HELPING KIDS ACHIEVE



CASTRO VALLEY FORUM

WEDNESDAY, JANUARY 17, 2018

NO.3

INSIDE YOUR **FORUM**

YEAR 30

NEWS



Hall of Fame

CV's Juan Anderson now plays in Mexico's top pro basketball league

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LIVING



Range of Orange

Sweet to savory, these dishes will show you the versatility of oranges

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SENIORS



Volunteer

Tips and tools for retirees who are looking for volunteer opportunities

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PHONE: (510) 537-1792

MARTIN LUTHER KING DAY 2018



A crowd of about 200 gathered at Hayward City Hall Plaza for a rally and march on Monday morning to celebrate Civil Rights Leader Dr. Martin Luther King, Jr. Others spent the day in community service projects cleaning up and restoring waterways around the Bay Area.

PAUL KEIM'S BIG IDEA:

Smalltown Society: Popular Hang-Out for Artists, Musicians, Community Advocates

By Linda Sandsmark CASTRO VALLEY FORUM

If you've wondered what's in the little storefront to the left of Trader Joe's grocery, the Smalltown Society invites you to drop by and take a look.

The space welcomes anyone in the community who wants to make our area a better place especially artists, musicians, and advocacy groups.

"It started with my band called Smalltown Society, where we were writing songs about the various social issues we saw in the community," says lead curator Paul Keim. "After the band recorded an album, I turned to my wife and said, 'I don't think we're done here."

First Presbyterian Church provided the space next to Trader Joe's for this new type of community outreach, which now includes daytime and evening activities.



PHOTOS BY LINDA SANDSMARK

This space next to Trader Joe's in Castro Valley houses the Smalltown Society see SMALLTOWN on page 10 Space, a popular spot for local artists and advocates to hold their meet-ups.

Yet Another Hazard for Pedestrians

By Jim Knowles CASTRO VALLEY FORUM

You're about to step off the sidewalk and

You remember the old adage: make eye contact with the driver, so you know that they see you before you step in front of a

But how do you do that when so many cars have tinted windows?

A lot of cars these days have their driver's side windows darkened. All you see is a blackened window. Do you step in front of a 4,000-pound motor vehicle when the driver could be looking the other way, or at their phone?

To not be able to see the driver puts a person walking in jeopardy, and that's why there is a law against tinting the front windows (the driver's side and passenger's side

It's okay to darken the backseat windows, but not the front ones.

But it turns out that law doesn't do much because more and more cars have tinted windows that hide the driver. Safety organizations and law enforcement don't exactly have window tinting as a top priority.

It is against the vehicle code to have the front driver side or passenger side windows tinted, said Chris Cochran, spokesman for the California Office of Traffic Safety.

"I agree it would be hard to catch the eye of someone behind a front driver side tinted window," Cochran said.

Cochran said that's about as far as his knowledge on the subject goes. He added that enforcement is up to each law enforcement agency.

The National Safety Council said they aren't familiar with any studies on window see HAZARD on page 15

NEXT TUESDAY

Miley to Deliver Virtual 'State of District' Speech

Alameda County Supervisor Nate Miley, whose District 4 extends from East Oakland through Castro Valley and into Pleasanton, will deliver a virtual "State of the District" address on his priorities for 2018 online at 6:30 p.m. next Tuesday, Jan. 23. The live-streaming speech will be available at www.facebook.com/pg/SupervisorMiley.

Castro Valley Weather Jan. 17 - 21, 2018



Wednesday Partly Cloudy High 65° Low 43° High 61° Low 49°



Thursday Cloudy, Rain



Friday Chance of Rain High 61° Low 48°



Saturday Partly Cloudy High 58° Low 45°

24



Sunday Partly Cloudy High 57° Low 43°

Feb.

16

Almanac

Moon Phases

Feb.

Jan.

31



Sun sets at 5:17 p.m. today, rises at 7:22 a.m. Thursday.

ESTATE LIQUIDATION Estate Sales & Consignments Cell-882-3242

Míchele Markovích Antiques 20407 Santa Maria Ave. and 2510 San Carlos Ave. michele.estatesales@gmail.com

New Year, New You With CV Adult School

By Linette Escober SPECIAL TO THE FORUM

According to an article in Forbes life skills needed to be successful. magazine, about half of Americans make a New Year's resolution but classes, online certificate courses only 8% succeed.

realistic goals, sharing your goals

one of the many classes offered at Castro Valley Adult & Career Education. You instantly get a supportive group and a weekly commitment to help keep you accountable.

Want a New Job?

learn a trade such as medical assisting or wastewater treatment plant taught by local artists. operations, the Adult School has a program for you. The instructors es, like bonsai and woodworking, Career Education.

will give you the knowledge and group atmosphere.

There are also many computer and short-term courses like notary Many articles talk about setting public to add new skills to your resume. All students also have access with others and putting it on your to a transition specialist who can there is also a class to support your help you think about next steps, ap-A great support would be to take ply for college or refer you to special job search programs in partnership with the Eden Area ROP.

Explore a New Hobby

A community interest class is a class and chair yoga. great way to meet people and have fun exploring a creative outlet. Whether you need to finish your New classes include "Fun with high school diploma or want to Digital Photography" and "Mixed Media Art: Encaustic Painting"

are experienced in working with to explore. Native-speaking Italian people from all walks of life and and Spanish teachers create a fun

Get Healthier

You can sign up for a one-session class, "5 Things You Should Know About Weight Loss, but Don't" taught by a personal trainer.

No matter your fitness level exercise routine such as pilates, zumba or yoga. For those with limited mobility Castro Valley Adult & Career Education offers both a "Nice and Easy Movement"

And don't forget the body mind connection. "Meditation for Busy People" helps you start the new year with calm and is only \$45 for 4 sessions.

Linette Escobar is Marketing There are plenty of other class- Chair for Castro Valley Adult &

SPORTS HALL OF FAME

Anderson's Basketball Skills Now On Display in Mexico

Eighth in a series profiling the 16 new members of the Castro Valley Sports Hall of Fame. The induction banquet will take place April 21, 2018, at Redwood Canyon Event Center. For tickets, contact Ted Riche at 510-537-2048.

> By Lowell Hickey SPECIAL TO THE FORUM

uan Anderson was one of the most highly recruited prep basketball players in recent East Bay history.

His decision as a senior at Castro Valley High in 2011: Go to a big-time college and probably play less, or accept a mid-major offer and get a chance to star.

He took the high road, accepting an offer from Marquette University in Milwaukee.

As he prepared for a key game recently in Mexico's top professional league (the LNBP), Anderson -- known as Juan Toscano on the Monterrey Fuerza Regia (Great Force) team -- had only momentary second thoughts on his life-changing choice.

"In hindsight ..." he said with some hesitation. "If I'd have played mid-major, the ball would have been in my hands more. I might be in the NBA today. Who knows?

degree, a Sweet 16 (NCAA Tournament) ring, a Big East (Conference) championship.

Garden (in New York) and winning the Big East championship off a buzzer-beater. These are ex-



Juan Anderson

periences you can't buy."

Anderson, a driving force in Castro Valley's only North Coast Section boys basketball championship in 2011, is one of 16 athletes and coaches selected to the 2018 class of the Castro Valley Sports Hall of Fame.

started early for Anderson, who admitted his family's first love in sports was soccer.

AAU basketball for the Oakland Stars, and later the Oakland Reb-"But at Marquette, I got to els, and landed in a talented crop win from the treasured 2013 Final experience some things nobody of freshmen at Castro Valley High Four, Marquette was beaten by else will ever experience. I got a that included Roderick Bobbitt, Syracuse in the Elite 8 in Washinganother 2018 Hall of Fame inductee, and Chris Read.

"After that (freshman) year, we "Playing in Madison Square kinda knew we had a core group," Anderson recalled. "Going into junior year, we knew it would be

The time was never better than when the Trojans beat De La Salle by 18 points in the 2011 NCS

But then the clock struck midnight shortly after Castro Valley enjoyed a big lead over the same Spartans at the Northern California finals, minutes away from a shot at a state title.

"I think we were the most talented trio in California at the time," Anderson said. "We knew we had already beat them. We knew that nobody could play with us. We felt like we were going to win even before the game started."

Anderson narrowed his choice of college to Marquette, Cal, Arizona State, Oregon and Texas, and chose the Warriors in part because of ESPN.

"The Big East was the best league in the country," he gushed. "On ESPN every night. Playing against (future) NBA players every night. I wanted to play against the best.'

The 6-foot-6 Anderson played 121 games at Marquette in four Great basketball experiences seasons, starting 77 of them. His senior season was his best: 8.3 points and 5.7 rebounds per game, shooting 49 percent from the field But he branched off to play and 35 percent on 3-pointers.

The highlight of his college career was also a lowlight: One ton, D.C., with President Obama in attendance.

Like with De La Salle in high school, Marquette had beaten Syracuse in a previous matchup.

Upon graduation, Anderson see FAME on page 10





KICK OFF EVENT

Sunday, January 21 2 pm to 3 pm **Castro Valley Library**

3600 Norbridge Avenue

510/667-7900

What if all of Castro Valley read the same book? Let's find out together. Join us to launch Castro Valley Reads! The 2018 selection is Lab Girl, a witty and moving memoir by acclaimed scientist Hope Jahren.

At the Kick Off you'll:

•Learn more about the book and the CV Reads program Hear dramatic readings from CVHS students

 Sign up for a discussion and get a free copy of Lab Girl •Learn how you can meet author Hope Jahren

Castro Valley Reads is funded by the Friends of the Library



510-357-8366 • email: swim@bovswim.com



ARTISTS AT WORK: Volunteers from the community helped fill in colors on Saturday. Sudhish Mohindroo, kneeling, led the painting project. Main Street Property Services has been working on upgrading the building for almost a year now.

Mural for CV Marketplace

By Linda Sandsmark CASTRO VALLEY FORUM

Community volunteers joined and adults came to lend a hand despite the chilly weather.

been dropping by all day to help."

of Main Street Property Services Wilbeam Avenue, behind Sal's added, "This is not an ordinary Foreign Car Service.

project, and we didn't want to put an ordinary leasing sign. It's an in-

"It tells the story about how this a professional designer on Saturism't just an empty building, it's day morning to help fill in color a building with a plan and a fuon a mural at the front and sides ture. We're creating a community of the former Daughtrey's building space, and it's very rewarding to downtown. Dozens of children see the public participate and take

Although parking to the rear of 'Volunteers from the communi- the building has been running bety just showed up," says designer hind schedule, the parking lots be-Sudhish Mohindroo, principal at hind Knudsen's Ice Creamery and SZFM Design Studio, who helped the old Daughtrey's building (now direct the volunteers. "People have called the Castro Valley Marketplace) may be accessed to the right Developer Craig Semmelmeyer of the Marketplace and also from



Katherine Stross of Main Street Property Services works on exterior mural.

SHERIFFS REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Burglar Tools and Stolen Property

Thursday, January 11: at 1:20 a.m., Sheriff's deputies arrested two men on suspicion of possession of burglar tools and stolen property. The men were driving on Redwood Road when deputies pulled them over on Modesto Street on a traffic violation. The driver, a 39-year-old man from Hayward, was charged with suspicion of driving with an invalid driver's license, possession of burglar tools, and possession of stolen property. The passenger, a 22-year-old man from Los Altos (Santa Clara County), was charged with possession of illegal drug paraphernalia. The men were handcuffed and taken into custody.

Violation of Court-Issued **Restraining Order**

Monday, January 8: at 8:35 p.m., a 31-year-old man from Castro Valley was arrested on suspicion of violating a court-issued restraining order. The man was spotted outside an apartment complex on Center Street near Grove Way. Deputies were called to investigate a suspicious person report. The suspect fit the description. The man was taken into custody.

Back to Jail for Violation Of Active Parole

Tuesday, January 9: at 11:21 p.m., deputies arrested a 29-year-old man from Stockton (San Joaquin County) on suspicion of violating an active parole issued out of Santa Clara County Sheriff's department. The man was parked outside a motel on Foothill Boulevard near Miramar Avenue when Alameda County deputies stopped him for property, failing to leave a busiquestioning. The man was arrested on suspicion of driving with an Rita Jail pending \$90,000 in bail.

Stolen Property and Supplying False ID

p.m., a 38-year-old woman with the woman after she became agno permanent address was arrest- gressive during questioning. The ed on suspicion of possession of woman was taken to Santa Rita stolen property, receiving stolen Jail pending \$28,500 in bail.

ness after being asked repeatedly by management, supplying depuinvalid driver's license and previties with a false identification, and ous breaking and entering charges. resisting arrest. Deputies stopped Deputies took the man to Santa the woman for questioning after a complaint filed by a store owner on Foothill Boulevard and Carolyn Street. The woman was also wanted as part of a warrant issued for Wednesday, January 10: at 8:05 her capture. Deputies handcuffed

State Hosts Small Business Tax Seminar Next Week in Oakland

Business owners and aspiring cials and representatives from the entrepreneurs are invited to attend IRS will conduct presentations and a free Small Business Tax Seminar answer questions. in Oakland next Tuesday, Jan. 23.

employee versus independent contractor, better business through better records, and forms of own-

State tax and employment offi- inar.aspx?flag=696 to register.

The seminar will be held from 9 Topics include avoiding com- a.m. until noon at the Elihu Harris mon sales- and use-tax problems, Building Auditorium, 1515 Clay St., Oakland. Street parking is lim-

Call 888-847-9652 or go online to www.cdtfa.ca.gov/seminar/sem-







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- 2 Slices of Bacon, 2 Eggs, w/Hashbrowns

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PIZZA NIGHT Monday & Thursday \$300 Off Any Regular Size Pizza



REDWOOD CHRISTIAN SCHOOLS

Monday, January 29th 6:00 - 8:00 pm 19300 Redwood Road, Castro Valley

Come see why RCS is

the education you TRUST for the children you LOVE at our TK-12 academic demonstration night.

> 510.889.7526 **WWW.RCS.EDU**

Community Calendar

The Week Ahead

• Wednesday, January 17: Senior Driver Safety Seminar

Stay safe...and save money! Senior drivers are invited to a traffic safety seminar conducted by the California Highway Patrol from 2 to 4 p.m. today at the Castro Valley Library. This seminar will include: Compensating for Age-Related Changes, Tune-Up Your Driving Skills, Rules of the Road, Safe Driving Tips; and more. On completion of the seminar, participants will receive a certificate for completdiscount. Registration is required for this *free* program. To register, or for more information, call the Library Information Desk at 510-

• Wednesday, January 17: Bike & Pedestrian Open House

The Alameda County Public Works Agency will hold a Community Open House from 6:30 to 8:30 p.m. today, with a presentation at 7 p.m. at the Castro Valley Library. The public is invited to provide feedback on the Bicycle and Pedestrian Master Plan for Unincorporated Areas. For more information, visit www.acpwa.org or contact Paul Keener at 510-670-6452.

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HOROSCOPE by Salomé

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ARIES (March 21 - April 19): You might be hurt by a colleague's harsh criticism. But don't let it shake your confidence in what you're trying to do. A more positive aspect starts to appear by week's end.



self and the part of you that enjoys acquiring lovely things. Best advice: Wait for an end-of-month sale, and then buy something wonderful. **GEMINI (May 21 - June 20):** Your artistic side has practical applications this week, such as redecorating your home or redesigning

TAURUS (April 20 - May 20): You're torn between your sensible



your personal stationery. Whatever you do, someone special will like it. CANCER (June 21 - July 22): You could be drawn into a problem twixt friends or family members. Best bet: Ask the questions that go to the heart of the matter, then get them all together for a group hug.



LEO (July 23 - August 22): As much as you love being the center of attention, your big Lion's heart impels you to share the spotlight with a colleague who helped you with that well-praised project



VIRGO (August 23 - Sept. 22): Your eagerness to act on a challenge is wisely tempered early in the week by a lack of necessary information. Things begin to clear up during the weekend.



LIBRA (Sept. 23 - October 22): A relationship you'd hoped would keep going seems to be going nowhere. Close it out and move on to a brighter romantic aspect just beginning to manifest itself.

SCORPIO (October 23 - November 21): Things don't go



completely as planned this week. But enjoy the surprises, even if you have to adjust your schedule. Some of them could be quite delightful. SAGITTARIUS (Nov. 22 - Dec. 21): Making choices is usually easy for straight-shooting Archers. But a new development could deflect your aim. Try to put off decisions until you know more.



CAPRICORN (Dec. 22 - Jan. 19): While part of you might prefer taking a more familiar path, let your more daring and — admit it super-curious self see what the unexplored has to offer.



AQUARIUS (Jan. 20 - Feb. 18): Those nasty types have slithered back under the rocks and present no more problems. Now's the time to move ahead on that promising new relationship.



PISCES (Feb. 19 - March 20): A new offer could clear up that lingering money problem. Also, a more confident attitude on your part might well help get that personal situation back on track.

• Wednesday, January 17: East Bay Rose Society

Learn about synthetic and organic fertilizers and how to keep your roses well fed when Master Rosarian Joe Truskot, who has grown over 500 varieties of roses in his Salinas garden, speaks at the next meeting of the East Bay Rose Society at 7:30 p.m. this evening at the Lakeside Garden Center, 666 Bellevue, Oakland. Come enjoy snacks and meet people who talk roses. For more info visit www.eastbayroses.org

• Wednesday, January 17: Castro Valley Women's Club

Jim Knudsen, past president of the 100 Club of Alameda County, will present a close-up look at what this worldwide organization is all about and how it provides immediate support for spouses of police officers and firefighters killed in the line of duty, and scholarships for their ing the course which may entitle them to an automobile insurance children, at the Women's Club's next meeting at 1 p.m. today at the Clubhouse, 18330 Redwood Road in Castro Valley.

• Saturday, January 20: Eden Area Village Monthly Coffee

Join Eden Area Village for coffee at the Cannery Cafe in the Hayward Area Historical Society, 22380 Foothill Blvd., at 9 a.m. on Jan. 20 and learn how to help seniors remain in their homes, active and engaged in our community. For more information, visit edenareavillage.org or email: info@edenareavillage.org

• Monday, January 22: Eden Garden Club Meeting

Master Gardener Colette Castellino will discuss the benefits and enjoyment of edible landscaping at the next meeting of the Eden Garden Club at 9:30 a.m. on Monday at the Moose Lodge, 20835 Rutledge Road, Castro Valley. Meetings are free and guests are always welcome. Please call 510 397-1268 for further information.

● Tuesday, January 23: State Budget's Impact on Education

Castro Valley Rotary Club member and CV School Superintendent Parvin Ahmadi will speak on new legislation and how the governor's budget will impact education in the Castro Valley School District, in Alameda County, and in the state, at next Tuesday's Rotary meeting from noon to 1:30 p.m. at Redwood Canyon Golf Course. The buffet lunch costs \$20 and reservations must be made by 9 a.m. on Monday by contacting Jim Negri at 650-996-9173 or ciaojim_cvrotary.org. More information is available at castrovalleyrotary.org

...and Beyond

• Saturday, January 27: Buon Tempo Men's Sports Night

The Buon Tempo Club will hold its 59th Annual Men's Sports Night All-You-Can-Eat Crab and Prawn Feed and raffle on Saturday, Jan. 27, at Mt. Tabor Hall at Transfiguration Church, 4000 E. Castro Valley Blvd. (across from the Panda Express), beginning with happy hour at 5 and dinner at 6. For information or tickets (\$45 - reservations and payment required in advance), contact Rick Martins at 510-483-6929 (press option 3) or visit www.buontempclub.org

• Saturday, January 27: 'Meet a Scientist' Series Begins

As part of the Castro Valley Library's Community Reads "Lab Girl" program, please join us for the first in our Meet a Scientist series, celebrating the accomplishments of a multitude of scientists, all from different disciplines. This month you're invited to learn about the life experiences of professor Katryn Wiese, from 3:30 to 4:30 p.m. on Jan. 27. Wiese, a professor of Geology and Oceanography at City College of San Francisco, has journeyed worldwide as a scientist and her extensive research that has taken her across four continents. Her experiences will fascinate and leave you mesmerized.

• Saturday, January 27: New SAT Practice Test

Teens are invited to partake in a free New SAT practice test administered by The Princeton Review at the Castro Valley Library from 10 a.m. to 2:30 p.m. on Jan. 27. In preparation for what might be the most important test of your life, this 4.5-hour workshop will offer you the opportunity to practice and find out how you would score on the new test. Get realistic practice and try your hand at the types of questions you'll face on the actual exam. You will also receive a personalized score report pinpointing your strengths and weaknesses. Registration is requested. Sign up by phone 510-745-1401 or in person.

REGIII AR GOVERNMENT MEETINGS

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

• Monday, January 29: 'Man of Memory' Public Address

Chester Santos, "The International Man of Memory," will give a presentation on "Memory Fun 101" during a Hayward Rotary Club luncheon (open to the public) at noon on Jan. 29 at the Masonic Lodge, 1074 B St., Hayward. Tickets are \$20. Info at www.haywardrotary.org/

• Sunday, February 4: Screening of 'Viva La Causa'

The Castro Valley Community Alliance, in partnership with the Castro Valley Library, will host a screening of "Viva La Causa," a film that portrays how thousands of people from across the nation joined in a struggle for justice for the workers who put food on our tables. The film screening, from 2 to 4 p.m., will be followed by a panel discussion. For info, visit: sites.google.com/cv.k12.ca.us/cvcommunityalliance/home

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.

- 'Super Diamond,' delivering a glittering show performing Neil Diamond's power ballads and up-tempo hits of the last 30 years, will be presented at 7:30 p.m. on Saturday, January 27, 2018. Randy Cordero (aka Surreal Neil) describes the band as "Neil Diamond on steroids." Not just a cover band, Super Diamond creates its own version of Diamond's songs, incorporating contemporary riffs by Guns N' Roses, Kiss and AC/DC. Break out your vintage sequins, bell bottoms, platform shoes and party on! For tickets (\$34/\$40), see above.
- "Wake the Dead," the world's only Celtic All-Star Grateful Dead Jam Band, will appear at the Castro Valley Center for the Arts at 7:30 p.m. on Saturday, February 24. This hot Northern California group has been blending Celtic traditional music and the songs of the Grateful Dead since 2000, pleasing Deadheads and Celtoids alike! If you can't quite imagine how this works, come and find out.

THEATRICAL & MUSICAL PERFORMANCES

• "Dial M for Murder," will be presented by Chanticleers Theatre from Feb. 2 through Feb. 25. Best known as a film by Alfred Hitchcock, this timeless masterpiece of construction and plotting weaves a tangled web of clues and red herrings, back-stabbings and blackmail that will keep you hooked from start to finish. Performances are at 8 p.m. Fridays, Saturdays and on Thursday, Feb. 22, and at 2 p.m. on Sundays at the theatre, 3683 Quail Ave., in the park just off Lake Chabot Road in Castro Valley. For info or tickets (\$20-\$25, and \$18 on Bargain Night Feb. 3), call 510-733-5483 or visit chanticleers.org

AT THE GALLERIES

- 29th Annual Children's Book Illustrator Show, a local favorite of young and old alike, opens this Friday, Jan. 19, at the Sun Gallery, 1015 E St. in Hayward, featuring a wide variety of artists and their books. On Saturday, Jan. 27, a special Artists Reception and meetand-greet will be held from 1 to 4 p.m. a the Gallery. A free art class for children will be held that morning at 11 a.m. at the Gallery. Admission is free. Normal gallery hours are Friday through Sunday from 11-5.
- "Anything Goes, Almost," an exhibition by A.R.T. Inc. members, will open with a public artists' reception from 1 to 3 p.m. on Saturday, Jan. 27, 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 starting Feb. 1. For more information, call 510-881-6735.
- 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 the Redwood Studio 1 at the Adobe Art Center, 20395 San Miguel Ave, Castro Valley

Submissions to The Forum

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

When a Loved One Dies...

question, but can you tell me what curity information, life-insurance hospice nurse, who can declare his steps need to be taken after a loved one dies? My 80-year-old father has a terminal illness, and I would safe deposit box or home safe. like to find out what I will need to do when he passes.

By Jim Miller SPECIAL TO THE FORUM

A: I'm sorry about your father's situation but this is an imdeath becomes imminent.

Here's a run-down of some things you can do now, and after to get a do-not-resuscitate (DNR) his death, that can help keep a sad order, which will tell health care event from becoming even more professionals not to perform CPR painful.

Before Death Occurs

do now while your father is still living, that will make things a lot funeral and burial or cremation. easier and less hectic for you after he dies.

dad keeps all his important papers of death. If no doctor is present, like his will (also make sure it's up-you'll need to contact someone

financial documents, and keys to a port of the body.

free state-specific forms and instructions).

An advanced directive includes a living will that specifies his endof-life medical treatments, and apportant question many families points a health-care proxy to make inquire about when a loved one's medical decisions if he becomes incapacitated.

In addition, you may also want when your dad's heart or his breathing stops. Your dad's doctor There are several tasks you can can help you with this.

You should also pre-arrange his

Immediately After Death

Once your father dies, you'll For starters, find out where your need to get a legal pronouncement dated), birth certificate, marriage to do this. So, if your dad dies at

Q: This may seem like a strange and divorce certificates, Social Se-home under hospice care, call the policies, military discharge papers, death and help facilitate the trans-

> If he dies at home without hos-Also, if your dad doesn't have pice care, call 911, and have in an advanced directive, help him hand his DNR document. Without make one (see CaringInfo.org for one, paramedics will generally start emergency procedures and, except where permitted to pronounce death, take the person to an emergency room for a doctor to make the declaration.

If no autopsy is needed, you will need to call the funeral home, mortuary or crematorium to pick up the body. If your dad is an organ or tissue donor, contact the funeral home or the county coroner immediately.

Within a Few Days

If funeral plans were not pre-arranged, you'll need to make arrangements and prepare an obituary. If your dad was in the military or belonged to a fraternal or religious group, you should contact those organizations too, because they may have burial benefits or

see DIES on page 7



Volunteer Retirees

By Jim Miller SPECIÁL TO THE FORUM

OR MANY RETIREES, finding a volunteer opportunity that satisfies your interests, utilizes your talents and matches your availability can be challenging.

To help you find an interesting and satisfying volunteer opportunity, here are some tips and online tools that can help you search.

Getting Started

Volunteering is a great way for retirees to make a positive contribution to their community and stay actively engaged, not to mention it's good for your health too. But how can you find the right opportunity for you?

Start by asking yourself some basic questions like: What types of organizations or activities are you interested in? What kind of skills can you offer a volunteer organization? How much time are you willing to give? What do you want to gain from your experience (for example, meet new people, learn new skills, help those in need, exposure to a particular issue)?

Once you get a general idea of what you'd like to do, there are dozens of volunteer websites that can help you search for different opportunities in your area.

see VOLUNTEER on page 7

GARDENING **WORKSHOP**



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Revoking Power of Attorney

Q: My mother named my brother as her agent under her power of attorney to handle her financial affairs, but he seems to be abusing his authority and my mother wants to revoke it. Can she do so, and how would she go about it?

> By Gene L. Osofsky, Esq. ŠPECIAL TO THE FORUM

A: The simple answer is, yes, she can revoke her power of attorney, providing that she is mentally competent to do so.

While the revocation can be handled either verbally, or in writing, the most effective way is as follows: she would prepare a formal Revocation of Power of Attorney, in writing, and arrange for its hand-delivery to your brother and to any other third parties who may have relied upon it, such as banks, brokerage houses, and the like.

The written revocation should make specific reference to the Power of Attorney ("POA") in issue, by referring to your mother as the principal, the date it was signed and its designation of agent.

It might also help if she can attach a photocopy of the original POA to her written Revocation, and reference that attachment in the text of the Revocation. Here is an example:

"I hereby revoke the Power of Attorney I signed, as Principal, on January 3, 2015, naming my son, John Brown, as my agent. A true copy of said, now revoked, Power of Attorney is attached."

If the Power of Attorney ("POA") has been used for any real property transactions, the original most likely will have been recorded and, in that event, the revocation should likewise be recorded in each county wherein the original was recorded.

If it is to be recorded, the Revocation must be notarized and should reference the Book, Page, Image and/or Instrument Number of the previously recorded POA.

Two cautions, however:

(1) The Revocation is not effective until your brother receives actual notice of that Revocation. So I would urge that it be hand-delivered by messenger, who then signs an affidavit as to the date and time of personal delivery.

(2) Third parties, such as banks, may continue to rely upon the validity of the POA until they receive notice of its Revocation, and they would usually be shielded from responsibility for continuing to honor it in good faith.

Therefore, it is important to immediately also deliver a copy of your mother's revocation to her banks and other financial institu-

Your mother should also visit her banks to determine whether see OSOFSKY on page 7

The Three Stages of Retirement

By Jack Teboda SPECIAL TO THE FORUM

eople often view retirement as just one more stage of

But that's not exactly the case. Retirement isn't just one stage; it's at least three - although all three do share something in common.

Every stage of retirement requires planning. Otherwise, you could end up running out of money, or your health might take a turn for the worse and negatively impact your retirement savings because you hadn't planned for it in those early years of retirement.

It's not easy to put exact ages on each of the three stages of retirement. That likely will vary from person to person, depending on their finances, health and family situation.

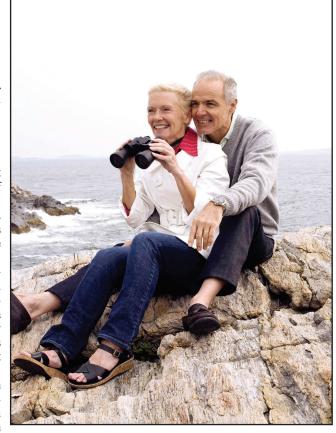
But here's what to look for in each stage:

● **Stage 1** – adjusting to a new lifestyle.

Many new retirees brim with excitement when retirement betravel or catch up on their reading. socially connected.

Not everyone adjusts well, work every day.

Also, if your retirement income be able to help you come up with stay connected. a plan that will give you income for life so you don't have to worry need assistance. about running out of money.



NAVIGATING THE 3 STAGES: Every stage of retirement requires planning. Otherwise, you could end up running out of money, or your health might take a turn for the worse and negatively impact your retirement savings because you retirees, some good options inhadn't planned for it in those early years of retirement.

Sometimes at this point, espethough. It's not easy to flip the cially if they haven't planned well, can be devastating to your financswitch overnight after you've people may start to have even es spent several decades reporting to more worries that they will outlive their money.

One way they address that is to is largely dependent on your sav- cut back on expenses. Some peoings you'll want to be careful that ple even decide to get a part-time retirement. you don't spend too much in those job to bring in extra money, and initial years. Your adviser should working becomes another way to

More than 70 percent of Ameriform of long-term care at some com), a financial services firm.

As the years pass, many retirees point in their lives, according to move closer to their children or the U.S. Department of Health gins. They can golf, visit muse- move into a retirement community and Human Services. When peoums, play with their grandchildren, because it makes them feel more ple map out their retirement, they help. need to plan for that possibility because the cost of long-term care

> People need to consider a number of factors – taxes, longevity

In each stage of retirement, it's important to confer regularly with your adviser and to be ready to ● Stage 3 – realizing you may adjust your financial plans if necessary

Jack Teboda is president of Te-• Stage 2 – staying socially cans older than 65 will need some boda & Associates (www.teboda. for different volunteer opportuni-

Volunteer: Opportunities in Retirement

continued from previous page

Most sites work like search engines that let you choose an area of interest and type in your ZIP code or city and state. The sites will then give you a list of opportunities that you can check into.

Depending on your interest and expertise, here are some top websites to help you get started.

• General volunteer matching sites: To find a wide variety of volunteer opportunities in your community, check out Volunteer-Match.org, IdeaList.org and All-ForGood.org - a Point of Light website (the world's leading volunteer service organization) that lets you search for local volunteer opportunities or start your own project and invite others to help you.

Also see HandsOnNetwork. org, another Point of Light enterprise that connects volunteers to opportunities through more than 250 volunteer centers throughout the U.S.

 Retiree volunteer sites: If you're interested in opportunities targeting older adults and clude AARP's CreateTheGood. org, along with SeniorCorps.gov, which matches retirees with community projects and organizations that need experienced volunteer

Senior Corps offers three different programs: RSVP, which has a variety of volunteer activities with flexible time commitments; the Senior Companion Program that brings together volunteers with and market risks, among others homebound seniors who have - to improve the odds of a joyful difficulty with day-to-day living tasks; and the Foster Grandparent Program that matchers volunteers with kids in the community that have exceptional needs.

> Government-sponsored sites: A number of government-sponsored websites can help you look ties. To locate dozens of general

To find natural and cultural volnational and state parks, see Vol-

Ready.gov. Or, if you're interested nonprofit organizations in need. in longer-term volunteer opporwhich offers a bevvy of threemonth to two-year programs in the U.S and abroad.

options in your area visit Serve. sites: If you have expertise in areas like business planning and development, marketing, commuunteer opportunities in places like nications, finance, fund raising, web and graphic design, or writing and editing there are sites - like If you're interested in emer- Catchafire.org, TaprootPlus.org gency preparedness and disaster and ESCUS.org - that can link you response volunteer services go to to volunteer opportunities with

Or, you can help entrepretunities check out AmeriCorps. neurs and small business owners gov and PeaceCorps.gov/50plus, through the SCORE.org volunteer mentoring program.

Jim Miller is a contributor to the NBC Today show and author • Professional and executive of "The Savvy Senior" book.

Dies: Duties of Executor

continued from previous page **Up to 10 Days After Death**

cial affairs, you'll need to get multiple copies of his death certificate. and other agencies that provided These are typically provided by the funeral home.

appropriate county or city office to have it accepted for probate. And open a bank account for your dad's estate to pay bills, including taxes, funeral costs, etc.

dad's estate attorney if he has one; available at Nolo.com for \$32. tax preparer to see if estate or final income taxes should be filed; fi- Senior, P.O. Box 5443, Norman, OK nancial advisor for information on 73070, or visit: SavvySenior.org.

financial holdings; life insurance agent to get claim forms; his bank To wind down your dad's finan- to locate and close accounts; and Social Security (800-772-1213) benefits to stop payments and, if applicable, ask about survivor If you're the executor of your benefits. You should also cancel dad's estate, take his will to the his credit cards and, if relevant, stop household services like utilities, mail, etc.

For more information on the duties of an executor, a great resource is "The Executor's Guide: Settling You also need to contact your A Loved One's Estate or Trust'

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Osofsky: 'Revocation' Provision of Power of Attorney

continued from previous page

to her accounts and/or to her safety POA's are revoked. deposit boxes.

name other persons whom she your brother and to her financial intend to revoke. now trusts as her new agent(s).

tive if your mother were to sign a "revocation" provision of the new your mother to seek legal consulshe has signed their "short form" new Power of Attorney which ex- POA. Limited POA's authorizing access pressly recites that all prior general

institutions, with an appropriate

Note: The Revocation provision in a new POA should exclude from Again, if she chooses this man-revocation powers of attorney for If so, she may wish to revoke ner of revocation, this new POA health care, or any other limited them, as well, or revise them to should be personally delivered to powers, that your mom does not

A revocation can also be effec- cover letter calling attention to the dled properly, it might be wise for www.LawyerForSeniors.com.

tation and arrange for her attorney to prepare the appropriate documentation and handle its delivery in a timely manner to the proper

Gene L. Osofsky is an Elder Law and Estate Planning attorney To make sure all of this is han- in Hayward. Visit his website at

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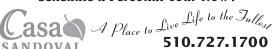
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More Parent Involvement in Classroom Could Help Boost Teacher Recruitment

Parental involvement in the classroom is a well-known strategy to boost student achievement, but according to a recent survey, 62 percent of K-12 teachers say fewer than a quarter of parents get involved in the classroom.

Teachers wish to have more parents involved, especially in elementary school. When asked what would attract more qualified educators to the field, 18 percent of K-12 teachers want more parent involvement in the classroom, with 21 percent teaching K–5 seeing the value.

grams encouraging parent partic- student outcomes and teacher satipation in schools and classrooms isfaction." was a potential solution.

The survey, conducted by the Harris Poll, highlights the unique opportunity that parents have to become more involved in their children's classrooms and to make an impact on their learning and sue to connect with the teacher (68 classroom experience.

"Parents are the first teachers of their children, and they play an inment for their child (65 percent). tegral role in their education both inside and outside the classroom," says Pamela Roggeman, Ed.D., academic dean for University of ents can do to stay engaged in their classroom lessons and activities. Phoenix College of Education. child's learning is to have open Ask for constructive feedback on "Communication between parents dialogue and communication with



18% of K-12 teachers want more parent involvement

and teachers is critical to student success. As a former high school To improve teacher retention, teacher, I saw firsthand how a

Ways To Get Involved

teachers would like parents involved in the classroom, they re-

- Don't wait until there's an is-
- Ask about areas for improve-
- Communicate regularly with the teacher (65 percent).

their child's teacher throughout the year," adds Roggeman. "This allows parents to have a better understanding of their child's progression and can help parents support the academic growth of their child through at-home activities to supplement what's being done in the classroom."

Increasing Parent-Teacher Communication

Keeping up regular communication with a child's teacher can be challenging for parents, particularly when balancing work, personal and family responsibilities.

To help, Roggeman suggests almost 30 percent said that pro- culture of collaboration improved four simple practices for parents to increase communication with their child's educators:

- 1. Identify the best method of When asked about ways that communication. Today's teachers create numerous ways to stay engaged with parents outside the classroom, including e-mail, a social media group, classroom websites or handwritten notes. Find out the teacher's preferred method of communication for quicker responses and stay engaged.
- 2. Ask about classroom activities and feedback on your child's "The most impactful thing parperformance. Learn about current see CLASS on back page



Prepare Your Child

ne of the best things you can do for your children is to

But getting a child to school isn't always easy. While some absences are understandable, it's important to understand the impact

their child to school every day, many believe that missing three or more days of school each month won't make a difference.

just two school days per month are more likely to fall behind in school, and less likely to graduate from high school. Even when

For School Success

make sure they attend school every day. After all, we want our kids to have the best possible chance of doing well in school and achieving their dreams.

Although most parents understand the importance of getting

In reality, as early as elementary school, students who miss the absences are excused or understandable, absences add up.

see SCHOOL on page 9

BROADMOOR

Parent Info Night: Feb. 15th, 6:30 - 8:30pm Open House: March 3rd, 12 noon - 3pm

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The Sexual Orientation Discussion

As a young boy, James knew that meeting with his therapist should not be making his depression worse. His therapist used conversion therapy—a practice meant to change an individual's sexual orientation or gender identity.

These sessions only made him feel shameful and isolated. James had known he was gay since he was very young. But because he wanted to be accepted by his family and friends who were not supportive of a gay identity, he continued with conversion therapy. Unfortunately, denying a piece of his identity was harmful to his mental health.

Now, as an adult, James is a therapist who helps youths who are lesbian, gay, bisexual, transgender, and/or questioning their sexual orientation or gender identity (LGBTQ youths) with their mental health and well-being.

LGBTQ youths are more likely to suffer from mistreatment and discrimination, compared to their heterosexual counterparts. At school, they are more often the target of bullying and harassment than other students.

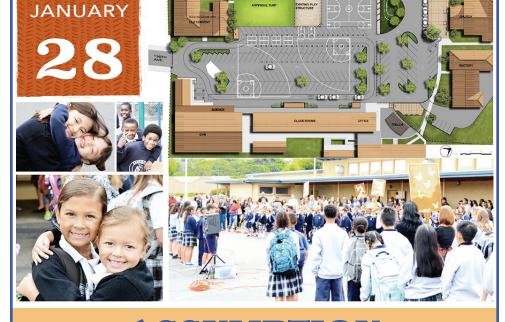
They are at higher risk for anxiety, depression, suicidal ideation and attempt, and mental health problems.

These youths do not struggle with mental health issues because of their identities. They are put at risk for mental health issues because of how people - which may include family members and peers are unaccepting of LGBTQ identities.

In an effort to improve LGBTQ youths' health, the Substance Abuse and Mental Health Services Administration, a federal government agency focused on mental health and well-being, has recommended against health professionals using conversion therapy.

Rather than providing the support that LGBTQ youths need, conversion therapy perpetuates outdated gender roles and negative stereotypes that being a sexual or gender minority or identifying as LGBTQ is an abnormal aspect of human development.

see ORIENTATION on page 9



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Preparing Parents, Kids for Social Media

ith the recent discussion about bullying, social media safety has become a prevalent discussion topic for many parents. Safety is always a paramount concern and social media and the internet make it exceedingly difficult to protect children.

Mercury Insurance has compiled Essential Tips for parents when allowing their children on social media.

1. Set Parental Controls and **Monitor Internet Usage**

While parents need to walk a fine line between respecting their children's privacy and being too nosy, there are many social media monitoring apps available to help to them observe their children's online activities.

A few popular parental monitoring apps include: Net Nanny, My Mobile Watch Dog and Symantec Norton Family Premier. Parents can also use filters to limit internet use to certain sites, read chats and block messages.

Another way to keep tabs on internet usage is to keep the family computers and connected devices, like tablets, in the living room or a common space – this will make be a good idea to set specific hours spending online.

talking to online and what sites up accounts.



they frequent by checking the desimilar to knowing who they are hanging out with at school.

2. Set SAge Restrictions

Facebook doesn't allow chilthings more public. It also might dren under the age of 13 to create a profile, and this is a steadfast rule for internet usage in order to re- for most other social media sites strict how much time your kids are as well. However, children with unrestricted internet access can Knowing who your kids are easily lie about birthdates and set

a completely fictitious identity. much younger than they actually are in order to connect with children, so tell them to avoid accepting friend requests from people who they don't know personally.

access to these websites until your

children are old enough and have a

good understanding of what is and

Catfish is a term used for indi-

viduals who assume personas on-

line that do not represent who they

are in real life. These people could

be posing as a real person or create

what is not appropriate behavior.

3. Beware of Catfish

Make sure they understand the action with others online.

Uphold age restrictions on so-dangers of online friendships vices internet browsing history is cial media channels by blocking because you never know exactly who is on the other side of those conversations.

4. Address Cyberbullying

Cyberbullying occurs when children are bullied by their peers on the internet. Bullying can have a profound impact on young people, and it's important to actively discourage your kids from engaging in this type of behavior.

Let your kids know that they Predators often develop perso- can confide in you if they're being nas that make it seem like they are bullied online. Make sure they're aware hateful comments and unwanted messages can be restricted and even blocked through settings on their social media profiles to limit this type of unwanted inter-

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Orientation: Mental Health Among Our LGBTQ Youths

continued from previous page

When LGBTQ youths are rejected by their family or peers, it negatively impacts their well-being. Therefore, rejected youths need adults who are supportive, including health care professionals. As a therapist for LGBTQ people, James can give his patients what he was not given as a young boy: an adult who accepts them, regardless of identity.

Researchers have discovered that "connectedness" can help promote healthy development in youths. "Connectedness" is just what it sounds like; feeling connected and supported by important adults and institutions, like schools, leads to well-being.

Here are some important ways that adults can help LGBTQ youths get the "connectedness" they need:

- can make sure to express affection for LGBTQ children or adolescents, showing them that they are accepted regardless of identity.
- Talk and listen respectfully, to understand a child's experienc-
- Stand up for a child or adolescent if he or she is hurt or apy: Supporting and Affirming mistreated or experiences discrim- LGBTQ Youth," available free ination. Knowing that a parent or at caring adult is committed to ensur- SMA15-4928. ing that an LGBTQ youth is safe,

Pre-School



Mental health experts say LGBTQ youths need support from adults

and providing an open and accepting place, is a powerful support.

 Teachers and other educa- Parents and family members tors can encourage all students and staff to stop any bullying or harassment and make schools a welcoming place for all students.

> These simple actions can make a life-changing difference for LGBTQ youths. Learn more by reading SAMHSA's report, titled "Ending Conversion Therstore.samhsa.gov/product/

-North American Precis Synd. Inc.

School: 5 Tips to Ensure Child Attends Every Day

continued from previous page

days of school each month end up cent of the school days in a year.

school and in life.

• What to Do:

- 1. Keep track of how many days of school your child has missed.
- absent from school. Is your child dealing with a chronic illness such as asthma? Is he being bullied or struggling at school? Is she staying home to help care for a family member?
- 3. Ask teachers and community leaders for advice and specific resources. Reach out to other parents, too, to ask for help and share tips.
- 4. Consider enrolling your child in a mentoring or an afterschool program. When kids work with mentors, they learn about the importance of attending school every day.

With an additional support system in place, kids learn strategies to address their day-to-day challenges. Similarly, when kids get involved in afterschool programs, they are more likely to feel con-

nected to their school communities Students who miss just two and are less likely to be absent.

5. Visit AbsencesAddUp.org missing 18 school days, or 10 per- for information on the impact of absences and resources to help By following these five simple prevent them in the future. On tips, you can help ensure your the website, you'll learn how to child attends school every day. At- help children who are struggling tending school every day puts your in school, being bullied, managchild on the path toward success in ing chronic illness or dealing with mental health challenges.

Learn More

Families can visit AbsencesAddUp.org to find resources and tips that can help them 2. Figure out why your child is through many challenges, whether their child isn't feeling well, their family is struggling with housing, or anything in between.

-North American Precis Synd. Inc.

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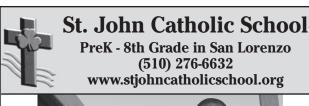
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ATHLETES OF THE WEEK



This week's Athletes of the Week are the Kusumoto Classic girls wrestling tournament in members of the Castro Valley High School's Varsity Lady Wrestling Team.

yon to compete at the Wolfpack Classic at American Canyon High School, on Saturday. This tour-representing the North Coast Section. nament was on the back end of a back-to-back for Place team trophy.

the Lady Trojans competing in the second annual tions to the Lady Trojans!

Saratoga last Friday.

The tournament, hosted by Prospect High The Lady Trojans traveled to American Can-School, had 35 schools, mainly from the Central Coast Section. Castro Valley was the only team

The Lady Trojans, with a little more than half the team, but after a full day of hard competition, their team members (10 wrestlers), scored a tothe team rallied together to take home the First tal of 108 team points, taking home the Second Place team trophy, behind Alisal High School, The first meeting of the weekend started with with more than 20 team members. Congratula-

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Fame: Anderson Now Playing for Mexico

continued from page 2

took his talents to Mexico, where he's been a league champ, a league Finals Most Valuable Player, a two-time All-Star Game MVP and, this year, the league's dunk champ, citing Vince Carter ("the greatest dunker ever") as his inspiration.

All while speaking mostly Spanish and splitting time with the Mexican National Team, which -you guessed it -- lost to Argentina one win shy of qualifying for the London Olympics.

The Olympic flame still fuels Anderson, whose Mexican National Team will get its greatest spotlight ever when it faces the NBA G-League All-Stars on NBA All-Star Weekend in Los Angeles on Feb. 18.

It might be the most important basketball game of Anderson's

"Get in front of NBA personnel," the 24-year-old said of next month's opportunity. "This is a chance to showcase myself. I'd like to play in the (NBA) summer league this year.

"My best basketball days are ahead of me. I'm only getting better. I'm definitely going to keep



Castro Valley's Juan Anderson now plays for Fuerza Regia in Mexico's top professional basketball league.

Smalltown: Hosts Variety of Local Events

continued from front page

Smalltown Society hosts a variety of events, including speakers, films, forums, rehearsal and performance space, and artists' workspace.

"We want to foster and highlight more beauty and justice in the community. Volunteers are keeping the doors open every Wednesday through Friday.

Every Thursday night we have an open door session, which is like a community living room. We hope more people will come. And they can get snacks and drinks next door at Trader Joe's," says Keim with a smile.

When he first took on the role of lead curator/community organizer, Keim thought it best just to listen to the hopes and issues brought up by people in the community.

and diverse array of talented and knowledgeable locals, including a advocacy work.

The space's calendar is now thor Mark Vaz on Feb. 9. full of events, and may be viewed

INSIDE SMALLTOWN: Artists Bradley Heusdens and Sia Gould and lead curator Paul Keim hang out at the Smalltown Society space next to Trader Joe's.

He discovered an impressive online at www.smalltownsociety. ety space are 9 to 5, Wednesdays com. Of special interest may be and Fridays, and 9 a.m. to 9 p.m. "The Lab" (musician/poet work- Thursdays. Additional events are variety of artists and people doing shop) next Tuesday, Jan. 23, and also held outside those days. a writers' workshop with local au-

Hours for the Smalltown Soci- smalltownsociety.com

Questions about the gathering space may be directed to info@

Send Your Sweetheart & Loved Ones a Special Valentine Message Published in the February 8th issue of the San Leandro Times and the February 14th issue of :* =00the Castro Valley Forum! 🗀 🗙 **DEADLINE: MONDAY, FEBRUARY 5, 2018 • 5PM** JOAN SMITH 💙 TO MY VALENTINE Ronnie, Andrew & Ashleigh Thank You For Being My True Love For All These Years! Your Sweetheart, Robert Jones Happy Valentine's Day! To the world's most terrific kids. All our love, Mama and Denny (JOAN SMITH) Happy Valentine's Day To My Love We'll Be Together Always — RJ ROBERT JONES ALL MY LOVE STYLE #1 STYLE #4 STYLE #2 STYLE #3 All-cap message over large heart Up to 10 words All-cap name with hearts Up to 20 words Up to 20 words I am enclosing a check, for the total amount, made out to the San Leandro Times. Please charge my credit card. UISA MC ACCT#: CHECK STYLE FROM ABOVE: \square #1 \square #2 \square #3 \square #4 **TOTAL CIRCULATION: 60,500** PRINT YOUR MESSAGE BELOW, ONE BOX FOR EACH WORD Ordered by: Name: Signature Address: City: Zip: Phone:

CLIP AND MAIL WITH CHECK TO: San Leandro Times, 2060 Washington Ave., San Leandro, CA 94577

FAX TO: (510) 483-4209 (Credit Card Orders Only)

CVHS SPORT SCHEDULE

BOYS BASKETBALL

Wed., Jan. 17, 4:00 p.m. Freshman vs. Clayton Valley Charter at CVHS Wed., Jan. 17, 5:30 p.m. JV vs. Clayton Valley Charter at CVHS Wed., Jan. 17, 7:00 p.m. Varsity vs. Clayton Valley Charter at CVHS Fri., Jan. 19, 5:30 p.m. Freshman vs. O'Dowd at CVHS Fri., Jan. 19, 4:00 p.m. JV vs. O'Dowd away Fri., Jan. 19, 7:00 p.m. Varsity vs. O'Dowd away

GIRLS BASKETBALL

Wed., Jan. 17, 4:00 p.m. JV vs. Hayward at CVHS Wed., Jan. 17, 6:30 p.m. Varsity vs. Hayward at CVHS Fri., Jan. 19, 4:00 p.m. JV vs. O'Dowd at CVHS Fri., Jan. 19, 7:00 p.m. Varsity v. O'Dowd at CVHS

BOYS SOCCER

Wed., Jan. 17, 4:00 p.m. JV vs. San Leandro at CVHS Wed., Jan. 17, 6:00 p.m. Varsity vs. San Leandro at CVHS Fri., Jan. 19, 4:00 p.m. JV vs. Berkeley at CVHS Fri., Jan. 19, 6:00 p.m. Varsity vs. Berkeley at CVHS

GIRLS SOCCER

Wed., Jan. 17, 4:00 p.m. JV vs. Piedmont away Wed., Jan. 17, 6:00 p.m. Varsity vs. Piedmont away Fri., Jan. 19, 4:00 p.m. JV vs. Berkeley away Fri., Jan. 19, 6:00 p.m. Varsity vs. Berkeley away Mon., Jan. 22, 4:00 p.m. JV vs. Campolindo away Mon., Jan. 22, 6:00 p.m. Varsity vs. Campolindo away

REAL ESTATE GALLER



REAL ESTATE REALI

By Carl Medford, CRS Special to the Forum

GUEST COMMENTARY



Congressman Swalwell Meets Local Realtors

Real estate professionals assess impact of new tax laws

Saturday in Castro Valley.

real estate expert's views on the homeowners. new, Republican-passed tax law, tive homeowners.

An advisory on the new tax regulations issued by the Congressstated, "This law punishes homeowners and discourages home ownership, particularly in highcost regions like the Bay Area. The ability to deduct state and local property taxes from their federal tax bills is now capped at \$10,000, and interest on mortgages only up to \$750,000 is deductible under the new law, down from the previous \$1 million cap.

A CNN Poll conducted in the days leading up to Congress' final votes on the tax law found 55 percent of Americans opposed it, while only 33 percent said they favored it.

During an interview after the panel, Rep. Swalwell stated, "To-

Mortgage Rates Bounce Back Up

Average mortgage rates rose across the board last week, according to Freddie Mac's nationwide survey

The 30-year fixed-rate mortgage averaged 3.99 percent, up from the previous week when it averaged 3.95 percent. A year ago at this time, the 30-year FRM averaged 4.12 percent.

Fifteen-year home loan rates averaged 3.44 percent, up from 3.38 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.46 percent this week, up from 3.45

will affect Bay Area real es- ing to affect them. What I heard is a lot harder.' tate, Rep. Eric Swalwell (CA-15) that there is a lot of uncertainty, but

concerned about how changes to and local taxes and you reduce can afford a home.' the mortgage interest deduction the mortgage interest deduction to to realize that American dream of to be able to obtain that dream." home ownership.'

When questioned about who the man's office prior to the meeting tax changes will affect, Swalwell altor with Keller Williams Realty. clarified, "We are a home owner- This article is sponsored by the ship society. We want people to Central County Marketing Assoplan and work hard and be able ciation.

n a move designed to under- day I convened local Realtors to to buy a home and have roots in a stand how the new tax bill talk about how this tax bill is go- community. This tax bill makes it

He further explained, "I heard met with a panel of local Realtors what they are certain about is that a stunning statistic today that in this is a high-cost area with a num- California we have a 29-percent Interested in hearing East Bay ber of people trying to aspire to be affordability (according to the California Association of Realtors), so "When you limit the deduc- it's already a small pool of people Rep. Swalwell was specifically tions they can take on their state who are working very hard that

Concluding, Rep. Swalwell and state and local tax deduction \$750,000 it's going to make it a lot stated, "We want to have as many might affect current and prospec- harder for first-time home buyers people as possible that work hard

> Central County Realtors agree. Carl Medford is a licensed Re-



Open Sun., Jan. 21, 1-4 pm

40 Acre property sits among rolling hills, native California trees and abundant wildlife. The East Bay Regional Park Department has acquired the land across the road, ensuring that there will be no residential development. Property includes a spacious and bright, 3 bedroom, 2 bath, manufactured home with ample closet space and storage space. Lots of room for horses and a vineyard.

A huge Thank You to all of our clients for a successful 2017



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TOTAL SALES: LOWEST AMOUNT: HIGHEST AMOUNT: 94546: \$912,000 4 BD - 1,780 94546: \$727,000 4 BD - 1,863 94546: \$620,000 3 BD - 1,569 94546: \$820,000 3 BD - 1,951 94546: \$740.000 4 BD - 1.312 94546: \$575,000 4 BD - 1,312 94546: \$575,000 2 BD - 848 94546: \$860,000 3 BD - 2,230 94552: \$967,000 3 BD - 2,189

94546: \$878,000 3 BD - 1,594

\$575,000 \$975.000

MEDIAN AMOUNT:

AVERAGE AMOUNT:

San Leandro

1550 Bancroft Avenue 791 Dolores Avenue 1081 Douglas Court 2456 Driftwood Way 351 Kenilworth Avenue 14263 Seagate Drive 1563 136th Avenue 1722 140th Avenue

TOTAL SALES: LOWEST AMOUNT: HIGHEST AMOUNT: 94577: \$479,000 3 BD - 1,680 SF - 1976 94577: \$725,000 3 BD - 1,381 SF - 1948 94577: \$605,000 3 BD - 1,234 SF - 1942 94577: \$690,000 5 BD - 1,584 SF - 1963

\$431,000

94577: \$640,000 2 BD - 1,121 SF - 1926 94577: \$480,000 2 BD - 904 SF - N/A 94578: \$750,000 3 BD - 1,834 SF - 1947 94578: \$550,000 4 BD - 1,604 SF - 1947 MEDIAN AMOUNT: \$617,500

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SF - 1993 SF - 1959

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SATURDAY & SUNDAY



CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
S	2-4:30	2-4:30	149 Marlow Dr.	\$649,000	2/1	Marvin Gardens	Greg Novak	510-472-4770
D	1-4	1-4	7755 Squirrel Creek Cir.	\$995,000	4/3	J. Rockcliff Realtors	Lisa Ferraris	925-251-2583
С	_	1-4	33803 Palomares Rd.	\$1,295,000	3/2	J. Rockcliff Realtors	Peixoto Team	925-251-2536

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

A = SAN LEANDRO • B = SAN LORENZO • C = CASTRO VALLEY • D = DUBLIN • F = FREMONT • H = HAYWARD • K = BERKELEY 0 = OAKLAND • P = PLEASANTON • S = SHEFFIELD VILLAGE • SR = SAN RAMON • W = WALNUT CREEK • Z = ALAMEDA

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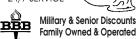
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R. Bowman

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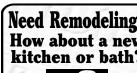
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Obituaries

■ WERB, Marjorie, born April 30, 1929, passed on December 19, 2017 in San Leandro. Services on Wed., Jan. 17 at 1 p.m. at Trinity Christian Fellowship Church, 20307 Marshall Street in Castro Valley.

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

Laverne Henrietta Gamradt Blaha

December 22, 1916 ~ January 9, 2018

Laverne was born on December 22, 1916 in the small farming town of Sauk Centre, Minnesota where the family doctor who delivered her was the father of Sinclair Lewis who wrote "Main Street." Her parents Albert and Ella Gamradt had four children; Laverne was the second oldest. She and her older brother Elmer milked the cows twice daily and fed the chickens in addition to other farm chores.



Laverne left the farm and moved to Minneapolis where she went to the Minneapolis Business College and graduated shortly after her 18th birthday. Laverne was a hard worker and did work for others such as ironing and babysitting while waiting for a "real job" to open up. Babysitting then became her "real job". She started taking care of children and eventually got a job working for the actress Joan Fontaine in Beverly Hills California, after moving to Los Angeles with her brother Earl in 1940. Laverne enjoyed working for Ms. Fontaine and her husband Brian Aherne, an English movie star. It was during this time that Joan Fontaine won her Oscar for her role in the movie "Suspicion."

Laverne met her husband Art Blaha several weeks before Pearl Harbor, but her first date with him was on December 7, 1941 the day the Japanese bombed Pearl Harbor. "Art and I started that day early by going to Church. He knew that I went to Church every Sunday so I think he thought that would be a good way to start out the day. After Church, we drove out for dinner and while we are eating the news came that Pearl Harbor was bombed. It was very shocking news and everyone there was saddened by such borrible news."

Art and Laverne were married on May 23, 1942 which began their life together. After having their two sons, Jerome and Richard, they had settled in Alameda where Art worked as a journeyman electrician at the Naval Air Station. The confinement of their war-housing apartment in Alameda was becoming more challenging. Laverne wanted a home of their own, and she asked Art if he could build her a house. Laverne found a one third acre lot in Castro Valley large enough to build a house and grow some fruits, nuts, vegetables, eggs and poultry. As a GI, Art was able to buy a barracks at Camp Parks. Art and Laverne tore down the building and recycled the wood and windows and built their one and only home on Alma Avenue in Castro Valley. Laverne was thrifty and would purchase only what was needed. In addition to growing their own produce, they raised fryer chickens, rabbits, pigeons and laying hens. She would gather eggs and she even found a cow to use for milk, butter and homemade ice cream.

Those years were happy ones as the family built their house and raised their boys. Laverne was very active in helping out in the boys' school, church, Cub and Boy Scouts, 4H, musical instruments and even became foster parents to two young girls. Then Art died of cancer and Laverne's life became one of very hard work, little sleep and providing for her sons. Jerome and Richard were only 8 and 10 years old. Laverne held the family together by working two full time jobs working as a typist and billing clerk at Montgomery Wards in Oakland and then passed the civil service exam to work full time in the Post Office. She also drove her sons every morning to help with their extensive paper route.

She worried with her having to work such long, hard hours that her sons would be deprived and so she encouraged them to try anything and always be truthful even if they made a mistake. She allowed her teenage boys to start a printing company, build a 61 foot radio tower in the back yard for their short wave radios and open a coin shop on Castro Valley Blvd.

After her children were raised and had families of their own, Laverne helped care for her grandchildren while their parents were at work and supported their interests in music, dance and sports. Her grandson Jerome Jr. had this to say about his grandmother.

"She taught us to look for the good in adversity and to forgive others. She taught us not to gossip about other people or to be judgmental. She was reverent and wanted everyone to know Jesus and went to church every Sunday, without fail."

In addition to helping with her grandchildren, Laverne attended to neighbors who needed help and visited home-bound people. She spent many, many, hours helping people at her church, even bringing homeless people to stay in her home until they could get settled. Simultaneously, she began supporting her son Jerome at his law office part time as a billing clerk, updating law books, filing and serving papers to the court for him for almost forty years and up until her 100th year still coming into his office occasionally to help out.

Laverne was a devout member of Faith Lutheran Church of Castro Valley for over 68 years and served as an usher, and a member of the endowment committee and other responsibilities, but most of all she loved to sing hymns of Praise and read and study the Bible. One time she said "You know what my favorite Bible verse is? Roman's 5:1-5. I look forward to God's blessings of adversity which causes me to develop character and from character, strength and from strength, Hope."

A devoted sister, mother, grandmother, and great-grandmother, Laverne shared her philosophy of living with four generations of her family. "My philosophy for longevity is simple – just keep going. Don't stop. When we are well and healthy, there just seems no end to the possibilities of our accomplishments and activities."

Laverne Henrietta Gamradt Blaha, was called to her heavenly home to rest and be with the Lord. She died peacefully on Tuesday, January 9, 2018 at Kaiser Hospital in San Leandro of pneumonia, with her family at her bedside. She was 101.

Laverne is survived by her sister Alberta Otte, her sons Jerome (and Melanie) Blaha and Richard (and Judy) Blaha and grandchildren Barbara Angeline (and Andy Greenspan), David (and Linda) Blaha, Linda (and Kevin) Anderson, Lisa (and Russell) Scott, Jerome Blaha, Jr. (and Orapin Horst), Jennifer (and Morgan) Cheek and great grandchildren Reily and Emma Greenspan, Joshua, Jacob and Julia Blaha, Corey, Charlyn and Connor Anderson, Kylie, Katlin, and Nicholas Scott, and Austin and Olivia Cheek.

Her memorial service was held on January 14 at Faith Lutheran Church in Castro Valley. With family surrounding her, she was laid to rest on January 15 at the Holy Sepulchre Cemetery in Hayward, next to her husband, Art. The family requests no flowers. Donations may be given to her two favorite charities, Faith Lutheran Church and FESCO (Family Emergency Services of Hayward).



PHOTO BY FRED ZEHNDER

REMEMBERING DR. KING: A crowd of about 200 gathered at Hayward City Hall Plaza for a rally and march on Monday morning to celebrate Civil Rights Leader Dr. Martin Luther King, Jr. Others spent the day in community service projects cleaning up and restoring waterways around the Bay Area.



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LETTERS TO THE EDITOR FREDZ@EBPUBLISHING.COM



CV Resident Calls Incorporation 'A Nightmare Scenario'

Castro Valley residents, the time has come to be heard, let's all make few phone calls to the right people in the right places, if any still exist, let's try anyway.

No one in decision making positions listens to us citizens, because of proper goals and getting their pocket books filled by special interests.

A nightmare scenario, if we place more corrupted, greedy individuals in charge by Castro Valley Incorporating. We all love Castro Valley the way it is. The greedy few that have other plans. They should go and incorporate another town, leave us alone.

I assure you that more and more projects will be given the go-ahead, even if we citizens would rejected them. They will continue to find a way around us, to make their project come true.

It is clear, we can all see what the plans are. Individuals that have a great deal to gain, together with corrupted politicians and contractors with lots of money to invest, would take over Castro Valley and turn it into another corrupted city, where only the very rich could afford to live. At the end of the day, Castro Valley would be fully controlled by rich and powerful, greedy individuals.

By the way, the MAC Board, should be dissolved, everyone should be voted out, better yet, everyone should resign.

The Sanitary District has no need for this new project. They should stay where they are, I suggest they turn for help to those companies and special interests that they work for. For sure is not us. It's your plans, your ideas, you pay for it.

Last but not least, these new homes that are planned to be built on Center Street, no one listened to the concerned citizens that spoke against it and rejected this project.

Did everyone forget that we are paying your salaries, that you work for us? must have slipped everyone's mind.

I am almost sure, it will cost over a million dollars to purchase one of these new homes, at times when we have homeless people on our streets, under our freeways and in cars, I feel that perhaps the money and the location could have been put into better use.

Let's keep and take care of our jewel.

—Josie Pastorino, Castro Valley

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LETTERS TO THE EDITOR

must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. Email Letters to: fredz@ebpublishing.com or mail to: The Forum, P.O. Box 2897 Alameda, CA 94501

CROSSWORD PUZZLE ANSWERS WASPUDIM SLIP AGUEESPCASE DREAMINGERILE EAT AFT DETER SKYONA ADDTOMADAMANT POOR I CENIDEA

CVSan: Public Comment Sought On Planned Center Street Project

The Castro Valley Sanitary District continues to seek public comment on its plans to develop a former Caltrans yard at the corner of Castro Valley Blvd. and Center St. into the site of the district's Engineering and Collection System Maintenance departments in the next few years.

The two departments work together to maintain more than 150 miles of sewer pipes in Castro Valley.

Currently, the district – known as CVSan - is split between two offices located a mile apart because there is not enough space for all employees to be in one place, according to General Manager Roland Williams.

"One of these locations is a rental office in the Castro Village that costs CVSan \$70,000 annually," said Williams. "Additionally, our Marshall Street location does not on our maintenance trucks.'

Preliminary plans for a corporathe Center St. site were originally month. unveiled to CVSan's Community Advisory Committee last year.



An architectural rendering of the proposed Center Street Project. The front of the building will be landscaped with a Bay-Friendly demonstration garden that will be an educational resource for Castro Valley.

public tour of the property last Directors. have the necessary vehicle space May which, the district said, was that our Collection System Main- met with overwhelmingly positive which may include pay-as-you-go tenance Department needs to work feedback from participating com-financing, grants funding, or trimmunity members.

The plans were also presented tion yard and a two-story, 35-foot- at the Castro Valley Municipal high energy efficient building at Advisory Committee meeting last

> The estimated \$6 million project has not yet been approved by terStreet.

Funding options for the project, ming costs 2-3% annually to finance a 30-year loan, will be considered at a future public meeting.

To submit your feedback and learn more about the project, please visit www.CVSan.org/Cen-

Hazard: CV

continued from front page

tinting and pedestrian safety, and that accident reports don't track window tinting.

After asking their road safety experts, the consensus was that window tinting was not an issue that the National Safety Council has been involved with, said the NSC's spokesperson Tatyana Warrick.

Law enforcement uses their own discretion when enforcing the laws, Warrick said. With pedestrian fatalities, the NSC looks at speed, distraction and impairment, which are also the primary causes of motor vehicle fatalities, she said.

The National Safety Council has seen an influx of pedestrian and other "vulnerable road user" fatalities over the past two years, Warrick added. But it's not know if the increase is caused by tinted windows.

Police issue tickets for illegally tinted car windows, though it's dif-The district also conducted a the Sanitary District's Board of ficult to determine just how often.

> It would be hard to get the number of tickets written for tinted windows, said San Leandro police spokesman Isaac Benabou.

But it is a citable offense, he added.

"It's a violation of the vehicle code," Benabou said. "It's a citable offense. We do enforce it, but it would be up to the officer's discretion whether or not to issue



Hearne Elected to Board Of International Charity

Al Hearne, Superintendent of Redwood Christian Schools, has been elected to the Board of Christian Charities USA, a diverse group of more than 75 national and international charities that work to relieve suffering and despair in every area of the country and the world. Members include Habitat for Humanity and World Im-

Historical Society Seeks Artifacts From WWII Japanese American Internment

The internment of Japanese had a profound affect not only on of us today. individuals and families, but the and in the years after.

The Hayward Area Historical of Japanese Americans during the photographs and documents.

Castro Valley

To help illustrate the stories of entire Castro Valley and East Bay this experience, the Historical So-pating, please contact the Curator communities both during the war ciety is looking for artifacts to include in the exhibition.

The artifacts could include suit-Society is working on an exhibi- cases, clothing, identification tags, tion - to open in March - on the and such items made or used in an Culture is located at 22380 Foothill forced removal and incarceration internment camp as artwork, crafts,

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The lessons learned from that loans to the exhibition and would Americans during World War II traumatic era continue to impact all be returned to the lender at the end of the exhibition.

If you are interested in particiat info@haywardareahistory.org or call 510-581-0223.

The Hayward Area Historical Society Museum of History and Blvd. in Hayward. For more info, please call 510-581-0223 or visit All items would be considered www.haywardareahistory.org.

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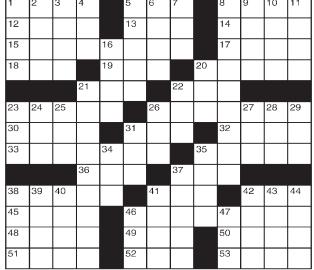
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Equal

Capri, e.g.

Shark variety

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Spring mo.

High card Commotion

Spigot

Buck's mate

Modern (Pref.)

Mischievous one

Prolonged attack

Gambling game

Press agent?

Ocean motion

Wall climber

Long story

Skewer

It Romantic?"

Modern-day evidence

Like some video on the Web

One of the Seven Dwarfs

Very conspicuous

ACROSS

- Nasty insect
- Badly lit
- Error
- Chills and fever
- Kreskin's claim
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- 18 Dine
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- 23 Augment
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- Droop
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- Chinatown gang
- Witness
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- Navig. aid Central

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ANSWERS ON PAGE 14

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Class: More Involvement

continued from page 8

how a child is performing to better under- stand difficult subjects for your child and areas for improve-

3. Don't be afraid to ask for homework help. It can sometimes be difficult to help children with their homework as curriculum evolves and parents might need to "brush up" on a subject. It's natural — and not unreasonable — to ask educators for homework help and important to ensure children understand the curriculum.

4. Don't forget to say "thanks." Teachers choose the profession to make a difference in students' lives. They may manage more than 100 students a day and act not just as educators but as role models, guardians and caretakers for the nation's students. Say thank you to your child's teachers for all their hard work.

University of Phoenix College of Education has been educating teachers and school administrators for more than 30 years. For more info, visit: phoenix.edu/education.

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An illustration from Sunhee Park's book "Bent People" will be part of this year's Children's Book Illustrator Exhibit opening Friday at Sun Gallery in Hayward.

OPENING FRIDAY AT SUN GALLERY

Children's Book Illustrator Exhibit

lustrator Show, a local favorite of greet will be held from 1 to 4 p.m. Eden High will be featured as young and old alike, opens its 29th a the Gallery. Children and their part of the show, helping children exhibition this Friday, Jan. 19, at families will be treated to face imagine how book characters' ac-Sun Gallery in Hayward.

This year's show features a es. wide variety of artists and their books, including Andy Ha, Hilda Robinson, Nadia Reddy, David the Gallery's spacious art studio. Hoobler and many others.

painting, appetizers and beverag- tually start out as ideas.

be held that morning at 11 a.m. at Sunday from 11-5. The Sun Gal-

On Saturday, Jan. 27, a special school student sculptures from SunGallery.org.

The Annual Children's Book Il- Artists Reception and meet-and- Geoff Landreau's art class at Mt.

Admission is free. Normal gal-A free art class for children will lery hours are Friday through lery is located at 1015 E St. in In a special twist, local high Hayward and the website is www.

REPAIR WORKSHOP



CVSan's Fixit Clinic Saturday, February 10th

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