

REMEMBER
TO SET YOUR
CLOCKS ONE
HOUR AHEAD

DAYLIGHT SAVING TIME WILL BEGIN ON SUNDAY, MARCH 12, 2017 AT 2 A.M.

Spring FORWARD



CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 29

WEDNESDAY, MARCH 8, 2017

NO. 10

INSIDE YOUR FORUM

OUR TOWN



CV History

Isaac B. Parsons: Who he was and his significance to the Castro Valley area

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LIVING



Fritters

Savory or sweet, fried and delicious. Need we say more?

Page 6

H&F



Stress Less

Learning to recognize your triggers is the first step to reducing stress

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PHONE: (510) 537-1792



PHOTO BY GRACE CLARK

Larry Clark surveys the damage on his property early Sunday morning along Redwood Road.

Big Trees Come Crashing Down

By Amy Sylvestri
CASTRO VALLEY FORUM

Three large eucalyptus trees at a home on Redwood Road fell Sunday morning, crushing a shed and bringing down power lines and a utility pole, and leaving over a dozen residents without electricity for nearly 24 hours.

The trees, each over 100 feet tall, likely fell from a combination of high winds and soft earth, according to the Clark family, which owns the property.

"Of course, the noise woke us up," said Grace Clark, who has lived at the home on the 17000 block of Redwood Road with her husband for 47 years.

Now, it will be up to the Clarks or their insurance to pay for removing the massive eucalyptus trees. They are getting an estimate on the cost later this week.

Because the power lines went down, the Clarks and their neighbors lost electricity at 6:22 a.m. Sunday.

At the peak of the outage, 110 customers
see TREES on page 15

CV Library Hosts 'Meet a Muslim'

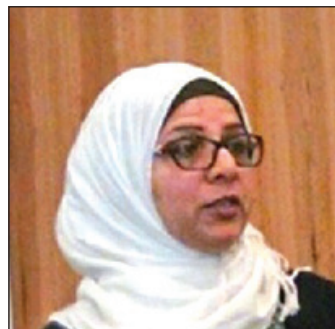
By Linda Sandsmark
CASTRO VALLEY FORUM

Fremont resident Moina Shaiq visited the Castro Valley Library Sunday, to explain to the community what it means to be a Muslim in the U.S. today. She took questions from the audience for over an hour.

Shaiq described herself as a mother of four and grandmother of two, a soccer, PTA, and Scouting mom whose son is an Eagle Scout. Shaiq said she always felt comfortable and accepted in America until 9/11.

"I don't even have the words to describe how sunken I felt then, how sad I felt," she says, adding that she was so numb couldn't even get out of bed.

She realized that her fellow Americans didn't know what Islam was, so Shaiq has begun explaining the Five Pillars of Islam and answering questions wherever she's invited.



Fremont resident Moina Shaiq took questions from the audience and explained the Five Pillars of Islam at CV Library.

"In today's world it's not about tolerance, it's about acceptance," she told a crowd of about 50 at the library. "There is no us and them. We are all in it together."

She says that just as the KKK does not speak for Christianity, ISIS does not speak for Islam.

"Their (ISIS) ideology is so screwed up, excuse my language, it makes my blood boil," she said.

Shaiq says everybody is free to follow their own religion, or no religion, and that the vast majority of Muslim-Americans believe as she does. But right now the Muslim community is living in fear.

"We want to make America kind again," Shaiq said, urging people to look at each other as human beings. She suggested trying to strike up a conversation with someone who looks different, and if someone is being harassed, to stay with the victim but not engage the perpetrator.

She added, "I am the norm in the Muslim community, I am not the exception. And I'm open to coming to your churches, college groups, and homes to explain our faith."

More information on Moina Shaiq can be found at www.facebook.com/MeetAMuslimCommunity/

DAUGHTREY SITE

'Visioning Session' Scheduled for this Sunday at Library

While Alameda County awaits developer responses to its Request for Interest (RFI) on the long-vacant Daughtrey's building in the heart of Castro Valley, community organizing group Castro Valley Matters (CVM) has announced it will host and moderate a Daughtrey's Future Visioning Session this Sunday, March 12.

In a press release, the CVM said the goal of the visioning session is to allow the largest stakeholders in the future of the Daughtrey's site – community members and local merchants – the opportunity to share their detailed thoughts, hopes, and expectations for this vital piece of property.

Supervisor Nate Miley called the renewed approach to the Daughtrey's site like starting with a "clean slate." This fact, coupled with the standing-room-only crowd at the recent three-hour MAC meeting on the issue, underscores the importance of the community's early and active participation in determining the future of the Daughtrey's site, the CVM's statement said.

Sunday's meeting is scheduled to begin at 2 p.m. in the Canyon Room at the Castro Valley Public Library.

A CVM blog post discussing the Daughtrey's RFI can be found at: castrovalleymatters.org/2017/02/16/alameda-county-wants-catalyst-project-upscale-restaurant-at-daughtreys/. For additional information, contact Christine Tengan, ctenganswy@gmail.com

CV CHAMBER

'Taste of Castro Valley, Business Expo' March 30

Cuisine, culture and commerce in Castro Valley will all come together at a new event scheduled for later this month at the Moose Lodge, where the Castro Valley / Eden Area Chamber of Commerce will hold its first "Taste of Castro Valley & Business Expo."

Scheduled for Thursday, March 30, from 4:30 to 7:30 p.m., it will give the public a chance to sample local foods, chat with business owners, shop retail vendors and more.

Exhibitors will include Don Jose's, Jenn's Cupcakes & Parties, UsBourne Books, Desserts First, LuLaRoe, Redwood Canyon Golf Course & Event Center, The Mexican, Cakes By the Pound, and Redwood Christian Schools.

Other local restaurants, caterers, and homebased food businesses, as well retailers and other business owners, can still register for booth space at the event through the chamber's website or by calling 510-537-5300.

Tickets for the March 30 Expo cost \$10 (children under 10 are admitted free) and are available in advance at www.edenareachamber.com and also at the door the day of the event.

The Moose Lodge is located at 20835 Rutledge Road in Castro Valley.

Castro Valley Weather March 8 - 12, 2017



Wednesday
Mostly Sunny
High 68° Low 51°



Thursday
Partly Cloudy
High 70° Low 50°



Friday
Mostly Cloudy
High 68° Low 49°



Saturday
Partly Sunny
High 66° Low 48°



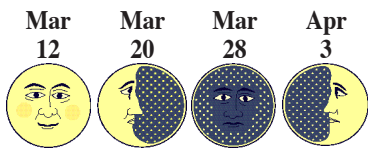
Sunday
Partly Sunny
High 67° Low 45°

Almanac



Past Week's Rain: 00.93
Season To Date: 31.32
Normal To Date: 19.45
Season Average: 21.22

Moon Phases



Sun sets at 6:11 p.m. today, rises at 6:27 a.m. Thursday.

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Mike Amaral's California Beach Boys will be performing at the Castro Valley Center for the Arts this Saturday at 7:30 p.m.

California Beach Boys to Perform This Saturday at CV Arts Center

By Terry Liebowitz
SPECIAL TO THE FORUM

Carefree California afternoons, fast cars, beautiful girls: Who doesn't love the Beach Boy music of the '60s and '70s?

Mike Amaral's California Beach Boys perform at the Castro Valley Center for the Arts this Saturday, March 11 at 7:30 p.m., promising an evening chock-full of all the tunes we love: "Help Me Rhonda," "Surfin' U.S.A.," "Good Vibrations"—to name a few. (This concert was originally scheduled for October of last year.)

In 2007, Mike Amaral was surfing the Santa Cruz beaches and "living the dream." A talented musician, he decided to put together a Beach Boys tribute band. He set out to find great musicians who shared his passion for the Beach Boys' music.

Besides creating the close harmonies that produce that familiar sound, the band uses authentic equipment of the day and vintage Beach Boy outfits to complete the mood.

Video footage of the Beach Boys helps tell the story of this iconic pop group. Mike Amaral's California Beach Boys tours internationally. Mike adds, "There simply isn't more fun music around."

The original Beach Boys, brothers Brian, Dennis and Carl Wilson, cousin Mike Love and friend Al Jardine, started singing together in the '60s. Their music was rooted in jazz-based 1950s vocal groups, rock and roll and doo wop. It was quickly dubbed "the California sound."

They had 36 Top 40 hits, the most of any American rock band and sold 100+ million records. They garnered a Grammy and induction into the Rock and Roll Hall of fame along the way.

"Love and Mercy," a recent film recounted the story of co-creator, Brian Wilson's tumultuous life. Several of the original band members are still performing today.

Please see the Arts & Entertainment Calendar on page 4 for ticketing information.

Terry Liebowitz is a founding member of CV Arts Foundation.

HARD Appoints Tiernan as New Development Director

The Hayward Area Recreation District has announced the appointment of Meghan Tiernan as the new Capital Planning and Development Director effective April 1.

Tiernan, a former landscape architect, was most recently the Facilities Development Manager

for the City of Dublin. She was selected after a nationwide search for the position.

She brings more than 20 years of experience in park and facility design and development to HARD, where she will manage the \$250 million Bond Program approved by voters last November.

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PHOTOS COURTESY OF THE HAYWARD AREA HISTORICAL SOCIETY

Isaac Parsons' Castro Valley Ranch, circa 1920.

CV History: Isaac B. Parsons: The Man Behind The Name

By John Christian
SPECIAL TO THE FORUM

You've probably driven down Parsons Avenue (from Seven Hills Road to Somerset Avenue) at some point, but have you ever wondered who Parsons was?

Isaac B. Parsons was born in New York in 1860. As a young man Parsons attended the U.S. Naval Academy, graduating with the class of 1881.

After serving in the Navy, Parsons came to the Hayward area in 1887. He initially purchased 40 acres at the intersection of Redwood Road and Castro Valley Boulevard. Within a few years however, he was operating a much larger ranch along Seven Hills Road.

The operation included a large fruit drying operation, processing an estimated 200 tons of fruit a year! His ranch also had 120 dairy cows, shipping their milk to Oakland for bottling. A 1903 Hayward Review article marveled at the efficiency of his large ranch, calling it "one of the model properties" in the area.

As synonymous as Parsons is with Castro Valley, he played a large role in the development of Hayward as well.

He worked for the Bank of Haywards (yes, there was an "s" in the bank's name at the time) starting in 1892 until 1948, working away in his office on the second floor of the B Street building in downtown Hayward. He served as the bank's president for most of that period. Parsons and others were able to

keep the local bank in good shape not only through the Great Depression but World War II as well.

Perhaps Parsons' largest contribution to the Hayward area was his role in the local high schools. He was instrumental in the construction of Hayward Union High School No. 3 in 1892, and its replacement, Hayward Union High on Foothill Boulevard in 1911.

These schools served not just Hayward's youth, but those living in Castro Valley and other surrounding communities. All told, he spent more than 50 years on the Hayward Union High school board.

His time on the school board was not without controversy however. At a 1937 school board meeting, Parsons was called a "dictator" *see HISTORY on page 15*

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Drug Paraphernalia

Sunday, March 5: at 9:11 p.m., Sheriff's deputies arrested a 54-year-old man from San Lorenzo on suspicion of possession of illegal drug paraphernalia. The man was traveling on Gary Drive near Grove Way when deputies stopped him for questioning and discovered his stash. The man was taken into custody.

Wanted Woman at Eden

Sunday, March 5: at 11:12 a.m., a 37-year-old woman with no permanent address was arrested as part of two outstanding warrants for her capture. Deputies were called to Eden Medical Center on Lake Chabot Road after hospital security confirmed the warrants. The woman was previously charged with assault on a peace officer and possession of a stolen vehicle. Deputies handcuffed the woman and took her to Santa Rita Jail pending \$102,500 in bail.

Armed and Dangerous

Saturday, March 4: at 9:01 a.m., deputies arrested a 32-year-old man with a criminal past but no permanent address on suspicion of assault with a deadly weapon, violating a court-issued restraining order, possession of a homemade gun, possession of explosives, possession of said explosives near a church and school, and illegal possession of ammunition. An

anonymous tip about a suspicious person in the neighborhood led deputies to the man on San Miguel Avenue near Somerset Avenue. The man was additionally wanted as part of a warrant issued for his capture. Deputies handcuffed the man and took him to Santa Rita Jail pending \$25,000 in bail.

Stolen Property

Thursday, March 2: at 10:10 a.m., a 24-year-old man from Oakland was arrested on suspicion of possession of stolen property and driving with a suspended license.

Deputies pulled the man over near the intersection of the Boulevard and Redwood Road for a traffic infraction when they discovered his stash. The man was also wanted as part of a warrant for his capture. Deputies took the man to Santa Rita Jail pending \$10,000 in bail.

Illegal Narcotics Possession

Wednesday, March 1: at 12:37 a.m., deputies arrested a 41-year-old woman from Castro Valley on suspicion of possession of illegal narcotics and illegal drug *see REPORTS on back page*

Poker Players Sought for CV Rotary's 8th Annual Tourney

Castro Valley Rotary's 8th Annual "Texas Hold 'em Charity Poker Tournament" is set to begin at 6 p.m. on Saturday, March 18, at the Masonic Hall on East Castro Valley Blvd.

There will be substantial prizes for the top 10 finishers. The public is invited.

"The tournament continues to be well known for the quality of its prizes, said poker tournament chair and club board member, Ken O'Donnell. "Every year we've given a big screen TV, and this year we have another 55-inch big screen to give away, like we did last year."

In addition, we've given away sets of golf clubs, Boze audio equipment, tickets to the A's, the Giants, and the Warriors, and even a week's stay at a private cabin in Tahoe."

Dealers will be professional card players, who will review the rules at their tables prior to play.

Tickets are \$200, reservations are necessary by Friday, March 17, by calling 510-276-9902. There is a limit of 90 players.

Proceeds of the event go to the CV Rotary Club Endowment, a registered 501C3 non-profit organization. To register, or for more information, call 510-276-9902.

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The Week Ahead

● Wednesday, March 8: Sons In Retirement meeting

SIRs, an organization of retired men, meets today and on the second Wednesday of each month in the Wedgewood Center at the Metropolitan Golf Links, 10051 Doolittle Drive in Oakland. Happy Hour at 11 a.m., followed by lunch at noon. Great guest speakers. Meetings are neither religious nor political. Guests are welcome. Come and meet new friends. For more information call Mel at 510-357-0601.

● Thursday, March 9: School Board Meeting

The Castro Valley Board of Education will meet in closed session at 6 p.m. and in open session at 7 p.m. tomorrow in the boardroom at the School District office, 4400 Alma Avenue. For the agenda and the complete board packet, visit bit.ly/CVUSDBBoardMeetings

● Friday, March 10: Meet Your Elected Officials

Elected officials representing Castro Valley and the surrounding communities have been invited to "report to the residents" at a forum and reception from 5 to 7 p.m. this Friday, March 10 at the Hayward City Hall, 777 B Street, sponsored by the League of Women Voters Eden Area. A representative from each has been asked to present their jurisdiction's vision and major goals for 2017. The public is welcome to meet their elected representatives during an informal reception which begins at 5 p.m., followed by the program at 5:30 p.m. RSVPs are appreciated to: lvvea@aol.com

● Saturday, March 11: Free Admission to HAHS Museum

Visit the Hayward Area Historical Society Museum of History and Culture at 22380 Foothill Blvd. in Hayward this Saturday free.

● Saturday, March 11: Bayland Birds Walk

Walk the newly-opened trail at Eden Landing Reserve for views of migratory and year-round birds in an adults-only program from noon to 2 p.m. this Saturday, March 11. Register for program No. 40476 (\$18) at www.HaywardRec.org, or call 510-881-6700 for more information. Meet at the Eden Landing Ecological Reserve Parking Lot, wear walking shoes and bring binoculars for this interesting 3-mile excursion.

● Saturday, March 11: 'Creative Characters' Workshop

Join Teaching Artist Angie Wilson this Saturday from 2 to 4 p.m. to learn to sew a stuffed anime-inspired character from colorful felt! Customize a sewing kit to take home for more sewing adventures. All materials are provided. For ages 10 and up. This workshop is part of a series of 300 free "Art IS Education" events. Registration is required. Call 510-667-7900 to register.

● Saturday, March 11: Hearing Loss Association Meeting

Audiologist, Dr. Susanna Storm, a founder of Blue Sky Hearing & audiology in Berkeley, will be speaker at this Saturday's meeting. Dr. Storm previously worked for a hearing aid manufacturer which enabled her to bring cutting edge technology to her practice. Refreshments at 9:30 a.m.; program at 10, at the Oakland Kaiser Permanente Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. Park free on Saturday in the old garage across Howe. For more info, call Kay at 510-886-4717 or email athos.artist@att.net

● Sunday, March 12: Purim Celebration

Tri-Valley Cultural Jews will hold a secular Purim celebration from 10:30 a.m. to 12:30 p.m. this Sunday at the Bothwell Arts Center, 2466 8th St. in Livermore, with hamantaschen, crafts, games, and our annual Purim skit. Attendees are welcome to come dressed as their favorite Purim character. Free for TVCJ members, \$10 for non-members (which can be applied to a membership).

● Monday, March 13: Eagles Bingo Luncheon

Eagles Eden Auxiliary 1139 will hold a combination bingo charity luncheon/membership drive at the hall at 21406 Foothill Blvd. in Hayward on March 13, with St. Patrick's Day corned beef and cabbage for a one time donation of \$7. There will also be a raffle to benefit one of the auxiliary's many charities. Come see what this wonderful organization does and how you can participate. Call 510-584-1568 for further info.

● Monday, March 13: Free U.S. Air Force Band Concert

The U.S. Air Force Band of the Golden West will present a free concert beginning at 6 p.m. Monday at the Barbara F. Mertes Center for the Arts, in Building 4000 on the Las Positas College campus at 3000 Campus Hill Drive in Livermore. For free tickets, visit usaffreeconcert-laspositas.eventbrite.com. For more info, please call 925-424-1570.

● Tuesday, March 14: Spring Pool Tournament

The 2nd Annual Spring Pool Tournament will be held from 10 a.m. to 3 p.m. on March 14 at the Kenneth C. Aitken Senior & Community Center, 17800 Redwood Road in Castro Valley. Take part in either a beginner or advanced bracket for a \$5 entry fee – all levels are encouraged to participate. Gift cards will be given to the top player in each division. Coffee and pastries will be provided. Have fun with your friends and meet new people.

● Wednesday, March 15: Italian Pasta Night

Enjoy the flavors of Italy and learn how to prepare a classic Italian meal including spinach-ricotta ravioli from scratch, a creamy tomato vodka sauce, a light antipasto salad, and a Rome-inspired tiramisu cake for \$50 plus a material fee of \$10 payable to the instructor, from 6 to 8 p.m. next Wednesday evening at the Kenneth C. Aitken Senior & Community Center, 17800 Redwood Road in Castro Valley. Call 510-881-6742.

● Wednesday, March 15: East Bay Rose Society Meeting

Master Rosarian Joe Truskot, who has grown more than 500 roses in his garden, will discuss climbing roses at the meeting at 7:30 p.m. next Wednesday at the Lakeside Garden Center, 666 Bellevue in Oakland. Enjoy snacks and meet people who talk roses. www.eastbayroses.org

● Wednesday, March 15: Castro Valley Women's Club

Castro Valley historian and author Lucille Lorge will be guest speaker at the meeting of the CV Women's Club next Wednesday at 1 p.m. at the Clubhouse, 18330 Redwood Road. Lucille, whose family has deep roots in Castro Valley, is a member of the Hayward Area Historical Society. The public is invited. For more info, call 510-461-7692.

● Saturday, March 18: Rotary Charity Poker Tournament

Register now for the 2017 Castro Valley Rotary Texas Hold 'em Poker Charity Tournament to be held March 18 at the Castro Valley Masonic Center, 4521 Crow Canyon Road in Castro Valley. Food and drinks at 5 p.m., play begins at 6. Great prizes for the top 10 finishers. Seating limited to the first 90 players. Table sponsorships available. Must be 21 or older to play. Advance reservations required. Call 510-276-9902. Online registration and payments for both players (\$200) and table sponsors (\$300) at castrovalleyrotary.org

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

● **California Beach Boys Tribute Band** performs all your favorites, "Surfin' USA," "Fun, Fun, Fun," "California Girls," Saturday, March 11 at 7:30 p.m. What band says "California" better than the Beach Boys? For tickets (\$17-\$32) see above.

● **Disney's "Mary Poppins"** will be presented by the award-winning Castro Valley High School Drama and Music departments at 7 p.m. on March 17, 18, 24, 25, and at 2 p.m. on March 19, 26. This visually stunning musical features over 75 of our high school's finest performing artists. It is our most technical show to date featuring many spectacular special effects including flying with actors. For tickets (\$15-\$20) see above.

● **Castro Valley Adult School Band Concert** will be presented at 7:30 p.m. on Monday, March 27. The event is free.

● **Troika Ensemble**, with Larry London on clarinet; Victor Romasevich on violin, viola and piano; and Arkadi Serper on piano, will be presented at 8 p.m. on Friday, March 10 – one night only – by Smith Center at Ohlone College, 43600 Mission Blvd. in Fremont. The ensemble's performance includes music by Bartok, Andriasov, Mozart, and Stravinsky. For tickets (\$15-\$20) visit smithcenter.com or call 510-659-6031. Event parking is \$4.

THEATRICAL & MUSICAL PERFORMANCES

● **"Spring Concert: Stage & Screen,"** will be presented by the Morrisson Theatre Chorus under the direction of César Cancino at 8 p.m. on Friday and Saturday, March 17-18, and at 2 p.m. on Sunday, March 19, at the Douglas Morrisson Theatre, 22311 N. Third St., Hayward, featuring a selection of works from the stage and the movies. For tickets (\$18 adult, \$15 HARD residents, \$12 seniors over 60 and youth) visit www.dmtonline.org or call 510-881-6777

ART GALLERIES & EVENTS

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

● **Hayward Area Photography**, the work of 23 local photographers including 10 members of the Castro Valley Photo Club will be on display through March 31 at the John O'Lague Galleria at Hayward City Hall, sponsored by the Hayward Arts Council.

● **"Getting to Know the Map,"** an exhibition of 40 years of photography by Geir and Kate Jordahl, featuring the images and projects which have been shaped by forty years of exploring, studying, traveling and teaching, is now on display at PhotoCentral Gallery, 1099 E Street in Hayward. A Book Release & Signing will be on April 13 from 7-9 p.m. For more, visit info@photocentral.org

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

● **"Identity,"** an art show that engages with race, ethnicity, gender, religion, age, politics, world view, personality, individual characteristics, what we have in common, and how we differ. Students from area high schools will express their view of Identity; how they see themselves and how they relate to the world, in conjunction with Art is Education Month March 11 through April 16 at the Community Gallery at the HAHS Museum of History & Culture, 22380 Foothill Blvd, Hayward.

● **Hayward Elementary Students' Art** will be on display through April 21 as part of the Art IS Education Exhibition at Foothill Gallery, 22394 Foothill Blvd. in Hayward, sponsored by the Hayward Arts Council. An artists' reception will be held at 1 p.m. this Saturday, March 11. Gallery hours are 10-4 Thursday-Saturday.

● **The Artist Within 2**, the works of Sorensdale Recreation Center featuring a variety of media including two and three-dimensional pieces, will be on exhibit at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley from March 25 to April 29, with a reception from 1 to 3 p.m. on March 25.

...and Beyond

CASTRO VALLEY FORUM CASTROVALLEYFORUM.COM

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Tax Season Can Be ‘Scam Season’

The Internal Revenue Service is warning taxpayers to be on the lookout for unscrupulous return preparers, one of the most common tax scams seen during tax season.

It is important to choose carefully when hiring an individual or firm to prepare a tax return. Well-intentioned taxpayers can be misled by preparers who don't understand taxes or who mislead people into taking credits or deductions they aren't entitled to in order to increase their fee.

Every year, such tax preparers face everything from penalties to jail time for defrauding their clients.

Here are a few tips when choosing a tax preparer:

- Ask if the preparer has an IRS Preparer Tax Identification Number (PTIN). Paid tax return preparers are required to register with the IRS, have a PTIN and include it on tax returns.

- Ask about service fees. Avoid preparers who base fees on a percentage of their client's refund or boast bigger refunds than their competition.

- Don't give your tax documents, SSNs, and other information to a preparer when only inquiring about their services and fees. Unfortunately, some preparers have improperly filed returns

without the taxpayer's permission once the records were obtained.

- Make sure your preparer offers IRS e-file. Paid preparers who do taxes for more than 10 clients generally must file electronically. The IRS has processed more than 1.5 billion e-filed tax returns. It's the safest and most accurate way to file a return.

- Provide records and receipts. Good preparers will ask to see your records and receipts. They'll ask questions to determine your total income, deductions, tax credits and other items.

- Make sure the preparer is available. In the event questions come up about your tax return, you may need to contact your preparer after the return is filed.

- Never sign a blank return. Don't use a tax preparer that asks you to sign an incomplete or blank tax form.

- Review your return before signing. Before you sign your tax return, review it and ask questions if something is not clear.

To find other tips about choosing a preparer, visit www.irs.gov/chooseataxpro



PHOTO BY FRED ZEHNDER

CV Students Earn Degrees

Two Castro Valley students have received their degrees from Western Governors University during the 32nd semi-annual commencement ceremony held February 11.

Business Management during the graduation of more than 11,000 graduates held at the Disney Coronado Springs Resort in Orlando, Florida.

Western Governors University is a private, nonprofit, online university based in Salt Lake City, Utah.

'Habit' Coming to the Village

Work began last week along Redwood Road behind Peet's Coffee, clearing land for what will become a new 6,250-square-foot building to house a Habit Burger Grill and other businesses in Castro Village. Habit Burger, begun in Santa Barbara in 1969, currently has more than 175 fast-food outlets in 10 states.

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HOROSCOPE by Salomé

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ARIES (March 21 - April 19): You're correct to want to help someone who seems to need assistance. But be careful that he or she isn't pulling the wool over those gorgeous Sheep's eyes. You need more facts.



TAURUS (April 20 - May 20): Your Bovine optimism soon will dispel the gloom cast by those naysayers and pessimists who still hover close by. Also, that good news you recently received is part of a fuller message to come.



GEMINI (May 21 - June 20): Feeling jealous over a colleague's success drains the energy you need to meet your own challenges. Wish him or her well, and focus on what you need to do. Results start to show in mid-March.



CANCER (June 21 - July 22): You're likely to feel somewhat Crabby these days, so watch what you say, or you could find yourself making lots of apologies. Your mood starts to brighten by the weekend.



LEO (July 23 - August 22): Your pride might still be hurting from those unflattering remarks someone made about you. But cheer up, you're about to prove once again why you're the Top Cat in whatever you do.



VIRGO (August 23 - Sept. 22): A misunderstanding with a co-worker could become a real problem unless it's resolved soon. Allow a third party to come in and assess the situation without pressure or prejudice.



LIBRA (Sept. 23 - October 22): Call a family meeting to discuss the care of a loved one at this difficult time. Be careful not to let yourself be pushed into shouldering the full burden on your own.



SCORPIO (October 23 - November 21): An upcoming decision could open the way to an exciting venture. However, there are some risks you should know about. Ask more questions before making a commitment.



SAGITTARIUS (Nov. 22 - Dec. 21): Personal matters need your attention during the earlier part of the week. You can start to shift your focus to your workaday world by midweek. Friday brings news.



CAPRICORN (Dec. 22 - Jan. 19): You've been going at a hectic pace for quite a while. It's time now for some much-needed rest and recreation to recharge those hardworking batteries.



AQUARIUS (Jan. 20 - Feb. 18): This is a good time to upgrade your current skills or consider getting into an entirely different training program so that you can be prepared for new career opportunities.



PISCES (Feb. 19 - March 20): Keep a low profile in order to avoid being lured away from the job at hand. Focus on what has to be done, and do it. There'll be time later to enjoy fun with family and friends.

THE FORUM CROSSWORD

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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57					58					59		

ACROSS

- Without help
- \$ dispenser
- MPs' quarry
- Speedy steed
- Meadow
- Toy block name
- Time rival
- Dregs
- Recipient
- Brings forth
- Feudal worker
- Hooter
- Isn't well
- Hebrew month
- Discoverer's cry
- To and ___
- Visit habitually
- Zero
- Coffee break hour
- Leave out
- On in years
- Martini ingredient
- Banish to Hades
- Cultural, as some cuisines
- Pass along
- False god
- Thin, as a fracture
- Soft cheese
- Kind
- Tittle
- Kind
- Chart format
- Blackbirds

DOWN

- Beach matter
- Twistable treat
- Tennis venue, maybe
- Preoccupy
- Hearty brew
- Ball prop
- Create
- Let
- From Sunday through Saturday
- Curved molding
- Privation
- Teeny
- Electrical measure
- Paper quantity
- Liquid
- Toward the stern
- Anger
- Classical music lover
- "Do ___ others ..."
- Hasten
- Ancient
- "___ soit qui mal y pense"
- Aviatrix Earhart
- Bay, for one
- Bobby of hockey
- Recedes
- Poi base
- MGM mascot
- Con
- Nays' undoers
- Muhammad or Laila
- Eisenhower

ANSWERS ON PAGE 6

Heart Health: Get Check-Ups And Understand the Numbers

High blood pressure and cholesterol levels – known as the “silent killers” – have a significant impact on our risk for heart disease and stroke but rarely have any symptoms, hence the nickname.

To identify potential problems, it's important to get regular check-ups and know your numbers.

Healthy blood pressures

A blood pressure measurement includes two numbers. The higher number is a measure of the pressure exerted on your vascular walls while the heart is contracted. The lower number is a measure of the pressure while the heart is relaxed.

A safe blood pressure level used to be defined as a top number below 140 and a bottom number below 90. Today, a bottom number between 80 and 99 or a top number between 130 and 139 is considered pre-hypertension.

We also now know that pre-hypertension can increase an individual's overall risk of heart disease or stroke two-fold compared to a healthy individual. As blood pressure goes higher so does the relative risk.

Healthy cholesterol levels

Cholesterol tests measure the levels of three types of cholesterol in the blood stream, HDL or “good cholesterol,” LDL or “bad cholesterol,” and triglycerides.

By themselves, too much bad cholesterol, too many triglycerides, or too little good cholesterol can be problematic. A combination of two or three unhealthy numbers,



though, can significantly increase the risk of heart disease and stroke.

An individual's safe cholesterol level can vary quite a bit. Risk factors such as existing heart disease, diabetes, age or a family history of early heart disease, can all impact your overall risk level, which determine your individual target cholesterol levels.

Those that fall into the low-to-moderate risk group, for example, should aim for an LDL level below 130, while those in the high risk group should aim for an LDL level below 100.

Keeping your heart healthy

Several factors can influence which risk group you fall into, and your risk group can change over time. In addition blood pressure and cholesterol levels, factors

such as smoking, obesity, a lack of physical activity, mental stress and depression can also significantly increase your likelihood of developing premature cardiovascular diseases.

Beginning no later than age 40, ask your doctor at every annual physical which risk group you fall into and what you should do to manage your cholesterol.

You should also know what your safe blood pressure range is. If your blood pressure is rising over time but is still within a healthy range, preemptive lifestyle changes can stop an unhealthy condition from developing.

If you do develop unhealthy blood pressure or cholesterol levels, talk with your doctor about your individual risk factors. Some factors, such as smoking, obesity and a sedentary lifestyle, can be modified. Other factors, such as family history and age, cannot. Knowing which factors you can impact makes it much easier to manage your own health.

UNDERSTANDING AFIB

Are You Ticking Off Beat?

If you or someone you care about is among the estimated 46 million Americans age 65 or older—or hope to be someday—here's something you should know. Seniors are at the highest risk for developing an irregular heartbeat, called atrial fibrillation or AFib, that, left untreated, could increase their risk for stroke by five times and doubles the chance of heart-related death. But you can protect yourself.

The Condition

AFib is an increasingly common condition, affecting more than 2.7 million Americans. The chances of developing AFib increase with age, affecting about 9 percent of people over age 65. Other risk factors include uncontrolled high blood pressure, underlying heart disease, family history, obesity and sleep apnea.

Lifestyle factors that could increase your risk include excessive consumption of alcohol, smoking and prolonged athletic training.

AFib occurs when electrical signals in the upper chambers of the heart become chaotic, disrupting the regular rhythm of the heart and its ability to efficiently move blood through its chambers; that is, AFib causes the heart's upper chamber to quiver rather than to pump.

When blood collects in the upper chambers or moves slowly, a clot can form and potentially cause a stroke if it is pumped to the brain.

While technology has made it easier for medical professionals to detect AFib, older patients may not experience or fail to recognize symptoms, which can include a fluttering heartbeat, heart palpitations, light-headedness or feeling winded even while at rest. Other, see **BEAT** on back page

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Stress: 10 Ways to Reduce it

By Julie Ruiz-Wibbelsmann
SPECIAL TO THE FORUM

What causes stress can vary from one person to another. Learning to recognize your triggers is the first step to reducing stress.

What is stress?

There are different ways to define stress, but most of us think of it as a feeling of being pressured or overwhelmed. Some stress can be good — helping us focus and motivating us to perform or to complete urgent tasks. But too much stress can lead to distress, and this can be unhealthy.

What causes stress?

The cause of stress is multi-factorial, a combination of our environment and our physical and emotional selves. What causes stress in some people may not in others.

"The holiday season is a great example of this. Some people love it, and others find it very stressful," says Malaika Stoll, M.D., a board-certified family medicine physician who practices with Sutter East Bay Medical Foundation.

"Common causes of stress include work, finances, relationships and new responsibilities, such as caring for children or aging relatives. Certainly, when 'all of the above' challenge us at once, we will likely feel stressed. Chronic or acute illness can also cause stress."



"In times of stress, there are neurologic and hormonal responses that occur in our bodies," explains Dr. Stoll. "If we sense danger or urgency, we experience a sense of alertness. Our heart rate and blood pressure go up, and we are activated to do what we need to do—whether that's meeting an important work deadline or veering from an oncoming car."

How much is too much?

The following signs and symptoms may be indications of more serious conditions, such as an anxiety disorder or depression. If you are experiencing these symptoms,

it's time to speak to your doctor.

- Prolonged periods of poor sleep
- Regular, severe headaches
- Unexplained weight loss or gain
- Feelings of isolation, withdrawal or worthlessness
- Constant anger and irritability
- Loss of interest in activities
- Constant worrying
- Excessive alcohol or drug use
- Inability to concentrate

Ways to reduce your stress

"Recognizing stressful situations as they occur is key, because

see **STRESS** on page 15

Get the Most Out of Doctor Visit

It's not your imagination — you're probably getting less time with your doctor these days.

Primary care physicians are in short supply in the United States, which means increased pressures and heavier workloads for those in practice, says Dr. Paul Griner, author of "The Power of Patient Stories: Learning Moments in Medicine."

"Many physicians say their favorite part of being a doctor is the relationships they form with patients, but those are harder to cultivate now because physicians are so squeezed for time," Griner says.

"A good doctor-patient relationship is essential to achieving the best possible care, but the reality is, most doctors have less and less time to spend with each patient," Griner says. "So it's important for patients to take some responsibility for that relationship, too."

By preparing for your visit, you can ensure you make the best use of your time together, he says.

He offers the following suggestions:

- Prepare your thoughts ahead of time so that you can be as precise and accurate as possible. What are the symptoms? When did they begin? What were you doing at the time? How are the symptoms affected by activity or rest? What makes them worse? Have you been able to do anything to relieve the symptoms? How have they affected your daily activities? Don't withhold any information that might be relevant to your symptoms.

- Be on time or early. Up to 15 percent of patients are late for their doctor's appointment, which adds to the time crunch. Arrive early so you're ready when the physician is ready. While the doctor is the senior person on the team, he or she also relies on advanced practice nurses and physician's assistants. Give them time to obtain your medical history or perform preliminary tests.

- Research your health concerns ahead of time and use the information to help focus your questions. Use reliable sources for

research, including www.mayoclinic.com or www.uptodate.com; information from the well-established and respected organizations such as the National Cancer Society; and written materials such as the Harvard Health Letter.

- Avoid unnecessary office visits. Some things can be done by e-mail, Skype (or other video hookups), or new technology such as iPhone recording and transmission of your EKG.

Other things you can do to make the best use of the visit include:



- Bring your medications, or a list of them, with you.
- Bring copies of the results of tests or procedures from other physicians.

- Wear clothes that make it easy for you to be examined.

- Let your doctor know when you are using any complementary or alternative medicine.

- Bring a spouse or other relative with you when the problem is complicated. Two pairs of ears are better than one for remembering what the doctor said.



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ATHLETES OF THE WEEK



OLG's 6th Grade Girls CYO Volleyball Champs

This week's Athletes of the Week are the members of the Our Lady of Grace's sixth grade girls CYO volleyball Championship team who entered play-off weekend with a second place standings at 7-3 for the season.

The Lady Lions won a close game against Assumption B in three sets 25-23, 24-26 and 15-12 on February 11, then won against fourth seed All Saints in two sets 25-23, 25-21 to take the 2017

Metro CYO Championship League Playoffs on Feb 12 at San Leandro High School.

Shown from left, Amber Huizar, Genna Koceniak, Isabel Ovalle, Gaby Schirado, Bea Hayes, Sam Machado, Jenelle Andreotti and Mia Wierzb. Coaches Liz Huizar and Patty Wierzb.

Congratulations to OLG sixth grade blue volleyball team for making it to Diocesan Tournament as first seed representing the Metro league!

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SPORTS NOTES

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perience needed. Held at Canyon Middle School on Mondays from 3 to 4:30 p.m., beginning Monday, March 13. For more info, e-mail Coach Suzi Mills at cvjuniorstennis@gmail.com or visit the web

site at www.suzistennis.com

CV Track Club Sign Ups

Information to sign up for youth track and field is on line at JOIN at www.cvtrackclub.com

3 Trojan Wrestlers Earn NCS Medals

Three Castro Valley wrestlers earned medals at the 2017 Boys Wrestling North Coast Section at James Logan High School during two days of grappling on Feb. 24-25.

Twelve Trojan wrestlers competed at NCS and three – Steven Decker, RJ Maes and Alex Sousa – finished with individual honors.

Decker, a senior, placed fourth at 120 pounds, just one win away from a state tournament berth.

Decker beat many wrestlers en route to the medal stand. His most

memorable tory of the tournament came in his win over Devon Lance of Herritage High School in a stunning come-from-behind pin to propel him to the third-place match.

Coach Ron Maes offered high praise when he said, "Decker is a true testament to how hard work, as well as showing up to every offseason and every offseason tournament can transform an athlete. He really worked hard to be the best he could possibly be as a wrestler."

Maes, a sophomore, came into the tournament unseeded and battled his way to an eighth-place finish at 128 pounds. Forced to wrestle the end of the tournament with a face mask because of a deep cut above his eye, Maes won an overtime match against Matt Green of Maria Carrillo High School to reach the quarterfinals.

He won his consolation match to place (in what is coincidentally called the blood-round) against league rival Marcelo Mandler of San Leandro High School.

Maes' season had been one comeback after another. He had suffered a concussion, a knee injury, and a bruise that closed his eye. A lot of athletes may have cut their season short if they had endured as much adversity as him. His NCS medal is evidence of true persistence in the face of overwhelming obstacles.

Alex Sousa also is a comeback story of sorts. At the beginning of last season, Sousa's sophomore year, he lacerated his kidney in a wrestling match, hospitalizing him and ending his season. After a year off, earning an eighth-place medal wrestling at 162 pounds at NCS is an incredible accomplishment.

Young talent highlighted the CVHS boys wrestling season. Freshmen Dylan Vanerwegen and Kristopher Darrin both made it to the second day at NCS, as did sophomore Max Plotzener. Sophomores Ben Morales and Andrew Kohl both competed in the event as well. Junior Charles Alejo also wrestled at the championships.

Seniors Ryan Ramirez, Tyler Henderson, and Nizam Khwaja finished their careers as high school wrestlers at NCS. Ramirez, Henderson, and Khwaja each wrestled a hard-fought tournament, but ultimately fell short of NCS medals.

The future looks extremely bright for this Trojan squad entering this offseason. The team is full of young talent, which is looking to accomplish big goals.

CVHS Boys Tennis

Head Royce at Castro Valley on Friday, March 3: Head Royce 5, Castro Valley 2

Singles

1. Timothy Wu (CV) - Max August 6-1, 6-3
2. Edward Wang (CV) - Sharad Mahajan 6-0, 6-1
3. Cameron Bracco (HR) - 6-3, 6-3
4. Samuel Thomson (HR) - Breadan Soo 3-6, 7-5, 8-10

Doubles

1. Diego Martell / Samir Sawhney (HR) - Dustin Fong / Gabe Priem 6-4, 7-5
2. Address Martell / Remy Sirimongkoluit (HR) - Scott Coleman / Ashir Gupta 6-3, 6-2
3. Will Knight / Bradley Wu (HR) - Alexander Long / Tony Gugg 6-0, 6-1

Enical at Castro Valley on Tuesday, February 28: Castro Valley 7, Enical 0

Singles

1. Rohit Sinha (CV) - Lam Tran 6-3, 6-0
2. Alex Low (CV) - Yale Munoz 6-3, 6-0
3. Dustin Fong (CV) - Kas Chin 7-5, 6-0
4. Brendan Soo (CV) - Dayne McDaniel 6-1, 6-0

Doubles

1. Scott Coleman / Leon Chen (CV) - Christian Collins / Ethan Filkins 6-3, 6-0
2. Ashir Gupta / Alexander Long (CV) - Kevin Amores / Tristan Hilario 6-1, 6-2
3. Peter Maina / Tony Gugg (CV) - Ben Holmes / Jacob Levine 6-1, 6-0



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CV Girls Basketball Champions

The Castro Valley Varsity girls basketball team finished its regular season with a 19-7 record and advanced to the North Coast Section playoffs, where the girls won 51-40 against Foothill, then beat California 60-48, before losing to Carondelet 76-35, in the semi-final round.

With their advancement to the semi-final round of NCS, they were granted a berth to the 2017 CIF (California Interscholastic Federation) State girls Championship.

Those playoffs begin tonight, as the Lady Trojans host the Folsom Bulldogs at 7 p.m. Please, come out and help support CVHS, in their run to a State Championship.

REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Home Preparation Bar Keeps Getting Raised

Today's buyers want move-in ready, but at a much higher standard

When my wife and I bought our first home, we were delighted to finally have our own digs. We knew things needed to be done, but we had stretched to our limit to get in and we were just happy to be there.

We understood that, over time, we'd be able to make improvements, but that patience was required until we had the necessary funds.

While we ended up making upgrades, throughout the entire time we lived there, we could never afford furniture for the living room. Since the home also had a family room, we opted for a sign in the living room stating, "Under development."

It was there, on the raised hearth of our beautiful stone fireplace, until the day we moved out.

That kind of thing doesn't happen much anymore.

We just had an offer cancel on a listing in escrow because the parents decided their chil-

dren could do better. They'd been looking for months, written many offers, but had never been able to land a contract until ours.

The buyer's agent sent me the cancellation along with a note she'd sent to the buyers informing them that they'd have to look elsewhere for representation. "They don't understand the market," she said. "They're way too picky."

Keep in mind that this was a home where the sellers had invested considerable funds upgrading the home, including remodeling the kitchen with refaced cabinets, new quartz counters with stainless-steel sink and faucet, tile floor, refinished hardwood floors throughout, a stunning brand-new main bathroom, dramatically upgraded master bathroom, new furnace and A/C, fresh paint, newer roof, and more.

In short, it was a gorgeous home completely move-in ready.

Cancellation in hand, we contacted the back-up offer. The

buyer's response when they went through the home again? "We don't have enough money to make necessary upgrades, so we will pass."

I was speechless.

Apparently, the days of buying an ordinary house you improve over time are going the way of the Dodo bird. Sellers, realizing this, frequently despair over the level of upgrades they feel they need to make before placing their home on the market.

Truth is, while buyers do want homes that are move-in ready, it feels like the bar is being raised every year. Since buyers are willing to pay a premium for nice, fully prepped homes, one has to wonder where this will finally end up.

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



March Jobs

With dry weather coming up, take time to get caught up on the chores you skipped during the rainy days. Pull weeds while the soil is still very moist. And, don't forget those snails and slugs. The early March rains brought them out in force. Hand pick them in the evening, or use copper barriers or crushed eggshells around newly transplanted flowers and vegetables.

Strawberries

Remove strawberry blooms through May to concentrate the plant's energy into big, sweet berries.

Roses

Check roses and trees for suckers, those little shoots that grow from the rootstock. Cut them off with shears or a spade, since they sap the plant's energy.

Keep your out-of-town friends and family informed with a subscription to the Forum!



Call 614-1555 for details!

RECENT HOME SALES

Castro Valley

19276 Almond Road	94546	\$615,000	4 BD - 1,810 SF - 1949
17987 Beardsley Street	94546	\$582,000	2 BD - 1,157 SF - 1950
19205 Carlton Avenue	94546	\$725,000	4 BD - 2,068 SF - 1950
19174 Gliddon Street	94546	\$605,000	3 BD - 1,133 SF - 1952
20041 Santa Maria Ave	94546	\$351,000	N/ABD - 1,442 SF - 1980
21781 Tanglewood Drive	94546	\$755,000	3 BD - 1,845 SF - 1948
17640 Vineyard Road	94546	\$898,000	4 BD - 2,633 SF - 1980
20111 West Ridge Ct #8	94546	\$500,000	2 BD - 1,467 SF - 1977
20876 Wilbeam Avenue	94546	\$550,000	2 BD - 656 SF - 1940

TOTAL SALES:	9
LOWEST AMOUNT:	\$351,000
HIGHEST AMOUNT:	\$898,000
MEDIAN AMOUNT:	\$605,000
AVERAGE AMOUNT:	\$620,111

San Leandro

1300 Benedict Drive	94577	\$878,000	3 BD - 3,373 SF - 1939
1401 Dutton Avenue	94577	\$619,000	2 BD - 1,320 SF - 1941
316 Farrelly Drive	94577	\$517,000	2 BD - 1,066 SF - 1941
538 McKinley Court	94577	\$640,000	2 BD - 1,416 SF - 1941
1933 Orchard Avenue	94577	\$570,000	3 BD - 1,532 SF - 1951
14404 Seagate Drive	94577	\$395,000	2 BD - 1,346 SF - 1984
923 Arguello Drive	94578	\$585,000	3 BD - 1,114 SF - 1954
16066 Cambrian Drive	94578	\$658,000	4 BD - 1,436 SF - 1952
16075 Carolyn Street	94578	\$609,000	2 BD - 1,233 SF - 1947
14101 East 14th St #301	94578	\$359,000	2 BD - 1,000 SF - 1986
3435 Figueroa Drive	94578	\$569,000	3 BD - 1,177 SF - 1956
1554 Fir Avenue	94578	\$480,000	2 BD - 968 SF - 1937
14745 Harold Avenue	94578	\$425,000	2 BD - 1,179 SF - 1977
14552 Lark Street	94578	\$510,000	2 BD - 1,002 SF - 1945
16701 Melody Way	94578	\$397,000	3 BD - 984 SF - 1945
16702 Rolando Avenue	94578	\$590,000	3 BD - 1,120 SF - 1952
13857 Rose Drive	94578	\$440,000	2 BD - 1,307 SF - 1981
14646 Wake Avenue	94578	\$425,000	2 BD - 981 SF - 1946
15024 Crosby Street	94579	\$505,000	2 BD - 986 SF - 1948
690 Fargo Avenue #15	94579	\$365,000	2 BD - 1,020 SF - 1965
690 Fargo Avenue #9	94579	\$360,000	2 BD - 1,020 SF - 1965
15128 Shining Star Lane	94579	\$865,000	4 BD - 2,820 SF - 1996
1655 Willow Avenue	94579	\$578,000	3 BD - 1,096 SF - 1953

TOTAL SALES:	23
LOWEST AMOUNT:	\$359,000
HIGHEST AMOUNT:	\$878,000
MEDIAN AMOUNT:	\$517,000
AVERAGE AMOUNT:	\$536,478


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Mortgage Rates Move Lower

Average fixed mortgage rates broke their month-long holding pattern and moved lower last week, according to Freddie Mac's weekly nationwide survey.

The 30-year fixed-rate mort-

gage averaged 4.10 percent, down from 4.16 percent a week earlier. A year ago at this time, the 30-year rate averaged 3.64 percent.

Fifteen-year home loans averaged 3.32 percent last week, down

from 3.37 percent. A year ago at this time, the 15-year rate averaged 2.94 percent. And, the 5-year hybrid adjustable-rate mortgage (ARM) averaged 3.14 percent last week, down from 3.16 percent.

OPEN HOMES SATURDAY & SUNDAY MARCH 11TH & 12TH

CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
F	1-4	1-4	1995 Barrymore Common #A	\$519,000	2/2	Berkshire Hathaway	The Brent Team	333-9404
A	—	1-4	573 Superior Avenue	\$738,000	3/2	Village Properties	Jessica Medina	750-0216
C	1-4	1-4	4667 Cristy Way	\$789,000	4/2.5	J. Rockcliff Realtors	Lisa Ferraris	304-1271
C	1-4	1-4	5669 Cold Water Drive	\$898,000	4/2	Re/Max Accord	Brian Cooney	690-1111

CITY GUIDE A = SAN LEANDRO • B = SAN LORENZO • C = CASTRO VALLEY • D = DUBLIN • F = FREMONT • H = HAYWARD • K = BERKELEY
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We All Came from Somewhere

Commentary by
Hannah Johansson & Ria Panjwani
SPECIAL TO THE FORUM

President Trump's executive orders banning travel from Muslim-majority nations have created a climate of chaotic fear for many U.S. immigrants, and have made Castro Valley High School community members anxious about what could happen to them and their families.

Senior Sara Abdulqawi and her family arrived in the United States from Yemen about four years ago. Abdulqawi wishes Trump would realize that not all Muslim immigrants are threats to national security.

"We all came from somewhere," said Abdulqawi, pointing out the fact that Melania Trump herself is an immigrant.

Because of Trump's attempted travel ban

which he said will promote national security, Abdulqawi and her family have been forced to alter their summer plans. Despite the fact that her entire family has green cards, traveling is dangerous. They are afraid they might not be able to re-enter the United States.

"We wanted to visit our family in Yemen for a month in the summer, but then my dad said no. He cancelled everything," said Abdulqawi. "I feel sad, because I was planning to go there and see my friends, my family, everyone."

The trip would have been the first time the Abdulqawi family had been back to Yemen to visit family and friends since they left.

Abdulqawi is not the only CVHS community member affected by the ban. Math teacher Sharafeldin Musa is an immigrant from Sudan. Musa holds dual citizenship in Sudan and the United States.

"That was a shock for us all. It hit us, hard,"

said Musa about Trump's order. "My father-in-law and my sister-in-law had an interview to get a visa to come to U.S. just two or three days before this travel ban was imposed on Sudan. They were very disappointed when they got an email from the embassy in Sudan cancelling the appointment for the time being."

Not just immigrants condemn the attempted ban. Even Republican leaders who generally submit to Trump's political ideals, such as Senators John McCain and Lindsey Graham, have expressed their concerns.

"We fear this executive order will become a self-inflicted wound in the fight against terrorism," said McCain.

Widespread opposition against the travel ban gives many immigrants, including Musa, hope for the future of United States immigrants.

"This is the country of law," he said. "No individual can wake up in the morning and try to come up with a law or rule breaking the Constitution. I am very optimistic that the rights of immigrants will be protected by the

Constitution."

To ease some confusion and panic, Castro Valley Unified School District held a meeting on Feb. 8 to inform immigrants of their rights. The meeting emphasized that all non-citizen immigrants need to be extremely wary of the Trump administration.

"They will use everything they can to get rid of us," said Ana Lilian Campa from the International Institute of the Bay Area, herself an immigrant.

However, the meeting also stressed a strong sense of solidarity between Castro Valley's immigrant residents and the school district. Superintendent Parvin Ahmadi told parents that CVUSD welcomes all students, regardless of their backgrounds.

"As long as you live in Castro Valley, your children are our children," said Ahmadi.

This article was written for the Castro Valley High School newspaper, "The Olympian." Hannah Johansson and Ria Panjwani are CVHS journalism students.

Obituaries

CASTRO VALLEY FORUM OBITUARIES

may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209. Include a phone number. Brief notices are published free. Longer obituaries, including pictures, are available for a fee. For help, call Patrick Vadnais at 510-614-1558

Ada LaVerne (Tommie) Simpson

June 16, 1925 – February 24, 2017

Proud WWII Veteran of the United States Navy, and loving wife, mother, grandmother and friend to all, Ada LaVerne "Tommie" Simpson was born in Delphi, Indiana to Vernice and Stella Thompson. The nickname "Tommie," she said, was from being a tomboy.

She had two brothers, John Linhart and Richard Thompson, both WWII veterans. She married her handsome sailor, William (Bill) Simpson, in 1946, and raised three children, Susan (Thomas) Simpson, Sharon (Rod) Pavao and Richard (Wendy) Simpson.

She enjoyed her 9 grandchildren, 16 great-grandchildren and 1 great-great-granddaughter. She retired from JC Penneys and lived in Livermore for more than 40 years. She was instrumental in the founding of Camp Parks History Museum in Dublin, a docent at the USS Hornet in Alameda, and a past president of the Eagles Auxiliary in Livermore.

She had many wonderful friends, especially her Penneys ladies and Hornet friends. After leaving Livermore, she was a resident of Castro Valley for the next 25 years and recently resided at Casa Sandoval in Hayward.

She enjoyed traveling, sewing, gardening, collecting dolls, WWII memorabilia and jewelry. She woke up everyday with a zest for life, taking care of grandkids, volunteering, reading and visiting friends. She loved crafts and fixing things, and experiencing life. She loved train trips across the country and going to Hawaii with her niece and brother. She was fearless, caring, and made friends everywhere she went. She will be terribly missed by anyone whose lives she touched.

Services on Thursday, March 9, at 11 a.m. at St. Michaels Church in Livermore. Luncheon following service at Eagles Hall in Livermore. Addition service aboard the USS Hornet Alameda on Sunday, March 19, at 1 p.m.



MARION, Severson, Ruth
SIMPSON, Ada LaVerne
(Tommie)

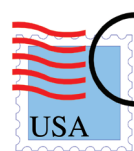
■ MARION, Severson, Ruth (August 30, 1924 – February 27, 2017 • Resident of Castro Valley) — A memorial celebration of Ruth's life will be held on Saturday, March 11, at 11 a.m. at Hope Lutheran Church, 600 W. 42nd Ave., in San Mateo. Reception immediately following.

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LETTERS TO THE EDITOR



Seeks Support for Opposition to Two Rowell Rodeo Events

Editor:

The annual May Rowell Ranch Rodeo in Castro Valley once boasted one of the more progressive animal welfare policies in the country. Today, not so much. The ranch is owned and operated by the Hayward Area Recreation District (H.A.R.D.).

Two abusive (and non-sanctioned) events need to be dropped from the rodeo program: the "wild cow milking contest" and the children's "mutton busting" event.

In the former, two cowboys manhandle a mother cow into submission and attempt to milk a few drops into a bottle. At the 2014 rodeo, a panicky cow jumped the fence and broke her neck, leaving an orphaned calf. (See YouTube videos.)

In the "mutton busting" event, children ages four-to-seven are coerced into riding terrified sheep, putting all at risk, the kids often in tears.

What a terrible message to send to impressionable youngsters about the proper treatment of animals! This event has been banned in New Zealand, per the recommendation of the NZ Veterinary Association, which deemed the sheep not built to carry the weight. (Again, see YouTube videos.)

How you can help: A H.A.R.D. subcommittee (board members Minane Jameson & Lou Andrade) will consider these issues at a public hearing at 7 p.m. on Wednesday, March 22 at the H.A.R.D. office, 1099 "E" Street in Hayward. The public is urged to attend.

Send support letters to above address, or email Paul McCreary, Genl. Mgr., and the Board of Directors: mccp@haywardrec.org

—Eric Mills, coordinator
Action for Animals, Oakland

Thanks to All Who Supported CVHS's Annual Youth-to-Youth Conference

Editor:

Saturday, March 4, was Youth to Youth's annual conference which was held at Castro Valley High School.

Youth to Youth is a youth driven program which uses education, peer support, and fun activities to help young people stay drug free. 340 students participated and 66 high school students staffed, both from mostly Castro Valley Unified School District and San Ramon Valley Unified School Districts. Sixteen college students who "graduated" from the program, came back to serve as A-Team, which mentors our high school staff.

We could not have pulled this off had it not been for those listed below. Our apologies for any omitted names: Affie Sklut, Alameda County Sheriff's Office and Board of Education, Annette Biggs, Blaine

Torpey, CV Community Action Network, CVHS staff—thank you for the use of your classroom, CV Rigatoni's, CV Rotary, CV School District Board, and custodial staff, Charlotte Irwin, Jay Espitallier, CV Mormon Church, Danville Boy Scout Troop 805, Danville/Sycamore Rotary, David Judson, Dougherty Valley San Ramon Rotary Club, Joe Willits, Kiwanis Club of San Ramon, Mailboxes 580 and Art Watson, Nate Biggs, parent and student volunteers, Pat Brandon, Patrinnia Redd, Pizza Express, Posh Bagels, Project Eden, Ray Lozano, Robert Pace with Intero Real Estate Services, Safeway stores at 580 Marketplace and Redwood Road, San Ramon Valley Community Against Substance Abuse (CASA), San Ramon Valley School District, Scott Gerbert, Subway on CV Blvd at San Miguel, and Susie Moran.

—Traci Cross, Kim Gallagher, Natalie Hung
Castro Valley

Distressed by 'Mischaracterizations' in Letter's 'Attacks on Working People'

Editor:

Factual errors and mischaracterizations were included in Stacy Spink's attacks on working people in his recent letter ("Not a Fan of Today's Unions," Letters, February 8).

Workers in California and other states, which freely allow employers and their represented workers to bargain their compensation and working conditions, make on average over \$6,100 a year more than workers in States with deceptively named right-to-work (RTW) laws.

States like California also have higher rates of health insurance coverage and fewer deadly accidents on the job than RTW states which restrict contract negotiations between workers and employers.

Local governments' bankruptcy filings in the last decade have happened more frequently in States which have RTW laws.

I was particularly distressed to see Mr. Spink use the Harris v. Quinn Supreme Court decision in her attacks. California's In-Home Supportive Service workers were not protected by Federal and State minimum wage laws before they voted, county by county, to choose Union representations.

Before they gained collective bargaining rights, IHSS providers in California made less than minimum wage and had no additional compensation at all: no health insurance, no paid days off, no help in gaining training and education to improve their caregiving. IHSS wages and compensations have improved substantially in the last decade.

Nearly half of California's IHSS workers care for disabled family members of all ages, from infants to senior citizens. When IHSS workers were paid much more poorly, family members and others wishing to care for Californians who qualify for IHSS assistance were often unable to do the work full-time and needed to seek other jobs to supplement their incomes.

Better pay makes IHSS work more viable, allowing more Californians to keep their disabled family

Letters continue on page 15



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Eugene Michael
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Memorial Mass will be held on Friday, March 10 at 11 a.m. at Transfiguration Catholic Church, 4000 E Castro Valley Blvd, Castro Valley



FD 1168 CR49

Learn Erosion Control Techniques To Deal With Area's Saturated Soil

By Susan Levenson
SPECIAL TO THE FORUM

With the correct landscaping, this would *never* happen to you!

With unpredictable weather on the global scale, locals must prepare for whatever nature has in store for us.

During a storm in early February, this large non-native eucalyptus tree fell from the creek bed onto Bancroft Ave. in San Leandro, occurring while a nearby school was in session less than 100 feet away.

Luckily no one was injured. Power outages occurred and traffic was blocked on Bancroft Ave. for hours.

With this year's excessive rains and hard winds, homes and businesses – especially those bordering the San Leandro Creek – are in danger of shifting soil and trees becoming uprooted.

To help remedy this fluid situation, an expert speaker, Dr. A. L. Riley will be coming to San Leandro this month to illustrate the basic "do's and don'ts" for managing urban streams, and the proper landscaping to support California's now-very-wet soil. Dr. Riley,



Learn basics for managing urban streams, and proper landscaping next Tues. at 6:30 p.m. at San Leandro Main Library, and the following Mon. at 1 p.m. at San Leandro City Hall.

an author, is a retired member of the San Francisco Bay Regional Water Quality Control Board.

His presentations will be given on both next Tuesday, March 14, at 6:30 p.m. at the San Leandro Main Library, and the following Monday, March 20 at 1 p.m. at San Leandro City Hall.

The presentations will be followed by a hands-on restoration training session on erosion control measures at Root Park on Saturday, March 25, utilizing various soil engineering principles that

that mimic nature's own erosion control solutions. Materials and tools will be provided for the field work.

Join Dr. Riley and the Friends of San Leandro Creek to learn simple, inexpensive but very effective stream bank stabilization. Materials and tools will be provided for the field work.

Susan Levenson is Watershed Awareness Coordinator for Friends of San Leandro Creek. She can be reached at slevenson@sanleandro.org

Trees: Fall Takes Out Electricity

continued from front page

tomers had no power, according to Tamar Sarkissian, PG&E spokeswoman. By 1 p.m., 95 customers had their service restored.

But the Clarks and about a dozen other customers didn't get their electricity back until after 4 a.m. on Monday, nearly a full day after the trees came down.

Sarkissian says that PG&E had to not only remove the trees from the lines, but they had to bring in a replacement utility pole, so they had to keep the power off while that was happening.

"We needed to be able to complete the work safely, so the power remained out until the pole was removed and replaced," said Sarkissian. "We worked through the night to do it."

PG&E says the Redwood Road outage is a reminder for everyone to always treat any downed power lines you may see as live, especially with a few more weeks of storm season still ahead of us.

"If you see downed lines, always assume they are dangerous," said Sarkissian. "We can't remind people enough – keep away and call 911."

Stress: How To Reduce it

continued from page 9

it allows you to focus on managing how you react," says Dr. Stoll. "We all need to know when to close our eyes and take a deep breath when we feel tension rising."

Longer-term solutions to stress may also be necessary. If you are taking out your stress on others or if you are doing things you don't really want to do – like overeating – it may be time to focus on taking better care of yourself by:

- Re-balancing work and home life
- Building regular exercise into your routine
- Reaching out to supportive friends and family
- Carving out time for a hobby—gardening, reading, listening to music
- Taking a class
- Practicing meditation, mindfulness or yoga
- Getting to bed earlier
- Spending time with a loving pet
- Taking a vacation
- Seeing a counselor, coach or advisor

Talking with your doctor can also help. He or she can evaluate your situation and suggest ways to manage your stress.

Recognizing what you can't control

When we focus on situations we can't really control and when we lose perspective about the big picture—what really matters—we can make ourselves pretty unhappy. Positive thinking is a big part of managing stress.

History: Parsons Died from a Heart Attack

continued from page 3

tor" by his fellow board members for refusing to vote to allocate funds for a school bus.

Parents argued the bus was necessary to bring students from Castro Valley and other outlying areas to the Foothill Boulevard campus. Parsons' reported angry reply, "I got along without a bus when I went to school...They're raising a bunch of sissies today."

Despite this conflict, Parsons remained a highly regarded member of the board.

Isaac B. Parsons never retired.

He continued working and kept active in the Hayward and Castro Valley community up until his death on September 29, 1948. He died unexpectedly from a heart attack at his Castro Valley home while preparing for a business trip. Parsons remains were sent to Arlington National Cemetery for internment.

John Christian is Associate Archivist of the Hayward Area Historical Society, located at 22380 Foothill Blvd. in Hayward. For more info call 510-581-0223 or visit: haywardareahistory.org.



Isaac B. Parsons at a Hayward Union High School Board meeting in 1936.

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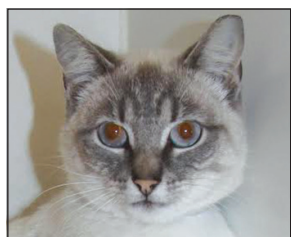
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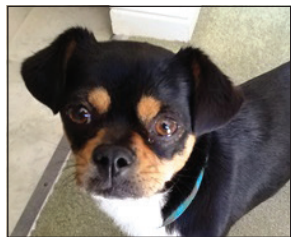
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ROMEO is a 1-year old "Chug". He is housetrained, lovable, and small. What else could you possibly want? For more info., complete an online application at: www.dustypawsrescue.org



CORAL is a 2-year-old, DSH. She is a beautiful girl and is good with dogs, other cats are a maybe. For more information, complete an online application at: www.dustypawsrescue.org

Reports: CV

continued from page 3

paraphernalia. The woman was traveling on Lake Chabot Road near Park Way when deputies approached her to serve a warrant and discovered her stash. Deputies took the woman to Santa Rita Jail pending \$10,000 in bail.

Drug Bust Ends in Two Arrests

Tuesday, February 28: at 3:17 p.m., deputies arrested two men on drug possession related charges outside a home on Grove Way near Gary Drive. A 32-year old man was discovered with illegal drug paraphernalia while a 33-year-old man from Tracy (San Joaquin County) was found with illegal drug paraphernalia and illegal narcotics in his possession.

Caught Stealing

Tuesday, February 28: at 8:11 p.m., a 26-year-old woman from Oakland was arrested on suspicion of theft outside a grocery store on the Boulevard near Redwood Road. The woman was spotted leaving the building with an unspecified amount of unpaid merchandise. The woman was taken into custody.



PHOTO COURTESY OF THE HAYWARD AREA HISTORICAL SOCIETY

The McConaghy Family in a photo from the late 1800s.

McCONAGHY HOUSE

Immigration – Then and Now – Will be Discussed at ‘Community Conversation’

Think you've seen what there is to see at McConaghy House? Think again!

Through a new tour series, "If These Walls Could Talk," the Hayward Area Historical Society hopes to show that the McConaghy House has endless stories to tell in addition to the family history available to visitors during our open days on the first weekend of every month.

This season, the first tour in "If These Walls Could Talk" examines, at length, the McConaghy Family's journey to this country and their experience in America.

It will be followed by a discussion panel about the history of immigration in this area and current events. The Historical Society

aims to bring a panel of historians, city and county officials and those familiar with immigration law together to talk about the past, present and how we can support each other as a community. Snacks will be provided.

Following our Scots-Irish Immigration tour on Saturday, March 18, the first "Community Conversation" will be held from 12:30 p.m. to 2:00 p.m.

There is a small fee for the tour itself, but the Community Conversation that will be held after is free.

The Conversation will focus on Hayward's Immigrant history, current events, rights and resources for immigrants and how we can support each other as a community. It will feature such guest speakers

as Hayward Councilmembers Francisco Zermeno and Mark Salinas, and Immigration Lawyer Spojmie Nasiri.

Each speaker will address the topic from a different angle, and will weigh-in on how community members can support each other as well as answer questions.

Scots-Irish Immigration Tour will be from 10 to 11:30 a.m. (\$15 general admission, \$10 for students, seniors and HAHS members. The Community Conversation at 12:30 p.m. will be free.

The historic McConaghy House is located at 18701 Hesperian Blvd. in Hayward's Kennedy Park. For more information, call the Historical Society at 510-581-0223.

—Gretta Stimson, HAHS

County Treasurer-Tax Collector Opening

Alameda County homeowners will be writing a new name on their property tax checks this fall.

Donald R. White retired last week prior to completing his sixth four-year term as County Treasurer-Tax Collector of Alameda County. He was the first African American elected to the position.

The tax collector's job will be up for election again in 2018. In the meantime, the Alameda County

Board of Supervisors will be accepting applications for the next couple of weeks from people interested in taking over the job.

If you're interested, you can obtain an application packet from the Clerk of the Board of Supervisors in Suite 536 of the County Administration Building, 1221 Oak St. in Oakland. The Clerk's office is open from 8:30 a.m. to 5 p.m. Monday through Friday. Applications

packets can be obtained in person only.

Applicants should read all materials in the application packet carefully.

Applications must be filed in person by the applicant, or the applicant's representative, with the Clerk of the Board of the Board of Supervisors.

Deadline to apply for the position is 5 p.m. on Friday, March 24.

Beat: Recognizing the Symptoms of AFib

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less common symptoms include chest pain or fainting.

"For many people, stroke is their first symptom of AFib," says Patrick T. Ellinor, M.D., Ph.D., Director of the Cardiac Arrhythmia Service at Massachusetts General Hospital.

What To Do

The good news is that recognizing the symptoms of AFib and getting treatment can significantly reduce the risk of stroke.

"AFib is a leading cause of stroke but it is treatable. That's why it's so important to understand your risks and recognize any symptoms you may have," Dr. Ellinor said.

Treatment for AFib using blood thinners has also become easier, thanks to new medications that don't require repeated blood tests and are more effective at stroke prevention.

For some people, a surgical procedure in which the disruptive heart tissue is destroyed, called a

cardiac ablation, can also be effective in preventing future occurrences of AFib.

If you suspect you have AFib, meet with your doctor and continue with any treatment, even if you no longer experience symptoms, Dr. Ellinor said.

Learn More

For further facts about AFib, including risk factors, symptoms and treatment, visit the American Heart Association at www.heart.org/afibawareness.



IMPORTANT DISPOSAL INFORMATION:

Fats, Oils, and Grease (FOG) is used to aid in or is produced during the preparation of food. FOG affects the sewer system performance by clogging sewer lines which can cause Sanitary Sewer Overflows (SSOs). Over time, FOG can build up and block entire pipes, leading to property damage, health hazards, and increases in operation and maintenance costs for CVSan, resulting in higher sewer bills.

- **For proper FOG disposal:** please do not pour cooking/fryer oil or grease scraped from cookware down the drain or in the garbage. It can be temporarily collected in a compostable container (paper milk or ice cream carton) and **disposed of in small amounts in your green organics cart.** Or, use a metal can and pour the grease directly into your cart (it's best to pour on top of leaves, grass clippings, or other yard trimmings).

Thank you for your cooperation in disposing of FOG properly. For more information, please visit our FOG web page at www.cvsan.org/HowToDisposeofFOG.

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