

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 29

WEDNESDAY, JUNE 14, 2017

NO. 24

INSIDE YOUR FORUM

NEWS



Having a Ball

Castro Valley team wins annual charity bocce ball tournament

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OUR TOWN



Jr. Rodeo Queen

CVHS student crowned 2017-18 Miss Livermore Junior Rodeo Queen

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H&F



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PHONE: (510) 537-1792

Like a Dream: CVHS Graduates Move Boldly Toward the Future

By Michael Singer
CASTRO VALLEY FORUM

They are young, they are diverse, and most of all, they are dreamers.

Nearly 700 students at Castro Valley High School received diplomas last Thursday making it one of the largest graduating classes to date.

The ceremony also marked a year with a rich tapestry of cultural and social backgrounds. Family and friends in attendance were welcomed to the ceremony in 20 of the languages spoken on campus, including Hindi, Farsi, Lao, Arabic, Cantonese, Vietnamese, French, German, and Tagalog.

Associated Student Body President Arian Faizi revealed that many graduates of the Class of 2017 have already extended their four years of education at Castro Valley across a global stage.

Some graduates attended the 2017 U.S. Presidential Inauguration in Washington DC; others worked with non-profits in the Dominican Republic and Nicaragua; while others studied abroad in Europe and Asia.

"Although people like to lump us in with millennials, we are Generation Z," Faizi said, hoping to see *GRADUATES* on page 11



PHOTO BY FRED ZEHLER

POMP AND CIRCUMSTANCE: There was standing-room-only as thousands of family-members and friends filled the CVHS Football Stadium for Thursday afternoon graduation ceremonies.

Castro Valley Car Show This Saturday

The Batmobile from the original Batman TV series, and a group of Lamborghini and Ferrari super cars will be featured this Saturday at the 11th Annual Castro Valley Car Show.

Over a half-mile of classic cars, street rods, race cars and custom vehicles will be on display from noon until 5 p.m. on Castro Valley Boulevard between Redwood Road and San Miguel Avenue.

The Boulevard will be closed at 8 a.m. and a couple of hours later, the custom cars will cruise into their parking spots for the main event, which is being presented by the Hayward-Castro Valley Moose Lodge 1491.

Thousands are expected to turn out for this amazing display of

classic and custom cars, and to visit a variety of vendors displaying their wares, snacks and services, and beer from local craft breweries.

"Our vision is to provide a community event that will engage our residents, highlight our local businesses and attract car enthusiasts near and far," said Ken Carbone, who organizes the annual show.

The Car Show began in 2006 with 46 cars in the Castro Village. This Saturday more than 300 cars will be on display at the family-friendly event.

Money raised benefits the Moose Lodge, which provides affordable and donated space for organizations, events and meet- see *CAR* on page 7



MAC MEETING

Cell Tower Proposal is Rejected

By Amy Sylvestri
CASTRO VALLEY FORUM

It's back to the drawing board for a proposed cell tower that Verizon wants to build at the Holy Cross Episcopal Church, as the Castro Valley Municipal Advisory Council (MAC) rejected a second pitch from the cell phone company.

Verizon first proposed a metal pole cell tower at the property at the corner of Heyer Avenue and Center Street to the MAC last month and the MAC sent them away asking for some faux tree cell tower designs to consider.

But Verizon came back with a church bell tower design by a member of the Holy Cross' vestry.

"It's the very least intrusive design we can manage," said Michell Ellis of Verizon.

But the MAC seemed set on a tree tower and asked Ellis to return to the MAC at a future meeting with some tree designs and artificial leaf and bark samples.

"We've definitely been burned before," said MAC Chair Marc Crawford of cell phone towers in Castro Valley. "It's not unusual for these (applications) to come back three or four times."

see *MAC* on page 11

NBA CHAMPIONS


Parade for Warriors Tomorrow

The Golden State Warriors and the City of Oakland will hold a celebration parade and rally tomorrow, June 15, to celebrate the Warriors winning the NBA Championship Monday night with a 129-120 victory over the Cleveland Cavaliers, capping one of the greatest postseason runs in the history of the league.


The parade begins at 10 a.m. on Broadway at 10th St. and proceeds north up Broadway before turning right on Grand Ave., then right on Harrison St., left on to 19th St., then right onto Oak St. before terminating outside the Henry J. Kaiser Convention Center, where a rally will begin at approximately 12:15 p.m.

see *WARRIORS* on page 8


Castro Valley Weather June 14 - 18, 2017




Wednesday
Mostly Sunny
High 76° Low 55°




Thursday
Mostly Sunny
High 78° Low 57°



Friday
Mostly Sunny
High 84° Low 60°




Saturday
Mostly Sunny
High 86° Low 62°



Sunday
Mostly Sunny
High 81° Low 64°


Almanac




Past Week's Rain: 00.00
Season To Date: 36.22
Normal To Date: 21.22
Season Average: 21.22

Moon Phases


June 17




June 23



June 29



July 8



Sun sets at 8:33 p.m. today, rises at 5:46 a.m. Thursday.

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Chabot Dam Retrofit Nears Completion

By Amy Sylvestri
CASTRO VALLEY FORUM

Seismic upgrades on the 1880s-era Lake Chabot Dam are nearing completion after being delayed about three months by last winter's record rainfall.

The East Bay Municipal Utility District has been upgrading the earthen dam for over a year to bring it up to state-mandated standards. The work includes drilling into the dam and filling the holes with concrete. That part is complete, rendering the dam safe even in the event on a major quake on the Hayward Fault, according to District engineer Tom Boardman.

"The dam is strong again, stronger than it needs to be," he said.

If a big quake had hit before the upgrade, engineers estimated the dam could have "slumped" up to five feet and shifted to one side.

The other part of the project is moving mechanical parts and drainage outlets that can release water to the spillway.

Work was also slowed by hundreds of swallows that built nests under a small bridge in the construction zone. Boardman said they had to wait out mating season before they could move heavy equipment over the bridge.

The Upgrade has closed parts of Lake Chabot Regional Park for over a year. EBMUD was hoping that everything would be open for summer recreation, but the completion date has been reset for October.

But Boardman says, "We are in the home-stretch."

CV Team Wins Charity Bocce Tourney

"Four Paesani," a Castro Valley team of Gary Kohler, Al Bronzini, Rich De Luca, and Bruce Tobia, bested seven other bocce teams to win the 8th Annual George Mark Children's House Benefit Bocce Tournament at the Ken Martin Bocce Courts (Adobe Park) on Saturday, June 3.

Second place went to the "Cavallinos," a team from Danville that won last year's Big Salami Shoot.

Following them into third place was another Castro Valley team, "Bocce Brothers".

Officiation was ably handled by Assistant Tournament Director Max Martin assisted by Greg Pierson, Gene Klein, Emma Martin, and Patty Martin.

Al Bronzini, as usual, passed out his delicious Italian meat balls during the lunch break. Donuts, coffee, and orange juice were available to all the participants.

The tournament was hosted by the Buon Tempo Italian American Club to raise funds for the George Mark Children's House, a facility in San Leandro for the palliative care of terminally ill children. This year's tournament netted almost \$2,000. This facility depends almost entirely on donations, which can be sent to George Mark Children's House, 2121 George Mark Lane, San Leandro, CA 94578.

—Ken Martin

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PLAIN WHITE T'S
JUNE 18



JANA KRAMER
JUNE 21



JOHN MICHAEL MONTGOMERY
JUNE 23



CLINT BLACK
JUNE 28



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JUNE 18 Father's Day Dads Free Until 5PM* Western Weekend Plain White T's	JUNE 19 CLOSED	JUNE 20 CLOSED	JUNE 21 Foster Kids Clothing Drive Until 5PM* Presented by MATTRESS FIRM \$1 Rides Until 5PM* Jana Kramer	JUNE 22 Seniors Free Until 5PM* \$2 Taste of Fair Until 5PM* Tower of Power Horse Racing	JUNE 23 Kids Free Until 5PM* Presented by xfinity Extreme Rodeo John Michael Montgomery Horse Racing	JUNE 24 Red, White & Brew Fest Extreme Rodeo ASIA Featuring John Payne Horse Racing
JUNE 25 Festival Latino Fiesta Del Charro Rose Royce Horse Racing	JUNE 26 CLOSED	JUNE 27 CLOSED	JUNE 28 Feed the Need Food Drive Until 5PM* \$1 Rides Until 5PM* Clint Black	JUNE 29 Seniors Free Until 5PM* \$2 Taste of Fair Until 5PM* Ann Wilson of Heart	JUNE 30 Kids Free Until 5PM* Presented by xfinity Monster Trucks Super Diamond Horse Racing	JULY 1 Sip, Savor & Wager Wine Fest Monster Trucks Sheila E Horse Racing
JULY 2 Monster Trucks America Horse Racing	JULY 3 Queen Nation Horse Racing	JULY 4 Fireworks Spectacular Presented by MATTRESS FIRM Red, White & Brew Fest First Responders Day Until 5PM* Horse Racing	JULY 5 \$1 Admission & \$1 Rides Until 5PM* Wynonna & the Big Noise	JULY 6 Seniors Free Until 5PM* \$2 Taste of Fair Until 5PM* Journey Revisited	JULY 7 Kids Free Until 5PM* Presented by xfinity Demo Derby Foreverland Tribute to Michael Jackson Horse Racing	JULY 8 Demo Derby Jody Watley Featuring Shalamar Reloaded Horse Racing
JULY 9 RV Demo Derby Night Ranger Horse Racing	ALL DISCOUNTS END AT 5PM * Check website for details. Schedule subject to change. alamedacountyfair.com					

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CVHS Student Crowned 'Miss Livermore Junior Rodeo Queen'

Castro Valley High School student Olivia Sherman has been crowned 2017-18 Miss Livermore Junior Rodeo Queen. The rodeo will be held this Saturday in the Livermore Valley Arena.

Sherman, 15, won the title in a competition at Basso's Arena where she and three other contestants performed a horsemanship pattern, barrel pattern and were interviewed. They were also judged on knowledge of tack, queen wave, carrying a flag on horseback, fashion and personality.

Sherman attended Palomares Elementary and Creekside Middle Schools, and has also been a member of CV Redwood 4-H for eight years, riding horses, and raising sheep and rabbits. Her future plans include working toward an agriculture sales degree, and college rodeo team riding and bull riding.

Along with the crown, she was given a silver belt buckle, sash, fringed chest collar and engraved leather halter. A personalized Cactus brand saddle is expected soon.

Sherman will be at Saturday's Junior Rodeo, riding her palomino "Peach" and signing autographs.



Olivia Sherman of Castro Valley is this year's Miss Livermore Junior Rodeo Queen. The rodeo will be held Saturday.

CV Students Inducted into Honor Society

Two Castro Valley students were recently initiated into The Honor Society of Phi Kappa Phi, the nation's most selective all-discipline collegiate honor society.

Amanda Clemmons was initiated at San Jose State University.

Heidi Harrison was initiated at

Southern Oregon University.

They are among some 30,000 students, professional staff and alumni to be initiated each year.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



Finders, But Not Keepers

Saturday, June 10: at 6:06 p.m., Sheriff's deputies arrested a 50-year-old man with no permanent address on suspicion of possession of stolen property he claimed he found. The man was also identified as having a warrant for his arrest. Deputies stopped the man at the intersection of Center Street and the Boulevard where they confirmed his warrant. The man was taken to Santa Rita Jail pending \$5,000 in bail.

Drunk and Disorderly

Saturday, June 10: 1:37 p.m., a 53-year-old woman from CV was arrested on suspicion of public intoxication and resisting arrest. Deputies caught the woman at the intersection of Grove Way and Redwood Road. The woman failed her field sobriety test but put up a fight before she was handcuffed and taken into custody.

Can't Stay Away

Saturday, June 10: at 1:01 a.m., deputies arrested a 61-year-old man from San Leandro on suspicion of public intoxication and violating a court-issued restraining order. The man was spotted in front of a business he was asked to stay away from on the Boulevard near Stanton Avenue. Deputies approaching the man reported smelling alcohol on his breath. The man failed his field sobriety test and was taken into custody.

Illegal Narcotics and Drug Paraphernalia

Saturday, June 10: at 1:01 a.m., a 30-year-old man from Castro Valley was arrested on suspicion of possession of illegal narcotics and illegal drug paraphernalia. Deputies stopped the man for questioning in front of a business on Castro Valley Boulevard near Stanton Avenue when they discovered his stash. The man was handcuffed and taken into custody.

Public Intoxication

Saturday, June 10: at 2:09 a.m., a 27-year-old man from Castro Valley was arrested on suspicion of public intoxication. Deputies were called to a home on Carlton Avenue near Barlow Drive to investigate a man screaming. The man was found on the front porch of the house with a blood-alcohol level of .276% or more than three times the legal limit. Deputies took the man to a sobering center.

Wanted Man

Friday, June 9: at 11:24 p.m., deputies arrested a 39-year-old man with no permanent address on suspicion of possession of illegal narcotics and stolen property. The man was also wanted as part of a warrant issued for his capture. Deputies spotted the man hanging outside a grocery store on Redwood Road near the Boulevard. The man was taken to Santa Rita Jail pending \$5,000 in bail.

Stun Gun

Friday, June 9: at 2:57 p.m., a 41-year-old man from Hayward was arrested on suspicion of possession of methamphetamine drugs, illegal drug paraphernalia, stolen property, and illegal possession of a stun gun. Deputies approached the man for questioning on Bridge Court near Grove Way when they confirmed a warrant issued for his arrest. The man was

see REPORTS on page 7

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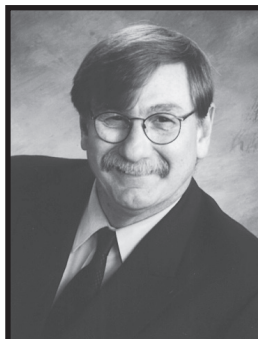
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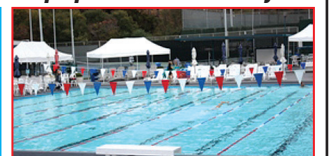
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The Week Ahead

● Wednesday, June 14: *Toastmasters Open House*

Top of the Hill Toastmasters Club is hosting an Open House this evening at All Saints Church, Faith Formation Center, 22824 Second St. in Hayward at 7 p.m. No admission charge. Door prizes, refreshments served. For more info, visit www.toastmasters.org or call Eugenia at 510-537-1662.

● Thursday, June 15: *Senior Scam-Stopper Seminar*

Turn the tables on fraud as Assemblymember Bill Quirk and the California Contractors State License Board host a free Senior Scam Stopper Seminar from 1 to 3 p.m. tomorrow at the Aitken Senior Center, 17800 Redwood Road in Castro Valley. A panel of experts will provide information to seniors on how to avoid becoming victims. For more info or to RSVP, contact Assemblymember Quirk's office at 510-583-8818.

● Thursday, June 15: *Downtown Hayward Street Party*

The Downtown Hayward Street Party season opens its 17th year from 5:30 to 8:30 p.m. tomorrow with bands, a classic car show, street entertainers, food, rides for kids and family fun at Hayward City Hall, 777 B Street. For info, visit www.hayward.org

● Saturday, June 17: *Fixit Clinic*

Bring your broken, non-functioning electronics, small appliances, computers, toys, bicycles, clothes, etc. for assessment, disassembly, and possible repair, to the Fixit Clinic at the Castro Valley Library from 1 to 4 p.m. this Saturday. Specialty tools and guidance from Fixit Coaches will help you troubleshoot your item. The clinic is designed to provide a chance to learn how to fix your item, not to hand it over for someone else to fix. Priority given to those signing-up ahead at fixitclinic.org.

● Saturday, June 17: *Coffee with Eden Area Village*

Join Eden Area Village, a peer-to-peer network for seniors, at the Cannery Cafe located at 22380 Foothill Blvd in the Hayward Area Historical Society at 9 a.m. this Saturday for coffee and conversation. Find out how to join us in providing social interaction and services to help seniors in the Hayward, Castro Valley, and San Lorenzo area "age in place."

● Saturday, June 17: *Sports Collectors Show*

The Meridians of St. Leander's Church are sponsoring their 16th Summer Sport Collector Show from 9 a.m. to 4 p.m. this Saturday at the Ryan O'Connell Church Hall, 575 W. Estuillo Ave., San Leandro, with a variety of memorabilia dating back to 1880. General admission is \$4, or \$2 for under 10 or over 65. Call 510-538-6245 for more info.

● Saturday, June 17: *Open Mic: Your Chance to Perform*

You're invited to perform in a relaxed setting this Saturday at the Castro Valley School of Music, 3300 E. Castro Valley Blvd. Singers, songwriters, solo instrumentalist and poets welcome. Ages 14 and under from 6-7 p.m., others from 7 to 8. For more info, call 510-397-0721.

● Sunday, June 18: *Sneak Peek at Shakespeare Festival*

The Castro Valley Library presents a sneak peek at the upcoming Livermore Shakespeare Festival, from 2 to 3:30 p.m. this Sunday. Performers will give you an inside look at their productions of "A Midsummer Night's Dream" and "Cyrano de Bergerac," which run from June 29 to July 30 at Wente Vineyards in Livermore. No tickets are necessary for Sunday's program.

● Tuesday, June 20: *"Real Boy" Screening & Discussion*

The Castro Valley Library will screen the 72-minute award-winning film "Real Boy" at 7 p.m. on June 20, followed by a discussion via Skype with Bennett Wallace, the transgender teen whose life is chronicled in this intimate story of a family in transition. As 19-year-old Bennett navigates early sobriety, late adolescence, and the evolution of his gender identity, his mother makes her own transformation from resistance to acceptance of her trans son.

● Thursday, June 22: *Barbershop Chorus Open House*

The New Dimension Barbershop Chorus will hold an open house from 7:30 to 9 p.m. on June 22 at Calvary Lutheran Church, 17200 Via Magdalena, San Lorenzo. The chorus has no religious affiliation and all are welcome. Current members come from Castro Valley, Hayward and all over the East Bay. Watch, learn and or participate as the chorus rehearses, performs and explains the barbershop style of singing.

● Saturday, June 24: *Animals as Family Members*

The Castro Valley Library will host the Rev. Nancy Schluntz for a presentation on "Animals as Family Members: Living with, Loving, and Losing Them" from 2 to 4 p.m. on June 24. Animals become a part of the family, and we feel their loss keenly. The Rev. Schluntz, an interfaith minister and animal chaplain, will discuss how we communicate with our pets, how we can prepare them for changes, and how we can cope with the grief of their loss. Take home tips, handouts, and a suggested reading list.

● Saturday, June 24: *A Call for Volunteers*

Chabot Space & Science Center at 10000 Skyline Blvd., Oakland, is seeking volunteers who will make astronomy and science come alive for children and families through new interactive experiences and hands-on demonstrations. You don't have to know science; the Center will teach you. Volunteers are asked to work 8 hours per month for at least one year. A volunteer orientation will be held at 10 a.m. on Saturday, June 24. For more information or to register for the orientation, visit www.chabotspace.org/adult-volunteers.htm

● Saturday, June 24: *Free Pit Bull Adoptions*

The volunteers at the Hayward Animal Shelter are holding a Red, White & Blue Pit Bull Adoption Event from 1 to 5 p.m. on June 24, at 16 Barnes Court in Hayward (near the DMV). Adoption fees, which include spay/neuter, vaccinations and microchip) will be covered by SantaCon Hayward on adoptions of pit bulls and pit bull mixes. (Hayward residents must pay a \$17 licensing fee.) For more info, visit www.SantaConHayward.com and www.facebook.com/haywardanimalshelter.

● Saturday, June 24: *Relay for Life Annual Car Show*

The San Leandro Relay for Life presents its 3rd Annual Car Show and BBQ from 10 a.m. to 2:30 p.m. on June 24 at Transfiguration Church, 4000 E. Castro Valley Blvd. All proceeds will benefit San Leandro's Relay for Life's efforts to raise money for the American Cancer

Society. For more info about registration, donations, or volunteering, contact Lindsey Durao at 510-919-3346 (Durao42306@aol.com) or Michelle Etherton 510-882-5877 (Mush027@aol.com).

● Saturday, June 24: *Soroptimist Flea Market Fundraiser*

Shop for great bargains at Soroptimist International of the East Bay's Flea Market from 8 a.m. to 4 p.m. on June 24 at 3841 Somerset Ave., Castro Valley, while supporting scholarships and local programs that support women and their families. For more info, call 510-593-7377.

● Saturday, July 8: *Castro Valley Pride Celebration*

Castro Valley Pride returns for its 7th year from noon to 5 p.m. on July 8, once again transforming the Castro Valley High School Redwood Road parking lot into a fun-filled space with food trucks, vendors, and live music on two stages, as it creates a safe and welcoming space for the LGBTQ community and gives its friends, family, neighbors, and allies a place to enjoy a beautiful summer day together. For vendor or group booth opportunities, visit www.castrovalleypride.com.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events listed below are available online at www.cv.k12.ca.us/cfa; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. phone 889-8961; or at the CV Adult School, 4430 Alma Ave.

● **Castro Valley Adult School Band**, will present a free concert this evening, June 14, at 7:30 p.m.

● Season Tickets on Sale Monday

Tickets for the Castro Valley Arts Foundation 2017-2018 Series go on sale June 19. If subscribers wish to keep their same seats, please go to the box office by June 30th. Seats will be blocked out for new series subscribers until July 14. The series includes: "The Filharmonic" on Aug. 19, "The Spouse Whisperer" on Sept. 16, "New Year's Eve Cabaret" on Dec. 31, "Super Diamond: The Neil Diamond Tribute" on Jan. 27, "Wake the Dead" on Feb. 24, and "Franc D' Ambrosio's Broadway" on March 31.

THEATRICAL & MUSICAL PERFORMANCES

● **"Elvis Has Left the Building,"** a comedic farce, will be presented by Chanticleers Theatre, 3683 Quail Avenue in Castro Valley from June 30 to July 23. It is December 20, 1970 and Elvis Presley has disappeared. No one, not even his wily manager "The Colonel," knows of his whereabouts. Hi-jinks abound as the Colonel takes desperate measures to replace a man who is irreplaceable. This hilariously funny story will keep you guessing until the end. General admission is \$25 (\$20 for seniors 60+ and military). For more information or tickets, call 510-733-3483 or visit chanticleers.org

ART GALLERIES & EVENTS

● **"Wake, Sleep, Repeat: Repetition in the Everyday,"** an exhibition open to all Bay Area artists and featuring a variety of media encompassing the numerous ways repetition is embedded in our daily lives, is on display at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. For more information, call 510-881-6735, or visit adobe-gallery@haywardrec.org

● **Artist Open Studio Every Thursday:** Join this informal gathering of artists working together in a friendly and helpful atmosphere. Begin something new or work on an unfinished art project. Adobe Art Center hosts provides tables, chairs and easels. \$3. Thursdays 10 a.m. to 2 p.m. in the Redwood Studio 1 at the Adobe Art Center, 20395 San Miguel Ave., Castro Valley.

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

● **"Welcome Home Project"** and **"In My Own Backyard,"** a dual exhibition, continues at the John O'Lague Galleria in Hayward City Hall, sponsored by the Hayward Arts Council. "The Welcome Home Project" is a collection of 20 stories and photos of formerly incarcerated Alameda County residents who were able to turn their lives in a positive way. "In My Own Backyard" features digital prints of 35 Hayward landmarks by Jeanne Bertolina. The gallery is open Monday to Friday, from 9 a.m. to 5 p.m.

● **San Leandro Art Association** members' paintings will be on display at Zocalo Coffeehouse, 645 Bancroft Ave. in San Leandro thru July 31.

CASTRO VALLEY FORUM

ESTABLISHED: 1989 • CIRCULATION 22,500

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HOROSCOPE by Salomé

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ARIES (March 21 - April 19): A recent spate of confusion regarding decision-making begins to clear up. But caution is still advised. Continue to check details. An old friend has important news.



TAURUS (April 20 - May 20): You're anxious to see your ideas move from concept to development. But trying to force the issue right now could backfire. Wait for movement to resume shortly.



GEMINI (May 21 - June 20): Keep your thoughts focused on the positive as you deal with an unexpected turn of events in a personal or professional relationship. This could be the start of a welcome change.



CANCER (June 21 - July 22): Health matters take on added importance at this time. Deal with them before they interfere with your summer plans. A relationship that cooled off could soon warm up again.



LEO (July 23 - August 22): While a few details involving upcoming decisions still need your attention, you fun-loving Felines can begin to spend more time enjoying your lively social life again.



VIRGO (August 23 - Sept. 22): That long-sought-after career change could require you to move to another city. Weigh your decision carefully before either accepting or rejecting the offer out of hand.



LIBRA (Sept. 23 - October 22): A workplace situation can be awkward for Librans who prefer to keep their problems private. But you might have to "tell-all" if you hope to see it resolved in your favor.



SCORPIO (October 23 - November 21): Although your financial situation starts to improve this week, you still need to be cautious about money matters. Avoid major obligations, for now.



SAGITTARIUS (Nov. 22 - Dec. 21): Your overall aspects continue to brighten, allowing you to tackle long-deferred challenges. A change in travel plans could work to your benefit.



CAPRICORN (Dec. 22 - Jan. 19): Things seem to be slowing down for the usually restless Sea Goat. But wouldn't a bit of respite be just what you need right now? Activity picks up by the weekend.



AQUARIUS (Jan. 20 - Feb. 18): Personal relationships take a positive turn for both married and single Aquarians. Professional commitments, however, could be complicated by newly emerging events.



PISCES (Feb. 19 - March 20): A decision you thought was final might be reopened as new facts are discovered. This could lead to a short-term problem, but ultimately might prove beneficial.

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Car: Show This Saturday

continued from front page
ings. Contributions are also made to Moose Heart Charities, as well as local youth organizations. Major funding for the Car Show is made possible by sponsorships from local businesses and individuals. Community partners include 3 Crosses Church which hosts a pre-event staging of participants' cars, the Alameda County Sher-

iff's Office and California Highway Patrol which assist with road closures and provide security, youth volunteers from the Hayward Sea Cadets and Castro Valley HS Key Club, Alameda Collision which hosts lunch for the volunteers, and CVSan which provides recycling and garbage receptacles. The Boulevard will remain blocked-off until 7 p.m.

Reports: Drugs; Assault on a Relative; Spousal Battery

continued from page 3
handcuffed and taken to Santa Rita Jail pending \$20,000 in bail.

Illegal Drugs
Friday, June 9: at 1:24 a.m., deputies arrested a 30-year-old man from Castro Valley on suspicion of possession of illegal narcotics and illegal drug paraphernalia. The man was traveling on Redwood Road near Redwood Court when deputies stopped him for questioning and discovered his stash. Deputies took the man into custody.

Assault on Relative And Violating Parole
Wednesday, June 7: at 3:45 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a business on East Castro Valley Boulevard near Crow Canyon Road. There, they arrested a 32-year-old man with no permanent address on suspicion of assault on a relative and violating the terms of his parole. The man was also wanted as part of a warrant issued for his capture. Deputies took the man to Santa Rita Jail and held him without bail.

Violated Court-Issued Restraining Order
Thursday, June 8: at 3:30 a.m., a 33-year-old man with no permanent address was arrested on suspicion of violating a court-issued restraining order. Deputies were called to investigate a suspicious person roaming around an apartment complex on Marshall Street near David Street. There, they arrested the man fitting the description. Deputies took the man into custody after reports that the man was likely to continue violating the restraining order.

Loud Argument and Spousal Battery
Tuesday, June 6: at 9:32 a.m., deputies arrested a 27-year-old man from Castro Valley on suspicion of spousal battery. Emergency calls about a loud argument sent deputies to a home on Seven Hills and Alcorn Place. There, they found the suspect also had an outstanding warrant issued for his capture. The man was handcuffed and taken to Santa Rita Jail pending \$5,000 in bail. The victim was treated at the scene.

Concentrated Cannabis and Driving Under the Influence
Wednesday, June 7: at 2:30 a.m., a 19-year-old man from Stockton (San Joaquin County) was arrested on suspicion of driving under the influence of drugs, driving with an invalid driver's license, and possession of concentrated cannabis. Deputies pulled the man

over on Redwood Road near Vegas Avenue after observing the man weaving in and out of traffic. Deputies reported smelling burnt marijuana coming from the vehicle. A search of the man resulted in finding marijuana in his pockets and illegal concentrated cannabis in the car. The man was taken into custody.



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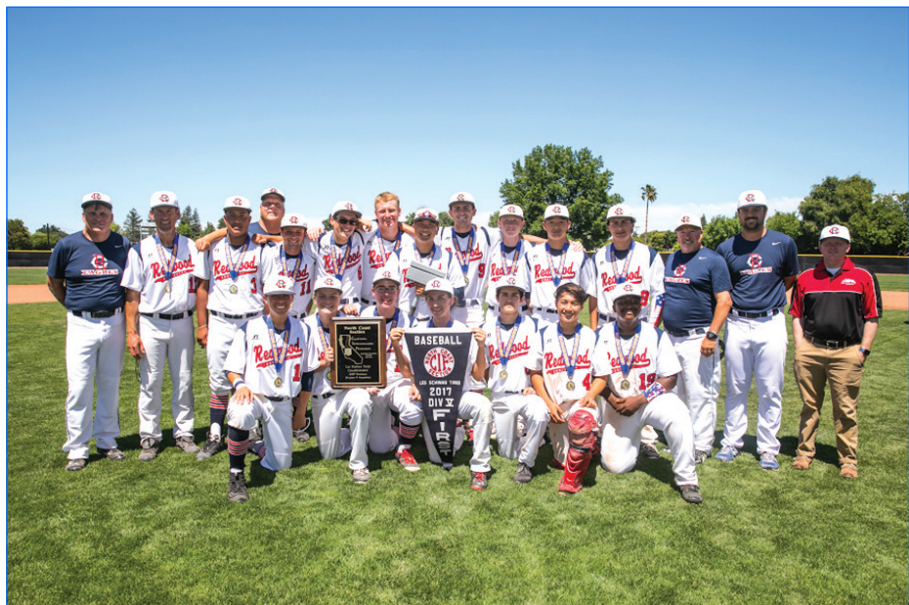
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ATHLETES OF THE WEEK



Redwood Christian Eagles' Baseball Team

This week's Athletes of the Week are the members of the Redwood Christian Eagles' baseball team. The Eagles won the North Coast Section/California Interscholastic Federation Division 5 baseball Championship, on Saturday, June 4, at Diablo Valley College in Pleasant Hill.

RCHS' pitcher, Alex Williams, pitched an outstanding game allowing only one earned run as the Eagles won 4-1 over the Athenian School of Danville.

Williams, Keith Collier, Andrew Saake, and

Jonathan Cardena drove in the four runs scored, with Cardena's hit on a two out, pinch hit. Nathaniel Nam, Myles McElroy, Matthew Dzoan, and Eric "Cruz" Costa scored the Eagles' runs.

Lam, Chaz Lack, McElroy, and Andrew Saake, each had two hits for the Eagles. The RCHS defense was flawless.

"This group embodied the word 'team,' said Coach Jim Cleveland after the win. "They embraced their roles and supported one another throughout the season."

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PHOTO COURTESY OF SUZI MILLS

Junior Tennis League Champions

The 2017 Spring Canyon/Creekside tennis team, coached by Suzi Mills, won the Alameda County Junior Tennis League (ACJTL) Championships, finishing with a record of 5-0. The members of the team are Camille Camoro, Marissa Chan, Aidan Chiang, Ashley Fang, Colby Fong, Kalina Francois, Timothy Hoang, Ryan Huey, Levina La, Lauren Leong, Lindsey Leong, Josh Levano, Spenser Lin-Jones, Tim Liu, Peter McKinney, Patrick Mishreky, Anthony Mok, Drew Paxman, Zhenshu Qin, Nick Tsang, Jeffrey Wang, Francis Wilson, Ian Woo, Mia Woo and Alex Zhang.



Canyon Wins SACMAL Pennant

The Canyon Middle School golf team, comprised of 26 golfers, finished another great season. Todd Daniel Sr, PGA, coached the first place finisher, with a team consisting of 12 members on the Gold team and 14 members on the Red team. The Condors recorded their second consecutive undefeated season and won the Southern Alameda County Middle-school Athletic League (SACMAL) pennant. Competition was tough amongst the middle schools, but Canyon worked hard and defeated their opponents by controlling their emotions, staying focused, and believing in their abilities.

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Warriors: Parade, Rally Is Tomorrow

continued from front page

The Rally site has limited capacity and access will be closed when capacity is reached. A remote viewing area will be available at Lake Merritt Boulevard and East 12th Street.

AC Transit riders will be inconvenienced today and tomorrow, however buses will keep running despite the closure of several streets.

BART ridership is expected to hit an all-time high Thursday. An extensive guide for riders can be found at www.bart.gov.

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High Intensity Interval Training Boosts Metabolism Long-Term

By Chris LaLanne
SPECIAL TO THE FORUM

What is HIIT training? High Intensity Interval Training is an incredibly efficient and effective method of training for achieving maximum results in minimum time.

HIIT workouts include repeated "work" intervals at a relatively high intensity (20 seconds up to 180 seconds at 80-90% effort), followed by periods of "recovery" at low intensity of equal duration or less (at 40-50% effort).

When performed 3 or more days per week, participants can experience dramatic results including fat loss and muscle gain. In addition to the number and length of work/recovery intervals, appropriate movement selection is also very important to ensuring safety and productivity.

Regardless of your current fitness level, when selecting movements to include in your workout, I recommend basic body weight movements to maintain muscle function and balance!

This is an example of a fun, fast-paced 30 minute HIIT workout:

Start a running clock. 3, 2, 1... GO: Warm-up Jog for 2 minutes. Then, immediately burst into a 30 second sprint, followed by 90 seconds walk.

Repeat for 5 rounds. Rest for 2 minutes, hydrate if needed. Then repeat 3 rounds; 40 seconds work, 20 seconds rest. 1. Body Weight Squat, 2. Jumping Jack, 3. Forward lunge, 4. Sit-Up. Then cool-down with 4 minutes of lower back and hip stretches.



High Intensity Interval Training is an efficient and effective method of training for maximum results in minimum time.

HIIT training is mentally engaging and fun while also boosting your metabolism long-term. This is due to a process known as "EPOC", which stands for "excess post exercise oxygen consumption." This magic period which can last up to 36 hours after exercise is when the body is restoring itself to pre-exercise levels, and thus using more energy.

What else happens during this "after-burn" period is pretty amazing. The body is forced to adapt quickly and it starts to burn stored fat, increase aerobic capacity, improve insulin sensitivity and reduce blood pressure.

HIIT training may also be safer than traditional, long, slow, distance training due to a reduction in total training volume. HIIT training allows elite professional and endurance athletes to train more frequently, injury free!

Prior to beginning any exercise program, including the activities described in this article, individuals should seek medical evaluation and clearance to engage in activity.

Not all exercise programs are suitable for everyone. Activities should be carried out at a pace that is comfortable for the user. Users should discontinue participation in any exercise activity that causes pain or discomfort.

Chris LaLanne is the grand nephew of Jack LaLanne and owner of LaLanne Bootcamp in CV.

Stroke: Preventable, Treatable

By David C. Bonovich, M.D.
SPECIAL TO THE FORUM

Take a deep breath. Take another one.

You've just added oxygen to your lungs. Your lungs will take that oxygen and transfer it to your blood. Your blood will then travel throughout your body depositing the oxygen wherever it is needed. All of this happens without you having to direct it, thanks in large part to your brain.

But what would happen if your brain didn't get the oxygen it needs because a blood vessel that should deliver it is blocked by a clot or has ruptured and spilled its cargo?

This is not a hypothetical scenario

This is exactly what happens when someone has a stroke; an event that occurs every 40 seconds in the United States.

Without oxygen brain cells begin to die, in as quickly as one minute, leading to brain damage. And while the damage occurs in the brain, it disrupts function elsewhere – commonly speech or movement – because the brain controls the body.

If the damage is not treated quickly the stroke will be fatal.

Stroke is the fifth leading cause of death in the U.S. and is a major cause of serious disability for adults. There is hope however.

Stroke is preventable

Up to 80 percent of strokes are preventable, and you can lower your chances of having a stroke. The National Stroke Association recommends that you talk to your doctor about the four "H's" which are:

- **Heredity:** Has someone in your family had a stroke, high blood pressure, or heart disease? If yes, you'll need to take extra precaution to manage your risk factors.



High blood pressure is the leading cause of stroke.

- **High Blood Pressure:** Sometimes referred to as hypertension, high blood pressure is the leading cause of stroke. Healthy diet, exercise and medication can help lower your blood pressure and keep it down.

- **Heart Disease:** Conditions like atherosclerosis, coronary artery disease, valve defects, and enlarged heart chambers increase the risk of stroke; your physician may recommend surgery to lower your risk.

- **High Cholesterol:** Having your cholesterol checked annually is important because too much cholesterol in your blood can clog arteries and cause a stroke.

Stroke is treatable

Getting immediate treatment – at the right hospital – can preempt death and disability from stroke. The following acronym "FAST" can help you recognize the signs of stroke and act quickly:

- **Face:** Look for an uneven smile or expression, facial droop, or numbness in the face.

- **Arm:** One arm drifts down, displays weakness or feels numb

- **Speech:** Sudden slurred speech, inappropriate words, or inability to speak

- **Time:** Time is critical, call 9-1-1!

Emergency responders will take suspected stroke patients to a specialized stroke center where the quickest possible diagnosis can be made and treatment started.

On average 35 percent of people who recover from a stroke live the rest of their life with no (or minor) impairments. For the remaining survivors, rehabilitation is vital to helping the brain relearn the skills that were lost when the damaged occurred, for example coordinating leg movements in order to walk.

Rehabilitation begins in the acute-care hospital as soon as the patient is stable, often within 24 to 48 hours after the stroke, and may include physical therapy, occupational therapy, speech language therapy and recreational therapy.

Dr. David C. Bonovich is a neurologist and endovascular neuro-interventionalist affiliated with Eden Medical Center.

Free Bicycle Repairs Saturday

Is your bike making mysterious sounds? Or is it in your garage collecting dust because it has a flat tire?

If so, come down to the Castro Valley Library and join us for a free bicycle repair clinic this Saturday afternoon, June 17, hosted by BikeMobile of Alameda County.

The BikeMobile can fix flat tires, adjust brakes and gears, and even replace worn out parts (except for missing wheels or gears) from noon to 4 p.m.

While mechanics work on your

bike they'll explain how your bike works and how to keep it running smooth. Bikes will be repaired on a first-come, first-serve basis.

The BikeMobile is a mobile bicycle repair clinic that offers free bike repair services, and bike mechanics and safety education to schools, community organizations, and at public events in Alameda County.

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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Avoid These 5 Failures for Buyers

It's no secret it is hard for buyers to compete in the current market. We are still seeing limited inventory across the Bay Area and, with the local economy in top gear, the market remains geared towards sellers.

While we all know a market shift is coming, and while many Realtors agree it appears to be imminent, it hasn't happened yet.

Consequently, buyers that want to get into a home now must still be aggressive.

Here are five epic buyer fails to avoid if you want to complete a purchase in the next few months:

1. Failure To Respond

While some agents deliberately put homes on the market and keep them there for a couple of weeks to get maximum exposure, others are content to allow offers to come in immediately.

Buyers that have not been pre-approved and have all their documentation in place will miss out on the latter types of listings. In fact, we recommend that you don't look at homes until you are actually ready to write an offer.

See a home you like? Don't hesitate — if you take time to think about it, it will most likely be gone.

2. Failure To Impress

We recommend buyers write a letter to the sellers if they want to land a specific home. While some sellers are only interested in the bottom line, others want their home going to buyers they believe will care for it the way they did.

I've seen buyers land properties even though they were not the strongest offer because the sellers were impressed with their heartfelt letter.

3. Failure To Compete

In hot markets, set your sites lower because multiple offers push prices upwards.

Want to write a lowball offer on a hot property? It's a total waste of everyone's time. We recommend that you not look at properties at the top of your price range, but rather 10-15 percent lower. That way, you can compete in a bidding war.

4. Failure to Inspect

While many sellers want to see offers with all contingencies removed, if the seller did not provide current Inspection Reports from reputable inspectors, *do not* write offers with no inspection contingency.

5. Failure to Persevere

Buyers that succeed often write many offers before landing a contract. Don't give up! Figure out why you didn't get the previous property, adjust as necessary and push on. In the current market, Persevere, Persevere, Persevere.

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.

RECENT HOME SALES

Hayward

25925 Cascade Street	94544	\$685,000	4 BD - 2,161 SF - 1954
32306 Ithaca Street	94544	\$642,000	3 BD - 1,455 SF - 1951
1258 McBride Lane	94544	\$575,000	3 BD - 1,231 SF - 1954

TOTAL SALES:	3		
LOWEST AMOUNT:	\$575,000	MEDIAN AMOUNT:	\$642,000
HIGHEST AMOUNT:	\$685,000	AVERAGE AMOUNT:	\$634,000

San Leandro

680 Fargo Avenue #22	94579	\$362,000	2 BD - 850 SF - 1965
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San Lorenzo

1616 Via Rancho	94580	\$622,500	3 BD - 1,143 SF - 1955
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2487 Yaffe Drive • San Leandro • \$869,000

This expansive home is located in the Castro Valley School District and features panoramic views of Castro Valley, and much more! This home is wonderful for a large family or multi-generational living. Features include 4 bedrooms, 2 kitchens, 3 bathrooms and an unfinished basement. Great expansion opportunity with many extra square feet waiting to be developed. Close to Stanton Elementary, BART, Chabot public market, Lake Chabot and downtown. Open Saturday and Sunday from 1 to 5 p.m.



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Fixed Rates Fall

Mixed economic data and increasing uncertainty are continuing to push rates to the lowest levels in nearly seven months.

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CITY	SAT	SUN	ADDRESS	PRICE	BD/RMS/BATHS	REALTOR	AGENT	PHONE
A	1-4	1-4	2487 Yaffe Drive	\$869,000	4/3	Coldwell Banker	Rebecca Sayami	510-888-6330
A	—	1-4	5326 Briar Ridge Drive	\$599,000	3/2.5	Coldwell Banker	Laurie Pfohl	510-851-3551

One-Line Open Home Listings run Wednesdays in the Castro Valley Forum (22,500 circ.) and Thursdays in the San Leandro Times (38,500 circ.) for \$25. For more information and a listing form, call 614-1558. DEADLINE: TUESDAY AT NOON.

CITY GUIDE A = SAN LEANDRO • B = SAN LORENZO • C = CASTRO VALLEY • D = DUBLIN • F = FREMONT • H = HAYWARD • K = BERKELEY
O = OAKLAND • P = PLEASANTON • S = SHEFFIELD VILLAGE • SR = SAN RAMON • W = WALNUT CREEK • Z = ALAMEDA

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Graduates: 'No Limits to Our Dreams'

continued from front page

dispel stereotypes about the graduates. "Not all of us walk around looking at our phones all day long."

Faizi also called on the Class of 2017 to be the ones to take a stand against hate and crippling climate change.

Already, Castro Valley's Senior class was noted for its many social campaigns including protesting the 2016 Presidential election results, supporting gay and transgender lifestyles, and most recently standing up against racist graffiti on school grounds.

"We have protested and danced with each other all four years," Faizi added. "Where else but at Castro Valley High School can you get into a political discussion at lunchtime and finish your afternoon watching a cultural dance?"

A third of graduating Seniors obtained highest honors including 72 students receiving a GPA of 4.0 or higher. Dozens of graduates also received scholarships to universities and colleges including UC Berkeley, Stanford, Howard University, and the U.S. Naval Academy.

"I am honored to be graduating from Castro Valley. I can't wait to see what everyone does in the future," Senior Ruby Welsh Ferreyra told the Forum.

Student speaker Andre Juntilla summed up the graduation sentiment when he addressed the crowd with a call to dream.

"We all come from different families and different backgrounds, but we all dream – the best part about dreams is that there are no limits," Juntilla said. "The time has come, though, to wake up and pursue those dreams and take what you have learned and never stop dreaming."



PHOTO BY LINDA SANDSMARK

Outdoor recreation area of the 80-acre Sequoians Clothes-Free Club, which is located at 10200 Cull Canyon Road in Castro Valley. The club has nearly 700 members and will hold an open house on June 24 for those who want to learn more.

Nude Social Club in Castro Valley To Hold Open House on June 24

By Linda Sandmark
CASTRO VALLEY FORUM

The Sequoians Clothes-Free Club in Castro Valley will hold an open house on Saturday, June 24, for people who might be interested in joining.

"We are celebrating 70 years as a wonderful place to enjoy nude recreation," says Social Chair Harriet Neely. "We are a family-friendly membership club."

"We welcome all who find being nude in a social setting a new experience, to come learn more about our 'Little piece of Paradise.' It is a wonderful way to escape the pressures of the everyday textile world and find an inner peace."

Neely says that during the Open House there will be tours for first-

time visitors who need not be nude for the introductory tour. Those choosing to stay are expected to be nude on the pool deck and in the common grounds area.

Wraps are appropriate when walking around, if needed, and when hiking.

"Once people decide to stay they seem to become comfortable being nude, since that is what they see all around the area," Neely adds.

The Sequoians offer many activities, such as Bocce ball, ladder ball, pickle ball, horseshoes, badminton, and just relaxing by the pool. There is also hiking on several trails, and camping for members.

Children under 18 must be accompanied by a parent. Anyone over 18 is allowed to come on their

own. A potluck is held on Saturday nights and all are welcome to stay for it. Those attending the potluck should bring an entrée for themselves plus a side dish for eight to share.

"We just want people to understand that we are here to enjoy the freedom of sun on our bare skin, an acceptance of the human body, and no more than that," says Neely.

The Open House is free to first-time visitors. Anyone planning to stay should bring a towel and sunscreen.

More information, including rules and membership rates, is available at www.sequoians.com, or by calling 510-582-0194. The club is located at 10200 Cull Canyon Road, Castro Valley.

'Summer Reading' Kick-Off Returns Through CV Library

Castro Valley Library's annual Summer Reading program runs now through Sept. 15. This year's theme – Ready for Tomorrow – inspires readers to learn something new and connect with their communities.

Participants will try something new at home, in the community, and around the globe. They can: read a new book, visit a new place, try a new craft, volunteer at an organization, and meet new people. In doing so, they will have a chance to win free books and prizes by reading and completing various activities.

Research shows that youth who read over the summer months avoid summer learning loss and return to school better equipped.

This year's program promotes participation between people of all ages. There are no age-specific formats; everyone plays one game.

The online version expands access for those who can't make it to the library or are away on summer vacation. This summer's schedule will run an additional four weeks to accommodate learning throughout the entire vacation period.

Sign up at summer.aclibrary.org or visit aclibrary.org for more info.

MAC: Townhouse Project

continued from front page
Townhouse Project

At the same meeting on Monday night, the MAC heard a preliminary proposal for a housing project of 20 townhouses in four separate buildings on a 1.12 acre site at 20785 and 20985 Baker Road.

The site is near Castro Valley Boulevard and therefore "high density residential" zoning is allowable, according to county planning staff.

The three-story townhouses will be 35 feet tall and be between

1,936 and 2,162 square feet. Currently, the lot is mostly empty but there are two century-old houses and a few trees, which developer Todd Deutscher plans to clear for construction.

The MAC said higher density housing, particularly near the Boulevard and BART station, is the trend of the future and Deutscher says the project will only be 60 percent of the density allowed by the zoning guidelines.

"We work very hard to make a compliant and friendly project," said Deutscher.

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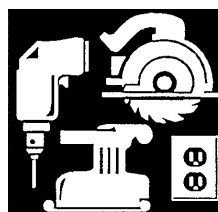
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LETTERS TO THE EDITOR

Calls Eden Area MAC Survey 'Misleading'

Editor:

Don't be misled!

Look in your mail for a critically important survey from the county that arrived before June 12th. There is a very misleading statement on the survey that says, "Members of the Eden Area Livability Initiative...

considered whether there was a need for a Municipal Advisory Council in the Eden Area," which would lead you to believe that it was just one idea that somebody threw out there.

The truth is that over the last 10 years, many citizen volunteers in EAL's Governance Group put in countless hours of research, discussion, painstaking debate, and attempts at other alternatives. In March of 2016 we reached a unanimous decision that an Eden MAC is the best step to improve our local government representation in the unincorporated Eden area.

Do not let those in positions of power and influence deny us of what we have needed for a very long time. We need a local official government forum for our community to have a voice in our future. We need a Municipal Advisory Council like the one Castro Valley has had for over 35 years.

It's time to turn things around. This is finally within our grasp, so let's get it done. There are only six questions on the survey. The last two will ask about a MAC. Those of us who have been working on this ask you to please vote "Yes" on question No. 5 for a single unifying MAC.

—Keith Barros, San Lorenzo

'Outraged' by CVHS Students Trashing Neighborhood

Editor:

This is a letter of outrage sent to the CV High School's principal. I live in very close vicinity of the school and I am at my wit's end. Late one night I took the trash out. Somebody, either a student or a parent, decided that my trash can had to be placed on the sidewalk in order to be able to make room for his/her car – although this is a no-parking zone area.

As a result my trash was not picked up.

We, the neighbors, have complained to the school several times in the past. Your students, their parents and your teachers – not every single one of course – suffer from spiritual narcissism, deplore the neighborhood and are blinded by a colossal sense of entitlement.

Some of your students, their families and teachers delude themselves when they pat themselves on the back by day's end saying: Boy, ain't I wonderful? I recycled, I drilled into my students/children

the notion of taking care of the environment and by golly, we have 18 recycling bins full to the brim.

Would you, as the principal, change that? Are you hungry for real improvement? They are in your care! Instill in them the notion that their neighborhood is their main environment and their efforts go down the toilet if they trash the neighborhood!

Take a stroll behind your students at lunch time. They will toss cans into yards, pizza, ketchup pouches and fries on the street.

Do you know how many times the students have been involved in accidents right here in this neighborhood? Street racing or showing off their "donut" skills happen almost daily!

No, because you have 18 recycling bins and a weekly 'trash-less' lunch and that is good enough.

—Clemen Cortes, Castro Valley

Keep a Trash Bag in Your Car – and Use It

Editor:

How long must a dumped sofa remain at Miramar and Stanton Avenues? It had been on the side of the street for well over one month.

The streets of Castro Valley are becoming littered with all kinds of trash. Waste Management is not helping with the problem.

Yes, I can understand drivers for Waste Management cannot take the time to sweep up. However, each and every homeowner or renter can do their part in keeping Castro Valley clean.

Please, when you are driving don't allow those in your car to through their trash out the window. Do as many others do, keep a trash bag in your car and use it!

I have also witnessed those having a snack in parking lots just dumping the remains next to their cars and then driving off.

—Dick Purdee, Castro Valley

'Grave Concerns' About Women's Health Rights

Editor:

We are the Alameda chapter of Solidarity Sundays, a nationwide feminist activist group. We were founded in Alameda in November 2015.

We're writing to express our grave concerns about women's health and reproductive rights in this country, especially in the wake of the House vote on the AHCA.

According to that bill, just being a woman is a pre-existing condition – many of the "illnesses" that could result in denial of coverage are gender-specific, including postpartum depression, c-sections, and menstrual irregularities.

The AHCA would allow states to opt-out of requiring that insurance plans provide "essential care benefits," such as birth control.

Insurance plans that cover abortion would diminish because they would lose federal tax dollars, and pregnant women would likely have to pay much higher premiums for maternity care.

The bill now heads to the Senate. We need our Senators to craft a health care plan that will protect the health of all women-not put us at a disadvantage because of the bodies we have.

—Laurel Landes, Hayward

The Alameda Chapter of Solidarity Sundays

Real Reason for Trump's Withdrawal from Paris Accord?

Editor:

The President said his primary reason for withdrawing from the Paris Climate Accord is "for economic reasons," but that's not true. The top executives of 16 of the largest companies took out full page ads in newspapers or posted to social media stating their disapproval.

The top executives of Tesla, Disney, General Electric, Facebook, Space X, Twitter, Google, Goldman Sachs, Microsoft, Apple, Amazon, IBM and Shell Oil among others can't all be wrong.

The U.S. is the second largest polluter in the world and out of the top economies in the world, we rank 13 out of 16 for energy efficiency. What is the real reason Mr. Trump?

Could it be that you're beholden to the oil companies who financially backed your campaign? If so, then you are willing to throw away our children's future in order to keep your cronies happy. It is despicable.

—René Besold, Castro Valley

'Only Thing Great About Trump is His Ego'

Editor:

Mr. Scott ("Lists Trump Accomplishments in First 100 Days," Letters, May 17), it's an incredible stretch of imagination to attribute anything having to do with the economy to Trump, particularly since he has no significant legislation passed by congress.

The economy has been rolling along nicely since Obama took office, and it is doing fine on its own. While my view might be of a glass half empty, yours vision seems to be through Trump colored glass.

Since I last wrote to the paper, we can add further to Trump's incompetence with obstruction of justice and passing on secrets to his Russian bros, with calls for impeachment from congress as well. The only thing great about Trump is his ego.

—Robert Thomas, Castro Valley

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James Warren Journey



Jim Journey passed away peacefully at home on June 4th with his wife and dog by his side. He was 76. Jim was born in Berkeley, grew up in Oakland, graduated from Castlemont High School and served in the Army. A resident of Castro Valley for over 50 years, Jim worked at the East Bay Regional Park District where he retired as Fire Captain. Jim was a NASCAR fan, enjoyed going to car shows and tinkering with his collection of classic cars and hot rods. He is survived by his wife, Lynette, of 25 years; his mother, Floriene Journey; his brother, John Journey; his 3 daughters, Jamie, Debbie and Kristy; and 7 grandchildren.

A memorial service will be held at Lone Tree Cemetery, 24591 Fairview Ave., in Hayward on Friday, June 16, at 1 p.m. in the open pavilion.

THE FORUM CROSSWORD

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ANSWERS ON PAGE 9



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CONGRATULATIONS!

CASTRO VALLEY HIGH SCHOOL GRADUATING CLASS OF 2017



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Wednesday, June 14, 2017

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Andre Reyes Acosta
Saher Ahmad
Mihret Lakew Akelilu
Aaron Michael Albright
Daniel Joseph Alexander
Lauren Marie Alexander
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Vanessa K. Brissette-Contreras
Jarod Porter Brommer
Desiree Alexis Broome
Kaiya K. Toporek Brown
Robert Lee Bruce
Robert Wilmer Brue
Mark Christian Bucklin
Michaela Ryan Budde
Ethan John Burnett
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Darrien Lloyd Cabreana
Raechel Christy Cadiz
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Dianta MiguelVillase Caraway
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ADOPT-A-PET



MAN MAN is a sweet, playful 3 month old kitten who started out a bit shy. He'll do great in a home where he can play, explore and be loved. Info: Hayward Animal Shelter. (510) 293-7200.



ARDEN 2-year-old brown tiger who's friendly and just wants to be loved. He's talkative and enjoys being with people. For more information: Hayward Animal Shelter. (510) 293-7200.



DILLON is about a year old. He is a mostly white cat, possibly part Siamese. Dillon has become very bonded to his foster sister GiGi. It would be very nice for them to be adopted together.



GIGI is a bright, petite grey tabby with white paws, approximately 1 year old as of 3/20/17. For more information please complete an application at: www.dustypawsrescue.org

Woodminster Summer Musicals' Season

The 51st season of the Woodminster Summer Musicals in Oakland's Joaquin Miller Park will open with "Mamma Mia!" performed July 7-9 and 13-16.

The show is newly available for regional theaters after its 14-year run on Broadway and numerous tours.

Woodminster's production will be the Bay Area premiere of this international lighthearted smash hit that follows the adventures of a young woman who, before her own wedding, wants to discover the identity of her father.

She invites three men from her mother's past to her wedding on the Greek island where she was conceived 20 years before.

Mamma Mia! features a number of dance numbers to upbeat ABBA songs including "Dancing Queen," "Super Trouper," "Gimme Gimme Gimme," and "Take a Chance On Me." This show is appropriate for the whole family.

"South Pacific," the classic 1949 Rodgers and Hammerstein adaptation of Michener's Tales

of the South Pacific, will be performed August 4-6 and 10-13.

This perennial favorite contains some of the most famous songs in musical theater history, including "Bali Ha'i," "Some Enchanted Evening," "Younger Than Springtime," and "You've Got To Be Carefully Taught."

South Pacific has likable characters and a compelling plot, and will appeal to all ages with the possible exception of very young children. Older children will enjoy the lively musical numbers, and teens will appreciate the thoughtful treatment of issues like racism and the costs of war.

This nearly 70-year-old show is still relevant and entertaining, and has continued to be revived and toured in the 21st century.

Disney's "Beauty and the Beast" will run September 1-3 and 7-10. This is the popular stage version adapted from the 1991 Academy-award-winning animated film, which in turn has led to the 2017 live-action film version.

Originally a classic French fairy tale, Beauty and the Beast tells the story of Belle, a smart and heroic

young woman, and the Beast, who is really a young prince trapped under the spell of an enchantress. His household is also under the spell, and the stage version has actors playing the roles of household items.

The songs include the familiar classics from the animated film like "Be Our Guest," "Gaston," and the haunting title ballad, "Beauty and the Beast." This show is appropriate for all ages.

"We have always made families a priority, because we feel so strongly about making live theater available to our whole community,

including children," says Managing Director Harriet Schlader. "We love that so many people tell us they saw their first live show here, and every year we talk about kids and families when we're selecting our season."

Tickets are available online, by phone, or by mail. Ticket prices range from \$31 to \$64, with season tickets providing about a 15% discount. Numerous other discounts are available, including a 75% discount for tickets for children and teens 16 and younger who attend with adults (up to 5 kids per adult).

Source Reduction Specialist Sought for Recycling Board

The Alameda County Source Recycling Board has a vacancy for an experienced Source Reduction Specialist.

The Recycling Board administers the county's Waste Reduction and Recycling Initiative.

The appointee must live in Ala-

ameda County. The appointment is for two years. Board members are eligible for re-appointment to one additional term.

The deadline for application is Friday, June 30. More information on the application process can be found at www.StopWaste.org.

HOMEOWNERS:

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REPLACE THAT
LEAKY SEWER
LATERAL?

Grants up to
\$2,000 available

LATERAL REPLACEMENT GRANT PROGRAM

Castro Valley Sanitary District (CVSan) is pleased to announce the continuance of the Lateral Replacement Grant Program (LRGP) for the 2017/2018 Fiscal Year. \$50,000 in total funding has been approved and the program is scheduled to start **Monday, July 10, 2017** at 7:30 a.m. Financial assistance is available for replacement or repair of more than 50% of the building lateral, up to 50% of the total cost of the lowest bid, up to a maximum of \$2,000 per building lateral (subject to availability of funds).

IMPORTANT INFORMATION:

Condition Ratings

Laterals are to be video inspected by the property owner's contractor and witnessed by CVSan. CVSan will evaluate the condition of the lateral and assign a condition rating. Only those laterals with a rating above a certain designation will be eligible for the grant.

Qualified Contractors

CVSan will make a list of qualified contractors available to the public. Only those qualified will be allowed to work on LRGF projects. Qualified contractors are properly licensed to replace sewer laterals, have no outstanding matters with CVSan, and have not presented misleading or confusing print media to the community about the program.

For information, please contact Castro Valley Sanitary District
21040 Marshall Street, Castro Valley, CA 94546
(510) 606-1300 | www.cvsan.org/grants





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