

BEGINS
TOMORROW

QUICK TO FIX MEALS
Hello Summer

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CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, JUNE 20, 2018

NO. 25

INSIDE YOUR FORUM

NEWS



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PHONE: (510) 537-1792



Fair Opens With 'Old West' Flair

HERD ON THE STREET: The 106th edition of the Alameda County Fair opened with real "Old West" flair on Friday as dozens of cowboys and cowgirls drove 150 head of cattle — some of them longhorns — through the center of Downtown Pleasanton, an event that attracted nationwide TV coverage. Some 24,684 people showed up for opening day, many to take a spin on the new 70 mph, 120-foot high Turbo in the midway, or to get a birds-eye view of the fairgrounds from the new Sky Ride. The fair runs through July 8.



PHOTOS BY MIKE SEDLAK / PLEASANTON WEEKLY

ELECTRIC SERVICE

New Power Provider for Castro Valley

By Amy Sylvestri
CASTRO VALLEY FORUM

When you flip on that light switch, the electricity that illuminates your home might not be coming from PG&E.

Castro Valley and other unincorporated communities as well as 11 cities in Alameda County have begun the switchover to East Bay Community Energy (EBCE), a nonprofit alternative electricity provider.

Businesses within EBCE's service area are being automatically enrolled to receive cleaner energy this month, and residential customers will be enrolled in November.

County officials say EBCE will save money because it will buy power directly from a source, circumventing PG&E.

The money saved from that step could go to pay for more expensive forms of energy, including solar and wind in the future.

For now, the EBCE will be using energy from a variety of sources, including hydroelectric dams in the Pacific Northwest and wind farms in Southern California.

The EBCE will still pay PG&E to maintain the power distribution system and to bill customers. And EBCE will still source some of its energy from PG&E because of ongoing, long-term contracts.

The EBCE program is opt-out rather than opt-in, so your electricity will be coming from EBCE unless you choose to take action to leave the program.

Community energy aggregators like EBCE currently serve just over 12 percent of Californians. Critics say such agencies are just being used so cities can say they are "doing something green."

Those with questions about EBCE or who want to opt-out can visit ebce.org or call 833-699-3223.

Large Increase in Whooping Cough Cases in County

Alameda County Public Health officials say 180 cases of pertussis (whooping cough) have been reported in the county through the first five months of this year, compared to 40 cases during the same period in 2017.

Most cases this year are in high school-aged children. At least nine cases were reported at Castro Valley High School before the end of the school year.

Pertussis is a very contagious

disease of the lungs and respiratory system caused by bacteria. Coughing fits due to the infection can last for up to 10 weeks or more.

Infants are the most vulnerable to serious complications. Roughly half of babies younger than one year old who get pertussis need hospital treatment.

The disease can cause serious illness in people of all ages and can be life-threatening.

Early symptoms are the same

as a cold — runny nose, low or no fever, and extreme fatigue. For babies, it can result in gasping or gagging or seizures.

Pertussis is cyclical, with peak cases every 3-5 years. California's last epidemic was in 2014, and health officials say the state will likely have another epidemic this year.

Pertussis is preventable with vaccinations. For more info, visit: www.acphd.org/pertussis.aspx



Infants are the most vulnerable to serious complications.

June 20 - 24, 2018



Sunday
Mostly Sunny
High 83° Low 59°

Moon Phases



Sun sets at 8:35 p.m. today, rises at 5:46 a.m. Thursday.



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A.R.T. INC. SCHOLARSHIP WINNERS



Four CVHS students were winners of the annual art scholarships provided by A.R.T., Inc., a local artists' group headquartered at the Adobe Art Center in CV. Two awards of \$200 and two of \$100 were given to the students on the basis of their accomplishments in high school art, and each student was also awarded a membership in A.R.T., Inc., and will be eligible to enter all member art shows. Shown, from left, Jared Darling, Dane Meniketti, art teacher Alexis Knudsen, Monet Khanyahl and Dominic Lavaun Del Castillo.

AC Buses Operating New Lines, Hours

Effective this past Sunday, AC Transit has expanded the number of operating buses, service hours and the streamlining of routes for improved reliability.

Service changes included the unincorporated areas of Castro Valley, Ashland, Cherryland, and

San Lorenzo, and the cities of
Hayward and San Leandro.

New bus lines include Line 28 – Hayward BART to San Leandro BART via Castro Valley, Bay Fair BART, and Alvarado Street.

Service improvements include
Line 93 – Frequency increase

from 60 minutes to 40 minutes on weekdays; Route redesign to operate from Bay Fair BART to Castro Valley BART via San Lorenzo, A Street and Grove Way.

For other changes and all AC Transit maps and schedules, visit actransit.org or call 510-891-4777.



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Sarah Dove, Molly Brennan and Izabela Baker star in Castro Valley Dramatic Arts Academy's production of Jane Martin's "Talking With..." at the Douglas Morrisson Theatre.

CASTRO VALLEY DRAMATIC ARTS ACADEMY

CVHS Students Stage Martin's 'Talking With...' Opening Friday

Jane Martin's award-winning 1982 play, "Talking With..." features a series of thought-provoking monologues from a variety of unique, female perspectives.

Castro Valley Dramatic Arts Academy will bring these characters to life in its upcoming production at the Douglas Morrisson Theatre this Friday and Saturday, June 22 and 23.

Each monologue has a different female point of view, but their stories transcend gender to give a variety of takes on the human condition, with humor, sadness and a bit of intrigue.

Director Michael Lushington originally saw the play in the late

1980s.

"I was struck by the inner strength of the women in it," he explained. "I chose to do the play with these students because they are a unique, resourceful, smart and insightful group of young women, all of whom are interested in impacting their world and making a difference."

The performances will showcase the acting talents of recent CVHS graduates Sarah Dove and Isabel "Izzy" Neves, and Isabella Ruiz from the Quarry Lane School in Dublin. Other CVHS students in the play are Liva Langer, Molly Brennan, Bella Stuewe, Emily O'Dwyer and Izabela Baker.

The shows are a fundraiser for the Dramatic Arts Academy, a nonprofit community youth theater program, founded 15 years ago by Lushington. Funds will provide scholarships to students in the academy program, which never turns away a student for lack of funds.

Performances of "Talking With..." are at 7 p.m. Friday and Saturday at the Douglas Morrisson Theater, 22311 North 3rd St. in Hayward. Tickets are \$30 adults, \$20 students.

To learn more about Castro Valley Dramatic Arts Academy or to purchase advance tickets, visit www.cvdtaa.org.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



One Too Many

Sunday, June 17: at 11:00 a.m., Sheriff's deputies arrested a 64-year-old man from Castro Valley on suspicion of public intoxication. The man was hanging outside a business on Center Street near Grove Way when deputies approached him for questioning. The man failed his field sobriety test and was taken into custody.

Driving Drugged

Sunday, June 17: at 3:23 p.m., a 54-year-old woman from Castro Valley was arrested on suspicion of driving under the influence of drugs. Deputies pulled the woman over on Castro Valley Boulevard near Norbridge Avenue after observing her driving erratically in the neighborhood. The woman admitted to the drug use and was taken into custody.

Arrested for Vandalism

Friday, June 15: at 8:00 p.m., deputies arrested a 52-year-old man with no permanent address on suspicion of destroying private property with damages estimated in excess of \$400. The man was stopped at the intersection of Cull Canyon Road and Columbia Drive where deputies observed him breaking things. The man was taken to Santa Rita Jail pending \$25,000.

Can't Stay Away

Saturday, June 16: at 1:40 a.m., a 34-year-old man with no permanent address was arrested on suspicion of violating a court-issued restraining order to stay away from a business on Lake Chabot Road near Castro Valley Boulevard. Deputies responded to a call from the manager about the pesky

suspect. The man was found with illegal narcotics and illegal drug paraphernalia in his possession. Deputies handcuffed the man and took him to Santa Rita Jail pending \$10,000 in bail.

Tipsy in the Village

Friday, June 15: at 1:04 a.m., deputies arrested a 31-year-old man from CV on suspicion of public intoxication. The man was also identified as having a warrant issued for his capture. The man was hanging outside a business in the Castro Village shopping center when deputies approached him for

questioning and smelled alcohol on his breath. The man failed his field sobriety test and was taken to Santa Rita Jail pending \$2,500 in bail.

Drug Bust

Friday, June 15: at 2:12 a.m., a 22-year-old man from Hayward was arrested on suspicion of possession of illegal narcotics and illegal drug paraphernalia. Deputies stopped the man for questioning at the intersection of the Boulevard and Wilbeam Avenue when they discovered his stash. The man was handcuffed and taken into custody.

see **REPORTS** on page 11

Repair Clinic This Saturday At the Castro Valley Library

CVSan will present the second of two Castro Valley Fixit Clinics for 2018 at the Castro Valley Library from 1 to 4 p.m. this Saturday, June 23.

Bring your non-functioning or unusable things (electronics, small appliances, computers, toys, bicycles, fabric and textiles, etc.) for assessment, disassembly, and possible repair. A workspace, specialty tools, and guidance will be provided to help you troubleshoot issues with your item.

Please note that the Fixit Clinic is designed to provide a place for you to learn how to fix your item yourself. Volunteer coaches may

reference other coaches or online resources or recommend that you look up a part online.

The spirit of the event is that you are involved and learn, not that you hand over your item for someone else to fix. Whether your item is repaired or not, you'll learn more about how it was manufactured and how it's supposed to work. Children must be monitored by an adult at all times.

Sign up online for a faster check-in process on the day of the event: Go to goo.gl/qTzh9J or www.fixitclinic.org and select the Castro Valley event. Sign-ups are encouraged, but not required.

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The Week Ahead

● Wednesday, June 20: East Bay Rose Society Meeting

Master Rosarian Tom Bonfigli will outline his care regimen for the garden and his tips for growing beautiful blooms at the next meeting at 7:30 p.m. today at the Lakeside Garden Center, 666 Bellevue, Oakland. Visit www.eastbayroses.org. Meet people who talk roses.

● Thursday, June 21: Downtown Hayward Street Party

Enjoy free family fun, great food, Alan the Amazing, classic car shows, beer and wine gardens, and live music on 5 stages from 5:30 to 8:30 p.m. tomorrow on B St. from Foothill Blvd. to Watkins St., sponsored by the Hayward Chamber of Commerce.

● Saturday, June 23: Fixit Repair Workshop

CVSan will present another Castro Valley Fixit Clinic from 1 to 4 p.m. this Saturday at the Castro Valley Library, where you can bring non-functioning or unusable things like small appliances, computers, toys and bicycles for assessment and possible repair. A workspace, specialty tools, and guidance will be provided. Sign up online for a faster check-in process: Go to goo.gl/qTzh9J or www.fixitclinic.org and select the Castro Valley event. Sign-ups are encouraged, but not required.

● Sunday, June 24: Ponies & Snakes Car Show

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Tel: 510-537-1792 • Fax: 510-814-9691

Fred Zehnder, Editor & Publisher
fredz@ebpublishing.com

Howard Morrison, Assoc. Publisher
howardm@ebpublishing.com

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

Moxie Morrison, Layout Design
moxmore@yahoo.com

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

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

Mary Florence, Advertising Sales
861-3270 Mpominville4582@aol.com

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

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

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

Contributing Writers:

Linda Sandsmark

Michael Singer

Gene Osofsky

Carl Medford

Terry Liebowitz

Amy Ramos

Linette Escobar

Thomas Lorentzen

Buzz Bertolero

The Bay Area Mustang Association (BAMA) will host its annual Ponies & Snakes (Mustangs and Cobras) car show on June 24, from 10 a.m. to 3 p.m. at The Danville Livery, 400 Sycamore Valley Road in Danville. The show is sold out with a hundred cars registered. There will also be music, an awards ceremony and a raffle with many prizes with proceeds going to a local charity.

● Sunday, June 24: Workshop on the Bible & Homosexuality

To commemorate Pride Month, on Sunday, June 24, at 12:30 p.m., All Saints Episcopal Church, 911 Dowling Blvd. in San Leandro will present a free workshop titled "Love is Love: What the Bible really says about Homosexuality" at 12:30 p.m., with the Rev. Justin R. Cannon, who will shed light on the handful of Bible verses that are often misused to condemn lesbian, gay, bisexual, and transgender (LGBT) persons. All are welcome to attend!

● Monday, June 25: Municipal Advisory Council Meeting

The Castro Valley MAC will hold a land-use meeting at 6 p.m. next Monday at the Castro Valley Library. The agenda includes an application to allow operation of a charter school for up to 360 children at 16248 Carolyn St. and installation of a 56-foot cell phone antenna at 19179 Center St. For the complete agenda, visit acgov.org/bc/cvmac

● Monday, June 25: First Class: Diabetes Self-Management

The Aitken Senior Center at 17800 Redwood Road in Castro Valley is offering an 8-week series of free classes on Diabetes Self-Management from 1-3 p.m. on consecutive Mondays beginning June 25, where you will learn self-care behaviors: healthy eating, physical activity, monitoring blood glucose and more. Open to those 18 and older who are diagnosed with pre-diabetes or type 2 diabetes. Limited to the first 15 students. Call 510-881-6738 to register or for more information.

● Tuesday, June 26: Rotary Topic: Tri-Valley Ventures

Greg Hitchan, founder and managing partner of Tri-Valley Ventures, will speak on "Start ups in the Tri Valley – What's Ahead?" at the next meeting of the Rotary Club of Castro Valley at noon on June 26 at Redwood Canyon Golf Course, 17007 Redwood Road, Castro Valley. The cost of lunch is \$20 and reservations must be made by 9:00 a.m. on Monday, June 25, by contacting Rotary President Jim Negri at 650.996.9173 or ciaojim_cvrtory@att.net. More information available at castrovalleyrotary.org

...and Beyond

● Friday, June 29: Blood Donors Needed

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

● Sunday, July 8: Dave Rocha Jazz Trio in Concert

Enjoy a free jazz concert from 2 to 3 p.m. on July 8 at the Castro Valley Library, featuring Dave Rocha on trumpet and flugelhorn, Chris Motter on electric guitar and Danny Gerz on upright bass. The concert

will include an eclectic mix of modern jazz compositions.

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

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

● Saturday, July 14: Castro Valley Pride

Everyone is invited to join Castro Valley Pride to embrace diversity and resist intolerance, from noon to 5 p.m. July 14 at the Castro Valley High School Stadium Plaza, Redwood Road and Heyer Street.

Arts & Entertainment

THEATRICAL & MUSICAL PERFORMANCES

● **"Talking With,"** a benefit show for the Youth Theater Program of the Castro Valley Dramatic Arts Academy, will be performed at 7 p.m. this Friday and Saturday, June 23-24, at the Douglas Morrisson Theater in Hayward. What do a baton twirler, a snake handler, and a young woman talking about her mother's death all have in common? They're all characters in Jane Martin's play "Talking With." Tickets are \$30 for adults or \$25 for students, and can be purchased at the door or in advance on the website www.cvdaa.org

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

AT THE GALLERIES

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

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

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

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

Submissions to The Forum

The Community Calendar is for publicizing the activities of non-profit organizations, local government agencies, charities and community groups. It is not intended to be used for the advertising of commercial events, whether admission is charged or free. Items for the Community Calendar as well as news submissions must be received by 6 p.m. Friday for inclusion in the following Wednesday's newspaper. Send information and JPGs or TIFFs in an email to: fredz@ebpublishing.com. Do not send fliers or posters as we cannot use them.

REGULAR GOVERNMENT MEETINGS

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

HOROSCOPE by Salomé

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ARIES (March 21 to April 19) Before you adventurous Arians charge right into those new projects, take a little time to learn where you'll be going so you can avoid getting lost before you get there.



TAURUS (April 20 to May 20) Your time is devoted to career demands through much of the week. But Venus, who rules your sign, might be planning how (and with whom) you'll spend your weekend.



GEMINI (May 21 to June 20) Don't be put off by the surprising turn in the way your project is developing. You've invested enough time in it to know how to make all the necessary adjustments.



CANCER (June 21 to July 22) The work week goes smoothly for the most part. But a weekend visit to a place in your past could hold surprises for your future, especially where romance is involved.



LEO (July 23 to August 22) A sudden attack of shyness for the usually loquacious Lion could be a sign that deep down you're not sure enough about what (or whom) you had planned to talk up in public.



VIRGO (August 23 to September 22) Deal with that job-related problem on-site -- that is, at the workplace. Avoid taking it home, where it can spoil those important personal plans you've made.



LIBRA (September 23 to October 22) It's a good time to let those favorable comments about your business dealings be known to those in a position to be helpful. Don't hide your light; let it shine.



SCORPIO (October 23 to November 21) Avoid added pressure to finish a project on deadline by steering clear of distractions. To put it somewhat poetically: Time for fun -- when your tasks are done.



SAGITTARIUS (November 22 to December 21) You might be uneasy about an offer from a longtime colleague. But before you reject it, study it. You might be surprised at what it actually contains.



CAPRICORN (December 22 to January 19) Deal firmly with a difficult family matter. It's your strength they need right now. You can show your emotions when the situation begins to ease up.



AQUARIUS (January 20 to February 18) A recent dispute with some co-workers might not have been completely resolved. But other colleagues will be only too happy to offer support of your actions.



PISCES (February 19 to March 20) Let go of that Piscean pride long enough to allow someone to help you with a surprising development. That could make it easier for you to adjust to the change.

Living History

All Children and Adults should hear
Rita Goldhor tell her story of escaping the
Nazi Army by fleeing Austria at age 11.

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Last minute travel deals can offer huge savings, as well as traveling during off-season or off-peak times, and avoiding holidays.

Travel Perks for Retirees

By Jim Miller
SPECIAL TO THE FORUM

There are literally thousands of different travel-related discounts available to retirees that usually start anywhere between the ages 50 and 65.

These discounts – typically ranging between 5 and 25 percent off – can add up to save you hundreds of dollars on your next trip. Here's how you can find them.

Ways to Save

The first thing to know is that most businesses don't advertise them, but many give senior discounts just for the asking, so don't be shy. You also need to be aware that when it comes to senior travel bargains, the "senior discount," if available, may not always be the best deal.

Hotels, resorts, airlines and cruise lines, for example, offer

advanced bookings along with special deals and promotions from time to time that may be a lower rate than what the senior discount is. Before you book, always ask about the lowest possible rate and the best deal available.

Another way retirees with flexible schedules can save is to be flexible when you travel. Last minute travel deals can offer huge savings, as well as traveling during off-season or off-peak times, and avoiding holidays.

Club memberships can also garner you a wide variety of travel bargains. AARP, for example has dozens of travel discounts available on hotels, rental cars, cruises and vacation packages – see AARPadvantages.com. Annual AARP membership fees are \$16 or less if you join for multiple years.

Or, if you don't agree with AARP, there are alternative or-

ganizations you can join like the Seniors Coalition or the American Seniors Association that offer discounts on hotels and rental cars.

Types of Discounts

Here's an abbreviated rundown of some of the different travel discounts you can expect to find.

Transportation: For airline travel, Southwest has fully refundable senior fares to passengers 65 and older, and British Airways offers AARP members \$65 off economy travel and \$200 off business club travel. American, United and Delta also offer senior fares in certain markets but are extremely limited.

For traveling by train, Amtrak provides a 10 percent discount to travelers 65-plus, and a 10 percent discount to passengers over age 60 on cross-border services operated jointly by Amtrak and VIA Rail Canada.

see TRAVEL on page 7

Focus on Macular Degeneration: Tips for Living With Low Vision

By Jim Miller
SPECIAL TO THE FORUM

Around 15 million Americans are living with macular degeneration today. Over time, this progressive disease can rob people of their central vision, making everyday tasks like driving a car, reading the newspaper or watching television extremely challenging.

Here are some resources that can help.

Low Vision Help

The best place to get help living and coping with macular degeneration is at a vision rehabilitation agency or clinic. Typically run by state or nonprofit organizations, or private eye care clinics, there are more than 1,500 of these services scattered across the country that help people who are living with all types of uncorrectable vision impairments.

Most state and nonprofit vision rehabilitation services are free or low-cost, while private clinics typically charge a fee or may accept Medicare.

While vision rehabilitation does not restore lost sight, it does help people maximize their existing sight, or, if they have no vision, it can equip them with techniques and tools to help them maintain an independent lifestyle.

Services include counseling, along with training on how to perform daily living tasks with low vision, and how to use visual and adaptive devices and assistive technologies that can help improve quality of life.

They also offer guidance for adapting your home to make it safer and easier for you to maneuver and locate low-vision support groups.



It provides information on eye conditions, along with dozens of practical tips and instructional videos on living with vision loss, including concepts for adapting your home to make it easier to navigate, techniques for traveling safely outside the home, and various tips on how to manage things like finances, medications, and other tasks like cooking, cleaning, grooming, reading, writing and more.

It also offers a comprehensive list of low vision products and technologies that can help you stay active and independent, including product reviews that are published in their online magazine called AccessWorld that you can access at AFB.org/aw.

Other Resources

Some other good resources that can help include: the Hadley Institute (Hadley.edu, 800-323-4238), which offers dozens of free online instructional videos to help the blind or visually impaired live independently. Ears for Eyes (EarsForEyes.info, 800-843-6816) that provides free audio lessons that teach low-vision adaptive daily living skills. And Living Well with Low Vision (LowVision.PreventBlindness.org, 800-331-2020), which offers up-to-date information and free materials for people living with severe vision impairment.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org.

Know Your Medicare Rights

By Greg Dill
SPECIAL TO THE FORUM

As a person with Medicare, you have rights whether you're enrolled in Original Medicare – in which you can choose any doctor or hospital that accepts Medicare – or Medicare Advantage, in which you get care within a network of health care providers.

Your rights guarantee that you get the health services the law says you can get, protect you against unethical practices, and ensure the privacy of your personal and medical information.

You have the right to be treated with dignity and respect at all times, and to be protected from discrimination.

You also have the right to get information in a way you understand from Medicare, your health care providers, and, under certain circumstances, Medicare contractors. This includes info about what Medicare covers, what it pays, how much you have to pay, and how to file a complaint or appeal.

Moreover, you're entitled to learn about your treatment choices in clear language that you can understand, and to participate in treatment decisions.

see RIGHTS on page 7

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Special Considerations for IRAs

Q My IRA is a significant part of my assets, and I wonder if there are any special considerations when planning my affairs?

By Gene L. Osofsky
SPECIAL TO THE FORUM

A Yes. Consider the following:

Name Beneficiaries: Remember to name both primary and contingent beneficiaries. If you are married, the primary beneficiary would typically be your spouse, but name back-up beneficiaries as well.

If you and your spouse were to die around the same time, or if your spouse predeceased you and you had neglected to name contingent beneficiaries, your IRA would then go to your estate and be subject to probate.

"Stretch" Your IRA: If you do not need the funds in your IRA for retirement, but would rather preserve them for the younger beneficiaries, consider "stretching" your IRA: defer the start of your own minimum required distributions ("MRD's") until age 70.5, your mandatory start date, and then take out only the required minimums each year thereby leaving more in your IRA to grow tax-deferred.

When you die, your beneficiary can stretch distributions over his or her lifetime and even designate a second-generation beneficiary to continue the MRD's.

The younger the beneficiary, the smaller each distribution can be under IRS rules, allowing the remaining funds to grow tax-deferred.

This is called "stretching" an IRA and can result in several generations enjoying the fruits of your IRA legacy. However, make sure that your IRA custodian permits your first and second-generation beneficiaries to stretch-out their own distributions and also permits them to name their own beneficiaries. If yours does not, you might consider moving your IRA to a new custodian who is friendly to the stretch option.

If Beneficiary Is a Spouse: If you are married, let your spouse know that he or she has options: upon your demise, he or she can either (a) roll your IRA over into his or her own IRA and defer the start of ("MRD's") until your spouse's own age 70.5, or (b) transfer the funds to an inherited IRA and begin MRD's within a year of when you would have turned age 70.5.

In either case, your spouse can choose to "stretch" the MRD's over his or her own lifetime, thereby allowing the IRA to grow for the later benefit of downstream beneficiaries, e.g. your children.

Another option: if your spouse doesn't need the IRA to live on,



he or she can disclaim all or part of it, allowing that portion to pass immediately to your children who can then stretch the MRD's over their longer lifetimes.

Designate Separate Accounts for Each Beneficiary. If you designate, say, your three children as your contingent beneficiaries, your Beneficiary Designation form should direct your IRA custodian to create a separate account for each child when distributions begin. Otherwise, the MRD's will be based upon the life expectancy of the oldest child, thereby undermining the stretch option for the younger children.

Trust As Beneficiary? : In most cases, a trust would not be named as a primary beneficiary, but might be named as a contingent beneficiary. However, if your IRA is large or if you have special reasons for not wanting your beneficiaries to have unrestricted access to the IRA funds, you might ask your attorney to create a special trust, sometimes called a "conduit trust", to be the primary beneficiary of your IRA.

An IRA can be a valuable part of your estate plan, but the rules are complicated. Consult with your financial advisor and your attorney to learn your options and encourage your beneficiaries to do likewise down the road.

Gene L. Osofsky is an elder law and estate planning attorney in Hayward. Visit his website at www.LawyerForSeniors.com.



One important right is to get Medicare-covered emergency care when and where you need it – anywhere in the U.S.

Rights: Medicare Appeals

continued from previous page

One very important right is to get Medicare-covered emergency care when and where you need it – anywhere in the United States.

If you have Medicare Advantage, your plan materials describe how to get emergency care. You don't need permission from your primary-care doctor (the doctor you see first for health problems) before you get emergency care.

If you're admitted to the hospital, you, a family member, or your primary-care doctor should contact your plan as soon as possible. You'll have to pay your regular share of the cost, or a copayment, for emergency care. Then your plan will pay its share.

If your plan doesn't pay its share, you have the right to appeal.

In fact, whenever a claim is filed for your care, you'll get a notice from Medicare or your Medicare Advantage plan letting you know what will and won't be covered.

If you disagree with the decision, you have the right to appeal.

You don't need a lawyer to appeal in most cases, and filing an appeal is free. You won't be penalized in any way for challenging a decision by Medicare or your health or prescription drug plan.

For more information on appeals, you can read our booklet "Medicare Appeals," at www.medicare.gov/Pubs/pdf/11525.pdf.

For more details, read "Medicare Rights and Protections," at www.medicare.gov/Pubs/pdf/11534-Medicare-Rights-and-Protections.pdf.

Greg Dill is Medicare's regional administrator for California. You can always get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227).

Sweepstakes, Lotteries, Prize Schemes Devastate Seniors with Evolving Tactics

Sweepstakes, lottery and prize schemes devastate their victims financially and emotionally with ever-evolving methods, according to a study by the Better Business Bureau (BBB).

These frauds concentrate on older people, targeting them by direct mail, cold calling, social media, even text messages and smartphone pop-ups. BBB warns consumers to be on guard against these serious and pervasive frauds and their perpetrators.

BBB's Scam Tracker received 2,820 sweepstakes and lottery scam reports in 2017, with a median loss of \$500.

"Whether it's here in the Bay Area or nationwide, if you win a

sweepstakes, you will never be asked to wire money to claim a prize," said Lori Wilson, San Francisco BBB president and CEO. "It's heartbreaking knowing that fraudsters continue to find new ways to prey on people who are dreaming of winning big."

The majority of lottery or sweepstakes scam victims are between 65 and 74 years old.

BBB offers the following tips for consumers to avoid being caught in lottery or sweepstakes fraud:

- True lotteries or sweepstakes don't ask for money. If they want money for taxes, themselves, or a third party, they are most likely crooks.
- Call the lottery or sweep-

stakes company directly to see if you won. Publishers Clearing House (PCH) does have a sweepstakes but does not call people in advance to tell them they've won. Report PCH imposters to their hotline at 800-392-4190.

• Check to see if you won a lottery. Visit www.lotteryusa.com/california/

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ATHLETES OF THE WEEK



Golden West Gophers Soccer Team

This week's Athletes of the Week are the members of the 2018 Golden West Gophers, the Castro Valley Soccer Club's girls major division champions for ages 11-13, who went 12-0 for an undefeated regular season and finished 14-0 after two playoff wins to become the champions of the division. Shown above, back row from

left, Isabella Guijarro, Simone Sanchez, Lauren Mac, California Rowe, Linda Soto, Londyn Potter, Kiyara Stafford and Madelynn Sachs; front row, Tatum Peterson, Payton Pacheco, Annabelle Everson and Margot Peterson. Not pictured were Head Coach Kevin Rowe, Assistant Coach, Edie Sanchez and Manager, Sally Potter.



The First place foursome with a score of 54 included Cody Slader, Brandon Patterson, Erik Loshe and Justen Meadows.

3 Holes-in-One at Veterans Tourney

The 5th Annual Castro Valley Veterans Golf benefit was held at Redwood Canyon Golf Course on Sunday, June 3, an event that provides funding for both Veterans of Foreign Wars Post 9601 and American Legion Post 649.

The day provided beautiful weather and a great background

for the 118 golfers participating in this year's shotgun tournament.

During the day, there were an amazing three holes-in-one, the first on hole 16 (166 yards) where Johnnie Albanese used a 5-iron to record his ace.

Using a pitching wedge on hole 13 (122 yards), Steve Falzone

watched the ball bounce twice before it did a backspin into the hole.

Finally, Clint Anderson's, first ever, ace on the same hole 16, using an 8 iron.

All three were recognized at the after game luncheon, with Redwood Canyon Golf Course providing flags for each of the golfers.

CV Wrestlers Attend State Competition

The Castro Valley wrestling club took five competitors to Fresno for Greco and freestyle state competition over the weekend of June 2 and 3 and all five came home with medals.

Kris Darin took first place at 160 pounds Greco. Max Plotzeneder and Isaac Morris both finished in fifth place and Andrew Kohl was sixth Greco.

Jack Clark took fourth place in freestyle in the schoolboy division. Darin qualified for nationals in both freestyle and Greco, and will be traveling to Fargo in July.

LEADERS IN WASTE REDUCTION

CVHS Students Win CVSan Scholarships

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

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

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

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

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Chabot College Classes Coming to CV

By Sharon Travers
SPECIAL TO THE FORUM

Taking Chabot College courses just got a lot easier and more convenient for valley residents.

This fall, Chabot will begin piloting for-credit courses on the campus of Castro Valley Adult & Career Education.

The courses are open to anyone interested in the community. The fall offerings include Introduction to Kinesiology & Physical Education 1, and Introduction to Ethnic Studies 1.

High school juniors and seniors enrolled at Castro Valley Unified School District (CVUSD) can also register for these courses, attend and earn college as well as high school elective credit at the same time.

Kinesiology is the study of the mechanics and anatomy of human movement and their roles in promoting health and reducing disease. Kinesiology & Physical Education 1 is transferable to U.C. and Cal State University college systems.

The class does not provide high

school credits for Physical Education. The course will be held Tuesdays and Thursdays from 4-6 p.m. beginning Sept. 4.

Ethnic Studies is an introduction to the historical and socio-cultural experiences of racial and ethnic groups in America.

It explores the history, literature and cultures of African-Americans, Asian/Pacific Islander-Americans, Chicano-Latinos, Native Americans and Middle Eastern Americans.

The course is especially effective in building critical reading and writing skills for college success. It is also transferable to U.C. and Cal State University college systems, and is part of the Intersegmental General Education Transfer Curriculum (IGETC).

IGETC is a series of community college courses that meet freshmen/sophomore level general education requirements at CSU and UC campuses. This course will be held Mondays and Wednesdays from 4-6 p.m. beginning Sept. 5.

Interested CVUSD high school students must apply to take admission *see CHABOT on back page*

2 Friday Morning Accidents Delay Commuters for Hours

Friday morning commute traffic on I-580 in Castro Valley turned into a nightmare after a big rig flipped over in the westbound lanes of the freeway just east of Eden Canyon Road during the predawn hours.

The accident, which occurred just before 5 a.m., blocked two lanes and shut down all four west-

bound lanes for a time. Traffic was backed up for miles.

Adding to motorists' headaches, a second accident happened about 20 minutes later in the southbound lanes of I-680 just north of the Sheridan Road exit when a car rear-ended a semi. That collision also closed all lanes for about an hour.



PHOTO BY STACEY BARNES

Vannoy's Annual Walk-A-Thon

Vannoy Elementary's Annual Walk-A-Thon on Friday, April 27th was a huge success! The 412 student participants walked over 2,800 miles during the course of the afternoon, raising more than \$50,000 for their school. The Vannoy Parent Club would like to thank the many local businesses that sponsored the event, as well as Alameda County Fire Department Station No. 6 for coming out to cheer on the walkers!

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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Growing Divide In The Market

There is a growing divide in the housing market and it would be prudent for sellers to understand and respond accordingly.

It's old news that the current generation of buyers prefer move-in ready homes and will pay a premium for tastefully upgraded properties.

On the other end of the spectrum are homes that are being snapped by investors – typically dwellings on the rougher side of the scale that need extensive renovations to realize their full market potential. These distressed properties are typically selling for substantially less than their fully renovated siblings.

And therein is the issue: there is a gulf growing between the two types of properties causing a polarization in the market. Buyers are lining up in two fundamental categories: those looking to buy a fully upgraded property or those digging in the market bargain basement looking for a deal.

Homes on either side of the spectrum do very well. In contrast, in between these two categories lies a no man's land where buyers seldom venture – homes that show up in the middle often linger on the market as they get caught in the doldrums between the two contrasting winds in the market.

When I bought my first house, I

was delighted to have a roof over my head. The home had some issues, but I knew I could fix it up while I lived in it.

Today's buyers do not think that way. In fact, the majority have absolutely no idea how to fix up a property, and the thought of going through renovations while living in their digs is anathema. Consequently, if they see a home they believe has issues, they will simply move on to something they like better.

We spend a good deal of time counseling potential sellers through this issue. Homes that sellers have lived in comfortably for years frequently do not meet the standards of today's buyers.

It is difficult for many seller wannabes to understand that tastes have changed dramatically and, with the advent of HGTV, the bar for what a home should look like has been raised dramatically.

It is perfectly understandable that a seller may want to put their home on the market as-is and hope to sell quickly at a great price. Unfortunately, homes that fit in the middle of

RECENT HOME SALES

San Leandro

1672 Brookside Drive	94577: \$480,000	3 BD - 1,196 SF - 1942
499 Estudillo Ave #107	94577: \$475,000	2 BD - 1,208 SF - 1981
1599 Hays Street #108	94577: \$375,000	2 BD - 814 SF - 1965
14185 Maracaibo Road	94577: \$770,000	4 BD - 1,616 SF - 1963
359 Pershing Drive	94577: \$715,000	2 BD - 1,074 SF - 1939
2321 Sitka Street	94577: \$650,000	3 BD - 1,317 SF - 1951
1321 145th Avenue	94578: \$660,000	5 BD - 1,828 SF - 1906
14419 Kings Court	94578: \$505,000	3 BD - 1,195 SF - 1974
16725 Selby Drive	94578: \$900,000	4 BD - 2,280 SF - 1955
730 Fargo Avenue #7	94579: \$538,000	3 BD - 1,136 SF - 1965
14323 Juniper Street	94579: \$645,000	3 BD - 1,096 SF - 1952
14809 Wiley Street	94579: \$552,000	3 BD - 1,319 SF - 1953
TOTAL SALES:	12	
LOWEST AMOUNT:	\$375,000	MEDIAN AMOUNT: \$598,500
HIGHEST AMOUNT:	\$900,000	AVERAGE AMOUNT: \$605,417

Castro Valley

19212 Almond Road	94546: \$810,000	3 BD - 1,176 SF - 1949
21927 Baywood Avenue	94546: \$800,000	4 BD - 1,812 SF - 1947
2883 Eugene Terrace	94546: \$1,550,000	4 BD - 3,282 SF - 2004
5008 Foxboro Drive	94546: \$925,000	3 BD - 1,781 SF - 1961
2849 Jennifer Drive	94546: \$1,070,000	3 BD - 1,620 SF - 1964
1835 Knox Street	94546: \$760,000	3 BD - 1,302 SF - 1961
3480 Middleton Avenue	94546: \$522,000	2 BD - 980 SF - 1953
3938 Stevens Street	94546: \$790,000	3 BD - 1,428 SF - 1954
2636 Vegas Avenue	94546: \$675,000	3 BD - 1,405 SF - 1948
4291 Veronica Avenue	94546: \$750,000	3 BD - 1,269 SF - 1952
20650 Yeandle Avenue	94546: \$600,000	3 BD - 1,292 SF - 1955
25552 Crestfield Drive	94552: \$1,220,000	4 BD - 2,334 SF - 1998
TOTAL SALES:	12	
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HIGHEST AMOUNT:	\$1,550,000	AVERAGE AMOUNT: \$872,667



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Mortgage Rates Rising Again

After declining for two straight weeks, mortgage rates reversed direction last week and rose to their second highest level this year.

The 30-year fixed-rate mortgage averaged 4.62 percent last week, up from 4.54 percent the week before. A year ago at this time, the 30-year rate averaged 3.91 percent.

Fifteen-year fixed rates averaged 4.07 percent, up from 4.01 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.83 percent last week, up from 3.74 percent.



Thinning

Removing excess vegetable plants lets those that remain grow better. Thin young lettuce and carrot seedlings before competition for water and light makes them spindly. The ground will look bare at first, but the plants will grow rapidly and fill in once they have the extra space.

Thinning grape clusters produces fewer bunches but larger individual grapes. Leave at least 3 or 4 inches between apricots and plums, and 5 inches between peaches, nectarines, pears and apples.

You can also thin the shoots of plants, so that the remaining shoots produce larger vegetables and more spectacular flowers. For example, cut away all but one emerging flower spike of delphiniums for a dramatic blossom, or nip off the side flower buds of dahlias, leaving only the ones at the top of the shoots. Snap off side shoots on staked tomatoes for mammoth fruit.

Planting Flowers

You can still sow seeds of heat-loving annuals, such as cosmos, marigold, portulaca, sunflowers and zinnias. When transplanting annuals from nursery packs, provide shade for at least a week, now that the sun is intense, and keep them evenly moist.

Chrysanthemums

Chrysanthemums bought in bloom this month can be cut back when flowering is finished for a second bloom in the fall.



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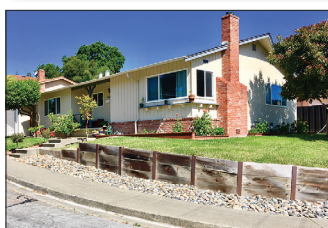
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Safiyah Hernandez at last month's The Lab: Open Mic

This Week at Smalltown

• **Thursday, June 21, 7:30 p.m. – 9 p.m. —The Lab: Open Mic**
The Lab is a monthly open mic that allows musicians, poets, and other artists to workshop pieces in front of and among friends. Everyone is welcome! Free (Sign-ups start at 7 p.m.)

• **Saturday, June 23, 10 a.m.-1 p.m. —**
Pampas Cafe Presents: Smalltown Society Art Sessions
Join Smalltown and Pampas Cafe in the parking lot at Pampas, highlighting local art and the music of 11-year old songwriter Safiyah Hernandez. Free, 3483 Castro Valley Boulevard

• **Friday, July 6: Smalltown July Gathering**
Connect with your community, hear from local artists and advocates, and experience the developing narratives of your neighborhood! Highlighting the music of Tyler Harlow "The Traveler," poets from Lyrical Opposition, the art of Kristiana Federe, and the work of Imagine East Bay's Tiny Homes Initiative. Free (suggested contribution \$10) 7:30 p.m. – 10 p.m. Doors open at 7 p.m.

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

Reports: CV

continued from page 3

Arrested After Preschool Graduation

Tuesday, June 12: at 8:01 p.m., deputies arrested a 33-year-old man from San Francisco on suspicion of violating a court-issued restraining order. Deputies were called to a preschool graduation at a school on Redwood Road near James Avenue after the man was spotted less than 100 feet from the protected party. The man was taken into custody following the conclusion of the graduation.

Crashing at Pizza Parlor

Tuesday, June 12: at 2:25 p.m., a 30-year-old man from Oakland was arrested on suspicion of illegally entering and occupying a pizza parlor without the manager's approval in the Castro Village shopping center. Deputies were called to the scene after the manager complained about a customer who was found napping in a booth in a section of the building that was closed. When the man refused to leave, deputies handcuffed him and took him into custody.

Wanted Man

Tuesday, June 12: at 9:01 a.m., deputies arrested a 27-year-old man from Castro Valley on suspicion of possession of illegal narcotics and illegal drug paraphernalia. The man was stopped in front of a home on Carlton Avenue near Sunshine Place as part of a warrant issued for his capture. Deputies found the drugs during questioning. The man was taken to Santa Rita Jail pending \$2,500 in bail.

Sleeping Behind the Store

Tuesday, June 12: at 3:39 a.m., a 64-year-old man from Hayward was arrested on suspicion of possession of methamphetamine drugs. Deputies were called to investigate a man sleeping behind a grocery store on Redwood Road near the Boulevard. The man had a previous drug charge against him which prompted a search. Deputies reported finding 9 grams of the drug in his front pocket. The man was taken into custody.



Sixteen Castro Valley schools were certified as Green Ribbon Schools and shared a total of \$29,635 in cash awards on June 5 for achieving a minimum 75% waste diversion rate.

Sixteen CV Schools Certified By CVSan as 'Green Ribbon'

Sixteen Castro Valley schools have been certified by CVSan as Green Ribbon Schools for the just-concluded school year.

Certifications and a total of \$29,635 in cash awards ranging from \$1,600 to \$2,625 were presented to school representatives by the Sanitary District's directors on June 5.

The Green Ribbon Schools Program, launched by CVSan in 2007, is meant to guide schools towards sustainable waste reduction. To be eligible, all schools had to achieve a minimum 75% diversion rate.

Castro Valley Green Ribbon-certified schools now recycle and compost 82% of what used to be thrown in the garbage.

The awards are funded by Measure D.

All 17 public and private schools located within the CVSan and/or CVUSD boundaries were eligible to participate.

For more information on the Green Ribbon program and to view the application, please visit www.cvsan.org/schools.

Local University Graduates

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

Lilly Tahmasebi of Castro Valley graduated with a Bachelor's Degree in International Relations

(BA) Magna Cum Laude during a university-wide commencement ceremony at the Tufts University Medford/Somerville, Mass. campus on May 20.

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

OPEN HOMES SATURDAY & SUNDAY JUNE 23RD & 24TH

CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
A	—	1-3	2365 Fairway Dr.	\$545,000	2/2	Robert Jones & Assoc.	John Chovanes	510-357-0120
A	1-4	1-4	2208 Buena Vista	\$599,000	2/1	Berkshire Hathaway	Cathy Brent	510-381-1065
C	1-4	1-4	4024 Seven Hills Rd.	\$799,900	3/2	Berkshire Hathaway	Cathy Brent	510-381-1065
S	2-4:30	2-4:30	222 Marlow Dr.	\$848,000	4/2.5	Marvin Gardens RE	Greg Novak	510-472-4770
C	1-4	1-4	19304 Parsons Ave.	\$950,000	3/2	Berkshire Hathaway	Cathy Brent	510-381-1065
Z	—	1-4	2168 Alameda Ave.	\$1,025,000	6/3 Duplex	J. Rockcliff Realtors	Lisa Ferraris	510-304-1271
C	1-4	1-4	18004 Center St.	\$1,049,000	3/2	INTERO Real Estate	Chris Garcia	925-785-5414
C	—	1-3	35600 Palomares Rd.	\$1,215,000	4/3	J. Rockcliff Realtors	Kristy Peixoto	925-251-2536

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
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LETTERS

TO THE EDITOR

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Speeding Traffic and Parking Situation on Jamison Way Called 'Horrible'

Editor:

I want to bring to the attention of Public Works, the Sheriff's Office and those who live in Castro Valley, the traffic speed and parking conditions on Jamison Way, between Redwood Road and Santa Maria. It is horrible.

I cannot say how many residents have requested help from Alameda County Public Works and the Sheriff's Office with these problems.

As an example, Public Works has been asked to paint the curbs red where the fire hydrants are located. "No," is the answer. Why? Public Works tells us it is not needed — the driving public knows how much distance is required by Calif. Vehicle Codes. Well, I am stating here people are parking and blocking those hydrants.

When Castro Village was modified, the driveway curbs leaving the center and entering on the north were both painted red, giving drivers a clear view of traffic in both directions.

The apartments along the north side of Jamison, do not have such red curbs. Large trucks and SUVs block the view of drivers coming from either direction. Many near accidents have happened because of this obstruction.

Jamison Way is also being used for recreational vehicle parking. Often these RVs are parked for up to 10 days with no warnings or tickets placed on their windshields. Many others who do not live on Jamison,

park and leave their vehicles. Others park in pedestrian rights-of-way forcing pedestrians out into traffic lanes to cross the street.

During special events, car shows, street fairs and parades, those who live on Jamison Way, find cars parked everywhere. It is becoming a mess. With the 115 new town homes under construction, parking will even become more of a problem.

So we, the residents on Jamison Way, ask Public Works, CHP, and Sheriff's Office to please give us some assistance. Perhaps speed humps could help with speeders?

—Richard (Dick) Purdee, Castro Valley

Bicyclists Urged to Ride with bike-mounted Video Cameras And to Report Any Incidents

Editor:

We had a groundbreaking Town Hall last Thursday night at the CV Library, put on by CyclistVideoEvidence.com founder, Craig Davis, and Alameda County Supervisor, Nate Miley.

Members of the Alameda County Sheriff's Office, CHP, the Alameda County DA's office, and cycling advocates shared perspectives and answered questions from community members.

The bottom line is that video evidence, resulting from bike-mounted cameras, often makes all the difference in the world in law enforcement and the court's ability to hold offenders accountable.

In addition, data from "egregious near misses," logged on the CyclistVideoEvidence.com website and reported to law enforcement, can now be used to both document repeat offenders and substantially improve grant proposals written by Alameda County Public Works to improve our cycling infrastructure.

All cyclists are strongly urged to ride with a bike-mounted camera and report any incidents. A second Town Hall will take place on October 17th.

—JoAnne Lauer, BikeWalkCV

Wonders Whose Interests the CV Sanitary District's Board is Serving

Editor:

Ken Owen's letter ("Says Sanitary District's Board 'Needs a Lesson in Negotiation Skills'," Letters, June 13) was spot on.

The board of the sanitary district represents the home owners of Castro Valley? Or do they represent someone else's interests? They are certainly not acting in ours.

Am I to believe that for \$1.00, Waste Management wouldn't have negotiated to keep the contract of serving Castro Valley? After all, they are already getting twice as much from us, as they do from Oroloma customers. Maybe we should have had Oroloma bid for the job.

I am all for people keeping their jobs. However, should it be part of our garbage contract to make sure that all the drivers for Waste Management have jobs? That's a costly act of kindness.

I think Ken was a little light on how much this is going to cost homeowners. My bill is \$77 for a 20 gallon can. With this rate increase, it will be close to \$100. Something stinks and it's not just the garbage.

—Trish Deslover, Castro Valley

Suggest Liberals Hate President Trump Because of His 'Great Success'

Editor:

In response to Ted Kopperdahl's letter ("Angered by President at Arlington National Cemetery Service on Memorial Day," Letters, June 13), I really need to know how large is this Kool-Aid trough the liberals are drinking out of? Over a year into Trump's presidency and the hate is still rampant from the left.

Mr. Kopperdahl wants to call him a draft dodger but forgot the real one named Bill Clinton who not only dodged the draft but stated he loathed the military and selling military secrets to China by the way.

Maybe the left hates Trump so much because he's a great success from our previous 8 year mess under Obama, let's see all time unemployment low including black and Hispanic, making a peace effort with North Korea, securing our borders and on and on.

And another note: today's military men and women respect this President a lot, believe me! So what does a liberal that hates wanna be called?

—Manny Morales, Castro Valley

Asks 'Why is it OK to Hate President Trump and Those Who Voted For Him?'

Editor:

Recently there have been a series of letters about the "Castro Valley Stands United Against Hate" signs. No one has ever answered the original question.

If Castro Valley stands against hate, why is it okay to hate President Trump and those who voted for him?

The message appears to be, it's okay to hate as long as it's people you don't agree with.

—Jeff Stone, Castro Valley

'A Deep Nature to Hate that Deserves Consideration'

Editor:

Recent discussions of hate ranged from being allowed to hate, to dealing with the suffering on the receiving end, yet there's also a deep nature to hate that deserves consideration.

Shortly after WWII research began in earnest to uncover personality traits that might lead to a return of Fascism/Nazism. This produced painstaking refinements in behavior studies that yielded remarkably accurate methods.

It's claimed that in just a few minutes these methods can tell more about your political leaning than your spouse knows. These advances showed that political leaning is mostly about personality, and that the authoritarian (follower) personality is hard to distinguish from the Fascist/Nazi of 1932.

Specifically these people: show closed mindedness toward new ideas; feel attachment to iron fisted leaders who might begin wars now and answer to history later; tend to like strict layers of hierarchy in society; don't tolerate squishy feelings or ideas that aren't black and white; reject many types of "outsiders" and, according to one of the leading researchers, "they are remarkably gullible" believing everything a cherished leader says without question.

If this sounds like someone you know it's important to know one more thing — it happens to people with the most telling personality marker tested — fearfulness.

The relationship between fear and authoritarian personality traits has shown up no matter how the studies were run, and now some researchers suggests that fear is causal to this whole range of traits. In short, fear mongering leaders who promote hate may be moving America in a dangerous direction.

—Karl Hodges, Castro Valley

Accuses Minorities and Left-Wingers of Creating 'False Impression that America is Still Rife with Racism'

Editor:

The "United Against Hate" signs in Castro Valley are probably well intended, but totally unnecessary.

Why does everyone assume that if a swastika is painted on any building, then it must be a "real" hate crime? In fact, most of these so-called "hate crimes" are staged by two kinds of people; minorities who want to play the role of victim, and left-wingers who want to create the false impression that America is still rife with racism.

Just do a Google search for "fake hate crimes." You will see dozens of these hoaxes exposed. And many of the others (not yet exposed) are probably also fake as well. Unfortunately, the police cannot always ferret out the truth in every case.

What kind of a person would stage a fake "hate crime," just to make minorities feel more afraid of white people? Unless you have proof that an alleged hate crime was really done by racists, or neo Nazis, then please don't assume that is the case. If you automatically assume every alleged "hate crime" is real, then you are engaged in fear mongering.

And why do some left wingers feel the need to stage so many fake "hate crimes?"

Obviously, real hate crimes are so rare that left-wingers must fabricate them, in order to maintain their big lie that America is still a "racist society." But this begs the further question; why do left wingers want to maintain this ugly myth?

I suspect that the left-wingers who stage fake "hate crimes" want to scare racial minorities into voting for Democrats, who falsely claim that Republicans are "racists."

—Peter Hauer, Castro Valley

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

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HILL, Devon Todd
PANCONI, Mildred A.
PHILLIPS, Stanley George

■ HILL, Devon Todd, resident of San Leandro, son of Loanne and Todd Hill, passed on June 4, 2018, at age 26. Funeral was held on June 16 at Chapel of the Angels in Fremont.

■ PANCONI, Mildred A., aged 88, entered into rest on June 2, 2018 at home in Castro Valley. The family invites all who knew Milly to the Memorial Mass and gathering on Friday, June 22 at 10 a.m. at Transfiguration Catholic Church, 4000 E. Castro Valley Blvd., Castro Valley.

■ PHILLIPS, Stanley George, 1945 - 2018. Stan Phillips passed away due to complications from cancer on Sunday, April 22, 2018. A celebration of life will be held Sat., July 28, 2018 from 5-8pm at 480 Marion Avenue, Ben Lomond, CA 95005. RSVP with Kathleen Alles (831) 239-4820 or weave@heartdogagility.com

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LETTERS TO THE EDITOR

must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. We do not withhold names or publish unsigned letters.

Email letters to: fredz@ebpublishing.com or mail to: The Forum
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OPINION

Count Me In: CV Sports Foundation

By Amy Ramos
SPECIAL TO THE FORUM

Castro Valley Sports Foundation was founded in 2002 and is a volunteer run non-profit dedicated to assist and support Castro Valley Youth Sports/Athletics.

I sat down the CVSF president, Rachel Lunt. Rachel and I serve on another board together so I am already aware of how dedicated and awesome she is.

Physically fit herself, she is always (and I mean always) extremely positive and supportive. She and I discussed what the CVSF does. I wasn't aware in 2017 they awarded over \$15,000 in grants across 17 youth sports programs. They have only 2-3 fundraisers per year and are 100% funded through these fundraisers, personal donations and business donations.

When asked why she got involved with CVSF 5 years ago, Rachel instantly replied, "My passion is youth sports, I want to help provide the monetary support that the programs need."

If you're looking to get active and involved this year, put some thought into participating in their Day on the Greens Golf Tournament. It takes place on Saturday Sept. 15th and tickets are still available!

Not a golfer? No problem! Run, jog, or walk the Run 4 Sports 5k/10k on Sunday Oct. 21st—tickets are still available for this event as well.

Please see: castrovalleysportsfoundation.org for more information or to buy tickets! And please consider donating, volunteering, or sponsoring CVSF.

Amy Ramos is a resident of Castro Valley, and president of Stanton Parent Club and a School District parent. Contact her at: adramos@mac.com



PHOTO: HAYWARD ARTS COUNCIL

TIMELESS CLOCKS: You've probably never seen an exhibit like the one hanging in the Hayward Art Council's Foothill Gallery. Local digital artist Jeanne Bertolina has always had a love for big outdoor clocks and has been photographing them since 2002. She works in Photoshop and turns her photos into unique, beautiful compositions. Some of the clocks are local, and you are sure to recognize them. There is a brief description of each clock, including its location. Don't miss this very special show, "The Big Clocks." Gallery hours are Wednesday through Friday, 10 a.m. - 4 p.m., at 22394 Foothill Blvd., downtown Hayward.

CVSAN

'Qualified Plumbing Contractors' Listing

The Castro Valley Sanitary District (CVSan) will be continuing the Lateral Replacement Grant Program (LRGP) effective Aug. 13.

State of California licensed contractors interested in being listed as a "CVSan Qualified Plumbing Contractor," eligible to provide quotations to residents who are participating in LRGP, should submit a written request no later than Friday, July 6, to Castro Valley Sanitary District, 21040 Marshall St., Castro Valley 94546.

Qualified contractors are given such designation based on these criteria:

1. Properly licensed (either C42 - Sanitation System or Class A - General Engineering Contractor) to work on sewer lines and work in the public roadway.

2. Have no outstanding matters or disputed work with CVSan (i.e., incorrect installations or incomplete work after permit expiration).



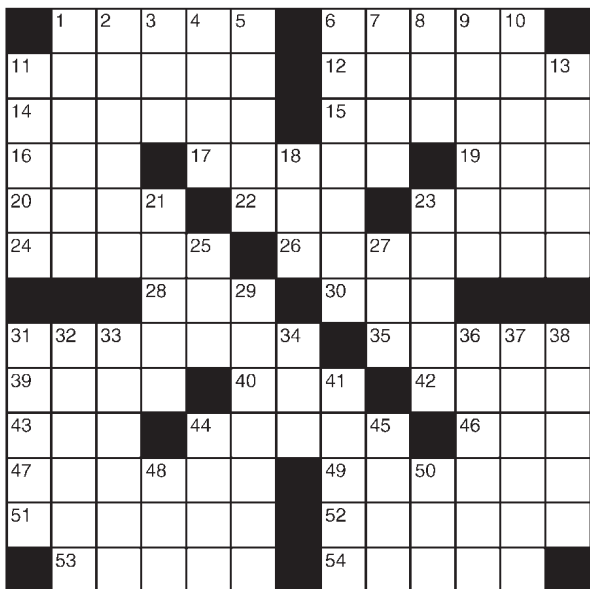
CVSan will be continuing its Lateral Replacement Grant Program effective August 13.

3. Have not presented misleading or confusing print media to the community or property owners about LRGP.

Contractors who do not meet the above criteria will be removed from the contractors list for a period of 12 months.

For additional information, contact the Castro Valley Sanitary District, 21040 Marshall St., Castro Valley at 510-606-1300.

THE FORUM CROSSWORD



ACROSS

- 1 Talent
- 6 Clinton-era housepet
- 11 Origin
- 12 Consecrate with oil
- 14 Green club
- 15 Say under one's breath
- 16 "Eewwww!"
- 17 Down in the --
- 19 Spell-down
- 20 Actress Perlman
- 22 Zilch
- 23 Stunned sensation
- 24 Bra part
- 26 Floods
- 28 Yon bloke
- 30 Operated
- 31 Poison in a 1939 play
- 35 "Caribbean Queen" singer Billy
- 39 Titleholder's proof
- 40 Apprehend
- 42 Facility
- 43 Sternward
- 44 Went outwith
- 46 Bus bldg.
- 47 Bowling alley border
- 49 Bread spread
- 51 Intertwine
- 52 Earth tones
- 53 Redcaps' workplace
- 54 Jurors, in theory

DOWN

- 1 Battled
- 2 Part of MLK Jr.
- 3 Illustrations
- 4 On the rocks
- 5 Same old story?
- 6 Embroidery creation
- 7 Responsibility
- 8 Barracks bed
- 9 Knapsack of a sort
- 10 Earn a blessing?
- 11 Boot attachments
- 13 Kilmer poem
- 18 Central
- 21 Oohed and --
- 23 Conical-cap wearer
- 25 Wrestling win
- 27 "7 Faces of Dr. --"
- 29 Mosque tower
- 31 Saw
- 32 Money back
- 33 Resolve
- 34 Garfield, for one
- 36 Festive spring day
- 37 Michaelmas daisies
- 38 Approaches
- 41 Jazz style
- 44 Art --
- 45 Mussolini title
- 48 Spigot
- 50 Commonest English word

ANSWERS ON PAGE 5

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ADOPT-A-PET



COOPER is a neutered, 4-year-old pup who's ready to experience the world. He'll Thrive with experienced guardians. OK with teens. Info: Hayward Animal Shelter. (510) 293-7200.



CHESTER is a neutered, 1.5-year-old pup, is a total goof ball and lover of belly rubs. Training would be beneficial to both him and his family. Info: Hayward Animal Shelter. (510) 293-7200.



ELLY is a 5.5 lb, 4-5 year-old Chihuahua/Terrier mix. She is house trained and loves to go on walks and to play fetch with squeaky toys. For more info., visit: dustypawsrescue.org



KRISTOFF was born in a Dusty Paws Rescue foster home on March 27, 2018. He loves to play and wrestle and has been neutered. For more info., visit: www.dustypawsrescue.org

COUNTY BUDGET

\$3.1 Billion Proposed for Fiscal Year

Alameda County Supervisors will take up the details of a proposed \$3.1 billion county budget for the coming fiscal year next week, against a backdrop of concern about what lies ahead.

County Administrator Susan Muranishi says the budget will close a \$65.9 million funding gap without significant reductions to services or staff.

It includes funding increases to community service providers, allows the County to continue building its financial reserves, and supports a workforce of more than 9,700 employees.

The Proposed Budget will be the focus of hearings June 25-27 by Supervisors who are scheduled to adopt a final budget for 2018-2019 on Friday, June 29.

All sessions will be in the Board of Supervisors Chambers, 1221 Oak St. in Oakland.

For full details on the budget, visit budget.acgov.org/

HEADED FOR WEST POINT



Castro Valley High School graduate Bianca Greer, 18, of Hayward, shown with Rep. Eric Swalwell, was one of six students from the 15th Congressional District to be nominated to the U.S. Service Academies by Swalwell. Greer will attend the United States Military Academy in West Point, New York. She was president of the Black Student Union, captain of the varsity basketball team, and is academically ranked second in her graduating class. A three-sport varsity athlete, earning letters in basketball, volleyball, and track and field, she received the North Coast Section Scholar Athlete Award for three consecutive years. Greer is a volunteer for the Alameda County Food Bank and the local Senior Citizens Care Facility, and is working with the Santa Clara County Sheriff's Office on an anti-bullying children's book.

Chabot: CV

continued from page 9
vantage of this "dual-enrollment" option. CVHS and Redwood High juniors and seniors can pick up a dual enrollment application at the CVUSD main office at 4400 Alma Avenue and return it to the CVUSD office no later than Friday, July 6.

"We're excited to offer these courses because it enables high school students to accelerate their college education while meeting their high school elective requirements," said Assistant Superintendent of Educational Services Dr. Jason Reimann.

For the community at large, on-line registration is now open for these two courses. Go to www.cccapply.org to apply for admission and register for courses at www.chabotcollege.edu

Space is limited and seats are available on a first come, first serve basis.

Castro Valley Adult & Career Education is located at 4430 Alma Ave. Visit www.cvadult.org or call 510-886-1000 for more info.

Sharon Travers is Assistant Principal of Castro Valley Adult & Career Education.

CONGRATS!



2017/2018 GREEN RIBBON SCHOOLS

On June 5th, these 16 Castro Valley schools were certified as Green Ribbon Schools for the 2017/2018 school year:

- Canyon Middle
- Castro Valley Adult
- Castro Valley Elementary
- Castro Valley High
- Chabot Elementary
- Creeside Middle
- Independent Elementary
- Jensen Ranch Elementary
- Marshall Elementary
- Our Lady of Grace
- Palomares Elementary
- Proctor Elementary
- Redwood High
- Stanton Elementary
- Sterling West
- Vannoy Elementary



In 2007, CVSan developed the Green Ribbon Schools Program to help schools practice the 4Rs - Reduce, Reuse, Recycle & Rot. To achieve annual certification, these schools completed a minimum of 40 activities and, on average, diverted 82% of materials from landfill. Congratulations and thank you for helping make Castro Valley a sustainable place to live!

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