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TUESDAY, MARCH 20



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# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, MARCH 14, 2018

NO. 11

## INSIDE YOUR FORUM

### NEWS



#### Pot Conviction?

The District Attorney's Office may dismiss prior pot-related convictions

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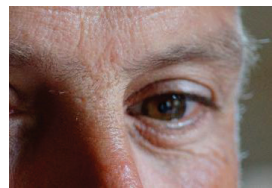


#### Feeling Lucky?

You will, after trying this St. Patrick's Day corned beef and cabbage

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### H&F



#### Get Tested

How Medicare can help protect your eyes from 'the sneak thief of sight'

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PHONE: (510) 537-1792

## CV Hummingbird Raises 2 Healthy Babies

By Patrick Vadnais  
CASTRO VALLEY FORUM

Betty Johns, a resident of Baywood Court Retirement Community in Castro Valley, has a nice view of a hummingbird and her two babies nesting in a downstairs neighbor's tree.

Her neighbor, Ann, first noticed the nest on Feb. 7 on a branch of a Japanese Maple tree. Another neighbor, Kathleen, also enjoys watching the excitement and is helping by keeping a watchful eye on the nest. The mom had been sitting on the eggs for a couple of weeks, keeping them warm. They hatched around Feb. 24.

The mom occasionally flies off to gather food. She has been very protective, flying back and forth when people come to close.

The babies will eventually test out their wings in preparation for flight (at around three week old). They will then leave the nest.

Mom will continue to feed them for two or three days, while showing them good places to catch bugs and get nectar. She will then chase them off to be on their own and they will never return to the nest.

Betty enjoys having company stopping by to see the hummingbirds. Her friend Cheryl Lekas took the pictures.



PHOTO BY CHERYL LEKAS

After mating, the female will find a suitable tree branch and construct a nest the size of a golf ball using moss, spider silk, bark, leaves, feathers and other available materials.

Hummingbirds usually lay two eggs – about the size of jellybeans – on two different days. When the eggs hatch, the babies are approximately an inch long and

weigh about a third the weight of a dime. The mother will immediately start searching for food.

Although the adult hummingbirds can live exclusively on nectar, the mom will look for worms, insects, nectar, bugs, and the like for the protein the babies need to grow and develop. The babies must eat often and will die within 4 hours without a food source.

The female hummingbird is the only one that will care for her babies.

The male does not assist with any of the child care.

Although the adult hummingbirds can live exclusively on nectar, the mom will look for worms, insects, nectar, bugs, and the like for the protein the babies need to grow and develop.

## Seniors Send Support to Parkland, Florida Students

A group of senior citizens at Castro Valley's Baywood Court Retirement Community will be sending a message of support to the students of Marjory Stoneman Douglas High School in Parkland, Florida, where a former student gunned down 17 of their classmates on Feb. 14.

"The kids from the high school are so incredibly articulate, we just want to support them," says Baywood resident Marianna Neil.

The statement, signed by members of the Baywood community, does not take a political stance. Instead, it focuses on a bond the senior citizens want to build with the younger generation. In part, it reads:

"We are elders of this generation. Most of us in our 80's and 90's and yes, even in our 100's. Sometimes we are referred to as the silent generation. But we still have our voices and hearts that hurt

when we hear of killings on our soil and within our schools. Some of us have fought in wars along with comrades and friends who did not survive in order to protect our country from senseless killing. You are our youth — our great and great-great grandchildren, our grand nieces and nephews. We feel your loss as our own."

Students from around the country are participating in numerous walkouts. Watching similar violent scenarios play out over and over has frightened and saddened not only the young, but older generations as well.

"I'm just so afraid every day that when I read the news there will be another one," says Ruth Haber, President of the Residents' Association. "We saw the kids with their hands up, signaling to the police they were all right."

"We want to let them know we see SUPPORT on page 3



PHOTO BY LINDA SANDSMARK

**A SHOW OF SUPPORT:** Members of Baywood Court Retirement Community sign messages of support for the students of Marjory Stoneman Douglas High School in Florida. A former pupil massacred 17 of their classmates with an assault weapon on Valentine's Day.

## Sewer Pipe Plan Roils MAC Board

By Amy Sylvestri  
CASTRO VALLEY FORUM

The Castro Valley Sanitary District is proposing a new lateral pipeline project that could cost Castro Valley homeowners up to \$20,000 – an idea that was soundly criticized by the Castro Valley Municipal Advisory Council (MAC) at their Monday night meeting.

CVSan has been considering the program for over a decade, according to Roland Williams, the district's general manager. MAC member Dave Sadoff is on the CVSan board and recused himself from the discussion.

Williams said that the sewer system is overwhelmed in parts of Castro Valley when there is a lot of rain. The issue isn't sewer water getting out, but rather rain water getting in.

So CVSan is proposing that homeowners pay for repairs to the lateral lines which extend from their homes to the larger municipal pipes.

"We are at the very beginning of the outreach portion (of the possible project)," said Williams. "There haven't been any decisions about when or if this program will go into effect. These issues will need to be addressed one way or another."

Williams said the cost of such repairs is around \$5,000 for 50 feet of lateral pipe replacement but could range up to as much as \$20,000.

The idea proved unpopular with the MAC, as well as some real estate professionals in the audience – one possible part of the proposal was that the lateral repairs be required when homes change ownership.

"When you do a termite inspection, you don't need a governmental agency getting involved in that," said MAC Chair Crawford.

Crawford asked if the repairs were being mandated by another agency or authority and Williams said they are not. Crawford was also skeptical of CVSan asking residents to pay for the lateral project when sewer rates in Castro Valley area already higher than other local sanitary districts.

"We pay some of the highest sewer rates around," said Crawford. "We are already getting hosed. You want to insert your- see MAC on page 7



## Castro Valley Weather Mar. 14 - 18, 2018



Wednesday  
Showers  
High 67° Low 51°



Thursday  
Showers  
High 65° Low 48°



Friday  
Showers  
High 65° Low 45°



Saturday  
Showers  
High 63° Low 53°



Sunday  
Cloudy  
High 64° Low 49°

### Almanac



Past Week's Rain: 00.23  
Season To Date: 10.42  
Normal To Date: 19.33  
Season Average: 21.22

Sun sets at 7:16 p.m. today, rises at 7:19 a.m. Thursday.

### Moon Phases



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## SPORTS HALL OF FAME

# Jackie Moog's Sports Highlights Abound as Athlete and as Coach

Last in a series profiling the 16 new members of the Castro Valley Sports Hall of Fame. The induction banquet will take place Saturday, April 21, at the Redwood Canyon Event Center. For tickets, call Ted Riche at 510-537-2048.

By Dave Del Grande  
SPECIAL TO THE FORUM

In attempting to identify the highlight in a lifetime of great sports achievements, Jackie Moog couldn't decide which championship – player or coach – to single out.

Or maybe it was the eventual Cal standout she'd inspired in volleyball, the scoring title she'd won in basketball, the scholarship she'd earned to college or the All-Star trip to Europe she'd been selected to take.

The varsity letters as a prep freshman, the records she still holds in high school, the rivalries she created and often won.

There was so much to choose between ... it's exactly why Moog has been selected to the incoming class of the Castro Valley Sports Hall of Fame.

"People are always telling me, 'Jackie, you should be the mayor of Castro Valley.' And it's true: I can't go anywhere without seeing someone I know," insisted Moog, who was known as Jackie Wilson during her brilliant prep career at Redwood Christian High.

"I love Castro Valley," she continued. "Castro Valley has been really good to our family. This (Hall of Fame distinction) is quite an honor."

Moog, a 1983 high school graduate, moved to Castro Valley while a fifth-grader in the Redwood Christian program. She's never



**A STAR ON AND OFF THE COURT: Former basketball star Jackie Moog, now a physical education teacher at Redwood Christian, with student Andre Prelipceanu.**

left ... Castro Valley or Redwood Christian.

"When I graduated from college (Biola University near Los Angeles), I remember the coaches (at Redwood Christian) saying, 'Jackie is graduating; we should get her back,'" said Moog, a longtime P.E. teacher who also has coached Eagles sports, at a variety of levels, in volleyball, basketball and softball.

"It (the sports profession) basically chose me," she continued. "I was on my honeymoon when they called and offered me a job."

Turns out to have been a great call. The only debate is whether Moog was more successful as a Redwood Christian athlete or coach.

A varsity letterman in both basketball and softball as a freshman, the 5-foot-7 Moog's greatest accomplishments as an athlete were indoors.

Her basketball teams at Redwood Christian claimed four straight Christian Schools Athletic League championships, earning her two trips to the Oakland Coliseum Arena.

"I wasn't used to all the open space," she recalled. "I was used to having the walls of the gym right next to the court."

Arguably Moog's career highlight came on the final night of the 1983 regular season, when she and Pacific High's Karen Jaskot were dueling for the Southern Alameda County scoring title. Like an election where you post your results and wait for the other precincts to report, Moog outscored Jaskot from miles away on the final night, securing the top spot on the charts.

Moog admits to being a bit uncomfortable with the honor.

see FAME on page 10

## Pot Conviction? The DA Might Forgive You

Proposition 64, passed by California voters in November 2016 to legalize recreational marijuana use, also established protocols for re-designating, dismissing and sealing old convictions.

The Alameda County District Attorney's Office immediately established a policy and a process to re-designate and dismiss prior can-

nabis-related convictions.

Since then, the DA's office has handled a steady flow of petitions to dismiss marijuana-related felony and misdemeanor convictions on a weekly basis.

"California is offering a second chance to people convicted of cannabis crimes, from felonies to small infractions, with the opportunity to have their criminal records cleared," said District Attorney Nancy O'Malley.

Since recreational pt was legal-

ized, 609 petitions for dismissal have been granted in Alameda County Superior Court.

The DA's office has identified 5,000 individuals who received those convictions, and continues to initiate actions to dismiss the remaining convictions.

People who believe they are eligible to have their prior marijuana cases reviewed for dismissal and sealing under the new law should email the DA's office at Cannabis-Dismissal@acgov.org.

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## STUDENTS, STAFF

# CVHS Walkout

By Hannah Johansson  
SPECIAL TO THE FORUM

In response to the Parkland, Florida shooting one month ago, organizers are planning a nationwide walkout today for students and teachers.

The Muslim Student Association, Citizens United, and Black Student Union have taken on the responsibility of planning the walkout at Castro Valley High School.

After organizing amongst themselves, the three clubs invited the entire school to a joint meeting on Feb. 27 to discuss gun control and plans for the walkout.

Both gun rights supporters and gun control advocates were invited to the meeting. Shaelly Adams, co-president of Citizens United, said they invited everyone not to spark debate, but to listen to other points of view. However, she and the other club officers did not expect such a large crowd.

"I didn't expect it to be such a big meeting," said Adams. Around 60 students, teachers and administrators showed, including Principal Blaine Torpey. After immediately filling the desks, students sat on the floor and crammed into the doorway.

Muslim Student Association President Addie Bukhari led the discussion on two topics: regulations on firearms and the possibility of arming teachers.

Although there were many who were still eager to share, Bukhari cut the discussion short to move on to discussing the march itself.

Bukhari explained that all protesters will meet in the quad at start of break. The walkout will last for 17 minutes, in honor of the 17 dead students from Parkland. They planned it to coincide with break in order to have an audience, and to keep interference with students' educations at a minimum.

"We are not against the school. I cannot stress this enough," said Bukhari.

Organizers also stressed that they do not want any students to join the walkout if their purpose is to get out of class.

Club officers plan to have speeches and a few minutes of silence during the walkout.

"You never know when the next shooting might happen," said Bukhari.

## Support: CV

*continued from front page*  
are far away from them, but we still support them and their "Never Again" movement. They've already had some results and we support them in what they have to say."

The Baywood Court seniors will be sending their statements of support to the students in Parkland, including posters created by residents. They hope to inspire more people to become involved in this important discussion.



**FANCY HATS AND ALL:** Cliff Sherwood with wife Billie, who won the Fancy Hat Contest.

## CV's First 'Derby'

A recent Thursday evening was exciting for everyone present as the First Castro Valley Derby was held as the Castro Valley/Eden Area Chamber February Mixer.

The event was hosted by the Rotary Club of Castro Valley and was held at Faith Lutheran Church. The Veterans for Foreign Wars presented the colors with Bruce Johnson leading the Pledge of Allegiance.

The Derby consisted of six horse "owners" selecting their jockeys to ride their stick horse as dice were rolled to move one space at a time to the finish line eleven spaces away!

see **DERBY** on page 15

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## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



**Blame it on the Rain**  
Sunday, March 11: at 10:07 p.m., Sheriff's deputies arrested a 55-year-old man on suspicion of possession of illegal narcotics. The man was also wanted as part of an outstanding warrant. Deputies approached the man on Castro Valley Boulevard to let him know about the upcoming rain storms when they positively identified his warrant. A quick search of his person also revealed his drug stash. The man was taken to Santa Rita Jail pending \$10,000 in bail.

**Joy Ride Ends in Arrest**  
Saturday, March 10: at 7:30 a.m., a 35-year-old man from Livermore was arrested on suspicion of driving a stolen vehicle. Deputies pulled the man over on the Boulevard near Marshall Street after running his plates and identifying the car stolen. The man also had a warrant issued for his capture. Deputies took the man to Santa Rita Jail pending \$50,000 in bail.

**Disturbing the Peace And Violating Parole**  
Saturday, March 10: at 5:56 p.m., deputies arrested a 41-year-old woman with no permanent address on suspicion of disturbing the peace and violating the terms of her parole. The woman was found at a home on Rahlves Drive near Madison Avenue following a noise complaint. Deputies took the woman into custody.

**Shoplifter Caught and In Violation of Parole**  
Saturday, March 10: at 8:23 p.m., a 24-year-old man from Oakland was arrested on suspicion of shoplifting from a grocery store on Castro Valley Boulevard near Redwood Road. Deputies were called to the scene after store security caught the man leaving with unpaid merchandise. The man was also found to be in violation of his parole. Deputies handcuffed the man and took him into custody.

**Verbal Assault**  
Saturday, March 10: at 4:42 p.m., deputies arrested a 24-year-old man from Pittsburg (Contra Costa County) on suspicion of "using offensive words in a public place which are inherently likely to provoke an immediate violent reaction." The man was standing in a parking lot on the Boulevard near Redwood Road lobbing verbal assaults on passersby. Deputies took the man into custody.

**Trespassing**  
Friday, March 9: at 1:26 p.m., a 49-year-old man with no permanent address was arrested on suspicion of trespassing at a grocery store on Redwood Road near the Boulevard. Deputies were called to the scene after security cameras found the suspect in a restricted area behind the building. The man was additionally found with illegal narcotics and illegal drug paraphernalia in his possession  
see **REPORTS** on back page

## An Important Message to Our Readers...

For nearly 30 years, the Castro Valley Forum has arrived at the doorstep of nearly every home in Castro Valley as well as parts of Oakland and Unincorporated Alameda County. And it hasn't cost a penny!

For those who weren't born when the first issue of the Forum rolled off the press in 1989 and who now have kids of their own, it must seem like the Forum has been around forever.

And, if all goes well, there will continue to be a home-owned local newspaper for you to enjoy with your Wednesday morning coffee.

But the time has come to ask for a little help from our friends, by buying a Loyal Reader Subscription to the Forum.

The cost of nearly every phase of publishing and delivering a newspaper has gone up dramatically in the past 30 years, while advertising revenue — our sole means of existence — has declined. That's a bad combination.

Here's our problem. Some ads aren't available to us unless we can demonstrate that a portion of the public is willing to subscribe to the paper. That's hard to prove when the Forum has always been delivered free.

So, if you value the Forum, we're asking that you make a small one-time-only investment of \$10 to help keep the presses rolling. It's the number of subscribers that's important.

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Mail to: Castro Valley Forum, 2060 Washington Ave., San Leandro, CA 94577.



# The Week Ahead

● **Wednesday, March 14: *Hayward Toastmasters Open House***

Hayward Top of the Hill Toastmasters is hosting an Open House at 7 p.m. today in the Hayward All Saints Faith Formation Center, 22824 2nd St., a great chance to practice public speaking, networking and hearing other great speeches. Free food and drinks, too. For more information, email Eugenia Lau at laumerr@yahoo.com.

● **Thursday, March 15: “*Taste of Castro Valley*”**

The cuisine, culture and commerce of Castro Valley come together from 4:30 to 7:30 p.m. tomorrow as the Castro Valley/Eden Area Chamber of Commerce hosts the “Taste of Castro Valley” at the Moose Lodge, 20835 Rutledge Road, where restaurants, caterers and home-based businesses will showcase themselves to the community. For more information, visit info@castrovalleychamber.com or call 510-537-5300.

● **Saturday, March 17: ‘*St. Pitties Day*’ Pet Adoptions**

Hayward Animal Shelter Volunteers and SantaCon are hosting special low-cost adoptions of pitbulls and pitbull mixes from 1 to 5 p.m. this Saturday at the Shelter, 16 Barnes Court, near the DMV in Hayward. The reduced \$20 adoption fee includes spay/neuter, vaccinations and microchip (Hayward residents pay a \$17 licensing fee). More information at www.facebook.com/haywardanimalshelter

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● **Saturday, March 17: *Discussion on Human Trafficking***

Human trafficking is an estimated \$32 billion-a-year global industry and California is one of the nation’s top four destinations. Learn about local trafficking at a panel discussion from 2 to 4 p.m. this Saturday at the Castro Valley Library, sponsored by the American Assoc. of University Women. Representatives from the Alameda County DA’s office, Hayward Police and Family Services will speak. For more info, see “Events” at www.aclibrary.org/branches/CSV.

● **Saturday, March 17: *Eden Area Village Monthly Coffee***

Join us for coffee at the Cannery Cafe in the Hayward Area Historical Society at 22380 Foothill Blvd. at 9 a.m. this Saturday and learn how we are working together to help seniors remain in our homes, active and engaged in our community. Visit edenareavillage.org for more info.

● **Tuesday, March 20: *Spring Pool Tournament***

Join the fun as the Aitken Senior Center at 17800 Redwood Road holds its Annual Spring Pool Tournament this Saturday at 9:30 a.m. Prizes will be awarded to the top players in each bracket. All skill levels are welcome. The entrance fee is \$5 per person and players must be registered by Friday, March 16. For details or to register, call 510-881-6738.

● **Tuesday, March 20: *The Financial Markets & Tax Reform***

Morgan Stanley Financial Adviser Noah Rubin will discuss Financial Markets in 2018 and Tax Reform at the next meeting of The Rotary Club of Castro Valley, from noon to 1:30 p.m. on March 20 at Redwood Canyon Golf Course, 17007 Redwood Road. The buffet lunch costs \$20 and reservations must be made by 9 a.m. on March 19 by contacting Rotary President Jim Negri at 650-996-9173 or ciaojim\_cvrotary.org. More information available at castrovalleyrotary.org

● **Tuesday, March 20: *The Lab – Open Mic***

The Lab is a monthly gathering that allows musicians, poets, and other artists to share their craft with the community, free from 7-10 p.m. on March 20. More info: www.smalltownsociety.com

● **Tuesday, March 20: *Doing Biz with the Federal Government***

Alameda County SBDC presents a free seminar, “Doing Business with the Federal Government,” from 6:30 to 8:30 p.m. next Tuesday at Hayward City Hall Conference Room 2A. You will review the certification programs that enable small and/or minority businesses need to know to sell to federal agencies. For further information, call 510-208-0410 visit nc.eccenterdirect.com/events/27874

# ...and Beyond

● **Thursday, March 22: *Creekside Boosters’ Basketball***

Creekside Middle School’s Athletic Boosters would like you to join us on March 22 for some fun and exciting basketball games! CMS 8th Grade Girls team vs. the Staff at 6 p.m., CMS 8th Grade Boys team vs. the Staff at 7 p.m. at the Creekside Middle School Gym. Doors open at 5:30 p.m. Tickets \$6/person at the door. Let’s go Wildcats!!!

● **Saturday, March 24: *Kiwanis Club Pancake Breakfast***

The Hayward/Castro Valley Kiwanis Club will hold its 19th Annual Pancake Breakfast from 8 to 11 a.m. on March 24 at the Kenneth Aitken Senior Center, 17899 Redwood Road in Castro Valley. Proceeds go to community projects and scholarships. Tickets are \$10 or \$30 for a family of four (\$5 for children ages 5-10). Enjoy breakfast, a cake walk, raffles, a silent auction and door prizes. For more info, call 510-886-1100.

● **Saturday, March 24: *Intro to Tarot Board Game***

Join practical-mystic, Amber Jayanti, to play a fun-filled, educational tarot board game designed to open participants both to problem solving and learning the basics of the Qabalistic Tarot’s Ageless Wisdom, from 2 to 5 p.m. March 24 at the Castro Valley Library. Beginners only, group size limited to nine. For more info, visit www.aclibrary.org or call 510-667-7900.

● **Monday, March 26: *Eden Garden Club***

Art designer Linda Beatham from Santa Cruz, who’s worked in the nursery business for 14 years, will discuss succulents and demonstrate how to design them in containers at the next meeting at 9:30 a.m. on March 26 at the Moose Lodge, 20835 Rutledge Road in Castro Valley. Items will be available for purchase. Meetings are free, guests are welcome. Phone 510-397-1268 for further information.

● **Tuesday, March 27: *CV School District’s Education Day***

The public is invited to the Castro Valley School District’s first annual Education Day to hear about the state of the district and to tour its college- and career-prep programs, from 7:30 to 10 a.m. on March 27 at 4400 Alma Avenue.

● **Wednesday, March 28: *Learn Healthier Eating***

Celebrate National Nutrition Month by learning how to lower your risk for heart disease with a plant-based diet at a program presented from 6 to 7:30 p.m. on March 28 at the Castro Valley Library by Eden Health District. Live demonstrations and tastings included. Limited seating, call 510-538-2035 to register. More info at www.ethd.org

● **Saturday, March 31: *Fall Plan Exchange***

The Fall Plant Exchange is a free, one-day event where gardeners,

landscapers, urban farmers, educators, and enthusiasts all come together to exchange plants, equipment, tools, and information about ways to make our urban environment more sustainable, aesthetic, and healthy, taking place from noon to 4 p.m. on March 31 at 4500 Lincoln Ave. in Oakland. For more information, visit theplantexchange.org

# Arts & Entertainment

## CASTRO VALLEY CENTER FOR THE ARTS

*Tickets for Center for the Arts events listed below are available online at www.cvcfa.com; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. (phone 889-8961), or at the Castro Valley Adult School, 4430 Alma Avenue.*

● **Concerto**, presented by Castro Valley High School, will be presented at 7 p.m. on Friday, March 16. *For tickets (TBD), see above.*

● **Spring Concert**, presented by the Castro Valley Adult School Orchestra at 2 p.m. on Sunday, March 18, will feature Rimsky-Korsakov’s Scheherazade, Lee Actor’s Divertimento, and Gershwin’s Porgy & Bess Suite. For tickets (\$19 adults, \$5 children and seniors) visit cvartsfoundation.org. Tickets at the door are \$12-\$7. Turn off the TV and brighten your week with this lively event.

● **Castro Valley Adult School Band**, will present a *free* concert on Wednesday, March 28.

● **“Franc D’Ambrosio Broadway,”** a critically acclaimed one-man show, will be presented at 7:30 p.m. on Saturday, March 31. Ambrosio is best known for his long running role of the masked Phantom in Phantom of the Opera. For a decade he held the record for the longest run of the Phantom - 2,300 performances. Today he tours extensively in the United States, Europe and South America. *For tickets (\$29-\$35), see above.*

## OTHER THEATRICAL & MUSICAL PERFORMANCES

● **Standup Comedy Show**, will be presented by Plethos Productions at 7 p.m. Saturday, March 24, in the Smalltown Society Space at 22222 Redwood Road in Castro Valley. Check us out on Instagram @PlethosProductions & Facebook @PlethosProductions

● **Spring Concert**, will be presented by the Morrisson Theatre Chorus under the direction of César Cancino, featuring a selection of works from the stage and the movies, at 8 p.m. on Friday and Saturday, March 23 and 24, and at 2 p.m. on Sunday, March 25, at the Douglas Morrisson Theatre, 22311 N. Third St., in Hayward. For tickets (\$18-\$15-\$12) call 510-881-6777 or visit www.dmtonline.org

## AT THE GALLERIES

● **“For the Love of Trees”** – Matthew Plexman presents uncomfortably beautiful, large format, panoramas of clear-cuts in Northern Ontario, Canada. Glenn Hemanes works with found wood to create small vessels inspired by provenance. John Dotta, photographs each tree as an individual, approaching them as a portrait photographer would. See their exhibition through April 9 at PhotoCentral Gallery, 1099 E St. in Hayward.

● **Hayward Art Council Members’ Works**, is now on display at the Community Gallery of the Museum of History and Culture, 22380 Foothill Blvd. in Hayward, highlighting 60 artists in a dynamic collection of media.

● **29th Annual Children’s Book Illustrator Show**, a local favorite of young and old alike, is currently at the Sun Gallery, 1015 E St. in Hayward, featuring a wide variety of artists and their books. Normal gallery hours are Friday through Sunday from 11-5.

● **“Anything Goes, Almost,”** an exhibition by A.R.T. Inc. members, is currently at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. See the Gallery’s Artist-in-Residence, Philip Denst, at work during exhibit hours. For more information, call 510-881-6735.

● **“Asian Inspired Art Exhibition,”** featuring 21 local artists and a variety of techniques including calligraphy, brush painting, ink, sculpture, poetry, mixed-media, quilts and acrylics, will be on display through March 22 at the John O’Lague Galleria at Hayward City Hall.

● **Hayward Arts Council Member Show** will be on display through May 27 in the Community Gallery at the HAHS Museum of History & Culture, 22380 Foothill Blvd. in Hayward. For more information, visit www.haywardartscouncil.org

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

## HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** You could have some problems with doubters who don’t share your enthusiasm for that new project you’re supporting. But use the facts to win them over to your side.



**TAURUS (April 20 - May 20):** Someone is impressed by how you managed to get your case to the right people, despite attempts to keep you on the outside looking in. Expect to hear more about this.



**GEMINI (May 21 - June 20):** Good for you -- your gift for seeing both sides of a dispute helps cool down a potentially explosive workplace situation. Some family-related tensions also begin to ease.



**CANCER (June 21 - July 22):** Your determination to prove yourself is put to the test by midweek. Counting all the positive factors you have going for you will help you get over your self-doubt. Good luck.



**LEO (July 23 - August 22):** Several co-workers are still determined to resist coming over to your side. But don’t let that stop you from presenting your proposal to the people who count. Stay the course.



**VIRGO (August 23 - Sept. 22):** You might prefer to be taken on faith and not have to prove yourself. But the truth is, you need to offer more facts if you hope to persuade people to accept what you say.



**LIBRA (Sept. 23 - October 22):** A family situation takes an unwelcome turn. While others might be looking around for answers, you’ll soon sort it all out logically, and the matter will be resolved.



**SCORPIO (October 23 - November 21):** Someone might try to create doubt about your reliability for his or her own agenda. But your reputation and your colleagues’ long-standing faith in you saves the day.



**SAGITTARIUS (Nov. 22 - Dec. 21):** An unexpected change of plans forces you to come up with an alternative by the end of the week. Look for colleagues to offer valuable suggestions.



**CAPRICORN (Dec. 22 - Jan. 19):** Nothing upsets the Goat as much as broken promises. But before you vent your anger, consider that this could ultimately prove to be a blessing in disguise.



**AQUARIUS (Jan. 20 - Feb. 18):** An old workplace problem you thought you had solved for good resurfaces. But this time, co-workers will take a more active role in helping you deal with it.



**PISCES (Feb. 19 - March 20):** Be careful not to be misled by a negative reaction to one of your more important projects. If you believe in it, then it has worth and is, therefore, worth staying with.



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CV ADULT & CAREER EDUCATION

# Navigating the Life Stage of Aging

By Linette Escobar  
SPECIAL TO THE FORUM

When we are children, mom and dad take care of all our needs. It can be upsetting to both parties when these roles reverse.

According to MetLife, nearly 10 million adult children over the age of 50 are in this position of taking care of a parent. This number will only grow as the U.S. Census Bureau says that by 2029 all baby boomers will be over the age of 65.

How do you talk about topics like when to stop driving and what might be good housing options as you age?

Castro Valley Adult & Career Education is offering two one-evening classes designed for both seniors and their family members to navigate the new life stage of aging.

The Elephant in the Room is a class about having those difficult conversations with ourselves and our loved ones as we age.

It's hard to talk about sensitive topics, but this class will help you engage in productive conversations. Topics will include future health considerations, re-marriage and blended families, when it is time to stop driving and making sure our end of life wishes are honored.

Class will be led by a staff

member of Eldercare Services. It will be held on Thursday, April 26 from 6:30 to 8 p.m.

The Great Debate: Senior Living Options helps address those concerns when the big two-story house you raised your family in now is very difficult to navigate and keep up.

As we age, our needs, income and priorities may change, which can affect where we choose to live. This class is meant for senior and/or their family members to gain useful information and honor your values and economic situation.

Class will be facilitated by a Licensed Clinical Social Worker with 30 years experience serving elders and their families. It will be held on Wednesday May 2nd from 6:30 to 8 p.m.

The cost for each of these classes is only \$15. Visit [www.cvadult.org](http://www.cvadult.org) or contact Castro Valley Adult & Career Education at 510-886-1000 to learn more or sign up for classes before they fill.

Linette Escobar is Marketing Chair of Castro Valley Adult & Career Education.

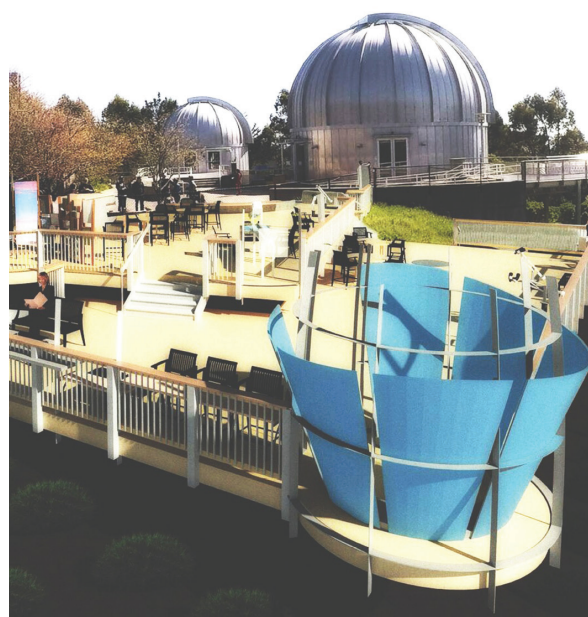
## Measure G's First Report

The Castro Valley Unified School District is introducing its first Annual Report of the Measure G Bond Program.

Measure G projects kicked off in Summer 2017 and plans for Spring 2018 are already in the works. The district expressed its

appreciation to the community for its patience and confidence as the bond projects are systematically structured.

View the First Annual Citizens' Bond Oversight Committee Annual Report as of Dec. 31, 2017, at: [bit.ly/MeasureGAnnualReport](http://bit.ly/MeasureGAnnualReport)



## Chabot Space Center Environmental Deck

Artist's rendering of Chabot Space & Science Center's new deck in the Oakland Hills, to be completed this spring. The new outdoor environmental education deck will add 3,200 square feet of space for public programs and will feature permanent interactive exhibits. For more information about Chabot Space & Science Center, visit [www.ChabotSpace.org](http://www.ChabotSpace.org)

## MAC: Plan

continued from front page

selves into the home-selling process and that seems like a gross overreach of government."

Crawford also said that he did not like the fact that CVSan has already drafted a version of the ordinance before doing public outreach.

David Stark of the Bay East Association of Realtors asked if the lateral repairs were even really necessary or just something CVSan would like done.

"What is the exact problem they are trying to solve?" asked Stark. "Specifically, where are these leaky pipes and how quickly do they need to be repaired."

Bill Mulgrew of the Rental Housing Association of Alameda County said that hitting a home-buyer or seller with an extra bill for thousands of dollars would make Castro Valley less appealing in the real estate market and also felt the lateral repairs may not be necessary.

"It feels like something is sneaking by," said Mulgrew of the plan.

CVSan has promised to schedule a town hall meeting in April or May to get more input from Castro Valley residents. The date, time, and location are to be determined.

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**Chinet® Plates, Bowls & Platters** **\$2.99** Ea. Asst. Variety & Sizes



## An App That Helps Keep Kids Safe When Parents Aren't There

There are literally dozens of apps on the market designed to find and pay for a local babysitter but a new app has been developed that's designed to help that sitter keep the kids safe when the parents aren't there.

SitterAdvantage offers emergency help in the palm of their hands and contains important information about the kids and an easy way to contact the parents at any time.

Developed by Brian Presley, a former youth worker, camp program director, and stay-at-home dad, the idea came to him years after witnessing a tragic drowning while working at a local youth organization.

Although the lifeguards were doing everything they could to save the young boy, other staff were so overwhelmed that they didn't know what to do or knew much about the boy or how to contact the parents.

This tragedy has stuck with Presley for many years as he's always wondered if there was something more that could have been done to prepare the staff.

It wasn't until many years later while working on an app on his parenting website "What To Do



With The Kids," did Presley recognize the opportunity to add features that could actually help keep the kids busy, happy and safe, by providing access to games, crafts and activities for babysitters and nannies.

SitterAdvantage is designed to easily enter important information about each kid including any allergies, handicaps and disabilities they may have; as well as any medications they may be taking.

A photo can also be taken and becomes part of the kid's profile which can be used if the child goes missing. The parent's information is also easily entered which

includes: their name, address and contact information so that they can be reached easily.

When the Emergency page is opened, the "Call 911" icon appears. With one touch the phone feature appears with 911 programmed. Once the sitter is sure there is an emergency, they just select dial to get help. This fast, two-step process is designed to eliminate the misuse and accidental dialing of emergency services which may result in a fine for the parents.

If the sitter has taken the kids to the park or shopping and an emergency happens, the "Show my Location" icon on the Emergency page uses the smartphone's GPS to find where they are.

The Emergency page also shows the parent's address which will help the sitter give the authorities the proper address.

Although the sitter may have been there before, during an emergency, they may panic and not remember the actual address.

Information about each kid appears on the Emergency page as well as the parent's contact information where they can be reached by text or phone.

see APP on page 9



## Concussion and Sports: How the Rules Are Changing For Athletes

By Shelly Gordon  
SPECIAL TO THE FORUM

Increased education and awareness about the potential for injury has changed the way the game of football is played, and new rules have been put in place to protect NFL players.

Pacific Brain & Spine neurosurgeon Dr. Ronnie Mimran serves as the team neurosurgeon for the Oakland Raiders.

His practice focuses on surgical and non-surgical treatment of brain and spine disorders, with an emphasis on minimally invasive techniques for the spine. He per-

forms surgeries at Eden Medical Center and San Ramon Regional Medical Center.

I asked him to give me his perspective on the neurological challenges facing both professionals as well as young athletes and teens who play tackle football.

see CONCUSSION on page 10

BACK BY POPULAR DEMAND — EDEN HEALTH DISTRICT PRESENTS

## Let's Get Vegucated!

Help us celebrate National Nutrition Month and join us for some fun and self-discovery while learning how to lower your risk for heart disease. Healthy eating doesn't mean tasteless bland meals. We'll spend the evening showing you how to create healthy and flavorful meals without the added sodium and fat through a plant-based diet.

WEDNESDAY, MARCH 28  
6:00 TO 7:30 P.M.

CASTRO VALLEY LIBRARY  
3600 Norbridge Ave., Castro Valley

THIS IS A FREE COMMUNITY  
EVENT



Join Chef Lisa Books-Williams for an evening of "vegucation" and learn the evidenced-based health benefits of a plant-based diet. Through this program, you'll feel more confident creating healthy, delicious, and tasty meals that are quick and easy for you and loved ones. Live demonstration and tasting included.

Chef Lisa brings more than 10 years experience in the cooking industry, including co-developing the plant-based diet program for Kaiser Permanente and winning the 2013 Vegan Iron Chef Award. Her belief in a plant-based diet helped her lose more than 125 pounds, restoring her health and vitality.

Limited seating. Registration is required. Call 510-538-2035.

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## Dangers of Blue Light Exposure

An American Optometric Association (AOA) survey revealed that 88 percent of us know that digital devices can negatively affect their vision, but the average American still spends seven or more hours per day looking at their screens.

This overexposure to blue light — high-energy visible light emitted from digital devices — can lead to digital eye strain, sleep problems, blurred vision, headaches and neck and shoulder pain, among other things.

The survey also indicates that the average millennial spends nine hours per day on devices such as smartphones, tablets, LED monitors and flat-screen TVs, all of which emit blue light.

The following tips explore ways people can protect their eyes and monitor digital screen usage while at home or work:

- Power down before you turn in: Turn your digital devices off at least one hour before bed.
- Unplug with the 20-20-20 rule: When you are using any device or computer, make a conscious effort every day to take a 20-second break and look away from the screen, every 20 minutes and view something 20 feet away.
- Step back: Maintain a comfortable working distance from your digital device by using the zoom feature to see small print and



**Overexposure to blue light — high-energy visible light emitted from digital devices — can lead to digital eye strain, sleep problems, blurred vision, headaches and neck and shoulder pain, among other things.**

details, rather than bringing the device closer to your eyes.

- Adjust your device to fit your needs: The AOA recommends reducing the glare by adjusting device settings or using a glare filter to decrease the amount of blue light reflected from the screen.
  - Schedule an appointment for a comprehensive eye exam to detect and address vision problems.
- "This year, we're challenging you to prioritize not only your eye health, but your overall health and well-being, and limit your expo-

sure to blue light," said Andrea Thau, O.D., president of the AOA. "It's as easy as looking away from your screen every 20 minutes and powering down an hour before bed."

Blue light symptoms include digital eye strain, dry eyes, eye irritation (burning and stinging), blurred vision, sleep problems, headaches, and neck and shoulder pain.

For additional information on eye health in the workplace, please visit [www.aoa.org](http://www.aoa.org).

## 'The Sneak Thief of Sight': How to Protect Your Eyes from Glaucoma

By Greg Dill  
SPECIAL TO THE FORUM

Are you at risk for glaucoma?

Glaucoma is an eye disease that causes loss of vision—usually side vision—by damaging the optic nerve, which sends information from your eyes to your brain.

Some forms of glaucoma don't have any symptoms, so you may have it even if you don't have trouble seeing or feel any pain.

That's why glaucoma is often called "the sneak thief of sight."

Fortunately, you can prevent vision loss by finding and treating problems early. Medicare covers a glaucoma test once every 12 months for people at high risk for glaucoma, including diabetics, a family history of glaucoma, and African Americans and Hispanic Americans over the age of 50.

Glaucoma tests are covered under Medicare Part B (medical insurance). An eye doctor who's legally allowed to do this test in California must either do or supervise the screening.

How much will the test cost you? You pay 20% of the Medicare-approved amount, and the Part B deductible (\$183 this year) applies. If the test is done in a hospital outpatient setting, you also pay a copayment.

To find out how much your specific test will cost, talk to your doctor. The specific amount you'll owe may depend on several things:

- Other insurance you may have
- How much your doctor charges
- Whether your doctor accepts Medicare payment as full payment
- The type of facility where you're tested
- The location where you're tested.

There is no cure for glaucoma. Vision lost from the disease cannot be restored.



Without treatment, people with glaucoma will slowly lose their peripheral (side) vision. If glaucoma remains untreated, people may miss objects to the side and out of the corner of their eye. They seem to be looking through a tunnel.

Over time, straight-ahead (central) vision may decrease until no vision remains.

Immediate treatment for early-stage glaucoma can delay progression of the disease. That's why early diagnosis is very important.

Glaucoma treatments include medicines, laser trabeculoplasty, conventional surgery, or a combination of these. While these treatments may save remaining vision, they do not improve sight already lost from glaucoma.

Glaucoma is detected through a comprehensive dilated eye exam that includes:

- a visual acuity test that measures how well you see at various distances;
- a visual field test that measures your peripheral vision.
- a dilated eye exam. Drops are

placed in your eyes to widen, or dilate, the pupils. Your eye care professional uses a special magnifying lens to examine your retina and optic nerve for signs of damage and other eye problems. After the exam, your close-up vision may remain blurred for several hours.

Tonometry measures pressure inside the eye by using an instrument called a tonometer which can detect glaucoma. Numbing drops may be applied to your eye for this test.

Pachymetry is the measurement of the thickness of your cornea. Your eye care professional applies a numbing drop to your eye and uses an ultrasonic wave instrument to measure the thickness of your cornea.

For more info, visit [nei.nih.gov/health/glaucoma/glaucoma\\_facts](http://nei.nih.gov/health/glaucoma/glaucoma_facts)

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

## App: Gives Parents Some Peace of Mind

*continued from previous page*

One feature that many parents had mentioned was that their sitter may be overwhelmed and forget to do something they were asked to do.

The Task feature allows the sitter to enter a task with a description along with a start and end time if needed. A reminder can also be set so that there is little chance of an important task not being completed such as the proper bed time or when to give medication.

SitterAdvantage also features a Resource page with tips and advice for the sitter including a potential job checklist, a pre-job checklist and a location checklist

for when they arrive to look after the kids. It also features links to the games, crafts and activity pages so that they can find a great selection of fun things to do with the kids that don't involve using a screen.

All of the information entered into SitterAdvantage is safe and is not transmitted. There is no third-party advertising and no in-app purchases are needed. Profiles can be permanently deleted with a swipe of a finger.

The What To Do With The Kids website also features a quiz for

potential babysitters, free business cards that they can download and advice on how to find a babysitting job.

SitterAdvantage is available on the App Store and Google Play. For more information visit [www.whattodowiththekids.com](http://www.whattodowiththekids.com)

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## ATHLETES OF THE WEEK



This week's Athletes of the Week are the members of Dakine Hoops 12U Boys basketball team. They began their spring season by playing in an invitational tournament hosted by Trust The Process, held at Jamtown in Oakland on March 3-4.

Dakine Hoops played pool/bracket games and won all 3 games to kick-start the season. The first game won was against Payton's Place 12U with a score of 37-33. In game 2, Dakine Hoops beat

Jamtown 12U 56-41. In their last game, they won against Team United (Blue) 60-32.

Shown above, front row from left, Shryians Vittal, Avi Rajbhandary, Porter Tien, Riley La Rosa, Ekam Sandhu and Curtis Nguyen (MVP of the game); middle row, James Ren, Joshua Racimora, Michael Li, Aadi Malali and Travis Simmons (missing-Jalen Tran); back row, Head Coach Armando and Assistant Coach John.

## CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

**Youth Baseball and Flag Football Programs**  
[www.CVSPORTSLEAGUE.org](http://www.CVSPORTSLEAGUE.org)

## Concussion: Preventing Sports Injuries

*continued from page 8*

What has changed in football since neurological damage caused by brain injuries came to light 15 years ago?

Players are penalized for helmet-to-helmet hits or hits to a defenseless player.

Before, players would shake off injuries and ignore signals to walk off the field. Now, instead of players assuming they have to take their hits like a good soldier, they are self-reporting concussions or taking themselves out of the game.

In addition, starting in 2009, the NFL mandated that each professional football team hire its own neurosurgeon.

To prevent bias, teams are now also required to bring in an independent neuro-trauma consultant to corroborate the physician's diagnosis and treatment for brain concussions.

So today, when a player is suspected of having a concussion, he is removed for the remainder of the game. Players no longer blame the doctors for taking them out. They understand that the NFL changed the rules and the rules are the reason they're being taken out of the game.

Awareness and education have become paramount among coaches and trainers. They are recognizing

that concussions aren't easy to spot because a player's injury isn't always obvious.

So even if he isn't limping, he may still be hurt. Now, if the coach suspects that a player is injured he will remove him from the game.

What about young athletes and high school football players? What are your top recommendations for preventing injuries, during practice or during the game?

First, young athletes, under high school age should avoid tackle football. They can learn the game by playing flag football.

Young athletes can still learn the fundamentals – running, passing, kicking – while avoiding early head hits to the skull and brain at a time when brain development is really important.

Injurious impacts have ripple effects during a young player's developmental years.

When athletes get to high school they may feel more emboldened toward aggressive physical contact. Coaches should limit padding, helmet use or other protective equipment during practice to discourage players from aggressive physical contact.

Proper fitting of equipment is essential. An older brother shouldn't hand off his football gear to his younger sibling. Families should invest in new, properly-sized equipment instead. Helmets and shoulder pads should not be passed down from one brother to the next.

What about technology? How is technology being used to prevent injuries?

To really solve the problem of concussions in sports we need a

multifaceted approach. As I said, one arm is education; the second is changing the rules of the game. The third and final piece is technology.

The NFL, along with the Department of Defense and other institutions are funding research for equipment and this research is delving into a variety of issues.

Helmets are an obvious target for innovation. Researchers are studying the question of how we can make helmets absorb impact before it is transferred to the skull and brain.

But it's also important to know that a large number of concussions are caused by contact with the ground. So, the composition of the field turf where the game is played – and the idea of changing ground cushion to absorb impact, without changing the way the game is played – is another area that is being researched.

Is there anything else that parents, coaches and those in the sports world need to know about these neurological issues?

Don't ignore injuries from other sports besides football. I've seen concussions in water polo, soccer, rugby, even cheerleading... over the last 20 years, I have seen them in nearly every sport or activity imaginable.

Concussions are not a football specific injury. It happens in all sports. It's important to be aware of these issues and, as the NFL has done, to take steps to change the rules, upgrade equipment, and reduce the likelihood of brain injuries.

Shelly Gordon is a writer for *Pacific Brain & Spine*.

## Fame: 10 Varsity Letters Earned at Redwood Christian

*continued from page 2*

"Everyone knows the Jaskot sisters. Karen was a real good player," Moog recalled. "You have to take into consideration she went to a public school and played a level of competition more difficult than I did."

"In the grand scheme of things, she probably got gipped. For her to do what she did in a bigger arena was a bigger deal."

Moog earned 10 varsity letters at Redwood Christian -- four each in basketball and softball, and two in volleyball. She remains the school's all-time leader in basketball in points in a season (605),

field goals in a season (272) and points per game in a season (21.6).

The Eagles went 77-30 overall and 46-4 in league play in her four seasons.

The enormity of her prep success probably didn't sink in until the third of her three children, Claire, earned Redwood Christian Female Athlete of the Year last season. During the ceremony, Moog glanced at the plaque of the all-time winners, boys and girls, on the school wall. There was her name, as well as that of her son, Cordon.

After graduating in 1987 from Biola, where she played one sea-

son on the basketball team, Moog said she wanted to get a job helping families with abused children. But after an internship in the field, she chose the teacher route at Redwood Christian.

"I love elementary P.E.; I absolutely love my job," she insisted. "I say that all the time. All the teachers around here are tired of hearing me say it. I can't believe they pay me to play with kids."

"When I look back on my career, I could not have picked better for myself. I used my major (sociology). I work with families with kids. Sports really channeled me into this. My coaches really

funneled me into this. I love what I do."

This year, Moog coaches just one team at Redwood Christian -- volleyball. Coincidentally, it's her link to another Class of 2018 Hall of Fame enshrinee, Alexis Kollias, the former Castro Valley High and Cal star.

"She was a girl in my volleyball camp in fourth grade," Moog recalled. "Little, tiny thing. And she couldn't serve the ball over the net."

"I have used her all these years, for anyone who can't serve over the net. Use the right technique. Listen to your coach. Keep working at it and you can do it."

## CVHS TENNIS RESULTS

### CV AT BERKELEY ON FRIDAY, MARCH 9 BERKELEY 5, CASTRO VALLEY 2

#### SINGLES

1. ALEX CHANG (B) - EDWARD WANG 6-2, 6-4
2. TYLER RIVERBAY (B) - MICHEAL CHU 6-4, 7-6 (3)
3. SOHUN SANKA (B) - SPENSER LIN-JONES 6-4, 6-7 (0), 6-4
4. CAMERON HENRITZ (B) - DUSTIN FONG 6-2, 6-3

#### DOUBLES

1. MIKEY WRIGHT / ARI LIBERSON (B) - LEON CHEN / COLBY FONG 6-0, 6-1
2. GABE PRIEM / ALEX LOW (CV) - FARIS HADIR / RODERICK TAN 5-7, 6-3, 10-3
3. SCOTT COLEMAN / ASHIR GUPTA (CV) - DIEGO RIVERBAY / FINTAN O'SULLIVAN 6-1, 6-3

### ARROYO AT CV ON TUESDAY, MARCH 6 CASTRO VALLEY 7, ARROYO 0

#### SINGLES

1. EDWARD WANG (CV) - VI TROUNG 6-1, 6-1
2. MICHEAL CHU (CV) - TOMMY TRAN 6-3, 6-0
3. DUSTIN FONG (CV) - DANNY TRAN 6-0, 6-0
4. ASHIR GUPTA (CV) - WILLIAM LY 6-2, 6-4

#### DOUBLES

1. COLBY FONG / LEON CHEN (CV) - STEVEN GONG / ALEX YEE 6-3, 2-6, 10-8
2. ALEX LOW / GABE PRIEM (CV) - KEVIN FENG / EDMOND SU 6-1, 6-0
3. SCOTT COLEMAN / BRENDAN SOO (CV) - JUMAN EUSENIO / CTALI REYES 6-0, 6-0

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# REAL ESTATE GALLERY



## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## Castro Valley Looks at Sewer Ordinance

Attempting to keep rainwater out of Castro Valley sewers, CVSan\* has proposed a Point of Sale Ordinance (POS) that would mandate sewer lateral testing and repair for any Castro Valley home with a sewer system older than 20 years.

A proposal from the CVSan Board of Directors meeting on March 6 states, "Most homes in the eastern region of the San Francisco Bay Area are more than 65 years old and a large number nev-

er had their private sewer laterals replaced. These laterals, which are typically made of vitrified clay pipe, can become disjointed, displaced, or crack over time. Infiltration and inflow of storm water and ground water into the sanitary sewer system can overwhelm the sewer system's capacity and cause sanitary sewer overflows."

There is no disagreement that many older East Bay sewer lateral systems are failing and need repairs or replacement.

In question, however, is the proposed POS methodology. CVSan currently does not know how many defective sewer laterals exist, where they might be located or when a POS sale might prompt inspection and/or repair.

David Stark, Public Affairs Director for Bay East Association of Realtors clarifies, "Our primary argument against POS is that it's highly inefficient and ineffective. If CVSan wants to repair or replace sewer laterals it makes more sense for them to work with ALL property owners on an incentive program to have ALL defective laterals replaced.

"Waiting for a home to sell means that very few laterals would be replaced and some would never be replaced (some homes never sell, are kept in families, etc.) Plus, POS implementation and enforcement would be extremely CVSan staff-intensive."

Realtors selling homes in cities with existing POS sewer lateral programs argue the programs inject unwieldy layers of complexity to transactions.

They also add barriers to buyers looking to purchase homes. While POS legislation is worded such that the responsibility for sewer laterals belongs to sellers, in a hot market, sellers foist the financial responsibility onto buyers.

For homeowner wannabes already straining financial boundaries to purchase homes, additional sewer lateral costs can be prohibitive. As an example, EBMUD's website states, "completely replacing a leaky private sewer lateral can cost a property owner, on average, \$5,000."

In reality, it frequently costs substantially more and is usually covered by buyers.

Our recommendation? Institute a program that works for all homeowners, not the relatively few selling their homes in any given year.

\*Castro Valley Sanitary District  
Carl Medford is a licensed Realtor with Keller Williams Realty. This article is sponsored by the Central County Marketing Association.

### RECENT HOME SALES

#### Castro Valley

3797 Almond Court	94546: \$775,000	3 BD - 1,198 SF - 1957
19213 Almond Road	94546: \$740,000	3 BD - 1,422 SF - 1949
4221 Beverly Place	94546: \$840,000	3 BD - 1,650 SF - 1986
19052 Center Street	94546: \$919,000	4 BD - 2,348 SF - 1955
4431 James Avenue	94546: \$920,000	6 BD - 2,730 SF - 1977
18124 Judy Street	94546: \$800,000	3 BD - 1,396 SF - 1953
19559 Parsons Avenue	94546: \$765,000	3 BD - 1,220 SF - 1946
5214 Reedley Way	94546: \$930,000	3 BD - 1,618 SF - 1965
21452 Rizzo Avenue	94546: \$685,000	3 BD - 1,104 SF - 1941
17054 Rolando Avenue	94546: \$740,000	3 BD - 1,875 SF - 1942
3591 Somerset Avenue	94546: \$480,000	3 BD - 1,370 SF - 1949
22792 Princeton Place	94552: \$1,125,000	3 BD - 2,082 SF - 1999

TOTAL SALES: 4

LOWEST AMOUNT: \$617,000 MEDIAN AMOUNT: \$768,500

HIGHEST AMOUNT: \$855,000 AVERAGE AMOUNT: \$752,250

#### San Leandro

255 Best Avenue	94577: \$750,000	2 BD - 1,154 SF - 1924
359 Bristol Boulevard	94577: \$563,000	3 BD - 1,451 SF - 1944
357 Castro Street	94577: \$600,000	2 BD - 990 SF - 1880
485 Maud Avenue	94577: \$440,000	2 BD - 792 SF - 1920
1599 164th Avenue	94578: \$540,000	2 BD - 778 SF - 1952
337 Caliente Circle	94578: \$402,000	2 BD - 1,060 SF - 1980
1457 Plaza Drive	94578: \$530,000	2 BD - 1,090 SF - 1946
997 Portola Drive	94578: \$670,000	3 BD - 1,135 SF - 1955
15939 Selborne Drive	94578: \$600,000	3 BD - 1,689 SF - 1951
766 Woodgate Drive	94579: \$525,000	N/A BD - 1,356 SF - 1973

TOTAL SALES: 11

LOWEST AMOUNT: \$548,000 MEDIAN AMOUNT: \$656,500

HIGHEST AMOUNT: \$825,000 AVERAGE AMOUNT: \$665,545



#### March Jobs

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

#### Roses

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



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## Grill's Drippings Stain Patio Bricks

By Samantha Mazzotta  
Special to the Forum

*The patio bricks underneath my grill tend to catch a lot of grease and oil drippings. I clean up after every barbecue, but there are still stains on the brick from the grease. How can I get these up without bleaching out the spots?*

With porous surfaces like brick and concrete, oil stains can set in and be tough to get out. Your instinct to avoid using bleach or another type of acid to clean up the stains (like lemon juice) is right on. These can just make things worse and can discolor some types of paving.

Clearing the grease stain may take a few attempts with a number of cleaning agents. Start with the least harmful materials, most of which can be found in your kitchen or garage.

First, fill an old coffee mug with warm water, a couple of tablespoons of dish soap and a teaspoon of salt. Grab a clean synthetic scrubber brush (like a dishwashing brush). Scrub the

stain with the soapy water and rinse with warm water, repeating a few times and letting the bricks dry out to see the results in between each try.

If that doesn't clear the stain, you can try an oil-stain cleaner purchased at your local home-improvement store. Some DIYers recommend applying an engine degreaser and letting it sit for about an hour, but test any cleaning agent or degreaser on an inconspicuous spot first.

The sad truth is that it's unlikely any cleaner, commercial

or homemade, will completely clear away the grease stain. More powerful or acidic cleaning agents could damage the brick, so they should be avoided. If the stain is really bad, consider replacing the brick. If it's not too bad, clean the area as best you can and cover it with a grill mat to prevent further staining.

*Home Tip:* To prevent your grill's grease and oil drips from staining your patio or deck surface, place a grill mat underneath, and clean up spills promptly.

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A	—	1-4	974 Arbor Dr.	\$929,000	3/3	Varos Real Estate	Terry Martinez	510-772-3746
C	1-4	1-4	18623 Capricorn Ct.	\$949,000	3/2	Berkshire Hathaway	Cathy Brent	510-381-1065
C	—	1-4	33803 Palomares Rd.	\$1,280,000	3/2	J. Rockcliff Realtors	Kristy Peixoto	925-251-2536
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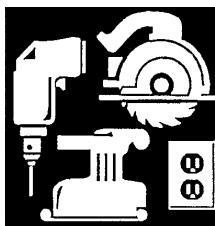
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**R. Bowman**

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Our office will not be open prior to March 12, 2018. All pre-applications received by March 23, 2018 will be randomly ordered. Disabled senior applicants are encouraged to apply. Income, age, and other restrictions apply. Rents subject to change. EHO.



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**R. Bowman**

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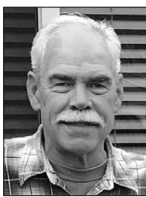


**LETTERS TO THE EDITOR** must include writer's first and last names, phone number, city of residence, and must be under 300 words. Email Letters to: fredz@ebpublishing.com, or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

## Obituaries

### Michael J. Rice

September 12, 1952 – March 3, 2018  
Resident of Castro Valley



Michael J. Rice passed away peacefully Saturday, March 3, 2018 at his home in Castro Valley. He leaves his son, Ryan Rice, two brothers Pat Rice and Tim Rice, sisters Ronda McPeck and Tracy Romero, two nephews Eli Rice and Trevor Hatch, two grandchildren Mason and Teagan Rice, and many close friends.

Born in San Francisco and raised by his father Joe Rice, his mother Kae Rice and his step-mother Helen Hardy. Michael served in the San Francisco Fire Department for more than 30 years out of Station 28. He was an avid traveler and enjoyed taking trips all over the country with his girlfriend Barbara and his two dogs. Michael also enjoyed spending time with his family and friends. He will be sorely missed.

A Memorial Services will be held Friday, March 16 at 1 p.m. at Fremont Memorial Chapel, 3723 Peralta Blvd., Fremont. Fremont Memorial Chapel, 510-793-8900.

- CLIFTON, Vera Freitas
- MACKINTOSH, Marylin D.
- MARSHALL, Tecla L.
- RICE, Michael J.

### CASTRO VALLEY FORUM OBITUARIES

may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209. Include a phone number. For help, call Patrick Vadnais at 510-614-1558

### SARA L. ENNOR LAWYER

- Wills & Trusts
- Benefits, ERISA
- QDROs

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### In Loving Memory Tecla L. Marshall

Sept. 26, 1947 ~ Feb. 14, 2018

Loving and devoted mother, sister, grandmother, aunt and friend.

Tecla was one of 4 children born to San Leandro natives Ann Alocco and Roy Fouche'. She enjoyed bowling, travel, attending A's games and spending time with her family. She was an avid Oakland A's fan and booster, collector and car enthusiast.

She was loved by all and will be greatly missed.

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### Vera Freitas Clifton

September 28, 1927 - March 8, 2018



Vera Freitas Clifton died peacefully Thursday, March 8th, with family by her side. Born in Oakland on September 28th 1927 to August and Augusta Freitas, Vera spent all of her 90 years in the East Bay.

She married Paul Clifton in January, 1953 and they made their home in Castro Valley, where Vera lived for more than 50 years. A lifelong member of the International Association of Machinists and Aerospace Workers, Lodge 1548 Vera worked for decades at a now closed factory. She was a cherished neighbor and a surrogate grandmother to the children of her neighborhood. She also received tremendous love and support from neighbors who were more like family in their care and concern. Vera loved to garden, work puzzles and was a voracious reader who remained independent and active until her passing.

She was preceded in death by her husband Paul, siblings Elsie (Pacheco), Adeline (Bacon) and Alfred, Abel, Manuel and George Freitas. Her infectious laugh and plain spoken approach to life will be missed. Services will be held Sunday, March 18th at 10 a.m. at Chapel of the Chimes in Hayward.

### Marilyn Doris Mackintosh

Resident of Castro Valley  
February 26, 1935 - March 9, 2018



Marilyn Mackintosh passed away on the morning of Friday March 9th after a valiant battle with COPD. Her gentle and giving soul touched all that knew and spent time around her. Her ability to "spin a yarn" and tell a dirty joke once and a while with a mischievous smile were often loved by all when gathered with friends and family.

Marilyn was born in Finlayson, Minnesota. She grew up in Hayward, CA and attended Bret Harte Middle School and Hayward High. She had many lifelong friends with whom she met as early as kindergarten and still visited each other on a monthly basis all the way up to her 83rd birthday just a few weeks before she passed. These lifelong friends gave her great comfort and strength throughout her life.

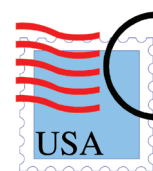
Marilyn met her husband to be, Doug, while working at Pacific Bell and after her boss set them up on a first date, they had a long, harmonious marriage. After the birth of Randy, she left work to raise him as a stay at home mother, who was completely devoted to the task. Marilyn enjoyed playing games of all kinds with family and friends and would wrestle any word puzzle or game to the ground. She also loved spending time with family and friends at family events and while cruising the highways in the GMC Motorhome club.

Marilyn is survived by her loving husband, Doug, devoted son, Randy; daughter-in-law Heidi and grand-children Kayla and Kyle. Her generous and caring spirit will be missed by the family and all who knew her.

Upon Marilyn's wishes, there will be no funeral or services—the family will arrange a celebration of life sometime in the Spring so that friends and family can gather and rejoice in Marilyn's journey.

# LETTERS TO THE EDITOR

FREDZ@EBPUBLISHING.COM



### 'Taste of Castro Valley' Tomorrow Afternoon

Editor:

This Thursday, March 15, we are having the second annual Taste of Castro Valley! The event will be at the Hayward- Castro Valley Moose Lodge from 4:30 to 7:30 p.m.

We will be showcasing 14 food vendors from the Castro Valley Eden area, in addition we will be having a raffle. We invite you to come experience the great food our community has to offer. For more information please contact the CVEA Chamber of Commerce either by phone 510-537-5300 or online www.edenarea-chamber.com

—Ashley Strasburg

Executive Dir., CV/ Eden Area  
Chamber of Commerce

### Thanks to a Compassionate Walgreen's Employee

Editor:

While my wife and I were recovering from the flu she

painfully injured her back.

After bringing her home from San Leandro Kaiser I headed out to Walgreens to buy her a heating pad.

On my way in I tripped on the curb and fell on the concrete and bruised my ribs. I picked myself up and stumbled into Walgreens and started to go into shock.

I want to thank the very compassionate Walgreens employee who helped me to a chair and called for help.

I want to thank Alameda County fire who took very good care of me and called paramedics plus ambulance service who were very gentle.

Thank you to the staff at San Leandro Kaiser for their care. We are both recovering.

It is wonderful to live in a community with so many caring folks who live, work and serve us all. Thank you,

—Bob Swanson  
Castro Valley

## THE FORUM CROSSWORD

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ANSWERS ON PAGE 6

### Says Castro Valley Receives 'Shoddiest' Road Work

Editor:

The article, "Sections of Seven CV Roads to be Repaved," (Page 7, The Forum, March 7) reports that road repaving has been budgeted for six streets and the expectation from Public Works Director Daniel Woldesenbet is "the resurfacing of roadwork pavement has been found to be an economical and effective method of extending the life of asphalt."

With that pronouncement, I'd like to know why Castro Valley receives the shoddiest road resurfacing work. Redwood Road from Grove Street to the boarder of Hayward which was somewhat recently repaved has an unbelievable washboard surface. Also the left turn lane from CV Boulevard onto Norbridge also has an irregular surface which is developing significant potholes.

There are countless additional road maintenance problems on CV streets that receive no attention.

Don't we get some crumbs from the gasoline tax increase or do we all have to "Adopt A Pothole" to fix our streets? I guess smart money is betting the gasoline tax will help fund the train to nowhere.

—Conrad Wilgus, Castro Valley

### Teachers with Guns 'Not a Viable Option'

Editor:

To Peter Hauser ("Calls Arguments Against Gun-Carrying Teachers 'Bogus,'" Letters March 7): Arguments against gun-carrying teachers are not bogus.

Have you ever been a teacher or been in a firefight? Things are different with a moving target in a crowd, with hostile fire coming at you.

I spent 3 years carrying a rifle and 37 years teaching so I know something about this. I'm an excellent shot with an M16 (I can hit a man sized target at 400 meters) and a 45, but certainly wouldn't want to get in firefight armed only with a pistol against someone with armed with an AR15.

Taking careful aim is very difficult in those real circumstances and missing and hitting a student (friendly fire?) is not an option, careful aim is for the range not a firefight, spraying rounds at the target is and that is what the shooter will be doing. I doubt they are going to stand still while you take careful aim at a 100 or 50 or even 25 meters (especially as you would be anything but calm).

Teachers are not brain washed by anti-gun hysteria, but have plenty to do getting their students to safety and trying to keep them safe in an active shooter situation. Getting a gun out of whatever secure storage it is in and leaving the students to be hunted by an active shooter is not one of them.

Of course in certain isolated country schools too small to have their own armed security, and where law enforcement is not close by, things might be different. But for most schools it is not a viable option.

—James Rees, Castro Valley



# Former Sheriff Plummer Dies

Retired longtime Alameda County Sheriff Charles C. Plummer passed away peacefully at his home on Sunday, March 4, at the age of 87.

Plummer, a native of Fort Bragg on California's Mendocino Coast, joined the Berkeley Police Department in 1952 after a chance meeting with a California Highway patrolman who told him he would make an excellent police officer.

He rose through the ranks before being elected the 21st sheriff of Alameda County in 1986. Plummer served as sheriff for 20 years, before retiring with 43 year of law enforcement service.

"Today we mourn the loss of an American Hero," said current Sheriff Greg Ahern in a written statement. "He will be missed, but his legacy will live on in all of us who work here."

The family requests those wishing to make a donation in his honor to send donations to either the Salvation Army Hayward Corps, 430 A Street, Hayward, CA 94541 or the 100 Club, 767 Brannan Place, Concord, CA 94541.

Cards may be mailed to: Plummer Family, c/o Undersheriff Rich Lucia, 1401 Lakeside Drive, 12th Floor, Oakland, CA 94612.



**Charles C. Plummer**  
1931-2018

## CVSan is Awarded

The Castro Valley Sanitary District (CVSan) has received the Operating Budget Excellence Award from the California Society of Municipal Finance Officers for its 2017-18 budget.

The award is in addition to two Certificates of Achievement for Excellence in Financial Reporting from the Government Finance Officers Association of the U.S. and Canada for its 2015-16 and 2014-15 Comprehensive Annual Financial Reports. The Certificates of Achievement are the highest form of recognition for governmental accounting and financial reporting.

"CVSan has always been committed to being as fiscally responsible and transparent as possible with its finances, said General Manager Roland Williams. "These awards will allow Castro Valley residents to be confident that their tax dollars are being managed effectively."

To view CVSan's award-winning budget and Comprehensive Annual Financial Reports, visit [www.cvsan.org/Budget](http://www.cvsan.org/Budget) and [www.cvsan.org/CAFR](http://www.cvsan.org/CAFR).



**CASTRO VALLEY'S FIRST DERBY: Owners and their jockeys at the February Castro Valley/Eden Area Chamber of Commerce mixer hosted by the Rotary Club of Castro Valley.**

## Derby: John Aufdermauer and Bride Win

*continued from page 3*

Owner John Aufdermauer with his Jockey (and Bride) Bobbie won the Derby. Other husband and wife race participants included Owner Dan Willits/ Jockey Kristy Willits and Owner Jeff Moore/ Jockey Allison Moore.

Other teams were Owner Randy Vanderbilt/ Jockey Luc Dochterman; Owner Charles Mortimer/ Jockey Melanie Blaha; and Owner Jim Negri/ Jockey Sarah-Jean Thompson. Carol Wickle and Dawn Ortiz were the dice rollers and kept the event moving.

Bruce Johnson was the announcer and called the race.

A Fancy Hat Contest was won by Billie Sherwood with her fancy purple hat that perfectly matched the rest of her fancy derby outfit!

The program was chaired by Jerome Blaha.

# Spring Forward with

**CV** Castro Valley  
Adult & Career Education  
Learn • Grow • Achieve



## Learn

- Modern Wastewater Treatment Plant Operator Program
- **NEW LOW PRICE!** Windows 10
- **NEW LOW PRICE!** Excel I & II



## Grow

- Cooking for Detoxification
- Guitar Fundamentals
- Mind, Spirit, & Health
- Poetic Language for Writers
- Get Your Vocal Groove On!



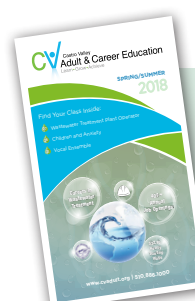
## Achieve

- Learn to Speak English
- Earn Your High School Diploma or GED
- ServSafe Food Safety Manager's Certificate



**K - 5th Grade**  
**SUMMER ENRICHMENT:**  
**JUNE 18 - JULY 13\***

**Enrollment begins March 20th!**



For a complete list of classes, check out our brochure or visit our website!

\* NO CLASS JULY 4TH

**510.886.1000**



**[www.cvadult.org](http://www.cvadult.org)**



## Reports: CV

continued from page 3

and also had a warrant issued for his capture. He was taken to Santa Rita Jail pending \$2,500 in bail.

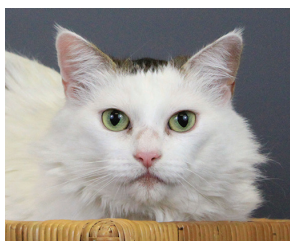
### Driving Restricted

Thursday, March 8: at 10:15 p.m., deputies pulled over and arrested a 26-year-old woman from Fremont on suspicion of driving with an expired license, driving without a court-enforced interlock device, possession of methamphetamine drugs and possession of illegal drug paraphernalia. The woman was traveling on Stanton Avenue near San Carlos Avenue when deputies approached her. The woman also had a warrant issued for her capture. Deputies handcuffed the woman and took her to Santa Rita Jail pending \$10,000 in bail.

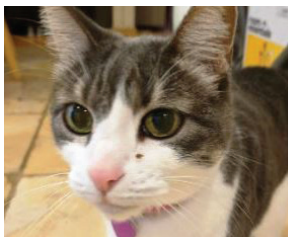
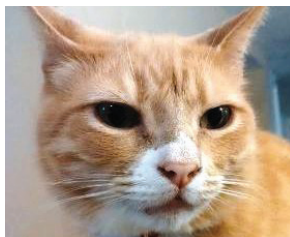
### False ID

Wednesday, March 7: at 9:16 p.m., a 20-year-old man was arrested on suspicion of providing a false identification to law enforcement. Deputies stopped the man for questioning on Center Street near Grove Way but were given multiple identities by the suspect. He was handcuffed and taken into custody.

## ADOPT-A-PET



**LAVERNE AND SHIRLEY** are bonded, 7-yrs-young gals. Laverne is friendly, yet reserved and enjoys head-to-tail pets. Shirley is shy but friendly and loves getting behind-the-ears strokes. They hope to find a patient, loving family who'll adopt them together. They're already spayed and ready to go home with you! For more info, call Hayward Animal Shelter: (510) 293-7200.



**DANNY** is a handsome, 12 pound light orange tabby. He is 10 years old and likes to hang out on the couch or high places. For more information, please visit: [dustypawsrescue.org](http://dustypawsrescue.org)

**MOLLY** is an 11-year-old, 11 lb. tabby. She is rather shy and is most comfortable hanging out in hidden spots and watching the action from afar. Please visit: [dustypawsrescue.org](http://dustypawsrescue.org)

### ONE BIG RELAY

## Relay for Life Will Combine

Relay for Life, the signature fundraiser for the American Cancer Society, will combine Castro Valley, San Leandro, Hayward and San Lorenzo Relays into a single 24-hour event this year.

The Relay for Life of the East Bay will start on Saturday, August 4, with opening ceremonies at 9 a.m. and will end at 9 a.m. on Sunday. The first lap is a Survivors Lap. A luminaria ceremony will be held around 8 p.m. Saturday.

This all-day, non-stop, community shindig, has almost 30 teams registered already, coming together to celebrate cancer survivors and remember family and friends who lost their fight.

Each Relay team will have someone walking the track for the entire 24 hours, selflessly devoting their time and energy to raising money for the Cancer Society to help fund its research and to provide our community with such free cancer resources as classes, wigs, lodging, and transportation to treatments.

Almost everyone has been affected by cancer in some way and if you have never been to a Relay for Life, and would like to make a difference in a lot of people's lives, come out to the Relay for Life of the East Bay Kick-Off from noon to 3 p.m. on Saturday, March 24 at Mountain Mike's Pizza, 699 Lewelling Blvd. in San Leandro.

This will give you a chance to meet and talk with amazing people and learn what you need to do to have a successful and fun time at Relay, whether it is joining a team, creating your own team or helping with a fundraiser.

For more information, contact Christina Olson at 925-306-2155.



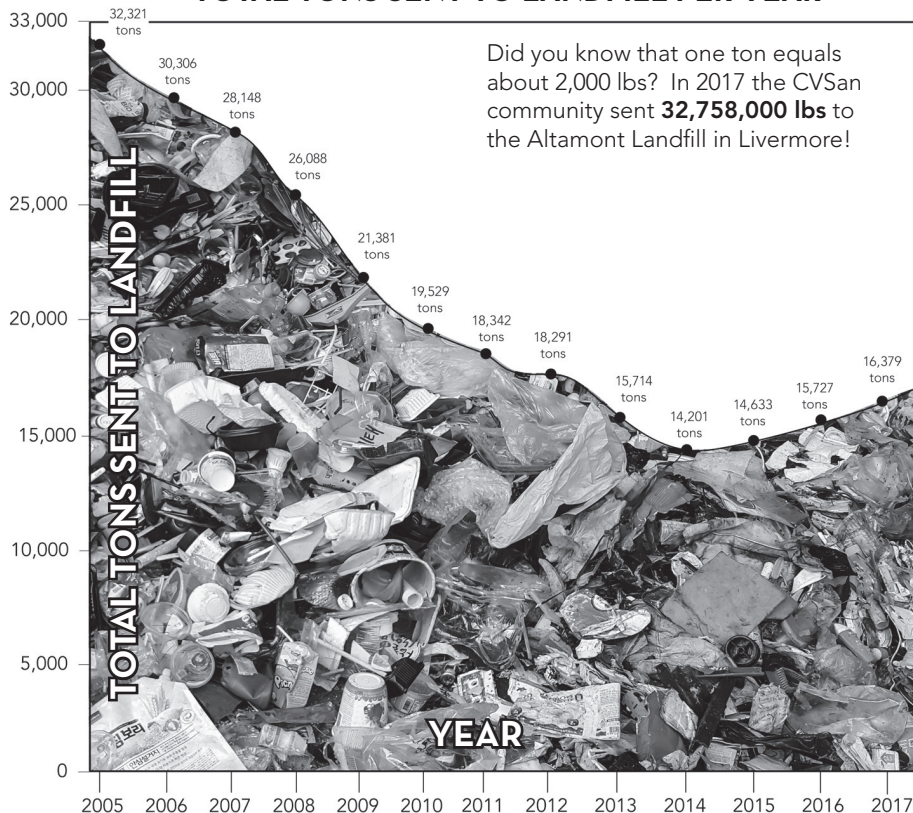
## 'ST. PITTIES DAY' ADOPTION EVENT

The Hayward Animal Shelter volunteers and SantaCon will hold a special "St. Pitties Day" adoption event this Saturday, March 17, with pitbulls and pitbull mixes available for just \$20, which includes spay/neuter, vaccinations and microchip (Hayward residents also pay a \$17 licensing fee for dogs). Adoptions will take place from 1 to 5 p.m. at the shelter, 16 Barnes Court, near the Hayward DMV office. For more information, visit [www.facebook.com/haywardanimalshelter](http://www.facebook.com/haywardanimalshelter)

## LET'S COMPOST & RECYCLE MORE!

**CASTRO VALLEY SANITARY DISTRICT (CVSan)** residents, businesses, and schools have a lot to be proud of! Material sent to **landfill** has **decreased** by over 50% since 2005 from 32,321 tons to 16,379 tons!

### TOTAL TONS SENT TO LANDFILL PER YEAR



**THANK YOU** for helping Castro Valley reach its goal of reducing materials sent to landfill!

**CASTRO VALLEY SANITARY DISTRICT**  
Effective Environmental Services since 1939  
510-537-0757 | [www.cvsan.org](http://www.cvsan.org)

This ad was funded by Measure D

**CVSan**



## Japanese Students to Visit CVHS Students This Week

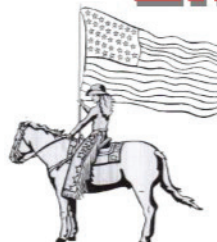
A group of high school students from Japan are visiting local sites and meeting with their peers at Castro Valley High School this week as part of the Kakehashi Project, funded by the government of Japan, to promote understanding between the people of Japan and the U.S.

The students will be visiting Stanford University, Google, Military Intelligence Service Historic Learning Center and National Japanese Americans Historical Society.

During their stay, families with students at Castro Valley High School will host the students in their homes for an increased appreciation of each other.

The visitors will be here through next Tuesday, March 20.

## We Ride Together\* Enter NOW!



### Rowell Ranch Rodeo Parade

Saturday, May 12  
[RowellRanchRodeoParade.com](http://RowellRanchRodeoParade.com)

### Chili Cook-Off

Friday, May 11  
[CVChiliCookoff.com](http://CVChiliCookoff.com)



**Rowell Ranch Rodeo**  
May 12-20  
[RowellRanchRodeo.com](http://RowellRanchRodeo.com)

**\*Parade Theme:**  
Celebrate diversity through community