another such unsung fundraising effort helped Lee's Donuts owner, Sam Nouv, who had been robbed and injured outside his Castro Valley store in October 2009. Martin organized a bocce tournament to help raise more than \$5,000 to help with his medical bills.

"Dad was always civic minded," recounts Martin's son, Max. "He was a guy that got in there and got his hands into organizing stuff and really got involved with the community."

Martin's other community efforts include serving as chairman for the San Leandro Cherry Festival during the city's centennial in 1972, organizing the Oakland Hobby Show in the 1970, and establishing the Livermore Airshow with the Junior Chamber of Commerce.

He was also a member of several Italian American

see MARTIN on page 15



Ken Martin in the summer of 2015 with his wood sculpted bear at his Somerset Avenue home.

FILE PHOTO BY FRED ZEHNDR

New Chair For MAC?

By Amy Sylvestri
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) was supposed to elect a new chair at its Monday night meeting, but after several moments of discussion, the item was tabled until the next meeting.

When the floor was open for nominations, MAC member Dave Sadoff nominated member Ken Carbone, a move which was seconded by member Linda Tangren.

That should have immediately triggered a vote, but member Chuck Moore spoke up to nominate current MAC Chair Marc Crawford for another one-year term before a vote could take place.

Throughout the discussion, the atmosphere was civil but there was also a palpable tension.

Sadoff said that he thought Crawford did an admirable job as chair, but that it's healthy for any board to rotate the position.

"It helps keep things fresh," said Sadoff.

Tangren said that a rotation would give the MAC members a chance to learn all the positions on the board and broaden their knowledge base, to which Moore replied that he was too busy to ever act as chair, so he wouldn't support a general rotation.

The members praised Crawford's construction knowledge and Carbone's background in art and design as valuable assets both bring to each discussion and said either man would be

see MAC on back page

Local Groups Protest Treatment of Immigrant Families

By Linda Sandsmark
CASTRO VALLEY FORUM

Several groups joined together in Castro Valley Saturday to protest the practice of separating immigrant children from their parents.

Members of the Eden Area Interfaith Council, Lawyer Moms of America, Castro Valley Activist Network, Castro Valley Women's March Huddle Group, and others attended the rally, held at the corner of Castro Valley Boulevard and Redwood Road.

Most of the groups said they are planning further action on this hot-button issue.

"I'm not against immigrant law, I just think people should be treated fairly," said Millicent Cowley-Crawford. She and Carolyn Darcey brought postcards for people to send to decision-makers

in Washington D.C., asking that families be kept together.

Despite temperatures in the 90s, the protesters held signs and waved to motorists and pedestrians. In return, many drivers honked, and a few jeered. Protesters kept the heat in perspective, contrasting it to an immigrant detention center.

"Can you imagine being in a tent city in Texas? It would be hell," said Stephanie Alvarez.

Protesters carried signs with a variety of messages, including "Nurses say families belong together," "Japanese-American communities remember racist, xenophobic policies," and "Stand up, speak out, vote." Many held signs that simply read, "Keep families together."

"The reason we're holding this rally is to let people know what actions they can take so these families

see PROTEST on page 15



Residents protesting the separation of immigrant families held a protest Saturday at Castro Valley Boulevard and Redwood Road.

PHOTOS BY LINDA SANDSMARK

Castro Valley Weather June 27 - July 1, 2018



Wednesday
Clouds then Sun
High 69° Low 54°



Thursday
Clouds then Sun
High 72° Low 53°



Friday
Mostly Sunny
High 81° Low 57°



Saturday
Sunny & Hot
High 88° Low 59°



Sunday
Mostly Sunny
High 84° Low 59°

Almanac



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

Sun sets at 8:35 p.m. today, rises at 5:50 a.m. Thursday.

Moon Phases



Jun 27



Jul 6



Jul 12



Jul 19

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CV Quilter Coleman Receives A Prestigious National Award

The National Endowment for the Arts announced that internationally known master quilter Marion Coleman of Castro Valley is among the recipients of a 2018 NEA National Heritage Fellowship, the nation's highest honor in the folk and traditional arts.

Although her early quilts were steeped in traditional African-American quilt techniques, Coleman's quilts stood out differently because of her unorthodox use of materials such as paint, plastic, and recycled fabric to create thought-provoking narratives, including African-American history and culture, social justice, and women and aging.

Coleman has combined her 30 years of social service experience and quilting to provide community art education in schools, libraries, community organizations, and juvenile justice centers.



Marion Coleman of Castro Valley was recipient of a 2018 National Endowment for the Arts National Heritage Fellowship.

Teachers Union Backs Two for Reelection

The Castro Valley teachers union has voted to back school board members Gary Howard and Dorothy Theodore for reelection on the November ballot.

Howard, 68, and a 25 year res-

ident, was appointed to the board in 2012 and won election in 2014.

Theodore, who is 47, won election to the board in 2014. A 14-year resident, she has two children attending Castro Valley Schools.

Association President Mark Mladinich said the two "have illustrated a genuine interest in making our schools the best they can be for the students of Castro Valley."

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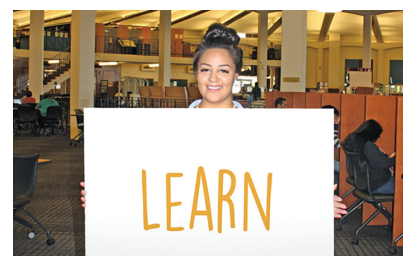
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PHOTO BY FRED ZEHNDER

HEALTHCARE WORKERS PROTEST: Members of Service Employees International Union picketed on the sidewalk in front of Eden Medical Center on Thursday claiming their wages and benefits at Sutter Health's hospitals are not keeping pace with other employers. The union represents such jobs as nursing assistants, clerks and housekeepers. In a statement, Sutter said it was "committed to continuing to provide fair, market-competitive compensation packages for our employees."

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM

**Parking Lot Confrontation**

Sunday, June 24: at 11:08 p.m., Sheriff's deputies arrested a 55-year-old man from Oakland on suspicion of violating the terms of his parole, possession of illegal narcotics, and illegal drug paraphernalia. The man had been previously charged with violating a court-issued restraining order and had an outstanding warrant issued for his capture. Deputies approached the man in his car in the parking lot of the 580 Market Place shopping center on East Castro Valley Boulevard. When the man got out, various suspicious items fell out. Deputies found a pipe for smoking drugs and hydrocodone not prescribed to the man inside the vehicle. The man was taken into custody.

Wanted Man

Sunday, June 24: at 2:21 a.m., a 33-year-old man from San Leandro was arrested on suspicion of possession of illegal narcotics and illegal drug paraphernalia. Deputies reported the man also had an outstanding warrant issued for his capture. The man was stopped for questioning outside a gas station on Lake Chabot road near Castro Valley Boulevard when deputies found his stash. The man was handcuffed and taken to Santa Rita Jail pending \$4,000 in bail.

Trouble in Eden

Friday, June 22: at 9:23 p.m., deputies arrested a 31-year-old man

with no permanent address on suspicion of violating a court-issued restraining order and violation of his parole. The man was confronted by hospital security at Eden Medical Center on Lake Chabot Road after he was found in a restricted area he tried to access on numerous occasions. Deputies handcuffed the man and took him into custody.

Traffic Stop Ends In Woman's Arrest

Sunday, June 24: at 11:40 a.m., deputies pulled over and arrested a 28-year-old woman from Castro Valley on suspicion of driving without a court-issued car ignition device used following an intoxicated driving arrest – also known as an interlock device. The woman see **REPORTS** on back page

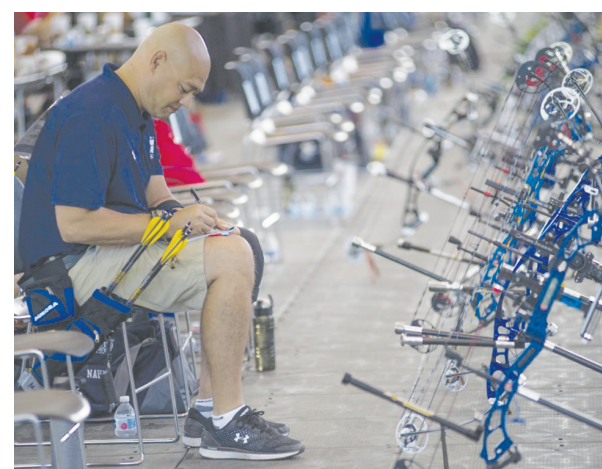


PHOTO BY PETTY OFFICER 1ST CLASS MARCUS STANLEY

Wounded Warrior Games

Senior Chief Master-at-Arms David Mills of Castro Valley marks his score sheet during archery competition at the 2018 Wounded Warrior Games at the U.S. Air Force Academy at Colorado Spring. The team consisted of athletes from Navy Wounded Warrior Safe Harbor, the Navy's sole organization for coordinating the non-medical care of seriously wounded Sailors, providing resources and support to their families.

West Nile Virus-Infected Birds in CV

The Alameda County Mosquito Abatement District has detected four dead birds and several groups of mosquitoes in the East Bay that have tested positive for West Nile virus.

The birds were collected from Castro Valley and Union City, the mosquitoes from Hayward and Union City. The district said the detections indicate heightened virus transmission in the Union City area west of I-880.

As of June 22, California has had 27 dead birds, more than 30 mosquito samples and nine humans test positive for the virus.

"Infected mosquitoes in the area means there is an increased risk for West Nile virus transmission to people," says Laboratory Director

Eric Haas-Stapleton. "Protect yourself and your family by applying mosquito repellent when spending time outdoors. Containers of water in yards should be dumped and drained, or tightly covered to prevent mosquitoes from breeding in your neighborhood."

Mosquitoes may breed in almost any type of standing water including catchbasins, stormdrain systems and swimming pools.

Neglected swimming pools continue to be a mosquito breeding issue in Alameda County. Anyone knowing of an unmaintained swimming pool is urged to inform the District so proper treatment can be made.

For info about mosquitoes, West Nile virus, or to request any

of the District services visit www.mosquitoes.org or call 510-783-7744. Residents can also request mosquitofish for their fish ponds, horse troughs, or neglected swimming pools at the the District office located in Hayward at 23187 Connecticut St. For info concerning West Nile virus symptoms, prevention or testing, call the Alameda County Public Health Department at 510-267-8001.

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The Week Ahead

● Thursday, June 28: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting at 7 p.m. tomorrow in the boardroom at 4400 Alma Avenue. For the agenda and board packet, visit bit.ly/CVUSDBoardMeetings

● Friday, June 29: Blood Donors Needed

Every two seconds, someone in the U.S. needs blood. But for the past four years, new Red Cross donors have declined by about 80,000 each year. This is not just a Red Cross trend, but a challenge that blood collection organizations face across the country. Donating blood is a simple process and only takes about an hour from start to finish. A Red Cross blood drive will be held from 9 a.m. to 3 p.m. on June 29 at Eden Medical Center, 20101 Lake Chabot Road in Castro Valley. For more information or an appointment, call 1-800-RED CROSS (1-800-733-2767).

● Saturday, June 30: Fifth Saturday Dance

Dance to the ballroom, swing, Latin and variety music of Ted Rocha this Saturday at 7 p.m. the Hayward Area Senior Center, 22325 North 3rd Street. Admission is \$8 at the door.

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CASTROVALLEYFORUM.COM

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Tel: 510-537-1792 • Fax: 510-814-9691

Fred Zehnder, Editor & Publisher
fredz@ebpublishing.com

Howard Morrison, Assoc. Publisher
howardm@ebpublishing.com

Helen Burkett, Advertising Design Mgr.
helenb@ebpublishing.com

Moxie Morrison, Layout Design
moxmore@yahoo.com

Claudette E. Morrison, Business Mgr.
cm@ebpublishing.com

Patrick Vadnais, Classified Ads / Obituaries
patrickv@ebpublishing.com

Mary Florence, Advertising Sales
861-3270 mpominville4582@aol.com

Linda Nakhai, Advertising Sales
510-915-1513 lnakhai@comcast.net

Amy Sylvestri, News
amys@ebpublishing.com
510-614-1561

Jim Carrizo, Sports
jimcvsports@gmail.com
510-967-3759

Contributing Writers:

Linda Sandsmark

Michael Singer

Gene Osofsky

Carl Medford

Terry Liebowitz

Amy Ramos

Linette Escobar

Thomas Lorentzen

Buzz Bertolero

● Friday, July 6: Eden Area Village Forum & Outreach

Join Eden Area Village at Hayward City Hall, 777 B St., at 2 p.m. on Friday, July 6, to meet members and find out how the group is working together to help seniors remain active in their homes and community. For info, visit edenareavillage.org, or email: info@edenareavillage.org

● Saturdays, July 7-Aug. 4: Workshop on Computer Coding

Ever wonder how apps and webpages are made? They're made using code! The Castro Valley Library is offering a 5-session workshop that explores the different coding languages of Python, HTML, and Java, from 1-2 p.m. on the Saturdays of July 7 through Aug. 4. Students will have the opportunity to learn the basics so they will be able to go home and start coding on their own. Recommended for ages 11-14 ages. Registration is required as space is limited to 20 participants per class. Laptops will be provided to attendees. More info at www.aclibrary.org

● Monday, July 9: 'Look Good, Feel Better' Class

Eden Medical Center is offering a free class that teaches skin care and make-up tips while undergoing cancer treatment, from 10 a.m. until noon on July 6 at the Medical Office Building, 2010 Lake Chabot Road, 2nd floor. Learn how to wear scarves, hats and wigs, from an exceptional local instructor. Call 1-800-395-5665 to register.

● Monday, July 9: Rubber Stamp Group

Join the Happy Stampers as they make greeting cards using rubber stamps and dies, from 1:30 to 3 p.m. July 9 at the San Leandro Library. Supplies are furnished. Beginners welcome. For information, call Jane at 510-483-0389.

● Wednesday, July 11: Women Engineers Showcase

Join us as Castro Valley High School's Society of Women Engineers opens up an interactive engineering fair that invites you to examine and play with a variety of activities that explore and celebrate all aspects of STEM (Science, Technology, Engineering, Mathematics) from 3:30 to 5:30 p.m. on July 11 at the Castro Valley Library. Through these activities, the society hopes to expose kids to mechanical engineering and some of the accomplishments of female engineers, all while encouraging young people to pursue their interests in STEM. All ages are welcome, fun for the whole family.

● Saturday, July 14: 8th Annual Castro Valley Pride Event

Everyone is invited to join Castro Valley Pride to embrace diversity and resist intolerance, from noon to 5 p.m. on July 14 at the Castro Valley High School Stadium Plaza, Redwood Road and Heyer Street. Family-friendly and alcohol-free, the event features entertainment by House of Fab, Joanne LeBlanc & the Fugitive Blues Band, The Kippy Marks Band, Standoff and East Bay Digital Sound, with Emcee Charmalina. For more info, visit www.castrovalleypride.org

● Saturday, July 14: The Rapture of Raptors

Experience watching raptors riding the winds, catching the currents, soaring and diving for prey, and meet falcons, hawks and an eagle at a special adult nature presentation from 4 to 5:30 p.m. on July 14 at the Sulphur Creek Nature Center, 1801 D St. in Hayward. To register (\$18) visit www.haywardrec.org or call 510-881-6700.

● Saturday, July 14: Hearing Loss Association Picnic

The East Bay Chapter holds its second free Family Picnic in the Neptune Picnic Area at Crab Cove, 1252 McKay Ave., Alameda, from 10 a.m. to 2 p.m. on July 14. Come for Grilled BBQ Chicken, baked beans, and all the trimmings, plus water and paper goods — all supplied by the Chapter. All members and families are invited. Guests are asked to bring salad, dessert, or a side dish for 8-12 to complete the picnic menu. Bring sunscreen, a hat, drinks, and your picnic dish. Reserve early at 510-221-6080 so we know how much food to buy.

● Tuesday, July 17: Buon Tempo Family-Style Dinner

Everyone is welcome to attend the next Buon Tempo Italian American Club's family dinner at 7 p.m. on July 17 at Mt. Tabor Hall, Transfiguration Church, 4000 E. Castro Valley Blvd. Chef Craig Durao's team will serve a five-course dinner of pork spare ribs. Dinner is \$15 for members, \$20 for non-members. Red and white wine and soda are included. Happy hour at 6:30. Reserve by Friday, July 13, by calling the Buon Tempo dinner line at 510-483-6929 (option 1). For info about events/membership, visit www.buontempo.org.

Arts & Entertainment

THEATRICAL & MUSICAL PERFORMANCES

● **Dave Rocha Jazz Trio in Concert**, an encore show of stimulating and eclectic mix of modern jazz compositions, will be presented at the Castro Valley Library from 2 to 3 p.m. on Sunday, July 8, featuring Dave Rocha on trumpet and flugelhorn, Chris Motter on electric guitar and Danny Gerz on upright bass. The concert is free and no tickets are required.

● **"Oklahoma!,"** Rodgers & Hammerstein's classic Broadway musical, will be presented by Woodminster Summer Musicals and Producers Associates, Inc. at 8 p.m. on July 6, 7, 8, 12, 13, 14 and 15 at Woodminster Amphitheater, Joaquin Miller Park, Joaquin Miller Road at upper Sanborn Drive, in Oakland. Tickets at 510-531-9597 or www.woodminster.com or at the box office before any performance.

AT THE GALLERIES

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

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

● **"Black & White in Black & White:** Images of Dignity, Hope, and Diversity in America," a collection of early 20th Century portraits of African Americans in Nebraska printed from glass plate negatives, will be on display in the Community Gallery at the HAHS Museum of History & Culture, 22380 Foothill Blvd. in Hayward from June 23 through Aug. 19. The images were taken between 1910 and 1925.

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

Submissions to The Forum

Items for the Community Calendar as well as news submissions must be received by 6 p.m. Friday for inclusion in the following Wednesday's newspaper. Send information in an email to: fredz@ebpublishing.com.

REGULAR GOVERNMENT MEETINGS

- Castro Valley Municipal Advisory Council (MAC) meets on land-use issues on the 2nd and 4th Mondays of the month, and holds general purpose meetings on most 3rd Mondays. Meetings are at 6 p.m. at the Castro Valley Library Chabot Room, 3600 Norbridge Avenue.
- Castro Valley School Board usually meets at 7 p.m. on the second and fourth Thursdays of the month at 4400 Alma Ave.
- Castro Valley Sanitary District (CVSan) meets at 6:30 p.m. on the first Tuesday of the month at the District Headquarters, 21040 Marshall St.
- Alameda County Board of Supervisors meets every Tuesday at 10:45 a.m. in the Supervisors Chambers in Oakland.

HOROSCOPE by Salomé

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ARIES (March 21 to April 19) Don't be Sheepish about asking questions and demanding answers. You not only gain needed information, but also respect for your steadfast search for the truth.



TAURUS (April 20 to May 20) A money problem that shows up early in the week is expeditiously resolved by savvy Bovines who know how to turn a momentary financial lapse into a monetary gain.



GEMINI (May 21 to June 20) It's a good time to shed negative energy-draining forces and develop a positive approach to handling current, as well as upcoming, personal and/or professional situations.



CANCER (June 21 to July 22) Your urge to do your best on a current task is commendable. But don't let it become all-consuming. Spend some spiritually restorative time with those who love you.



LEO (July 23 to August 22) This could be a good time for all you Leos and Leonas to take your bows for your recent achievements and then go off to enjoy some fun times with your prides and joys.



VIRGO (August 23 to September 22) A negative response to a well-intentioned suggestion could communicate a sense of distrust you might later find hard to refute. Think carefully before reacting.



LIBRA (September 23 to October 22) Your loving attention comforts a family member who is feeling a bit out of sorts. But be careful to prioritize your time so you don't neglect your work duties.



SCORPIO (October 23 to November 21) Your curiosity might be resented by some. But those who know you will support your penchant for never settling for less than the truth. So stay with it.



SAGITTARIUS (November 22 to December 21) A pesky situation from the past recurs, albeit in an altered form. Deal with it promptly before it can go from merely irksome to decidedly troublesome.



CAPRICORN (December 22 to January 19) Don't wait too long to submit your proposals after giving them a last look-over. If necessary, you should be able to defend any portion called into question.



AQUARIUS (January 20 to February 18) A bid to use your workplace dispute-settling skills in another situation is tempting. But be careful: You might not have all the facts you'll need if you agree to do it.



PISCES (February 19 to March 20) That sense of self-doubt is so untypical of you, you should have no qualms in shaking it off. Remind yourself of all you've done and can do, and then do it again.



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**United Methodist Church
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Home Improvement Projects for Summer

'TIS THE SEASON OF RENOVATIONS

For many Americans the warmer weather of summer means it's time to focus on all those home improvement projects that would be inconvenient during the cooler months.

Adding an extension, sanding wooden floors or replacing a roof are a lot easier when you're not worried about the weather and diminished day light. Also, contractors are less likely to have weather-related delays that blow timelines, making summer renovations run more smoothly.

Here are some home improvement projects you may want to start this season:

- **Replace the Roof:** If your roof is starting to leak or you notice dramatic increases in heating or cooling bills, it may be time to replace it. The best time to do so is when the weather is warm and dry. Keep in mind the U.S. Department of Energy recommends light roofing colors, which will keep down cooling costs and help reduce global warming. For more energy-saving home improvement tips, visit www.energy.gov.

- **Check the Perimeter:** Inspect your home's exterior, making sure to check your siding. Mold and cracks can be a sign you need to re-paint or replace boards. Also, now may be a good time to repave your driveway. Asphalt

needs the right factors of temperature and moisture to set properly. Better weather leads to better driveways.

- **Tinker with Plumbing:** Because bathroom and kitchen renovations often require plumbing changes, the warmer months are the best for these projects. Now's the ideal time to expand that half-bathroom with a shower stall, or to upgrade your master bathroom with a whirlpool tub. And there are many choices of eco-friendly fixtures from such brands as Delta, Kohler, American Standard and others.

- **Install Skylights:** With longer days and clear, starry nights, it's the season for gazing at the sky. But allergens can make sky gazing difficult for some. Consider installing skylights in your home this season.

- **Sand the Floor:** Most people think of floor maintenance as a cool weather activity, but floor sanding kicks up incredible amounts of dust. In warmer weather, you can throw open doors and windows and set up fans to suck the dust outward.

The better weather makes almost all home improvement projects more enjoyable. So take advantage of the season to upgrade your home!

—StatePoint



By Samantha Mazzotta
SPECIAL TO THE FORUM

It's essential that certain home repairs (and maintenance items) be tackled right away before they develop into much bigger messes — even if the repair needs to be done by a professional.

Below are five tasks that should never be put off, provided courtesy of Angie's List (angieslist.com).

1. Change your air filters. HVAC experts estimate that 60 percent of all service calls are the result of dirty

filters. Changing air filters regularly (every month or so) can save you up to \$100 each year in energy costs.

2. Repair leaky faucets and running toilets. Doing so could save hundreds of dollars per year on your water bill.

3. Check the caulking around your tub and shower for moisture penetration, which can lead to mold. Bath fixtures can avoid premature replacement if the tile surface is kept watertight, and the subsurface, usually drywall, remains dry.

4. Inspect electrical cords and outlets for signs of distortion, discoloration or cracks in the insulation, and hire an electrician to replace tired outlets that no longer hold a plug. A defective receptacle, light switch or fixture replaced during a scheduled visit will save you hundreds of dollars over an emergency repair.

5. Weatherproof windows and doors. These are the two areas with the largest amount of air transfer in both cold and hot weather. Use a digital thermometer to check the seal quality and inspect the caulking for areas that have cracked or shrunk, which will allow water to damage siding and floors. Once sealed, use a programmable thermostat to help regulate air temperature, which could save you up to 10 percent on your monthly energy bill. Consider getting a home energy audit.

Home Tip: When hiring a contractor to make home repairs, always insist on a written estimate before any work begins.

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Remodel: Things to Consider

By Scott McGillivray
SPECIAL TO THE FORUM

We think of our homes as our haven from the world. In it, we house the people and things that we treasure most.

In time, we might also undertake to expand or modify our homes to better suit our needs through different life stages. Perhaps a previous owner has done the same.

Remodeling a house can provide significant advantages and serve as an opportunity to make things better, especially if your home is getting on in years. It's also a good time to identify potential problems in order to ensure safety, comfort and performance. Here are five things to consider when remodeling:

- What's behind the walls? Do you know what type of insulation exists or its current condition? It's worthwhile to find out.

Some older homes contain outdated materials that could be harmful. In basements and bathrooms, in attics and in areas where there's been some moisture penetration, it's not uncommon to discover moldy fiberglass or other insulating materials that should be removed. This can compromise air quality and be the source of potential health issues.

When upgrading, opt for an insulation with an inorganic composition. Professional builders often favor stone-wool products such as *Rockwool Comfortbatt* or *Safe 'n' Sound* because they resist moisture, add fire protection and are an excellent sound-absorbing material.

- Consider a professional home inspection. The goal is to help identify any potential hazards within your home. These can take many forms. Think knob-and-tube wiring, overloaded panels or cracked foundations.

- Lead paint. Older houses (pre-1978) may have base coats of lead paint beneath the newer ones. Lead can cause harmful effects if ingested or inhaled as dust.

Be careful to avoid raising dust if scraping or sanding old walls or molding. Test for (and seal) exposed areas of lead paint.

- Educate yourself about air quality. Radon is a particular concern. It's a radioactive gas that naturally accumulates in some houses—and the second leading cause of lung cancer after smoking. Use a radon long-term detector to measure the level of radon in your home to determine if you need to reduce it.

- Pay close attention to combustion appliances. If not properly maintained or vented to the outside, combustion appliances, including your furnace, gas stove or water heater, can release pollut-

see REMODEL on page 7

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Create a Defensible Space Around Home

IN JANUARY 2005 a new state law became effective that extended the defensible space clearance around homes and structures from 30 feet to 100 feet.

This is especially important in Castro Valley with its heavily wooded canyon areas.

Residents should make sure they have 100 feet of defensible space around structures. Clear dead weeds and vegetation. Remove leaves and needles from gutters. Trim branches 6 feet from the ground.

Creating defensible space is essential to improve your home's chance of surviving a wildfire. It's the buffer you create between a building on your property and the grass, trees, shrubs, or any wildland area that surround it.

This space is needed to slow or stop the spread of wildfire and it protects your home from catching fire—either from direct flame contact or radiant heat. Defensible space is also important for the protection of the firefighters defending your home.

Two zones make up the required 100 feet of defensible space:

Zone 1 extends 30 feet out from buildings, structures and decks.

Zone 2 extends 100 feet out from buildings, structures, decks, etc.

Proper clearance to 100 feet dramatically increases the chance of your house surviving a wildfire.

Fire Weather Watches

The National Weather Service issues Red Flag Warnings & Fire



Cut all dry grass and shrubs

Clean roof and rain gutters

Space and maintain trees

Weather Watches to alert fire departments of the onset, or possible onset, of critical weather and dry conditions that could lead to rapid or dramatic increases in wildfire activity.

A Red Flag Warning is issued for weather events which may result in extreme fire behavior that

will occur within 24 hours. A Fire Weather Watch is issued when weather conditions could exist in the next 12-72 hours.

A Red Flag Warning is the highest alert. During these times extreme caution is urged by all residents, because a simple spark can cause a major wildfire. A Fire Weather Watch is one level below a warning, but fire danger is still high.

The type of weather patterns that can cause a watch or warning include low relative humidity, strong winds, dry fuels, the possibility of dry lightning strikes, or

any combination of the above.

CAL FIRE urges Californians to be extremely cautious, especially during periods of high fire danger. It's important all residents and visitors take steps to prevent wildfires.

A few helpful reminders and safety tips include:

Equipment Use

Never mow or trim dry grass on a Red Flag Warning Day. (Mow before 10 a.m. on a day when it's not hot and windy). Never use lawn mowers in dry vegetation. Spark arresters are required in wildland areas on all portable gasoline powered equipment.

Remodel: Install Detectors

continued from previous page

ants such as carbon monoxide—a colorless and odorless gas. Ensure appliances are well maintained and inspected at least once a year. Install carbon monoxide detectors.

There's no place like home, so doing all that you can to ensure that it's a safe, healthy and com-

fortable place will give you the peace of mind necessary to enjoy it to its fullest.

• Scott McGillivray is the host of the hit HGTV series "Income Property" and "Moving the McGillivrays," a full-time real estate investor, contractor, author and educator.

—North American Precip Synd., Inc.

Where There's Smoke: Keep Home Fire-Safe

They look like small, plastic boxes, round or square, stuck up on the wall or the ceiling—but they could save your life. They're smoke alarms and carbon monoxide detectors.

Facts & Figures

On average, eight people die in a home fire each day in the U.S.—almost 3,000 people every year. While working smoke alarms cut the chance of dying in a fire nearly in half, roughly two-thirds of all home fire deaths occur in homes without working smoke alarms, according to the National Fire Protection Association.

As for carbon monoxide detectors, more than 200 people die from carbon monoxide (CO) poisoning in the U.S. annually.

Several thousand more are treated in hospital emergency rooms for CO poisoning. Yet an estimated 70 percent of U.S. homes are not protected by a working CO alarm.

CO is created when common fuels such as natural gas, oil, wood or coal burn incompletely. This odorless, colorless, tasteless gas is often called the "silent killer" because it is virtually undetectable without the use of proper technology.

You can be poisoned by a small amount of CO over a longer time as well as by a large amount over a shorter time.

What You Need To Know

For the best protection, smoke alarms should be interconnected, so that they all sound if one sounds. Manufacturers are now producing battery-operated alarms that are interconnected by wireless technology.



Properly installed and maintained smoke and carbon monoxide alarms could save thousands of lives a year.

Combination smoke alarms that include both ionization and photoelectric alarms offer the most comprehensive protection. An ionization alarm is more responsive to flames, while a photoelectric alarm is more responsive to a smoldering fire.

Hardwired smoke alarms with battery backups are considered to be more reliable than those operated solely by batteries.

What You Need To Do

- Install smoke alarms in every bedroom, outside each sleeping area, and on every level of the home including in hallways and the basement.

- Choose alarms that bear the label of a nationally recognized testing laboratory.

- Install smoke alarms at least 10 feet from cooking appliances to reduce the possibility of false alarms.

see FIRE on page 11

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ATHLETES OF THE WEEK



Redwood Christian Eagles Baseball Team

This week's Athletes of the Week are the members of the Redwood Christian High School's Varsity baseball team. The Eagles finished their season as the North Coast Section's Division 4 Champions.

The Eagles finished their regular season with a 17-7 record, then, as the 6 seed, rolled to a 4-0 postseason and a Championship. In the first

round of the playoffs, the Eagles beat 11 seeded Kelseyville 10-1 to advance to the quarterfinals game to face 3 seeded Fort Bragg and R.C. won 7-2.

The Eagles beat St. Mary's 2-1 in a hardfought semifinals game that lasted 12 innings, then went on to win the Championship game 5-4 against Piedmont.

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Youth Volleyball League Registration

The United States Youth Volleyball League (USYVL) registration for the 2018 fall program in Fremont, is now open.

The league will provide boys and girls ages 7-15, the opportunity to learn and play volleyball in a fun, safe, and supervised environment. The eight-week developmental league provides instruction

twice per week, designed to teach basic volleyball skills, in a positive environment.

The program is structured around the principles of participation, teamwork, skill development, sportsmanship, and fun.

Practices and games operate in a coed format and offer participants the opportunity to develop self-es-

team and confidence. USYVL's Fremont league will begin Sept. 12 and will run through Nov. 3, at Irvington Community Park.

Practices for the league will be held on Wednesdays from 5:30-6:30 p.m. and games on Saturdays 10-11 a.m. Registration for participants is currently available online at www.usyvl.org

CUBS WIN CHAMPIONSHIP



PHOTO BY CHRISTINA O'CONNELL

The Cubs won the Castro Valley Independent Intermediate Division Championship, on Saturday, June 2, with a hard fought extra inning victory over the Cardinals. The Cubs started the double elimination playoffs as the 3 seed and won their first 2 playoff games to reach the Championship game. In the Championship game, the Cardinals defeated the Cubs 3-1, which evened both teams with 1 loss. Then, in the winner-take-all Game 2 championship, the Cubs prevailed 7-4 in 11 innings.



PHOTO BY KRISTINA MORGAN

Real Madrid Soccer Clinic

The prestigious Real Madrid Foundation held a free soccer clinic to youth participants of DSAL (Deputy Sheriff's Activities League), which serves over 2,000 youth in the community each year, on Saturday, June 9. The Real Madrid Foundation program of-

fers kids in Ashland/Cherryland, two unincorporated communities south of Oakland, with an expectational experience to learn from the youth coaches of Real Madrid and to gain soccer and life skills. This initiative is one example of DSAL's larger mission to change

how law enforcement serves the community. DSAL and the Alameda County Sheriff's Office provide a wide variety of programs to youth at the REACH Ashland Youth Center; from soccer and boxing, to arts and human rights education.

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CORRECTION: Last week's Athletes of the Week were misidentified as members of the Golden West Gophers Soccer Team. They were actually members of the Castro Valley 2018 Golden West Gophers Girls Softball League's Major division champions (ages 11-13). They went 12-0 for an undefeated regular season and finished 14-0 after two playoff wins to become the champions of the division.

SUMMER START-UP

Fitness doesn't have to be complicated or boring. There are many creative ways to implement fitness activities into your life that are both fun and invigorating.



Five Ways to Jump-Start Your Fitness Motivation

By Dan Gaz
SPECIAL TO THE FORUM

Fitness is central to your well-being and ability to enjoy life to the fullest, however it's easy to get stuck in a rut.

How do you find new interest and motivation so you're ready to maximize the warm weather months?

There are many things people can do to get a jump-start on their health and wellness. Fitness doesn't have to be complicated or boring. There are many creative ways to implement fitness activities into your life that are both fun and invigorating.

Try Something New

Getting outside your comfort zone can be beneficial to your health. Trying something new helps keep your fitness plan fresh.

Plan a visit to A Farmers' Market to pick up produce. Sign up for a 5k run, or look at your local community education or rec center class catalog and sign up for activities.

The social dynamics of these types of events benefit mental as well as physical health.

Get outside

Getting outdoors is rejuvenating. Taking a walk in nature is a nice change of pace that is good for the body and mind. You can go for a walk, run or take a stroll around a local park. Just being outdoors shakes things up and you may find higher levels of energy as you breathe in the fresh air. Plus, getting a daily dose of vitamin D from the sun does the body good.

Bring friends

It's no secret when you work out with other people they tend to hold you accountable, but there's also more benefit than just that.

When you take an exercise class, join a running club or biking group, you may end up pushing yourself harder. The people next to you become your exercise ad-

vocates and suddenly, you'll have the desire to keep up and do more.

Rethink Commuting

Anything you can do to break up the monotony of sitting is a good thing. Try being creative in commuting and how you travel throughout the day. If possible, walk or bike to work or the grocery store. You can also take the bus, get off a couple blocks early and walk the rest of the way.

A little planning ahead of time can help you accomplish multiple things at once: You're getting exercise, completing an errand and reducing your carbon footprint.

Be Purposeful

You may only have a few minutes a day to dedicate to exercise, but that doesn't mean you can't make a big impact. Being purpose-

ful with your choices is important.

For example, use intervals in your workout routine to maximize outcomes. If you enjoy walking, do a brisk 30 or 60 seconds, then walk slower for the same period of time before pushing yourself again. This type of interval training is simple, yet highly effective.

It works similarly for other activities like swimming, biking and running."

To find more tips about improving your health with creative approaches to exercise or to set up a visit with a wellness expert, visit healthyliving.mayoclinic.org.

Dan Gaz is physical activity and assessment program manager at the Mayo Clinic Healthy Living Program.

—BrandPoint

Humans Have Two Brains; The Second One Resides in The Gut

The idiom "trust your gut" means relying on intuition, rather than thoughtful, deep analysis, to make a decision.

But research shows there is actually a tangible connection between gut health and brain health, and that linkage can affect emotions and cognitive processing.

Research conducted at the California Institute of Technology by Elaine Hsiao showed how unhealthy or healthy microorganisms in the stomach can influence behaviors differently.

Another study, led by Kirsten Tillisch at UCLA, suggested probiotics can have a positive effect on behavior, mental outlook and brain function.

"Scientists have now determined that humans have two brains; the second one resides in the gut and is called the enteric nervous system," says Richard Purvis, author of *Recalibrate: Six Secrets To Resetting Your Age*.

"It has more neurons than the



Research shows there is a tangible connection between gut health and brain health.

spinal column or central nervous system. Understanding the relationship helps to clarify why the process of taking care of the gut and the brain within it also helps improve the health of the brain in your head."

Given Americans' notoriously poor eating habits, Purvis says gut health has never been more important. A Tufts University

study estimates that over 318,000 deaths a year – or nearly half of American deaths caused by heart disease, stroke and diabetes – were hastened by unhealthy eating.

"Processed foods and sugar are among the biggest culprits for promoting the growth of bad bacteria in the gut," Purvis says. "You can greatly improve your gut health — and by extension your brain health — by being kinder to it on a daily basis."

Purvis recommends four nutritional tips – and a nature trip – that benefit your gut and your brain:

- Daily servings of cultured, fermented probiotic-rich foods.

"Sauerkraut, kimchi, kombucha pickled veggies, yogurt, and kefir encourage the growth of good bacteria," Purvis says. "By ingesting healthy, probiotic-rich foods, you are guaranteed colony-forming units of bacteria, plus food sources are much cheaper than supplements."

see GUT on page 11

Blood Donors Needed This Friday in CV

Every two seconds, someone in the U.S. needs blood. But for the past four years, new Red Cross donors have declined by about 80,000 each year.

A Red Cross blood drive will be held from 9 a.m. to 3 p.m. this Friday, June 29, at Eden Medical Center, 20101 Lake Chabot Road in Castro Valley.

"Unfortunately, blood shortages still happen and the number of new Red Cross blood donors is shrinking each year," said Cliff Numark of Red Cross Blood Services. "That's why the Red Cross is asking those who have never donated blood and those who haven't

given in a while to make a lifesaving donation. You are the missing type patients need."

A recent survey, conducted on behalf of the Red Cross, revealed a troubling disconnect between the public's perception of blood donations and the realities of patient transfusion needs.

Three-quarters of the public underestimate how frequently blood transfusions occur. Most people perceive blood is needed in the U.S. every 15 minutes or even every hour or two hours when in fact, every two seconds, someone in this country needs blood.

Nearly half of the public know

someone who has been helped by a blood transfusion. Yet only three percent of the U.S. population donates each year.

Blood shortages are not uncommon in the United States and can only be prevented when more people roll up a sleeve to give.

Potential blood donors do not need to know their blood type before giving blood. After individuals give blood, the Red Cross provides each donor their blood type.

Donating blood is a simple process and only takes about an hour. For more info or for an appointment for this Friday, call 1-800-RED CROSS (1-800-733-2767).

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By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Best Time To List?

One of the questions most asked of Realtors is, "When is the best time to sell?"

It is not an easy question to answer because there are many variables involved. Market performance varies from neighborhood-to-neighborhood, city-to-city and frequently differs depending on the type of property, price point, amenities, local schools and more.

Overall, however, the answer is usually, "In the spring."

Attempting to provide more definitive answers, Zillow has delivered its own solution. In its Home Seller's Guide, Zillow focuses on key factors, including seasonality, market types (seller's vs buyer's), local economics, interest rates and so on (www.zillow.com/sellers-guide/best-time-to-sell/).

They state, "Nationwide, the best time to sell a home to both maximize return and minimize time on

the market is in the first half of May. However, other factors can influence the best time to put your house on the market, including the specifics of your local housing market, job growth, mortgage rates, and tax incentives."

Zillow narrows it down to a Saturday in the first half of May, and adds, "Nationally, homes listed for sale in this window sold almost two weeks faster than average, and for \$2,500 more, compared to average points in the year."

Scroll down the page and you will see a list of cities, the recommended date to list, the projected average sales premium and average projected fewer days on the market.

You can see a similar resource at www.Homelight.com/best-time-to-sell-house. This site allows you to enter a specific city and then calculate the optimum time.

For example, it lists September as

the best time to sell a home in Castro Valley, August for San Leandro and Hayward and May for Fremont.

All good information, right? Maybe. Maybe not.

What happens if everyone reads this and then decides to list at the recommended time?

Case in point is a recent East Bay neighborhood averaging 2-3 new listings each month. Neighborhood values were escalating nicely with bidding wars as each new home emerged.

With no warning, 13 owners put their homes on the market in May - the majority being in the first two weeks. With the sudden glut, offers ceased and list prices began plummeting.

While I understand that everyone wants to optimize the sale of their home, it's not always wise to follow the pack. Coincidence that 13 homes in the same neighborhood hit the market at the same time? It seems a bit suspicious to me.

Important to Control Mosquitoes During West Nile Virus Season

By Buzz Bertolero
Special to the Times

Is there a way to prevent mosquitoes from breeding in my pond? I'm not having a problem yet, but afraid it's not too far off?

Mosquitoes are easily controlled in ponds, fountains, water gardens, and birdbaths with a larvicide, an insecticide that specifically targets the larval stage of an insect.

Besides mosquitoes, they're

commonly applied to control the worm stage of caterpillars such as the tomato hornworm, cabbage loppers and budworm on petunias and geraniums.

Mosquitoes are a problem where water is stationary and not moving. So it not necessary to bait every water source. In addition, I'd include any saucer where water may collect for more than 24 hours.

We need to be diligent in controlling Mosquitoes because of the concerns with West Nile Virus.

For the home and garden, the typical larvicide for mosquitoes is *Bacillus thuringiensis israelensis*, known as Bti, and *Bacillus sphaericus*. They're naturally occurring bacterium and pose no



Mosquito Dunks are used to control mosquitoes with no threat to pets, beneficial insects or the environment.

threat to kids, pets, other insects or the environment.

In water, Mosquito Dunks and Bits, made by Summit Chemical Co are available for controlling mosquitoes. The Mosquito Dunks

are a solid material in the shape of a donut that floats on the water's surface and will keep on working for 30 days or longer.

While floating, they slowly release the larvicide on the waters

surface where it is eaten by the mosquito larvae (wigglers), which then die before reaching maturity. You would apply one dunk per 100-square-feet of surface water. They can easily be broken up to treat small areas and any unused dunks retain their potency so you can store them indefinitely.

Mosquito Bits are designed to provide a quick kill when a large population of mosquito larvae is present. They're also used in those areas where the dunks are not practical, such as in saucers.

These fast-acting controls need to be reapplied every 14 days.

Buzz Bertolero is an Advance California Certified Nursery Professional.

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359 Pershing Drive	94577: \$715,000	2 BD - 1,074 SF - 1939
2321 Sitka Street	94577: \$650,000	3 BD - 1,317 SF - 1951
1321 145th Avenue	94578: \$660,000	5 BD - 1,828 SF - 1906
14419 Kings Court	94578: \$505,000	3 BD - 1,195 SF - 1974
16725 Selby Drive	94578: \$900,000	4 BD - 2,280 SF - 1955
730 Fargo Avenue #7	94579: \$538,000	3 BD - 1,136 SF - 1965
14323 Juniper Street	94579: \$645,000	3 BD - 1,096 SF - 1952
14809 Wiley Street	94579: \$552,000	3 BD - 1,319 SF - 1953

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HIGHEST AMOUNT: \$900,000 AVERAGE AMOUNT: \$605,417

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19212 Almond Road	94546: \$810,000	3 BD - 1,176 SF - 1949
21927 Baywood Avenue	94546: \$800,000	4 BD - 1,812 SF - 1947
2883 Eugene Terrace	94546: \$1,550,000	4 BD - 3,282 SF - 2004
5008 Foxboro Drive	94546: \$925,000	3 BD - 1,781 SF - 1961
2849 Jennifer Drive	94546: \$1,070,000	3 BD - 1,620 SF - 1964
1835 Knox Street	94546: \$760,000	3 BD - 1,302 SF - 1961
3480 Middleton Avenue	94546: \$522,000	2 BD - 980 SF - 1953
3938 Stevens Street	94546: \$790,000	3 BD - 1,428 SF - 1954
2636 Vegas Avenue	94546: \$675,000	3 BD - 1,405 SF - 1948
4291 Veronica Avenue	94546: \$750,000	3 BD - 1,269 SF - 1952
20650 Yeandle Avenue	94546: \$600,000	3 BD - 1,292 SF - 1955
25552 Crestfield Drive	94552: \$1,220,000	4 BD - 2,334 SF - 1998

TOTAL SALES: 12

LOWEST AMOUNT: \$522,000 MEDIAN AMOUNT: \$795,000
HIGHEST AMOUNT: \$1,550,000 AVERAGE AMOUNT: \$872,667

OPEN HOMES

SATDAY & SUNDAY
June 23RD & 24TH

CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
K	—	2-4	1431 Darlene Dr.	\$539,000	4/2	Rinetti & Co. RE	Tianne/Vittoria	510-326-0378
A	—	2-4	3689 Figueroa Dr.	\$649,000	3/1	Rinetti & Co. RE	Tianne/Vittoria	510-326-0378
A	—	2-4	874 Kramer St.	\$675,000	3/2	Coldwell Banker	Dave Adams	510-637-8136
O	—	2-4	11732 Cranford Wy.	\$799,000	3/2.5	Rinetti & Co. RE	Tianne/Vittoria	510-326-0378
S	2-4:30	2-4:30	222 Marlow Dr.	\$848,000	4/2.5	Marvin Gardens RE	Greg Novak	510-472-4770
A	—	2-4	2550 W Ave.	\$1,500,000	6/3	Rinetti & Co. RE	Tianne/Vittoria	510-326-0378

CITY GUIDE

A = SAN LEANDRO • B = SAN LORENZO • C = CASTRO VALLEY • D = DUBLIN • F = FREMONT • H = HAYWARD • K = CONCORD
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CASTRO VALLEY LIBRARY EVENT

Women Engineers to Host Kids' Intro to Mechanical Engineering

By Linda Sandsmark
CASTRO VALLEY FORUM

Kids looking for a fun, free summer event are invited to participate in hands-on student engineering activities at Castro Valley Library, July 11 from 3:30 to 5:30 p.m.

The event is presented for children of all ages and genders by the Castro Valley High School Society of Women Engineers (SWE) Club. It is designed as an introduction to mechanical engineering. No special skills or equipment are necessary to participate.

"We are working on having booths with different engineering activities, ones that we have done throughout our year at school," says Club President Nadia Morando-Hernandez. "Personally I'm really excited to be doing this."

Activities will include a presentation on Debbie Sterling, an inspirational mechanical engineer, and various booths filled with crafty STEM (science, technology, engineering and math) activities.

"Our plan is to have six different booths with the following activities: a roller coaster fit for marbles, marshmallow and spaghetti challenge, do-it-yourself boats, Legos, hands made of straws, and cardboard pets," says Morando-Hernandez.



PHOTO COURTESY OF CVHS SOCIETY OF WOMEN ENGINEERS

Society of Women Engineers' Banoo Afkhami demonstrates building structures with marshmallows and toothpicks.

The group is hosting the community activity as part of a contest to win a trip to the national SWE conference in Montana later this

year.

Castro Valley Library is located at 3600 Norbridge Ave. For more information call 510-667-7900.

Fire: Alarm

continued from page 7

- If possible, alarms should be mounted in the center of a ceiling. If mounted on a wall, they should be 6 - 12 inches below the ceiling.
- Avoid locating alarms near bathrooms, heating appliances, windows or ceiling fans.
- Test your alarms every month by pressing the TEST button.
- Replace the batteries at least once a year. If an alarm "chirps" or "beeps" to indicate low batteries, replace them immediately.
- Occasionally dust or lightly vacuum the exterior of the alarm.
- Replace the alarms in accordance with the manufacturer's instructions, but at least every 10 years.
- Never paint over an alarm.
- If you have difficulty hearing, you can get alarms with low-pitched sounds or vibrations.

Learn More

For further facts and tips on how to stay safe from fire, by the experts at Electrical Safety Foundation International, the premier nonprofit organization dedicated exclusively to promoting electrical safety at home and in the workplace, visit www.esfi.org.

—North American Precip Synd., Inc.



PHOTO BY NATALIE FONG

'OKLAHOMA!' COMING TO WOODMINSTER: Oscar Tsukayama as Will Parker and Gina Velez as Ado Annie provide some comedy in Oklahoma! at Woodminster Summer Musicals. This production, featuring a cast of 47 plus a live professional orchestra, celebrates the 75th anniversary of the Broadway opening of this Rodgers and Hammerstein classic. The show runs July 6-9 and 12-15 at Oakland's historic Woodminster Amphitheater. Details in the A&E Calendar on page 4.

Gut: Connected to Health of Your Brain

continued from page 9

• Prebiotic foods. Non-digestible short-chain fatty acids help your good bacteria flourish, says Purvis. These are found in artichokes, garlic, leeks, dandelion greens, beans, oats, onions and asparagus.

• A diet that keeps blood sugar balanced. "This also keeps gut bacteria balanced," Purvis says. "A diet high in rich sources of fiber, especially derived from whole fruits and vegetables, feeds the good gut bacteria and produces the right balance of those short-chain fatty acids to keep the gut lining in check."

• Gluten reduction. Reducing gluten, or avoiding it altogether, Purvis says, will further improve gut health as well as healthy brain

physiology. He agrees with medical professionals who say gluten can interfere with the absorption of nutrients, hurting digestion and sometimes leading to "leaky gut," or damaged intestine walls.

• Getting outside and into nature. "You need to connect with more microorganisms – the more, the merrier," Purvis says. "Their purpose is to perform life-sustaining functions. Move outside, do

some gardening, plant flowers, mow the lawn, take a walk in the woods. Do things that connect you and your immune system with all the microorganisms in the soil."

"Lifestyle choice is considered by most the culprit contributing to our unhealthy bacteria," Purvis says. "So you have a choice, and the one you make with your diet will affect your whole body, and not least of all, your brain."



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Earl Ludger "Lu"
Bedard, Jr.

Feb. 28, 1933 - June 18, 2018



Earl Ludger "Lu" Bedard's heart gave out on June 18, 2018 at Kaiser Hospital San Leandro. He was born in Minneapolis, MN the son of Edith Seavall Bedard and Earl Ludger Bedard. Lu served his country in the US Navy during the Korean War. Proud to be one of the first California Registered Professional Engineers in Control System Engineering, he worked 50 years in the construction industry.

He pursued many interests in his lifetime: sailing, photography, flying float planes, pottery, scuba diving, dirt bike riding, diamond appraising, motor boating, water and snow skiing, target shooting, reloading, and bonsai cultivation. He approached each new hobby with enthusiasm and relished learning new things.

Lu leaves his wife, the love of his life, Dagmar Bedard. Also survived by his daughter Edi Osborne (Stephen), his son Neal Bedard (Betty Lou), his sister Sally Schoch, 9 grandchildren, 9 great-grandchildren, extended family members, cherished friends, and his beloved pets Nick, Nora, Abbie, and Jesse. Predeceased by sons Michael Reed Bedard, Earl Ludger "Louie" Bedard III, daughter-in-law Shelley June Bedard, as well as his first wife Avis Reed Bedard.

Lu lived his life by the Golden Rule and will be remembered for his generosity, love and loyalty. He will live in our hearts forever. A memorial to remember his life will occur in the near future.

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 publish unsigned letters.

Email letters to: fredz@ebpublishing.com
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P.O. Box 2897,
Alameda, CA 94501.

LETTERS



TO THE EDITOR

FREDZ@EBPUBLISHING.COM

Thanks to All Who Make Annual Rowell
Ranch Pro Rodeo Celebration a Success

Editor:

On behalf of the Rowell Ranch Pro Rodeo committee members and hundreds of dedicated volunteers who make our annual celebration of community and history a success, thank you for joining us!

Thank you for being a part of one of the best small town rodeos in the west. We tip our hats and invite you to join us as we continue on the Road to 100!

If you didn't make it out to see more than 310 professional cowboys and cowgirls, and 160 of our best local cowboys, compete in events that speak to our American history, and what we do every day on working ranches throughout our country - join us for the 99th Rowell Ranch Pro Rodeo May 17-19, 2019 at the Rowell Ranch Rodeo Park.

Rodeo's origins date back to our earliest days as a country. A history Harry and Maggie Rowell didn't want us to forget; that's why they donated the Rowell Rodeo Park to our community more than 50 years ago, with the condition that an annual rodeo be held there by our committee.

At the close of every rodeo we are always asked why we volunteer. For me, it's about giving back to our community and preserving our history. It's about being passionate about passing along a piece of our history to the next generation.

The Rowell Ranch Pro Rodeo committee takes their responsibility very seriously. We work hard to make sure the rodeo is a family friendly event that gives back to the community. The event generates funding for local charitable organizations including Special Olympics, Tough Enough to Wear Pink Breast Cancer Awareness, 4-H, Future Farmers of America, Hayward Rotary, Castro Valley Breakfast Lions Club and many scholarships.

The Centennial is just over the horizon and we have plenty of work to do.

—Russ Fields, Arena Director
Rowell Ranch Pro Rodeo

Suggestions for Improving Traffic and
Parking on Jamison Way

Editor:

This is in response to Richard (Dick) Purdee's letter "Speeding Traffic and Parking Situation on Jamison Way Called 'Horrible'," (Letters, June 20).

We had a similar traffic problem on our street years ago, but granted not nearly as horrendous as yours on Jamison. I feel bad for the residents there every time I drive into the Village from that direction, especially now with the construction happening.

My first suggestion is to galvanize your neighbors to get the MAC to approve speed humps for your street. We did this several years ago, as our small street is narrow with a blind curve and hill, yet people speed through to cut-through to the school and other main arteries.

I and another neighbor got almost all of the residents on our street to sign a petition and took it to MAC. At the same MAC meeting, the residents of Strobbridge Road were petitioning to block their neighborhood off to through traffic from the Freeway exits/entrances.

We were both successful, mainly because the neighborhoods were united in the cause.

Another suggestion: Stay in touch directly with the CHP office in Castro Valley. They are responsive and helpful, especially when kept aware of the problem.

Best of luck to you and your neighbors.

And to all the drivers who rush through our neighborhoods, please be mindful of the traffic laws and be considerate of your neighbors.

—Marcella Schantz, Castro Valley

Questions Peter Hauer's Claims About
Bogus Hate Crimes

Editor:

Peter Hauer ("Accuses Minorities and Left-Wingers of Creating 'False Impression that America is Still Rife with Hate,'" Letters June 20) shows how an obviously well-meaning slogan like "United Against Hate" can mean just the opposite for those who lean to the right.

He uses phrases such as, "Most of the so-called 'hate crimes' are staged by minorities who want to play the role of victim, and left-wingers..."

Who are these people? Does Peter Hauer have anyone in mind? Has he seen them in action?

In other words, does he have any evidence to support this wild accusation? Most people are too busy to even think about painting swastikas in order to stir up trouble. His use of such vague accusations are surprisingly familiar, aren't they?

Our so-called President employs them daily: "many people have said," "millions and millions are coming over the border," "infesting

2 Students Win CVSan Scholarships

Two Castro Valley High School students — Mia Babasyan and Michelle Moreno — were winners of this year's CVSan Environmental Leader in Waste Reduction \$500 Scholarships.

Babasyan demonstrated her environmental leadership by serving as president of the Smart Environment Club at Castro Valley High School, participating in educating students about recycling, organics, and reducing waste, as well as in-

stalling new recycling and organics containers around campus.

Moreno served as co-vice president of the CVHS Smart Environment Club and frequently gave presentations to students about environmental issues and how students can help, including practicing the 4Rs (Reduce, Reuse, Recycle, and Rot).

Both winners received a certificate of recognition at the Sanitary District's Board meeting June 5.

Local University Graduates, Deans' Lists

Simona Galant of Castro Valley graduated with a Bachelor of Arts degree with majors in English and Economics from Lehigh University during Commencement ceremonies on the Bethlehem, Penn. campus on May 21.

Lilly Tahmasebi of Castro Valley graduated with a Bachelor's Degree in International Relations (BA) Magna Cum Laude during a university-wide commencement ceremony at the Tufts University Medford/

Somerville, Mass. campus on May 20.

Bo Hu of Castro Valley earned a Doctor of Medicine from the School of Medicine at Tulane University in New Orleans, Louisiana on May 19 during ceremonies at the Superdome.

John Breslow and Justine Brown, both of Castro Valley, made the Deans' Lists at Azusa Pacific University, an evangelical Christian university in Southern California.

our society" (infestation: large numbers of insects or animals which can cause damage or disease), "all Syrians are terrorists," "Mexicans are rapists and murderers," "blacks are guilty of ____ (fill in the blanks).

With the help of Russia, and also our new restrictions on voting (fewer places and fewer days to vote; ID's that are not allowed; gerrymandering; etc.) we have seen a worsening of our society — professional journalists who do the job of ferreting out the truth are called providers of "fake news" while the Rupert Murdoch-owned National Enquirer and Fox News are allowed to give out only right-wing propaganda with the blessing of our administration.

No wonder his base continues to faithfully follow the leader — they never hear or read real facts. I hate to see these tactics used in the Castro Valley Forum.

—Kay Athos, Castro Valley

'A False Premise Does Not Lead to a Valid Conclusion'

Editor:

This is in response to the June 20 Peter Hauer letter alleging that "most so-called hate crimes" are fake, staged by those who want to "create a false impression that America is still rife with racism."

The writer goes on to justify this claim with "Just do a Google search". And later goes on to say, "Obviously, real hate crimes are so rare..."

First, there are 325 million Americans, so it is reasonable to expect that there may be some fake, staged hate crimes that show up in a search. But "some" is not "most." If one claims "most," one must support it with facts. Otherwise it is just an unfounded opinion.

Second, it is not valid to make an unsubstantiated claim and then build on that to support the rest of one's argument. A false premise does not lead to a valid conclusion. This applies to both "left-wingers" and "right-wingers." Facts matter, as do numbers. It's the only way we can get from where we are now to actual solutions, whether the topic is racism, jobs, taxes, war, etc.

—Marty Zanfino, Castro Valley

Says Media Responsible for Public Hatred of President

Editor:

I would like to offer an answer to those who ask, "why so much hatred for President Trump?"

No. 1 reason, the media coverage of the president.

Case in point: the current coverage of what the media is calling an immigration "crisis." There would be no crisis at all if previous administrations — both Democrat and Republican — had not ignored the issue of illegal immigration.

Please, I urge everyone to go to the web site, "dailycaller.com." There and only there you will see that in 2014 President Obama used detention facilities that look identical to those in service today. In fact, you will see pictures of children kept in cages and wrapped in foil. President Obama was never called cruel or inhumane.

But, of course, you will never see these pictures in the mainstream (I.E. liberal) media. All the major newspapers and media outlets have declared this a "crisis" only of President Trump's doing.

Fair? I think not. I too would have a negative view of President Trump if my only news outpost were the New York Times and CNN.

—Scott Thomasson, Castro Valley

Protest: Treatment of Immigrant Families

continued from front page

lies who were separated at the border can be reunited," said Castro Valley resident Michael Kusiak. "We also want to pressure the current administration to change their policies so they're more humane."

"Successive administrations and congresses have not dealt with this immigration issue. I wish I could say that keeping families together was not a partisan thing. We want to encourage people to do something, today, tomorrow and into the future," Kusiak added.

Castro Valley attorney Sara Raymond is organizing letter delivery to Congressman Eric Swalwell's Castro Valley office (3615 Castro Valley Blvd.) June 29 at 11:30 a.m. on behalf of Lawyer Moms of America. This will occur in conjunction with simultaneous letter delivery to lawmakers across the country.

"We're trying to reach as many leaders as we can, and it's not just limited to lawyers or moms. Everyone can participate in these actions," said Raymond.

The group's message is that families who were separated should be reunited, and people seeking asylum should not be detained in Federal institutions while they await a hearing.

"The punishment they're receiving is really out of proportion to the offenses they've been accused of," added Raymond. "I am appalled at what's happening."

People may bring their own letters on June 29, and Lawyer Moms of America also has an open letter, which can be signed by anyone. It demands "a just and humane resolution to the ongoing crisis of families seeking asylum



REUNITE THE SEPARATED: Carolyn Darcey and Millicent Cowley-Crawford (right side of table) invited people to write postcards to decision-makers in Washington encouraging fair treatment of immigrant families.

in the U.S. being separated or detained at the border."

The group's Facebook page, www.facebook.com/lawyermomsofamerica/ has more information.

Rev. Arlene Nehring of Eden United Church of Christ introduced a family from Nicaragua seeking asylum in compliance with federal law. The Hayward church will host an event to support legal aid for asylum-seekers on July 15.

This Saturday, June 30, anyone interested is invited to caravan from Castro Valley BART (corner of Wilbeam and Norbridge) to another similar protest at the U.S. Immigration and Customs Enforcement (ICE) center in Richmond at 5555 Giant Highway. Meeting time in Castro Valley is 9:30 a.m., arriving at 11 a.m. in Richmond.

More information on Saturday's rally may be found at www.facebook.com/CVActivistNetwork/.

Martin: Will Be Missed

continued from front page

clubs including Buon Tempo Club in Castro Valley.

Neighbor and fellow Buon Tempo member Al Bronzini remembers Martin as a person who could get things done.

"If he had an idea he could make it work, Bronzini told the Castro Valley Forum. "I would throw out an idea to him and he would sit on it for a while and then figure a way to rally people around it. He was a good guy, kind of a quiet fellow. Ken was not an outgoing person who told a lot of jokes. He was more of a serious fellow who got things done."

Outside of his civic passions, Martin's hobbies included building model airplanes and radio-controlled model cars. He raced midget cars on dirt tracks in three states until 1966 and owned boats that were docked at San Leandro Marina Yacht Club. Since 2006, a 7-foot wooden sculpture of a bear has commanded his front yard on Somerset Avenue.

Born in Berkeley in 1931, Martin lived in Oakland until he graduated from Fremont High School in 1949 and went to San Luis Obispo to study architecture at California State Polytechnic College. He served for two years in the U.S. Army before he married his wife, Patty.

To make ends meet, Martin was an auto mechanic, auto parts man, assistant car distributor, and, ultimately, a copier technician for Xerox for 17 years until he retired in 1994.

The family moved from San Leandro to Castro Valley in 1998.

Martin is survived by his wife, three daughters (Jacqueline, Jeanine, and Michele) and son (Max). A memorial service for Martin is being planned for some time in August.

If you would like to read and remember more of Martin's perspectives, visit the "CV Side Trips" blog at www.cvsidetrips.com



Tyler Harlow
Tyler Harlow and his quartet will be performing "The Traveler" at the The July Gathering

This Week at Smalltown

• Thursday, June 28, 7-9 p.m. Open Door

It's about people. It's about community. It's about Collaboration. It's about random strangers and random events that somehow always seem to connect with you. It's about good stories, from good people, from all walks of life. It's about fun and creativity, justice and meaning. It's about the good things that bind us together.

Every Thursday night Smalltown Society opens the door to "THE SPACE." Occasionally there's a film, a workshop, or planned discussions, more often there are unplanned connections and creations. A free and open workspace, a place to kick up your feet, a place to build a better narrative. Free Wi-Fi. Bring some food, drink, a project you're working on, a book your reading, or a thought to share. Anyone is welcome. Come Join the Song...it's free!

• Friday, July 6, 7:30-10 p.m. Smalltown July Gathering

Connect with your community, hear from local artists and advocates, and experience the developing narratives of your neighborhood! Highlighting the music of Tyler Harlow "The Traveler" (pictured above), poets from Lyrical Opposition, the art of Kristiana Federe, and the work of Imagine East Bay's Tiny Homes Initiative. Free (suggested contribution \$10) Doors open at 7 p.m.

More details on these events and others: www.smalltownsociety.com. Smalltown Society is located at 22222 Redwood Road, CV

Senior Lunch Program Volunteers Sought

Spectrum Community Services is in need of volunteers to assist with meal service from 10 a.m. to 1 p.m. Monday through Friday at senior centers around the East Bay. Volunteers play a critical role

in Spectrum's Senior Meals Program, which provides nutritious and affordable meals to seniors at 26 sites in Alameda County. The program also provides a place where seniors can socialize. The

seniors frequently express their appreciation for the volunteers who make the meals possible.

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PEARL is one of a litter of four born on April 23, 2018. She is a Siamese seal point tabby mix with white and grey markings. For more information, visit: www.dustypawsrescue.org



SPENCER is Pearl's brother. Spencer is a handsome dark grey tuxedo kitten, a very curious and active boy who loves to play and wrestle with his sisters. Visit: www.dustypawsrescue.org

MAC: Approves Faux Tree Cell Tower at Center Street

continued from front page
a fine chair.

Crawford reminded Carbone that were he to take over as chair, Carbone wouldn't just be running meetings, he would be taking over all of Crawford responsibilities including the ongoing issue of trying to open the old library as a veterans' hall.

"I'm not going to continue doing the work of the chair if I'm not the chair," said Crawford.

Carbone then asked Crawford to compile a full list of his responsibilities as chair so Carbone could see what the job entails and decide if he even wanted to be nominated.

The motion to elect Carbone was then withdrawn and the matter was tabled to the July 9 meeting of the MAC.

Other Business

Also at their Monday night meeting, the MAC approved a 56-foot faux eucalyptus tree cell tower which will house eight antennas and 12 radio units for a Verizon telecommunication facility at 19179 Center Street.

The MAC also issued a Conditional Use Permit to allow the sale of alcohol and beer at an existing convenience store at 2920 Castro Valley Boulevard.

The council gave tentative approval to new signage at the Rite Aid at 3848 Castro Valley Boulevard. They didn't like the initial flat signs the designer presented, but said that if he came back with signs with three dimensional elements, they'd say yes.

And the MAC also tabled an application from the "Knowledge Enlightens You" charter school which operates on the Epiphany Lutheran Church property at 16248 Carolyn Street.

The school wanted to expand to up to 360 students, but a handful of neighbors came to the meeting to tell the MAC that traffic and parking were already bad with the number of kids that attend now.

The MAC suggested the school work more closely with the county's Public Works Agency to develop a stronger application with plans for no more than 250 students.

Shaq



Red, White & Blue Pit Bull Adoptions

All Pit Bull adoptions will be sponsored by SantaCon Hayward this Saturday, June 30, at the annual Red, White & Blue adoption event at the Hayward Animal Shelter. (Hayward resident pay a \$17 license fee.) Swing by the shelter to pick up a 4th of July tip sheet and learn about the myths and facts about Pit Bulls. Adoption hours are 1 to 5 p.m. on Saturday at 16 Barnes Court, near the Hayward DMV office. Other dogs, puppies, cats, kittens, bunnies and many Guinea pigs will also be available Saturday for regular adoption fees. For more information, visit www.facebook.com/haywardanimalshelter and www.SantaConHayward.com

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Register at www.cvsan.org/dststour or call 510-537-0757 for the Saturday, July 28, 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.

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PHOTO BY MURLENE MONAT

Congratulating the 2017-18 Rotarian of the year, Gary Bosley, are, from left, Rotary Past District Governor Dwight Perry, Bosley, and club president Jim Negri.

Bosley Named Rotarian of Year

Castro Valley Rotarian Gary Bosley was named "Rotarian of the Year" at the club's annual banquet on June 19 at Rowell Ranch.

Outgoing club president Jim Negri made the presentation.

"We really appreciated the hard work that Gary put in over the whole year in procuring and shepherding the weekly speaker's presentations," said Negri. "In addition,

he established a popular new segment for the weekly programs, called 'What's New In Castro Valley.'"

Bosley, who had been named Rotarian of the Month in past years, chaired the club's annual Chili Cookoff for four years. He is president of Marketing Solutions Group, a Pleasanton-based advertising agency.

A Cal Berkeley graduate and an Air Force veteran, Bosley joined The Rotary Club of Castro Valley in 1976, sponsored by Dick Bigelow. The club was founded in 1953 and has 51 members.

Rotary, a worldwide service club, provides humanitarian service, encourages high ethical standards in all vocations, and helps build goodwill and peace in the world.

Reports: Shoplifting and Resisting Arrest

continued from page 3

was traveling on Redwood Road near Castro Valley Boulevard when deputies pulled her over for an expired registration. The woman was then taken into custody when it was determined that she should not have been driving without an interlock device.

Packing Ribs and Rum

Wednesday, June 20: at 8:03 p.m., a 44-year-old man with no permanent address was arrested on suspicion of shoplifting and resisting arrest. Deputies were called to a grocery store on Redwood Road near Castro Valley Boulevard after store security detained the man for

leaving the store without paying for a pack of pork ribs and a bottle of rum. The man made it as far as a bus stop nearby when deputies arrived on scene. The man was also wanted as part of a warrant issued for his capture. Deputies took the man to Santa Rita Jail pending \$15,000 in bail.