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PAGES 6 & 7

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 29

WEDNESDAY, APRIL 26, 2017

NO. 17

INSIDE YOUR FORUM

NEWS



See and Read

Castro Valley book fair
next Saturday to feature
some 30 local writers

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LIVING



Delicioso!

Cinco de Mayo is next
Friday and meals are a
big part of the celebration

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H&F



Gluten Glutton

Is the anti-gluten frenzy
about to be countered by
a pro-wheat comeback?

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PHONE: (510) 537-1792



PHOTO COURTESY OF CNN

Congressman Eric Swalwell on one of his almost daily live appearances on national television.

Rep. Eric Swalwell: A Man to Watch

By Randy Shandobil
SPECIAL TO THE FORUM

Just four years ago Eric Swalwell was an almost unknown congressional newbie with zero clout on Capitol Hill.

But now, the 36 year old is a driving force in the House Intelligence Committee's Russia-Trump investigation and network news anchors interview the East Bay Congressman nearly every night. Indeed, Swalwell's star is on the rise.

Swalwell, a Democrat, was born in Iowa, raised in nearby Dublin, and when he's not in session, he lives in Pleasanton. But his congressional district office is tucked behind Kentucky Fried Chicken on the Boulevard in Castro Valley.

Swalwell wasn't always enamored with life in the East Bay. After graduating from Dublin High School in 1999, he, like many young people born and raised in the suburbs, wanted to leave his hometown after graduation. He wanted to live and work in a big city with more opportunities.

Back then, Swalwell was a competitive soccer player. He says players from other soccer teams in more upscale East Bay towns such as Pleasanton and San Ramon, were dismissive of Dublin. "I remember, they called us 'Scrublin'."

The oldest of four brothers, Swalwell grew up in a working-class family. His father, Eric Sr. is a retired police officer. His mother Vicky is an administrative assistant.

As a high school student, Swalwell was interested in journalism, government and law. But it was his skills as a soccer goalie that made higher education affordable and helped Swalwell become the first person in his family to go to college.

He won an athletic scholarship to Campbell University in North Carolina. He played there for two school years, but soccer injuries (two broken thumbs) squashed his dreams of becoming a professional athlete. Those broken bones changed the direction of Swalwell's life.

Swalwell applied for a summer internship in Washington, D.C. and landed one in the office of former Congresswoman Ellen Tauscher, who represented Dublin

at the time. His main duties: the relatively menial tasks of opening mail and leading constituent tours. Still, Swalwell caught the bug.

He transferred to the University of Maryland and was about to earn his law degree in 2006 when he reached a turning point. Swalwell had also been working on Martin O'Malley's campaign for governor.

"I had to decide do I stay and continue to work for O'Malley. Or do I come home?"

Swalwell reached out to his Dublin High School economics teacher, Tim Sbranti.

Sbranti's advice: "No, you come home. We need you. We need younger leaders in the city. Try to make where you grew up a better place."

see SWALWELL on page 6

MAC MEETING

Daughtrey Developer Discussed

By Amy Sylvestri
CASTRO VALLEY FORUM

A preferred developer for the Daughtrey building could be known as soon as June 1. The Castro Valley Municipal Advisory Council (MAC) will hold special meeting at 6 p.m. that day to discuss developer's proposals.

MAC Chair Marc Crawford said he anticipates a packed house, as the fate of the Daughtrey building has been a hot topic in Castro Valley for over 20 years, ever since the department store shut its doors.

At Monday evening's MAC meeting, Crawford also gave an update on the Apricot Way senior care home (formerly known as Valley Springs Manor), which drew national attention in 2013 when the owners and staff abandoned a number of elderly and disabled patients leaving only a cook and janitor to look after them.

Back in October, the MAC gave new owner Steve Chou a permit to operate a facility with eight beds. He had asked for 30. Chou then took his request for a permit to the county Board of Zoning Adjustments (BZA), who turned him down outright.

"Hurray for them, that is kind of surprising," said Crawford of the BZA.

Chou was scheduled to appeal to the Alameda County Board of Supervisors for a permit to operate a 20-bed facility at a meeting yesterday afternoon, after the Forum's press deadline.

see MAC on page 6

Recycle that Clutter This Saturday at Earth Day Event

If your garage or basement are so full of stuff that you hate to even set foot inside, it's time to do some serious spring cleaning. And it couldn't come at a better time.

This Saturday is Castro Valley Sanitary District's Earth Day. While hundreds of volunteers will be picking up garbage and cleaning up school grounds, everyone else who lives in the district can haul

their no longer needed household items out to Canyon Middle School for recycling.

From 8 a.m. until 2 p.m., CV San will be collecting all sorts of electronic waste, small kitchen appliances, TV sets, BBQ grills, microwaves, vacuum cleaners, even mattresses and box springs (two sets per family), and 10 gallons of used cooking oil.

Up to 10 banker boxes, or

equivalent, of paper documents can also be shredded, including spiral notebooks and documents with staples, paper clips, and report covers.

Volunteers will be on hand in the lower parking lot of the school at 19600 Cull Canyon Road to unload your car.

Large appliances like refrigerators, washers, dryers, stoves and air conditioners cannot be accept-

ed, nor can ammunition, car batteries or BBQ gas cylinders.

For complete lists of acceptable and unacceptable items for collection, visit www.cvsan.org/content/earth-day.

Residents will also be able to pick up three 1-cubic foot bags of compost per household or business. It's free, but supplies are limited and will be distributed first-come, first-served. Vehicle loading

assistance is available.

In addition, 600 construction and demolition debris vouchers will be available to residents, also distributed first-come, first-served.

Participation in the Earth Day Clean-Up is not required to receive the free compost, however, you must be a CVSan resident or business (bring your ID or a bill with your address).

Castro Valley Weather April 26 - 30, 2017



Wednesday
Cloudy
High 66° Low 53°



Thursday
Partly Cloudy
High 71° Low 48°



Friday
Mostly Cloudy
High 74° Low 50°



Saturday
Sunny
High 78° Low 51°



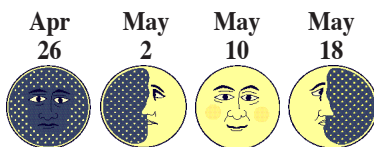
Sunday
Mostly Sunny
High 78° Low 51°

Almanac



Past Week's Rain: 00.30
Season To Date: 36.22
Normal To Date: 21.07
Season Average: 21.22

Moon Phases



Sun sets at 7:56 p.m. today, rises at 6:17 a.m. Thursday.

Michele Markovich Antiques
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CV Book Fair Next Saturday To Feature 30 Local Writers

Best-selling author Lisa See will be the keynote speaker for the Castro Valley Book Fair coming up on Saturday, May 6, at the Library.

The Fair, which runs from 11:30 a.m. to 4 p.m., will feature book sales from local writers and two informative panel discussions.

Keynote See, author of 10 beloved books including "On Gold Mountain" and the newly-released "The Tea Girl of Hummingbird Lane," will address the audience live via Skype from her Southern California home at 11:30.

She will share stories about her life as a writer, her writing process, and current and future projects.

Among the participating authors will be Castro Valley teacher Jaime Richards whose latest book is "Missing Pieces: 52 Vital Lessons Our Kids Should Be Learning at School (But Aren't)." "I started writing Missing Pieces in 2006," says Richards. "Much of my research involved studying non-school achievers. What did they know that wasn't being taught? And why have people who didn't shine in school achieve huge success after leaving it?"



Author and keynote speaker Lisa See

The Book Fair will open at 1 p.m. with some 30 published authors of fiction and nonfiction on hand. Patrons can chat with authors, buy signed books, and enjoy light refreshments.

The free event will be fully interactive and questions are welcome.

Visitors interested in learning more about writing and publishing are invited to attend two informative panel discussions: "Murder on the Mind: Writing Riveting Mysteries," from 1:30 to 2:30 p.m., and "Putting Your Life on the Line: Writing a Memoir," from 3 to 4 p.m.

With this event, the Castro Valley Library has become part of the expanding pipeline from local authors to their readers in print and online. Stop by – learn about the writers in our midst and be inspired by our vibrant literary community. No tickets are required.

Help for Parents of Teen Girls

By Linette Escobar
SPECIAL TO THE FORUM

Is your teen girl driving you crazy by rolling her eyes when you ask her to put the phone down?

Parenting is tough, and girls don't come with instruction manuals, but the next best thing to operating instructions is Castro Valley Adult & Career Education's Parent U Comes to You!

Many readers may be familiar with the Adult School's annual Parent University held in October. Parents may now take advantage of an additional parent education opportunity by attending a three-night series titled "Untangled, Navigating the Developmental Stages of Adolescent Girls."

The class is based upon ideas from the New York Times best-seller "Untangled: Guiding Teenage Girls Through Seven Transitions into Adulthood" by Lisa Damour, Ph.D. who assures parents that "Life with your teenager does not have to feel like a tangled mess."

There is a predictable pattern to teenage development." Parents will explore the necessary stages girls pass through on their way to adulthood and discuss Damour's advice about how to navigate these stages, including when their daughter is negotiating relationships with authority figures and begins to enter the world of romance.

Local psychologist and family dynamics expert, Stephen Altbaum will be there two of the three sessions to offer his expert advice.

For moms and dads who have

questions about checking a daughter's phone, or the line between healthy eating and eating disorders, this series offers a great place to learn strategies and explore with other parents.

"We're really pleased we can be a resource to parents in our community," says Castro Valley Adult & Career Education Director Susie Passeggi. "As the saying goes, 'It takes a village.'"

The class is scheduled for May 4, 11, and 18 from 7-8:30 p.m. in the library at Creekside Middle School, and is open to all in the community.

Registration is just \$20 and includes a copy of the book. To register for the class, visit www.cvadulthood.org or call the office at 510-886-1000.

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

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Rick Gunn in Aksai Chin, one of two large disputed border areas between India and China.

CVHS GRADUATE RICK GUNN

Visiting a World We Never See – This Sunday at CV Arts Center

By Terry Liebowitz
SPECIAL TO THE FORUM

Rick Gunn (CVHS '82), award-winning photographer, writer, cyclist, and humanitarian, returns to the Castro Valley Center for the Arts at 2:00 p.m. this Sunday, April 30, to present his latest show, "India, Iran and Idomeni."

Gunn delivers a unique mix of stories and images from his recent 3,000 mile cycling journey through India and the Middle East.

Since graduating from Clifton Elementary, A.B. Morris and CVHS, Gunn has carved his own path. He started his professional career as a photo journalist. His work has appeared in countless books, websites, and publications including People, Bike, Adventure Sports Journal, Adventure Cyclist, USA Today and the New York Times.

In 2005, Gunn made "the scariest decision of his life." He decided to leave his traditional job and follow his dream of world travel — not the traditional type of travel that most of us think of, but "a slow, all-encompassing travel — never behind a windshield!" Since that time he has cycled 40,000-plus miles around the globe though 42 countries.

Gunn realizes that most Americans get their information about foreign countries from the nightly news, and it is rarely uplifting. So in his latest multi-media presentation, India, Iran and Idomeni (a Syrian refugee camp at the border of Greece and Macedonia), he hopes to bring a face to those who have been marginalized and stereotyped."

Gunn introduces us to the people of these countries, the poets, the artists, the children, the regular folks. He worked with slum chil-

dren in their make-shift schools in Mumbai, teamed up with a fellow cyclist from Iran to organize a peace-based art project between children of America and Iran, and helped prepare 15,000 meals in a Syrian refugee camp. Gunn commented that he "always felt safe and was always welcomed with hospitality and friendship."

Rick Gunn is the proverbial world citizen, seeking to connect with people and global events. Luckily for us, he wants to share his experiences with the rest of us.

Sunday's show is guaranteed to touch your heart and take you to places that few of us will ever venture.

For ticket information, see Castro Valley Center for the Arts under Arts & Entertainment on page 4.

Terry Liebowitz is a founding member of the Castro Valley Arts Foundation.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



Wanted Man

Monday, April 24: at 2:35 a.m., Sheriff's deputies arrested a 56-year-old man from Hayward on suspicion of public intoxication. The man was also wanted as part of a warrant issued for his capture. Deputies stopped the man near the intersection of North 3rd Street and Crescent Avenue where they confirmed his identification. The man was taken to Santa Rita Jail pending \$10,000 in bail.

Twice the Legal Limit

Friday, April 21: at 2:05 p.m., a 53-year-old woman with no permanent address was arrested on suspicion of public intoxication. Deputies stopped the woman for questioning in front of a business on Redwood Road near Redwood Court. The woman failed her field-sobriety test and was found with a blood-alcohol level twice the legal limit.

She Fought the Law

Saturday, April 22: at 3:27 a.m., deputies arrested a 64-year-old woman from Castro Valley as part of an outstanding warrant issued for her capture. The woman was outside a mobile home park on Castro Valley Boulevard near Center Street when deputies arrived to serve the warrant. The woman was also found to be in violation of her parole and in possession of illegal narcotics. Deputies handcuffed the woman after she resisted arrest and took her to Santa Rita Jail where she was held without bail.

Driving Intoxicated

Friday, April 21: at 7:59 p.m., a 50-year-old man from Castro Valley was arrested on suspicion of driving under the influence of alcohol and violating the terms of his probation. Deputies pulled the man over on East Castro Valley Boulevard near the 580 Market Place shopping center. The man failed his field sobriety test and was taken into custody.

Expired Driver's License

Thursday, April 20: at 10:39 p.m., deputies pulled over and arrested a 42-year-old man from Oakland on suspicion of driving with an expired driver's license and driving with his privileges restricted. The man was traveling on Park Way near San Carlos Avenue when deputies made the identification and decided to pull him over. Deputies handcuffed the man and took him into custody.

Over the Limit

Thursday, April 20: at 9:24 p.m., a 23-year-old man from Castro Valley was arrested on suspicion of public intoxication. The man was also wanted as part of a warrant issued for his capture. Deputies stopped the man as he was traveling on Proctor Road near Oakshire Place. The man failed his field-sobriety test and was taken to Santa Rita Jail pending \$2,500 in bail.

Driving Drunk and Drugged

Thursday, April 20: at 1:55 p.m., deputies pulled over and arrested a 24-year-old man from San Leandro on suspicion of driving under the influence of drugs and alcohol

as well as possession of illegal narcotics. The man was also wanted as part of a warrant issued for his arrest. Deputies spotted the man driving on Helton Street near Vannoy Avenue. The man failed his field-sobriety test and was taken to Santa Rita Jail pending \$5,000 in bail.

Bowling for Booze

Thursday, April 20: at 12:19 a.m., a 25-year-old man from San Diego was arrested on suspicion of public intoxication outside of the Castro Valley Bowl in the Castro Village Shopping Center. Deputies were called to the scene following reports of an intoxicated person. The man was also wanted as part of a warrant issued for his capture. Deputies reported that the man failed his field sobriety test. He was taken to Santa Rita Jail pending \$2,500 in bail.

Two Warrants

Wednesday, April 19: at 1:40 p.m., deputies arrested a 25-year-old woman from Castro Valley as part of two active warrants for her arrest. The woman was traveling on Castro Valley Boulevard near see **REPORTS** on page 8

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The Week Ahead

● Wednesday, April 26: *Lecture: Women and the Reformation*

Faith Lutheran Church at 20080 Redwood Road invites you to the first in a series of free lectures examining the crucial role women played in the Reformation, at 7 p.m. today, presented by Dr. Kirsi Stjerna. For more info, visit www.flccv.org/Refo500 or call 510-582-0818.

● Thursday, April 27: *School Board Meeting*

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

● Thursday, April 27: *Alleviate ‘Sandwich Generation’ Stress*

Find out how you can take steps to alleviate your stress while caring for children and aging parents at the same time at a presentation at Eden Villa Senior Living, 19960 Santa Maria Ave. in Castro Valley at 11 a.m. tomorrow. For more information, call 510-582-2765.

● Friday, April 28: *Future of Water in California*

The League of Women Voters will hold a luncheon forum at 11:30 a.m. on April 28 in Rooms 12-13 at CV Adult School, 4430 Alma Ave., featuring a panel discussing the next steps to ensure that the state has adequate water for the future. Speakers will include EBMUD Board President Frank Mellon and Joan Buchanan of Restore the Delta. Attendees may order a box lunch for \$10 or just attend the free forum. Send checks to LWV Eden Area Treasurer, P.O. Box 2234, Castro Valley 94546.

● Saturday, April 29: *Dahlia Tuber & Cutting Sale*

The San Leandro Dahlia Society is sponsoring its Annual Dahlia Tuber and Cutting (small plants) Sale from 9 till 1 this Saturday at Root Park, 1033 E. 14th, in San Leandro. Visit sanleandrodahliasociety.org or SLDS.club for more information.

● Saturday, April 29: *Ride/Walk Benefit*

CV United Methodist Church is looking for bikers and walkers for a 25- and a 50-mile bike ride and a 7-mile walk to Lake Chabot this Saturday to raise funds for a school built through a partnership with the Chinese Community, UMC and a village in Uganda. All participants will be treated to a meal at the church on Wisteria St. at the end of the event. Help “Brake the Cycle of Poverty.” Details at: www.ycvm.org

● Saturday, April 29: *Meals on Wheels Fundraiser*

Join SOS Meals on Wheels’ 4th Annual Boutique at the Hill and Valley Women’s Club, 1808 “B” St. in Hayward this Saturday from 10 a.m. to 4 p.m. Shop for great handmade items and take part in the “Pick Your Prize” raffle. If you’re not a shopper, come enjoy the food (eat there or take some home). We serve an average of 1,100 meals per day to seniors in Castro Valley, San Leandro, San Lorenzo, Hayward and Oakland. For more info, call Gerry at 510-483-8156 or send donations to SOS Meals on Wheels, 2235 Polvorosa, No. 260, San Leandro 94577.

● Saturday, April 29: *Successful Gardening Talk*

SF Chronicle columnist Pam Peirce will discuss how understanding plant families will lead to more successful gardening at the Castro Valley Library from 10:30 to 12:30 p.m. this Saturday. For more info, contact Lou Astbury 925-417-5957 or lou.astbury.com

● Saturday, April 29: *Chinese School Open House*

The Hayward Kai-Feng Chinese School will hold an Open House this Saturday beginning with a show of student work at 9 a.m. at the Hayward Adult School Campus, 2210 Princeton Street. The school provides Mandarin Chinese instruction to cultivate children’s appreciation of different culture. Registration for the next school year starts next month. For more info, visit www.haywardchineseschool.org/

● Saturday, April 29: *Earth Day Kids’ Event*

Join the HAHS Museum of History & Culture, 22380 Foothill Blvd., Hayward, from 10 a.m. to 1 p.m. this Saturday for “History for Half Pints,” a special program for children, including designing your own reusable bag, making a nature journal, and learning new ways we can respect our planet. Free with museum admission.

● Saturday, April 29: *Our Lady of Grace Spring Tea*

Celebrate Spring with a traditional English High Tea this Saturday at the OLG Fair Formation Center, 3433 Somerset Avenue. You won’t be able to resist the tiny sandwiches and tasty scones, and the sweet and savory delights while sipping your choice of teas. Decorate a table with your own linens, china, silverware and teapot. The Center will provide the tea for your teapot and delicious treats! Make your reservations (required) for your choice of two seatings, 10:30 a.m. and 2 p.m. Call 510-582-9266 or email ffc@olgc.org for reservations or info.

● Sunday, April 30: *Flute Concert at the Library*

Enjoy live music as two local groups will present an eclectic program of musical styles from medieval to modern, featuring Flute Fantasia from 2 to 3:30 p.m. this Sunday in the Chabot Room of the Castro Valley Library. The Chabot Flute Choir includes music majors at Chabot College and community members who share their life-long love of music. For more information see Events at www.aclibrary.org/branches/CSV.

● Tuesday, May 2: *Buon Tempo Family Dinner*

Buon Tempo Club hosts a public six-course Pasta Pesto/Chicken dinner by Chef John Tandi at 7 p.m. Tuesday at Transfiguration Church at 4000 E. Castro Valley Blvd. Members are \$15 per person, and guests \$20. For reservations call: 510-483-6929 by this Friday. Buon Tempo is accepting applications for new members. Visit buontempoclub.org

● Tuesday, May 2 *Ohlone Audubon Meeting*

Andrea Jones, Director of Bird Conservation for Audubon California, will discuss the three-pronged management plan for a new home for birds at Salton Sea, at the next meeting at 7:30 p.m. on May 2 at San Leandro Library, 300 Estudillo Avenue. No admission charge, refreshments served. For more info, visit www.ohloneaudubon.org

...and Beyond

● Thursday, May 4: *Parkinson’s Support Group*

Physical Therapist Prity Chatale will be speaker at the next meeting of the San Leandro Parkinson’s Support Group at 10 a.m. on May 4 at the San Lorenzo Community Church, 945 Paseo Grande. For more info, call Lona White at 510-276-3119.

● Thursday, May 4: *3rd Annual Hayward Film Festival*

The Third Annual Hayward Film Festival Showcase, featuring student productions in four categories, will be held from 6 to 8 p.m. on Thursday, May 4, at the HAHS Museum of History and Culture, 22380 Foothill Blvd. in Hayward. Admittance is free. For more information, visit: haywardareahistory.org/calendar or call 510-581-0223.

● Thursday, May 4: *Senior Health & Wellness Fair*

The Aitken Senior Center at 17800 Redwood Road hosts its 11th Annual Senior Health & Wellness Resource Fair from 9 a.m. to 1 p.m. on May 4 with more than 55 vendors, informational seminars, class demonstrations, expired medication take-back and Clipper Card Registration for those 65 and older. First 100 people through the door receive a special gift. For more info, call 510-881-6738.

● Friday, May 5: *Eden Area Village*

Eden Area Village is developing a non-profit membership based neighborhood “Village” that will help people in the Castro Valley, Hayward, and the San Lorenzo areas stay in their homes as they age. Public outreach meetings are held the first Friday of each month at 2 p.m. at Hayward City Hall. Next meeting is Friday May 5th.

● Saturday, May 6: *Hike for Hope 2017*

Gather your family, friends and co-workers or come solo for Hope Hospice’s 7th annual “Hike for Hope” fundraiser May 6 at Del Valle Regional Park in Livermore. Check-in and start your hike from 8:30 to 10 a.m. The event ends at noon. Registration fee is \$45. Sign up at TheHikeForHope.com or call 925-829-8770 for a registration form.

● Saturday, May 6: *Science & Career Fair*

The Castro Valley Educational Foundation presents its annual free Science and Career Fair from 10 a.m. to 2 p.m. on May 6 at Castro Valley High School, featuring hands-on science exhibits, physics experiments, microscopes, and other exciting science displays. Exhibitors will include 2007 California Teacher of the Year Charles Reynes, Eden Area ROP, Chabot College Biology and Chemistry labs, and Lawrence Lab, among others.

● Sunday, May 7: *2017 CVHS “Run to Play”*

Support CVHS sports by joining in this 5k/10k Run/Walk on May 7. Registration at 7 a.m. for the 8 a.m. race. Register now for \$40 (\$45 on May 7) at onyourmarkevents.com. Free T-shirt for all participants. For more info, call Stacy Kinsella 510-305-7505. Sponsors needed!

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

● **“I Love(d) You,” a Castro Valley High School Pops Concert** will be presented in four performances; at 7 p.m. on April 27-28, and at 2 p.m. and 7 p.m. on April 29. *For tickets (\$10-\$18) see above.*

● **Rick Gunn: India, Iran and Idomeni**, an afternoon of unique photos and stories from his travels to Mumbai, the streets of Iran and inside Europe’s largest Syrian refugee camp, Indomeni, at 2 p.m. on April 30. Gunn (CVHS ’82) is an award-winning journalist who has bicycled 40,000 miles through 40 countries. *For tickets (\$20 general, \$5 students) see above.*

● **Mads Tolling Quartet** will present an eclectic concert of jazz, classical and Hollywood selections at 7:30 p.m. Friday, May 5. Tolling is a two-time Grammy winner whose five CDs have received rave reviews in major publications. *For tickets (\$20-\$25), see above.*

● **Lighten Up for Spring** with Brian Copeland and 10 of the funniest comics you’ve ever seen in another evening of uproarious laughter at 7 p.m. on Saturday, May 6. Suitable for ages 14 and up. *Tickets (\$40-\$60) available at the door.*

● **Canyon Middle School’s “Spring Fling,”** a 6th-grade instrumental music concert with Canyon’s beginning string orchestra and beginning band, at 7 p.m. on Tuesday, May 9. *For tickets (\$5-\$7) see above.*

THEATRICAL & MUSICAL PERFORMANCES

● **“Wait Until Dark,”** a psychological thriller that will keep you on the edge of your seat, runs through this Sunday, April 30 at Chanticleers Theatre, 3683 Quail Ave. in Castro Valley. Performances are Friday and Saturday at 8 p.m. with a Sunday matinee at 2 p.m. on April 30. For tickets (general \$25, seniors and students \$20), call 510-733-5483 or visit chanticleers.org

● **“One Enchanted Evening,”** a gourmet dinner, theatrical performances, live music, dancing and a silent auction, will be held at 6 p.m. this Saturday, April 29, at the Japanese Garden and Hayward Senior Center on N. 3rd St. in Hayward to raise funds for the Douglas Morrisson Theatre. Tickets at www.dmtonline.org or by calling 510-881-6777.

ART GALLERIES & EVENTS

● **Art IS Education**, sponsored by Hayward Arts Council, features the works of Hayward students at the John O’Lague Galleria in Hayward City Hall thru May 25. Meet and greet the artists from 5:30 to 7:30 p.m. on Friday, April 28. Gallery hours: M-F 9-5. For more exhibits and events, visit www.haywardartscouncil.org/

● **“Art in the Park,”** a part of CV Street Eats, will be held 5-8 p.m. May 2 on the patio and in the Adobe Gallery, with an art reception for “Acrylic and Oil Paintings” students’ exhibition of Azar Veghefi’s painting program in the Gladding Gallery.

● **Experimental Artist Susan Ashley** will demonstrate her style of painting at the next meeting of the San Leandro Art Association on Tuesday, May 9 at 7 p.m. at the Main San Leandro Library, 300 Estudillo Ave. Admission is free.

CASTRO VALLEY FORUM

CASTROVALLEYFORUM.COM

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Submissions to The Forum

To submit Calendar listings or news stories for possible publication, send information by the prior Friday in an email, or attach a document with photos to: fredz@ebpublishing.com, or fax information to 510-814-9691.



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Rep. Swalwell during a recent meeting at the IBEW Union Hall in Dublin.

Swalwell: Defeated Pete Stark in 2012

continued from front page

Sbranti would go on to become the Mayor of Dublin and Swalwell took a job as a prosecutor for the Alameda County District Attorney's Office. He prosecuted domestic violence, elder abuse, human trafficking and murder cases.

In 2010, with Sbranti's encouragement, Swalwell ran for and won a seat on the Dublin City Council. Then, at only 31 years old, Swalwell took a leap some thought was crazy. He decided to run for congress against a 20-term

incumbent, Pete Stark.

In 2010, again with Sbranti's encouragement, Swalwell ran for and won a seat on the Dublin City Council. Then, at only 31 years old, Swalwell took a leap some thought was crazy. He decided to run for congress against a 20-term

The 15th Congressional District, which includes Castro Valley, Hayward, Danville, Dublin, San Ramon, Livermore and parts of San Leandro and Fremont, had just been redrawn, and was a bit

more moderate than it had been in the past. That made the district a better fit for Swalwell than Stark, because Stark was one of Congress' most liberal members.

In November 2012 Eric Swalwell defeated a man who had served in the House eight years longer than Swalwell had been alive.

And today, Swalwell's former teacher, Tim Sbranti works for Swalwell as his Deputy Chief of Staff.

see SWALWELL on page 15

CV Library: Free Downloads of eBooks

Did you know that you can check out electronic editions of library books 24 hours a day, seven days a week for free?

Learn how to enjoy the county library's collection of more than 40,000 eBooks at either of two workshops, Saturday, May 13, from 1:30 to 3:30 p.m., or Satur-

day, May 20, from 10:30 a.m. to 12:30 p.m. at the Castro Valley Library.

Bring your Kindle Fire or Fire HD, NOOK tablet, iPad, iPhone, or Android tablet (or smartphone) with you and learn how to use it to download books from the Library website.

Bring your fully-charged device, app store credentials and your library card with you to the class.

Registration is required for this free program. To register or for more information, please call the library Information Desk at (510) 667-7900.

MAC: More Discussions

continued from front page

In the past, the MAC accused Chou of potentially "sardine-canning" patients and on Monday Crawford said "I think it would be borderline criminal" to have two beds per small room in the care home."

Neighbors on Apricot Way have also vocally opposed the project.

Other MAC Business

Also on Monday, the council created a special subcommittee to work on the usage of the old library at 20055 Redwood Road.

The school district wants to raze the building and put up portable classrooms and the Veterans of Foreign Wars wants to repair the 1950s-era building to use it as a veterans' meeting hall and community center. Other interested groups are expected to come forward before a new tenant is selected.

MAC member Linda Tangren will chair the subcommittee and MAC members Chuck Moore and Dave Sadoff will also sit on the subcommittee.

The MAC also unanimously approved two modifications to properties around town.

A resident at 22154 North 6th Street was granted permission to build a 1,352-square-foot addition to the house, which includes a new attached garage. And DaVita Dialysis at 20359 Lake Chabot Road got permission for to put up new signs at its business.

San Leandro Rotary Grant

The Rotary Club of San Leandro's Community Grant Application is now open through May 5, 2017. Grant Guidelines & Application can be found at www.sanleandrorotary.org under Community Grant Documents.



Grammy Award Winner Mads Tolling and his Quartet will be at the Center for the Arts on Friday, May 5.

Mads Tolling Live in Concert Next Friday

TWO-TIME GRAMMY WINNER MADTS TOLLING and his Quartet are coming to the Castro Valley Center for the Arts on Friday evening, May 5, at 7:30.

Their eclectic program includes jazz, classical and Hollywood selections in this special appearance in the East Bay.

Besides playing the violin and viola, Mads is a composer and arranger with five CD's. He grew up in Denmark, but came to the United States to study at the Berkeley College of Music in Boston.

Today he lives in Albany and travels internationally much of the year.

Before forming his own group, Mads was a member of the Turtle Island Quartet and Stanley Clarke's Band. He has been featured on NPR and his recordings have received rave reviews from Downbeat, Strings, the Washington Post and the SF Chronicle. He has performed with Chick Corea, Ramsey Lewis, Kenny Barron and Paquito D'Rivera.

The Mads Tolling concert is a benefit concert for the Bear Valley Music Festival which will celebrate their 50th year in 2018. Maestro Michael Morgan directs the annual summer weeks of musical performances, July 21-August 6 at Bear Valley in the Sierras.

For ticket information: cv.k12.ca.us/district/center-for-the-arts

Terry Liebowitz is a founding member of the Castro Valley Arts Foundation.

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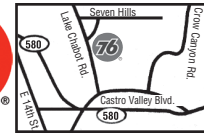
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ATHLETE OF THE WEEK

Joe Carvalho, CVHS Junior

This week's Athlete of the Week is Joe Carvalho, a junior at Castro Valley High School.

Carvalho has pitched back-to-back complete games, this season. His first was a 1-hit shutout in a 15-0 win against Tenyson, followed by a 4-hitter in an 8-2 win over rival Bishop O'Dowd.

He lowered his league leading ERA to .38 and improved his record to 5-0. He has given up only 2 earned runs in 37.1 innings with just 7 walks, and 27 strikeouts.

Castro Valley is currently 10-6 overall and 7-2 in league play.



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SPORTS NOTES

CVLL Scholarship

Castro Valley Little League has started the Kinsella scholarship, a \$500 college scholarship fund for graduating high school seniors that have played for CVLL for a minimum of 5 years.

The Kinsella Scholarship is named after beloved former President Joe Kinsella. While President, he was instrumental in helping CVLL achieve great things to better the league.

For instructions and an application, go to the website www.CastroValleyLittleLeague.com. For

more information, please contact Michele Nicol Sponsor Chairperson 510-541-5565

CVHS Athletic Boosters Fundraiser-Run to Play

On the first Sunday in May, the Castro Valley High School Athletic Boosters will be hosting their annual Run to Play, a 5k/10k timed walk/ run to raise much needed funds to help keep the CVHS Athletic Program up and running.

With all of the recent budget cuts, they need your support to

bridge the constantly growing gap between funding and expenses.

Run to Play is a family-friendly, dog-friendly event. Participants can race to the finish for a medal or stroll along the route with some friends with coffee in hand from 6:00 a.m. to 1:00 p.m. at CVHS 600 Lot.

Share this event with all of your friends and family. Get a group together, make some fun t-shirts and form a team to participate.

For more information, please contact Marie Gray by email at: mgray@cv.k12.ca.us

Reports: Restraining Order; Trespasser

continued from page 3

Lake Chabot Road when deputies pulled her over for questioning and made the positive identification. The woman was previously charged with fighting in public and using a false identification with the purpose of getting goods and services. Deputies handcuffed the woman and took her to Santa Rita Jail and held without bail.

Couple in Trouble

Wednesday, April 19: at 3:35 p.m., two people were arrested on charges related to a broken relationship and drug possession. Deputies stopped the couple outside an apartment on Strobridge Avenue near Gary Drive following an emergency call about a suspicious person in the neighborhood. The woman, a 26-year-old from Fremont, was charged with violating a court-issued restraining order. The man, a 54-year-old from CV, was charged with possession of illegal narcotics and possession of lock picking equipment. Deputies took the pair into custody.

Can't Stay Away

Wednesday, April 19: at 12:42 a.m., deputies arrested a 39-year-old man with no permanent address on suspicion of violating a court-issued restraining order filed by a grocery store on Redwood Road near the Boulevard. Deputies were called to the scene after the man was spotted outside in the parking lot. The man was handcuffed and taken into custody.

Back to Jail

Tuesday, April 18: at 12:30 a.m., a 32-year-old man from Castro Valley was arrested on suspicion of public intoxication. The man was also found to have a warrant issued

for his capture. Deputies pulled the man over during a traffic infraction at the intersection of Castro Valley Boulevard near Nunes Avenue. The man was taken to Santa Rita Jail pending \$5,000 in bail.

Trespasser Arrested

Tuesday, April 18: at 12:30 a.m., deputies arrested a 31-year-old

man from San Leandro on suspicion of trespassing on private property on Jamison Way near Redwood Road. The man was trying to break into a back door of a business when deputies arrived. The man was also wanted as part of a warrant issued for his arrest. Deputies took the man to Santa Rita Jail pending \$2,500 in bail.

BADMINTON

- Thursday, April 27, 3:30 p.m. CVHS vs. Mt. Eden away
- Tuesday, May 2, 4 p.m. CVHS vs. Piedmont at CVHS

BASEBALL

- Wednesday, April 26, 4 p.m. JV vs. San Leandro away
- Wednesday, April 26, 4 p.m. Varsity vs. San Leandro at CVHS
- Friday, April 28, 4 p.m. JV vs. San Leandro at CVHS
- Friday, April 28, 4 p.m. Varsity vs. San Leandro away
- Tuesday, May 2, 4 p.m. CVHS vs. Alameda away
- Tuesday, May 2, 4 p.m. CVHS vs. Alameda at CVHS

BOYS GOLF

- Thursday, April 27, 3:30 p.m. CVHS vs. Alameda and Arroyo at Chuck Corica in Alameda

SOFTBALL

- Wednesday, April 26, 4 p.m. Varsity vs. O'Dowd at CVHS
- Friday, April 28, 4 p.m. Varsity vs. San Leandro away
- Friday, Saturday, April 28, 29 JV participating in tournament at James Logan High School
- Tuesday, May 2, 4 p.m. JV vs. Berkeley at CVHS
- Tuesday, May 2, 4 p.m. JV vs. Berkeley away

SWIMMING

- Wednesday, April 26, 3:30 p.m. CVHS vs. Encinal at CVHS
- Saturday, April 29, 10 a.m. CVHS in meet at San Leandro

BOYS VOLLEYBALL

- Thursday, April 27, 4:15 p.m. CVHS vs. Berkeley away
- Tuesday, May 2, 4 p.m. CVHS vs. Alameda at CVHS

CVHS Softball's Great Start

The Castro Valley High School's softball team has gotten off to a great start, with an 11-4 overall record and 3-1 record in league play. Today's game will begin at 4:00 p.m. at CVHS.

5K & Half Marathon

Sunday, June 4th,
Starting at 8am.

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2017

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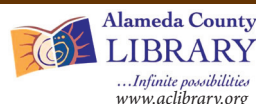
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PHOTO COURTESY OF OHLONE COLLEGE

Last year's World Tai Chi & Qigong Day at Ohlone College attracted 300+ participants.

Ohlone College's Celebration of World Tai Chi and Qigong Day

Ohlone College's 7th celebration of the World Tai Chi Qigong Day will be held at the College's Newark Center for Health Sciences this Saturday, April 29.

The day starts at 9 a.m. with the participatory community warm-up and popular Tai Chi and Qigong routines led by Master May Chen and the Ohlone College TCQ Performance Team and club members.

Throughout the day, select topics relevant to healthy lifestyle choices will be showcased.

Among the guest presenters are Black Belt Tae Kwon Do teacher Mamie Chow. Her new workshop "Food to Enhance Your Mind, Body, and Spirit" promises to be a "sold out" event.

Victoria Leiphart, M.D., from

Washington Hospital, will present lectures on "Brain Health" and "Decoding Vitamins and Supplements."

Master Bryant Fong, Head Coach of the UC Berkeley Martial Arts Program, one of the most respected and highly regarded Wushu masters in the US and China, will demonstrate Chen Style Tai Chi sword and, by popular request, lead a mini workshop on "Qi and Tai Chi."

Master May Chen will lead a Qigong meditation in the late afternoon to bring the day to a close. Chen received her Master's in Gerontology, "the study of the aging process," in 2015.

A world-class martial artist, Master May Chen has lead the

Ohlone College Tai Chi and Qigong program since 2008 and was awarded the Tai Chi Master of the Year in 2010.

The Ohlone College Tai Chi Qigong Performance Team and club members will be "ambassadors" throughout the day.

This is a free event open to the public. Parking on campus is \$4.

The Tai Chi Qigong Club will host a pizza fundraiser during lunch time. The open house has garnered increased attendance annually to over 300 attendees last year.

Ohlone College Newark Center for Health Science and Technology Website is located at 39399 Cherry St. in Newark. Visit www.ohlone.edu/go/taichi for more info.

How to Train Like an Elite Athlete

By Dr. Greg Wells
SPECIAL TO THE FORUM

Of the five most popular professional team sports in North America, those who play high school hockey have the best opportunity – a one in 598 chance – to play professionally.

Unfortunately, people have better odds of being killed in a car accident – one in 113.

Just because your childhood dreams being a superstar have been dashed, doesn't mean you can't train like an elite athlete.

Many people are starting to recognize their poor health habits and are taking action to change them. People are now understanding the necessity of being active, and that allows them to do their job better.

A Definite Link Between Movement and the Brain

Some of the training methods elite athletes subscribe to include getting eight to 10 hours of sleep and waking early to work out. They like to lift heavy sets of weights, perform dynamic exercises and hire fitness coaches to motivate them.

On the other side of that coin, there is a world health crisis taking place and its being caused by three main factors:

• Poor Sleep

Drive by a large office complex and you can usually look up and see more than a few lights on in the building. In an effort to get ahead – or more likely just keep up – people are sacrificing sleep, a major component to performing at the highest level possible.

Those who are able to get between seven and nine hours of sleep at night, reduce the risk of heart attacks, strokes and cancer. Good sleep helps strengthen the immune system, boost problem-solving and creativity, reduce stress, builds muscle, regulates appetite and helps us manage mental and emotional health.

• Lack Of Physical Activity

A lack of physical activity can affect sleep, causing the harmful effects that go with it.

Lack of sleep, however, could be the least of concern for those who don't get enough exercise. A 2015 University of Cambridge study found that twice as many

deaths may be attributable to lack of physical activity compared with the number of deaths attributable to obesity.

• Poor Nutrition

Poor nutrition habits – which include under- or over-eating, not having enough of the healthy foods we need each day, or consuming too many types of food that are high in fat, salt and/or sugar can lead to short-term and long term negative effects on the body.

Short-term effects include stress, fatigue and illness, while long-term effects include tooth decay, high blood pressure, osteoporosis and even some forms of cancer.

These are great times to get moving on your physical fitness plans, while concentrating on maintaining a healthy sleeping pattern, getting physically active and incorporating healthy foods.

Dr. Greg Wells (www.DrGregWells.com) is an authority on high performance and human physiology, and an Olympic commentator for Canadian TV. His latest book is "The Ripple Effect: Eat, Sleep, Move and Think Better."

Eat Wheat: Is The Anti-Gluten Diet Craze Coming to an End?

AMERICANS AT ONE TIME lived their lives utterly unconcerned about the gluten in their diets. But an anti-gluten craze that erupted in the last decade has become so prominent that it spawned a \$16-billion-a-year industry.

Gluten became branded as the enemy of good health, bestselling books scared the public away from wheat, and foods marketed as gluten-free popped up everywhere.

But it's time everyone takes a deep breath and re-evaluates this whole "wheat-is-a-villain" attitude, says Dr. John Douillard, a leader in the natural health field and author of *Eat Wheat* (www.LifeSpa.com).

"Wheat was found guilty without a fair trial and there are risks when we just blindly take a food that people have eaten for 3.5 million years and remove it from our diets," Douillard says.

He's ready to lead the charge in the opposite direction, though even Douillard acknowledges that avoiding gluten is the right move for certain people.

May, for example, is Celiac Awareness Month, which brings attention to the genetic autoimmune disease that damages the small intestine.

"People with celiac disease should avoid gluten, there's no doubt about that," Douillard says. "But for the greater majority of people, the anti-gluten frenzy has gone too far and needs to dial it back."

Far from being a dinner-table scoundrel, wheat can be beneficial, helping to lower the risk of diabetes, obesity and Alzheimer's disease, he says.

"The real problem is that processed foods have changed our digestive systems," Douillard says. "That's why people often feel bad when they eat wheat. But taking foods out of the diet won't fix what processed foods have done to your system."

"That just kicks the problem down the road, leaving people at risk for more serious health concerns later on."

So if going wheat-free isn't the answer, what can you do to begin to improve your digestive system? That can get complicated, but Douillard has a few suggestions to get you started in the right direction:

- **Eat more fiber.** Aim for 50 grams of fiber in your diet each day. Make half your plate green vegetables, one-fourth starch and another one-fourth protein. Increase the amount of beans you eat.

Of course, beans can be difficult for some people to digest, but one easily digestible bean is the split yellow mung bean. As your digestion improves, you can re-introduce other beans.

- **Drink water between meals.** The brain's relationship with the rest of the body can be a funny thing. When people are dehydrated see *WHEAT* on back page

CV Health Fair Next Week

The Kenneth Aitken Senior Center will host its 11th Annual Senior Health & Wellness Resource Fair next week.

More than 55 vendors will be at the center at 17800 Redwood Road in Castro Valley from 9 a.m. to 1 p.m. on Thursday, May 4.

Informational seminars and

class demonstrations will also take place as well as on-site medication reviews. Expired medications will also be collected, and Clipper Card Registration will be available for those 65 and older.

The first 100 people through the door receive a special gift. For more info call 510-881-6738.

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Expect BART Delays

BART maintenance and repair crews will be working on tracks between Lake Merritt and Fruitvale stations again this weekend. The tracks will be closed from the end of service on Friday night until 4 a.m. on Monday.

No trains will run between Fruitvale and Lake Merritt stations during that period, but a free local shuttle bus will run between the two stations. Passengers should expect delays of 20 to 40 minutes, according to BART officials.

Trains will also not be running between West Oakland and Lake Merritt, or between 12th Street and Lake Merritt. During those times, Lake Merritt station will be closed. Fruitvale will remain open.

BART will also provide a free bus bridge to 19th Street station for passengers traveling north beyond Fruitvale from the Dublin/Pleasanton (CV) and Fremont lines.

BART will provide extra staff at its stations as well as signs to guide passengers to their destinations.

Another track closure between Lake Merritt and Fruitvale stations will occur on the weekends of May 13-14, May 27-29, June 10-11 and July 1-2.



PHOTO COURTESY OF BRESLOW IMAGING

RCS breaks ground for a new middle school and high school gym at its San Lorenzo campus. Pictured from left, Director of Advancement Mike Kady, Business Manager Ed Hubbard, Board Member Philip Carlton, Architect Anthony Tabacco, General Contractor Dan McNely, Elementary Principal Dale Huemoeller, Superintendent Al Hearne, Superintendent Emeritus Bruce Johnson, Founding Superintendent Gus Enderlin, Board Member Harry Bruno, Board Member April Nunez, Board Member Steve Swanson, Middle School and High School Principal Ben Warner, and Athletic Director Jim Cleveland.

RCS Breaks Ground for New Gymnasium

Redwood Christian Schools broke ground to launch the construction of the Bruce D. Johnson Gymnasium at its Middle School and High School Campus in San Lorenzo last week.

This building will enhance both the RCS athletic and science programs, as well as provide additional space for community events.

The gymnasium is named after the school's Superintendent Emeritus Bruce Johnson, who faithfully served RCS for 42 years.

Johnson joined RCS in 1974 as a PE teacher and Director of Athletics. In 1986, he became the school's second Superintendent, retiring last June after 30 years in that position. He remains active in ministry at RCS as a guest teacher,

prayer warrior and all-around supporter.

Over 500 students and guests gathered to celebrate the ground-breaking ceremony. Special guests included RCS Founding Superintendent Gus Enderlin; RCS Board Members Harry Bruno, Cathy Breslow, April Nunez, Steve Swanson, and Phil Carlton; Castro Valley Eden Area Chamber

of Commerce officials Mike Tacconi, Tim Castle, David Gehrke, and Caryl Mahr; Contractor Dan McNely (an RCS alumnus); and Architect Tony Tabacco.

RCS Superintendent Al Hearne served as master of ceremonies. Bruce Johnson and Director of Athletics Jim Cleveland spoke on the history of the campus and the benefits of an on-site gymnasium.

Two CV Teachers Honored

In 1920, when Past Grand Master Charles Adams proclaimed the first Public Schools Week in California, he had no way of knowing that his devotion to free, public education would inspire California Masons for generations.

The Masonic Fraternity continues to uphold his legacy during its celebrations of Public Schools Month throughout the state.

In Castro Valley for the past 32 years Crow Canyon Masonic Lodge, with the co-operation of the Castro Valley Unified School district, has taken time to honor teachers who have taken an extra effort with their students in their classroom environment.

The local Lodge has proclaimed this week to be Public Schools week in Castro Valley. The two honorees for 2017 are Jason Berberian of Castro Valley Elementary School and Kate Stickel of Canyon Middle School.

Selected by the school district, the Berberian and Stickel were honored by the Masonic Lodge at an award dinner Friday at the Castro Valley Masonic Center. A musical performance by CVHS Jazz Band started the award ceremony.

The Mask You Live In: Documentary on Masculinity to be Shown at CVHS Next Week

"The Mask You Live In" is a documentary film that follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity.

It will be shown at the CVHS Cafeteria over the next two Tuesdays starting at 6:30 p.m.

Research shows that compared to girls, boys in the U.S. are more likely to be diagnosed with a behavior disorder, prescribed stimulant medications, fail at school, binge drink, commit a violent crime, and take their own lives.

Pressured by the media, their peer group, and even the adults in

their lives, our protagonists confront messages encouraging them to disconnect from their emotions, devalue authentic friendships, objectify and degrade women, and resolve conflicts through violence.

These gender stereotypes interconnect with race, class, and circumstance, creating a maze of

identity issues boys and young men must navigate to become "real" men.

This last Community Conversation of the school year offers a no-cost showing of this documentary by Jennifer Siebel Newsom, followed by a facilitated discussion.

The film is not recommend-

ed for younger viewers, and it is recommended that parents watch the trailer at www.youtube.com/watch?v=hc45-ptHMxo in order to determine whether to bring their middle and high school age students. Free childcare available (no reservation required) and light snacks will be provided.

The first half of the film will be shown on May 2 followed by discussion, the second half and second discussion will take place on May 9.

The film has subtitles in Spanish and the discussions will be conducted in small groups in Spanish and English.

HOCUS-FOCUS

BY HENRY BOLTINOFF

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CONNECT THE DOTS and find out what grows bigger the more you take away from it.

Answer: A hole in the ground.

TRY MOWING DOWN THIS PUZZLE! Replace the letters in this AlphaMath puzzle with the digits 0, 1, 2, 4, 5, 6, 7, 8 and 9 so that you have a correct addition problem. The same letters get the same digits. Can you get a higher total than we did?

Our Answer: S=1, E=9, D=0, R=2, A=5, I=8, N=6, L=4, W=7, (1990 + 2586 = 4576).

CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read top to bottom along the connecting lines. All the words will begin with the letter in the top circle.

Answers: Top to bottom, left to right: Coax, coal, coop, coot, coat, clod, clap, clod.

Junior Whirl

by Charles Barry Townsend

A FILL-IN PUZZLE

GOOD ERASER

BAD ERASER

Pictured above is a crossword puzzle grid. Below are the 17 words that you'll need to complete the puzzle using the trial-and-error method. Keep a good eraser handy!

AGES	BAKED	ICED
ACHED	BENCH	KEEPS
AFAR	DOMED	OWNER
AGATE	DREAM	SALON
BADE	EBBS	SODA
BADGE	FAIR	

Answers: (Across) 1. Badge, 3. Afar, 7. Ages, 9. Keeps, 11. Iced, 13. Owner, 14. Domed, 15. Bade, 16. Ached, 17. Baked, 2. Dream, 4. Fair, 5. Agate, 6. Bench, 8. Salon, 10. Soda, 12. Ebbs.

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Before Buying a Home, Learn the Lingo!

Buying a home for the first time? You may discover that one of the biggest obstacles is learning the lingo. Homebuying can be overwhelming and perhaps a bit intimidating if you aren't familiar with the terminology.

The experts at Freddie Mac are sharing a guide with some top terms you'll hear.

- **Pre-approval letter.** A letter from your lender telling you how much home you can afford and the maximum amount you are qualified to borrow.

- **Appraisal.** After you make an offer on a home, your lender will order an appraisal to get a professional opinion on its value. This is a necessary step in getting financing secured, as it validates the worth to you and your lender.

- **Closing costs.** In addition to a home's price, a buyer must pay "closing costs" — points, taxes, title insurance, financing costs, items that must be prepaid or escrowed and other costs.

- **Escrow.** The holding of money or documents by a neutral third party, escrow can also refer to an account held by the lender or servicer into which a homeowner pays taxes and insurance.

- **Mortgage rate.** The interest

rate you pay to borrow money for your house. The lower, the better.

- **Fixed-rate mortgages.** A mortgage with an interest rate that doesn't change during the term of the loan (typically 15 or 30 years).

- **APR.** The annual percentage rate (APR) is a broader measure of your cost for borrowing money and includes the interest rate, points, broker fees and other credit charges you'll be required to pay. Because these costs are rolled in, the APR is usually higher than your interest rate.

- **Credit Score.** A number ranging from 350 to 800 based on an analysis of your credit files. Your score plays a significant role when securing a mortgage, as it helps lenders determine the likelihood

that you'll repay future debts. The higher your score, the more options that may be available to you, including lower interest rates.

- **Private Mortgage Insurance (PMI).** If you make a down payment of less than 20 percent, your lender will require PMI. PMI serves as an added insurance policy protecting the lender if you're unable to pay your mortgage, and it can be cancelled from your payment once you reach 20 percent equity in your home.

Check out Freddie Mac's my-home.freddiemac.com for everything homebuying and be sure to follow the Freddie Mac's Spring Homebuying Season Blog Series at freddiemac.com/blog.

—StatePoint

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A	1-4	1-4	2514 Galleon Place	\$548,000	3/2.5	United Brokers RE	Tere Lee	510-305-8827
C	12-3	12-3	19380 Brusk Court	\$608,000	3/2	Kremer & Company	Ken Kremer	510-301-1957
A	—	1-4	175 Euclid Avenue	\$640,000	2/2	Coldwell Banker	Laurie Pfohl	510-851-3551
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A	—	2-4	14877 Midland Road	\$699,000	4/2	Rinetti & Co. Realtors	Carrie Miles	510-735-5223
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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Get the Facts Before You Buy

Sometimes things are not what they appear to be. And, in every aspect of life, it's important to check the facts.

All my life, I've assumed I was approximately 1/8th Cherokee Indian. My grandfather, who tragically died when my father was 12, was purported to have been 50 percent Native American. Since he was not around to question and the only surviving picture of him seemed to bear out his Indian heritage, we accepted it as fact.

Curious about my ancestry, I recently took a DNA test and was shocked to discover that the amount of Cherokee blood coursing through my veins stands at 0 percent. That's right — not a trace. Which means I need to rewrite my family history, this time, with facts and information that are correct.

It's one thing to have incorrect facts in your family tree; it's something else altogether to have false information for any home you might be considering to buy.

If we relied solely on the information provided by sellers, we could easily end up with conjecture or misleading information. Since everything is not always as represented, just like my DNA test, it's critical to get external, objective evaluations.

We recommend the following:

1. Start with inspections by qualified Home Inspection Companies.

There is no substitute for having certified and trained inspection specialists perform thorough inspections of any home you are looking to purchase. Normally, this includes property, termite and

roof inspections. If any of these inspections reveal items of concern, we recommend you go to the next level and get special inspections dealing with any stated issues of concern. These might include foundation, soils, mold, electrical, pool or fireplace inspections, to name a few.

2. Follow up with a visit to the applicable building department.

Frequently, we see differences in square footage between county records and the actual square footage shown on the listing.

Ask the seller or their agent why there is a difference and how they arrived at the current number.

Visit the applicable building

department to ensure there were finalized permits for any additions. Any footage added without the applicable approvals can lead to serious issues and liability down the road. It's critical to figure things out now and avoid future issues than blindly proceed and hope for the best.

It's always best to get the truth BEFORE finalizing a purchase — once it closes, it can be very expensive to re-write history.

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

RECENT HOME SALES

Castro Valley

5214 Brom Circle	94546	\$775,000	N/A BD - N/A SF - N/A
19097 Carlton Avenue	94546	\$760,000	3 BD - 1,256 SF - 1955
22419 Ruby Street	94546	\$525,000	2 BD - 897 SF - 1895
4017 Stevens Street	94546	\$575,000	3 BD - 1,350 SF - 1952
20036 Shadow Creek Cir	94552	\$870,000	4 BD - 2,130 SF - 1998

TOTAL SALES:	5
LOWEST AMOUNT:	\$525,000
HIGHEST AMOUNT:	\$870,000
MEDIAN AMOUNT:	\$760,000
AVERAGE AMOUNT:	\$701,000

San Leandro

2185 Clarke Street	94577	\$542,000	3 BD - 1,208 SF - 1926
348 Maud Avenue	94577	\$586,000	2 BD - 920 SF - 1941
1723 View Drive	94577	\$800,000	5 BD - 3,370 SF - 1958
2303 West Avenue 135th	94577	\$350,000	2 BD - 928 SF - 1948
1561 Plaza Drive	94578	\$176,000	2 BD - 660 SF - 1992
1229 Burkhart Avenue	94579	\$515,000	3 BD - 1,092 SF - 1950
1941 Dayton Avenue	94579	\$660,000	3 BD - 1,419 SF - 1960
730 Fargo Avenue #10	94579	\$395,000	3 BD - 1,136 SF - 1965
680 Fargo Avenue #9	94579	\$380,000	2 BD - 850 SF - 1965

TOTAL SALES:	9
LOWEST AMOUNT:	\$176,000
HIGHEST AMOUNT:	\$800,000
MEDIAN AMOUNT:	\$515,000
AVERAGE AMOUNT:	\$489,333

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245 Loma Verde Drive	94580	\$395,000	2 BD - 814 SF - 1984
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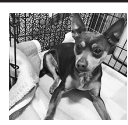
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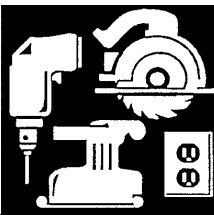
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LETTERS TO THE EDITOR



Says Daughtrey Building Disposition Should Be Considered in an Open Setting

Editor:

Cliff Sherwood ("MAC Plan on Daughtrey Building 'Fraught with Serious Problems'," Letters, April 19) is right when he argues that the disposition of the Daughtrey's building is too significant a project to be considered by a committee of just three MAC members.

This committee's recommendation will take on a life of its own and frame further discussion by the entire MAC.

Instead, what is one of the most significant projects in Castro Valley in the last twenty years should be considered by the entire MAC in an open setting. The MAC should incorporate all opinions from all segments of Castro Valley when it considers future development of the Daughtrey's site.

I would only note that while Mr. Sherwood cites future tax revenues as one of the benefits of this development, we should always remember that in Castro Valley our property taxes, sales taxes, and business license taxes go to Alameda County and do not really benefit our little community much.

—Brian A. Foster, Castro Valley

Calls Daughtrey Building Project 'A Joke' and a 'Total Mystery'

Editor:

I totally agree with Cliff Sherwood (see reference above). If you do not know Cliff, you should. He has done more good things for Castro Valley than anyone I know.

The Daughtrey building project is a joke. This project that has been going on for decades is a total mystery to me and so many others in our community.

The \$4 million they want to spend on a parking lot is a joke and, last but not least, the MAC board is a total joke. They only approve projects that will personally benefit their own pockets.

I am sick and tired of projects being approved that crowd our streets and neighborhoods and serve one purpose, making the rich richer, like the Proctor street housing development and many others.

MAC thinks they are above the law and they think they are better than the people they were elected to serve.

The Daughtrey building should be converted into a place that we can all be proud of. Like a craft beer house or some kind of entertainment facility that will keep local money in the community.

Cliff, I wish you would come out of retirement and take control of this town and whip people into shape!

—Michael Croghan, Castro Valley

Believes Money Spent on Parking Lot Could Be Better Used to Improve Streets

Editor:

I completely agree with Mr. Matt Porter's letter ("Spending \$4.8-Million on Parking Lot Behind Daughtrey Building Called 'Crazy'," Letters, April 12). I too ask why is Alameda County spending four million dollars to pave the parking areas? These funds should have been used to improve the streets in our area.

I also agree with the letter from Linda Davis about parking enforcement. As I drive around our beautiful area, I find cars and trucks parked next to fire hydrants, passenger loading zones, and other restricted areas.

Perhaps our Sheriff's Office and the CHP are too busy with other matters. I tie these two letters together because I think the money spent on a parking lot, would have been better served by painting and repainting these curb sites for restricted parking.

I have also seen semi trucks using Jamison Way. I thought this street was off limits to such large trucks? I am one of those believe that Castro Valley should be incorporated as a city. If we were incorporated, we could restrict such wasteful spending.

—Dick Purdee, Castro Valley

Would Like to See Daughtrey Building Turned Into a Brewery and Brew Pub

Editor:

I believe the Daughtrey building would make a great brewery and brewpub.

The building is big enough to house the tanks and accessories needed to brew beer and ale. A pub could be established up front, along with a variety of good pub food. Might I suggest a name? How about Don Castro Brew, with a picture of him riding astride a horse, hand held high with a mug of suds in it.

—Robert Thomas, Castro Valley

Says "Conservatives Are More Honest About Islam than Liberals Are"

Editor:

Grace Boyd's recent letter ("Addressing 'the Raging Hatred Thrust On the Community'," Letters, April 12) denied that some Castro Valley High School students have become left wing "robots," (i.e. brain-washed by their mostly left-wing teachers).

Sadly, Miss Boyd's letter sounded highly robotic, and revealed considerable brain-washing.

Miss Boyd insisted (without any evidence) that conservatives "thrust...raging hatred on our community." This is a popular liberal technique. When liberals cannot refute conservative ideas, they simply insult conservatives personally, by labeling them as "hateful," "bigoted," or "racist."

Are conservatives really "hateful" if we want to preserve the free society that we love? No, we are not hateful. We simply know enough about Islam that we don't want to see our society changed by this hostile and oppressive ideology.

Conservatives are simply more honest about Islam than liberals are. And Moderate Muslims are irrelevant. They do not define Islam. The teachings of Muhammad define Islam. And Muhammad's teachings endanger western civilization. Meanwhile, liberals like Miss Boyd are apparently brain-washed into thinking that all religions basically teach the same ideas.

It makes no sense to "accept people" who have dangerous religions beliefs; beliefs which violate our Bill of Rights, victimize women, and seek to kill gay people. And my opposition to Muslim immigration is based on years of careful research, not "bigotry" or "racism."

Finally it is ironic for Miss Boyd to accuse conservatives of "raging hatred." Her smearing of conservatives reveals her own raging hatred; hatred for anyone who disagrees with the liberal agenda.

—Karl Becker, Castro Valley

Says Non-Sanctioned Rodeo Events Need to Be Stopped

Editor:

Despite major public outcry from the East Bay SPCA, et al., the Hayward Area Recreation & Park District (HARD), abdicating its duties to animals and constituents alike, has endorsed the ongoing abuses at the Rowell Ranch Rodeo (May 20-21).

The rodeo will again feature two cruel, non-sanctioned events: "wild cow milking" (in which a panicky cow was killed at the 2014 rodeo, leaving an orphaned calf); and the children's "mutton busting" event, dangerous for both kids and the terrified sheep.

"Mutton busting" is banned in New Zealand, at the recommendation of the NZ Veterinary Assn. It's also a violation of CA State Education Code 60042. And what a terrible message to send to impressionable youngsters about the humane treatment of animals! (See YouTube videos.)

Express your dismay to Paul McCreary, general manager, and the HARD Board of Directors (Lou Andrade, pres; Paul Hodges, Minane Jameson, Carol Pereira, Rick Hatcher), 1099 "E" Street, Hayward, CA 94544; email - mccc@haywardrec.org.

Better yet, urge the Board of Supervisors to amend the 1993 county rodeo ordinance (which already bans "horse tripping" and "steer tailing"), and add "wild cow milking," "mutton busting," and all animal "scrambles" to the prohibited list (many also featured at the Livermore Rodeo).

Write or call the Alameda County Board of Supervisors (Wilma Chan, pres; Scott Haggerty, Nate Miley, Richard Valle, Keith Carson), 1220 Oak Street, Oakland, CA 94612; phone 510-208-4949. As playwright Tennessee Williams once wrote, "Cruelty is the only unforgivable sin." It needs to stop.

—Eric Mills, coordinator
Action for Animals, Oakland

Calls for Residents in Unincorporated Area to Support Creation of Eden Area MAC

Editor:

As a resident of the neighboring community of Ashland I urge any residents of Ashland, San Lorenzo, Cherryland and Hayward Acres who read the Castro Valley Forum (there are dozens of us!)

Letters continue on page 16

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.

Elizabeth Sophia (Bettie) Allen

was born on March 23, 1923 in Quincy, MA, the third of four children, to George and Bertha Beckwith. When she was 3 years old, the family moved to Alameda, California. She graduated from Alameda High in 1941 and moved to Castro Valley with her daughter in 1959. She retired from the Civilian Branch of the Federal Government at the Presidio of San Francisco as a Computer Analyst after 28 years of service. She then went to work, in 1992, at Redwood Christian Schools as a teacher's aide, where she taught for over 15 years. She was also a member of Redwood Chapel for over 45 years.

She went to heaven on April 5, 2017. She was preceded in death by her daughter, Jolly Johansen. She is survived by her granddaughter, Onica, and husband, Jeffrey Clay; 2 great-grandchildren, Jollienna and Oliver Clay; and numerous nieces, nephews and many dear friends.

A Celebration of her Life will be held at Redwood Chapel, 19300 Redwood Road, in Castro Valley on Saturday, April 29, at 11a.m.

Remembrances may be made to Redwood Christian Schools in her name.



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FD 1168 CR49

Calls Medical Marijuana Dispensaries 'A Magnet for Undesirables'

Editor:

I attended kindergarten at the Adobe in 1946 when roads from Almond Road to the Boulevard were dirt.

Now, Nate Miley wants desperately to put a pot shop in our midst. Where has our common sense gone?

My husband and I live in Castro Valley near the borderline. Many years ago, there was a clinic for pot near Foothill and 164th Ave. Let me "refresh" everyone's memory over this short-sighted decision that backfired.

Early pre-dawn, approximately 5 or 6 masked armed men hid on nearby rooftops. As the owner opened up, this is what followed:

One or two men charged in. Fortunately, the owner greeted one guy with a legally registered firearm that was loaded. Shot dead on the spot. Justice well served, and taxpayer money saved on his trial.

A young friend of mine said the healthy clientele driving up to the clinic were *not* purchasing marijuana for their grandmother. Really?

Nate Miley, leave with a "good legacy," not a "poke in the eye" to our community, or temptations for younger people, or a magnet for undesirables.

—Carol Murdoch, Castro Valley

Upset with Dangerous Drivers' Threat To Pedestrians

Editor:

Freedom and safety are expressed by experience. (Recently) I was crossing San Carlos and Stanton and observed a lady with a cane trying to cross the street.

Nobody stopped. A dangerous close call when a car nearly missed hitting me. The driver did not look either way, so I over-reacted when the driver nudged a second time.

I decided it was only a matter of time before some lady pushing a stroller or walking her dog, or some handicapped person gets hurt.

Finally I remember a young man making reckless dough-nuts on Stanton near the gas station a few yards from me. I went inside and nobody did a thing even when the incident was caught on camera.

—Jesse Casares, Castro Valley

LETTERS to the Editor

continued from page 14

urge Alameda County Supervisors Nate Miley and Wilma Chan to create the much anticipated and popularly supported Eden Area Municipal Advisory Council.

Castro Valley has proved a MAC can be a source of community participation and democratic discourse since 1981.

Eden Area residents (excluding CV) will soon receive a county funded survey. Vote yes for a MAC for Ashland, San Lorenzo, Cherryland and Hayward Acres! It's *our* turn. edenareamac.org

—Tyler Dragoni, Ashland
Eden Area Livability Initiative

Questions the Policies of Right Wing Christian Evangelists

Editor:

If the so-called Right Wing Christian Evangelists are "true believers," why is it that their policies never seem to help the least among us? And why do they always benefit the ultra rich?

Instead of being a party of Christian compassion, they are a party of suppression, intimidation and of taking away social benefits.

The Bible commands us to love God, love others as ourselves, and the importance of compassion and charity. Blessed are the true Christian Believers, who show wisdom, and are loving peace-makers.

—Paul W. Wiley Jr., Castro Valley

Outraged Over Government's Actions in His Name

Editor:

I cannot stand by and not express total outrage over what those in Government are proposing to do in *my* name – spending enormous amounts of money for weapons of war designed to kill and maim – from taxes that I am paying.

Thousands of mostly innocent people will be horribly affected by this, all the while making us more vulnerable to attack by fueling a new source of anti-US recruits.

At the same time, the Administration proposes to cut-back programs that protect the global environment and provide aid to the less fortunate. Surely these are far more necessary than providing arms and ammunition to killers while enriching the manufacturers of these obscene products.

At the same time that those in power talk of being "pro-life," they block funds to organizations that provide legal family planning services. Yet they have no qualms about funding weapons whose only purpose is to end life.

Trump says we should start "winning" wars. Isn't it more important to stop and prevent wars?

This Donald Trump agenda, unlike his rhetoric, is not smoke and mirrors. You can see from his proposed budget who he is working for: the corporations and the millionaires and billionaires who will benefit from it.

I cannot understand how we got here. I truly believe this is not the will of most Americans who, from my experience, are genuinely altruistic, generous and caring.

I only hope I have the courage to stand up and take strong non-violent action to fight against the course on which we appear to be set. Hopefully the majority will join me and the numerous other patriots who are already fighting against these injustices.

—Tony Beeston, Castro Valley

Upset Over Disappearing Senior Discount on Coffee

Editor:

Regarding Jim Miller's article "Getting Old Has Benefits (Page 7, The Forum, April 5), this article was informative and I feel beneficial to the many Seniors living in the Community.

However, I thought you might be interested in one of the beneficial retailers that you listed. They have currently taken a new position.

Burger King gave a significant deal to the Seniors. Fifty-five cents for a cup of coffee. I have gone there for the past years and enjoyed the benefits. Around February, Burger King increased the Senior price of coffee to 63 cents.

It was a 13% increase, but it was still a reasonable price to the Seniors. In late March, they increased the price of the coffee again. This time, to 93 cents. An increase of 30 cents a cup or a 48% of the already increased price.

I was told that it was the managers' decision and the price of the coffee could be brought down if a "meal" was purchased. My response to this was, "if Burger King wants to gouge the public on Coffee, that is one thing. Gouging the Seniors with a fixed income is something else!"

—Matt Poulos, Castro Valley



Back row from left, Keelin Jardin, Baywood Court Program Services Manager; Bruce Barnes, Board Member; Dev Mahadevan, Board Member; and Bruce Udelf, Executive Director. Front row, Irene Iglesias, Vlasta Jacques, and Doris Dunbar-Haskell, all Baywood residents and five-year award recipients, and Brittany Fate, Baywood Volunteer Services Supervisor.

Volunteers Honored: Baywood Court Tea

Baywood Court members gathered on Friday to celebrate the volunteer efforts of those residents who "live and serve where they live."

Included in the honors were those who come from outside to provide programs for residents, including high school students from Castro Valley and Bishop O'Dowd high schools.

More than 70 volunteer areas were celebrated, honoring some 200 volunteers.

Five-year service awards were presented to Bob Hull, Bonnie Hull, Doris Dunbar-Haskell, Irene Iglesias, Joan Kane, Josephine Castanette, Kathy Panko, Richard Schwartz, Thelma Lochner, and Vlasta Jaques.

Receiving 10-year awards were

Bess Chin, Ernie Hardman, Evelyn Parker and Joel Parker. Honored for their 15 years of service were Elaine Davis and Pat Krempel.

Baywood Court presenters were Volunteer Services Supervisor Brittany Fate, and Program Services Manager Keelin Jardin.

A formal Tea, complete with finger sandwiches and desserts, followed the presentations.

Rojas Named New BART Chief of Police

Carlos Rojas, a 27-year Southern California police veteran, will take over as BART Chief of Police in the next few weeks, replacing Kenton Rainey who retired at the end of last year.

The announcement was made Friday by BART General Manager Grace Crunican, who said she had asked the new chief to focus attention on police recruitment practices to ensure the department is able to hire a full complement of officers.

"The police department has been moving in the right direction, and I am confident that our new chief will accelerate our efforts



Carlos Rojas

to increase the visibility of police officers on our trains and in our stations," Crunican said in a press statement.

Rojas has served as police chief of the City of Santa Ana for the past three years, working his way up from a patrol officer beginning in 1990.

His tenure there had not been without controversy. His resignation last week came amid recent criticism by some elected officials over a rise in gang shootings, according to the Orange County Register.

Rojas is a recipient of multiple law enforcement Medals of Valor, and is bilingual in English and Spanish. He is BART's first Latino Chief of Police.



It's Dahlia Time!

For spectacular summer color, it's time to plant dahlia tubers or cuttings (small plants). The San Leandro Dahlia Society is sponsoring its Annual Dahlia Tuber and Cutting Sale this Saturday, April 29, from 9 a.m. to 1 p.m. at Root Park, 1033 E.14th, in San Leandro. Many dahlia growers will be there to answer questions and give information about planting. More information is at: sanleandrodahliasociety.org or SLDS.club

Swalwell: New Office in Castro Valley

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"You've got to be nice to your students," Sbranti says. "You never know, you might work for them one day."

In January, Swalwell consolidated his Pleasanton and Hayward offices into one bigger office in Castro Valley. With so many communities within the district to choose from, why locate in Castro Valley?

"Geographically it sits in the middle of the district," says Swalwell "but also Castro Valley is kind of the politically centrist part of the district."

Deputy Chief of Staff Sbranti elaborates: "Sometimes in the Tri-Valley, the voices tend to be a little more conservative. You go a little further west (Hayward, Union City, Fremont) the voices tend to be a little more progressive. Castro Valley has the perfect blend. A mix of voices on both sides."

Which gets back to Swalwell's work on the Russia-Trump investigation. Swalwell says he knows that traffic and housing are the two issues his constituents worry about the most, so he was concerned that some constituents might object to time spent on the investigation. But so far, he says they haven't.

When he writes or talks about something not Russia related, he says "I get emails, tweets and posts on my Facebook account: you're off topic. Stay focused on Russia."

And so, whether he's in the Capitol or in his district office behind the KFC in Castro Valley, Swalwell does.

Randy Shandobil hosts the podcast *ThisGoldenState.com* and leads *Shandobil Communications*. Previously, he was KTVU's long-time political editor.

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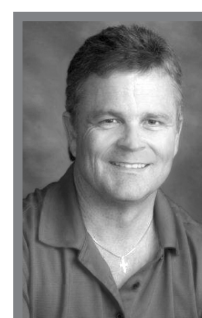
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LETTERS TO THE EDITOR

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Wheat: The Gluten Diet

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ed, the signals to the brain often get translated as hunger signals. So people scarf down an unhealthy snack when they should be reaching for a glass of water.

A good guideline is 16 ounces 30 minutes before each meal.

• **Don't overeat.** Perhaps it can be traced back to our mothers telling us to eat every bite, but people have a tendency to eat until their plates are empty rather than stopping when they're full.

Douillard says it's better to stop even before you're full. About three-fourths full is the way to go, he says.

"Your digestive strength is the key to a long, healthy and vital life," Douillard says. "Whether you eat gluten shouldn't be decided for you because of weak digestion. It should be decided by you based on what you prefer."

Dr. John Douillard, DC, CAP, author of *Eat Wheat*, is a globally recognized leader in the fields of natural health and sports medicine, and is author of six previous health books.

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ODIE is a 5 month old puppy who's playful, sweet, social, and a fast learner! He loves attention, toys, and other dogs. Good with kids of all ages. Info: Hayward Animal Shelter. (510) 293-7200.



SAHSA is a spunky 8-years-young gal who's easy to walk. She's social, likes attention but is not so playful with toys. For more info, call: Hayward Animal Shelter. (510) 293-7200.



MIA is approximately 4 years old and weighs 5 1/2 lbs. She is timid at first but is a sweetheart once she gets to know you. Complete an online application at: www.dustypawsrescue.org



GIGI is a bright, petite grey tabby with white paws. She is approximately 1-year-old. For more information, please complete an online application at: www.dustypawsrescue.org

FROM THE BOULEVARD

April 1917, in Castro Valley

"The first reward of justice is the consciousness that we are acting justly."
—Jean-Jacques Rousseau

By Thomas E. Lorentzen
SPECIAL TO THE FORUM

April, 1917 – 100 years ago, was most likely a quiet month here in Castro Valley. Imagine the quietude. No Internet, cell phones, television, radio, or traffic.

One was more likely to be endangered by a horse, than an automobile. There were only one or two schools in CV, and no high school. There were no planes flying overhead.

We were a very small town – rural, not suburban. Our loudest noise was probably the informal chorale of cackling sounds of the nearly one million chickens being ranched here.

Yet, something happened in CV 100 years ago this month that changed everything. The historical course of our nation changed direction and, with that, so did CV. We had lived quietly on the western front of our nation's development. But, now we were going to another front – a western front in Europe.

We were, as Irving Berlin composed, "going over there, and we weren't coming back until it was over – over there." So, what happened?

In 1914, Europe collapsed from the assassination of one of its leaders. Because of long-standing internal complications and developments by the nations of Europe, a regional war broke out among them.

Efforts at reconciliation and peace failed. Because of the history of colonization among these nations, waves of uncertainty emerged in other parts of

the world. This regional war was called "The Great War," but there was nothing great about it. It was the worst nightmare that Europe could imagine.

The U.S. had practiced a largely isolationistic policy throughout its history and did not want to engage in the complications and problems that had developed within Europe. The brutality and endless course of the war, however, forced a change in American thinking, as well as that of President Woodrow Wilson.

It was not just for strategic and national reasons, but also for ethical and future-looking reasons. The primary geologic fault line of Western Civilization – politically, culturally and economically, had experienced a devastating earthquake. After-shocks continued unabated.

The concatenation appeared endless. Hope had turned into hopelessness. By entering the war to stop the killing fields of Europe, the U.S. and towns like CV, would have to help find a way out. Perpetual violence had become the centerpiece of public policy throughout Europe, and we could no longer keep distant and enjoy our hermitage and isolation.

A year and a half after the U.S. entered the war in Europe, it came to a fragile end. But, the motions that were set in play continued for decades.

The first European war and its failed aftermath had birthed a second regional war in Europe, which would start in Poland in 1939.

With Pearl Harbor in 1941, the U.S. would have to once again enter a war centered upon the soul of Europe and Western Civilization. The poisonous motions that had been set in play, as well as others in the Far East, brought our nation and town back into the contest.

Not only was the soul of Europe at stake, but our nation's pursuits of freedom, democracy and equality. Our town, and our people, were part of this great cause. Whether it was through military service or through domestic support, we were all engaged.

With the end of the second European-centered war, we had to remain in a front and center position in world affairs, particularly until the empire to the east of Europe unraveled, ending what was termed the "Cold War."

From the collapse of Europe in 1914 until the tearing down of the Berlin Wall 75 years later in 1989, our nation and town had to become engaged and to play a lead role in this command performance of human tragedy.

From a historical perspective, it is important to reflect on what emerged 100 years ago this month. Our entrance into what would become a continuum of war and confrontation changed everything for our nation and town.

It was quiet here in 1917. But, one way or another, we were on our way to the western front in the first European war, and the silence and peace we knew, died. Our desire for isolation in world affairs was forced to end, and engagement became not only a national necessity, but a global imperative.

Since then, we have never been the same, and never will be. It is an historical moment in time for our town and nation, and should not pass unnoticed. It deserves a pause for thought and reflection.

Tom Lorentzen lives in Castro Valley. He formerly served on the board of the Institute of Museum & Library Services and the Advisory Board to Southern Oregon University, and has served three Presidential Administrations.

LETTERS to the Editor

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urge Alameda County Supervisors Nate Miley and Wilma Chan to create the much anticipated and popularly supported Eden Area Municipal Advisory Council.

Castro Valley has proved a MAC can be a source of community participation and democratic discourse since 1981.

Eden Area residents (excluding CV) will soon receive a county funded survey. Vote yes for a MAC for Ashland, San Lorenzo, Cherryland and Hayward Acres! It's our turn. edenareamac.org

—Tyler Dragoni, Ashland
Eden Area Livability Initiative

Questions the Policies of Right Wing Christian Evangelists

Editor:

If the so-called Right Wing Christian Evangelists are "true believers," why is it that their policies never seem to help the least among us?

And why do they always benefit the ultra rich? Instead of being a party of Christian compassion,

they are a party of suppression, intimidation and of taking away social benefits.

The Bible commands us to love God, love others as ourselves, and the importance of compassion and charity. Blessed are the true Christian Believers, who show wisdom, and are loving peace-makers.

—Paul W. Wiley Jr., Castro Valley

LETTERS TO THE EDITOR

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