

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, JANUARY 10, 2018

NO. 2

INSIDE YOUR FORUM

LIVING



Comfort Foods

Nothing fancy, just good, hearty dishes that satisfy the appetite and soul

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H&F



Hold That Call

State issues guidelines on exposure to cellphone radio frequency energy

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NEWS



Food for Thought

Free 10-part seminar on running your own food business begins tonight

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PHONE: (510) 537-1792

Castro Valley Sisters Achieve The Status of 'All American'



Anna and Maya Dughi of Castro Valley recently competed in the USA Track & Field Cross-Country Nationals in Tallahassee, Florida. Anna, at left in both pictures, placed 8th out of 302 of the fastest 9-10 year-old girls in the nation with her sister Maya placing 14th.

FULL STORY ON PAGE 8



MAC MEETING

Update on 'Castro Valley Marketplace'

By Amy Sylvestri
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) got an update Monday night on the much-anticipated "Castro Valley Marketplace" project at the old Daughtrey's site.

Developer Craig Semmelmeier presented some drawings of the exterior and also told the MAC that he has successfully leased out over half of the space.

Semmelmeier first proposed the grocery store concept to the MAC back in February of 2017 and he was selected as a the developer in June.

"It's been almost a year since I first came to the MAC and we've accomplished so much," said Semmelmeier. "It's really been an amazing year."

MAC member Dave Sadoff commended Semmelmeier for getting so much of the property leased so early. Tenants will include the

see MAC on page 8

CASTRO VALLEY READS

New Library Program Will Celebrate Reading and Community Discussion

The Castro Valley Library will kick off its first annual Castro Valley Reads on Sunday, Jan. 21, from 2 to 3:00 p.m.

Following the lead of successful city-wide "read" programs from across the country, the library is seeking to get as many people as possible to read and discuss the same book.

The idea is to celebrate reading, great literature, and to build community through a thoughtful exchange of ideas.

"A library is at its best when it is promoting community engagement through excellent programming," said Dawn Balestreri, branch manager.

"With Castro Valley Reads we want to answer the questions: What would happen if everyone in Castro Valley read the same book? What could we learn from each other? What could we learn together? We hope you'll join us and find out!"

The 2018 book selection is the best-selling memoir, *Lab Girl*, a book about science and the environment by acclaimed scientist Hope Jahren.

Lab Girl is the witty and moving coming-of-see READS on page 15



Acclaimed scientist and author Hope Jahren, above, with her lab partner Bill. Jahren's best-selling memoir, *Lab Girl* has been selected by the CV Library to kick off a new program called "Castro Valley Reads" on Sunday, Jan. 21. Those who sign up will get a free copy of the book to read and share its ideas with others in the community.

DEC. 15 TO JAN. 1

End-of-Year DUI Arrests Surge in '17

The Alameda County Sheriff's Office reported 174 DUI (Driving Under the Influence) arrests in the county during the increased enforcement period from Dec. 15 to Jan. 1.

Deputies made 46 other arrests during the period, recovered three guns and engaged in three vehicle pursuits.

The California Highway Patrol said DUI arrests were up 22 percent statewide over the three-day New Year's holiday with officers arresting 936 people who were allegedly under the influence of alcohol, drugs, or both.

The CHP said there were 23 fatalities on California highways over the New Year's weekend.

Sixteen people died over the Christmas holidays in California including CHP officer Andrew Camilleri who was killed when a speeding driver crashed into his patrol vehicle on the Nimitz Freeway in Hayward on Christmas Eve. A second CHP officer was injured in the crash. The speeding driver has been charged with second-degree murder and driving under the influence.

Castro Valley Weather Jan. 10 - 14, 2018



Wednesday
Partly Cloudy
High 63° Low 54°



Thursday
Partly Sunny
High 65° Low 53°



Friday
Mostly Cloudy
High 61° Low 48°



Saturday
Partly Sunny
High 58° Low 45°



Sunday
Partly Cloudy
High 57° Low 43°

Almanac



Past Week's Rain: 02.90
Season To Date: 06.48
Normal To Date: 09.85
Season Average: 21.22

Moon Phases



Jan 16



Jan 24



Jan 31



Feb 7

Sun sets at 5:10 p.m. today, rises at 7:23 a.m. Thursday.

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'Time for Justice' Civil Rights Documentary To be Screened at CV Library This Sunday

The Castro Valley Community Alliance and Castro Valley Library are hosting a screening of "A Time for Justice" and a panel discussion this Sunday, Jan. 14, at the library.

The film, by Academy Award-winning filmmaker Charles Guggenheim, captures the spirit of the Civil Right Movement through historical footage and the voices of those who participated in the struggle.

Following the screening, Michael Roosevelt, who has taught extensively on the topic of racial disparities in the justice system, will moderate a discussion with panelist Tunisia M. Owens, JD, an advocate on issues of Black Economic Empowerment, Diversity and Inclusion, Criminal Justice Reform, Commercial Sexual Exploitation of Youth, and Education Equity.

The film and respectful dialogue about the Civil Right Movement and how these issues continue to affect members of our community are designed for a wide variety of ages.

The screening will begin at 2 p.m. and the session will conclude at 4 p.m.

For more information on the Community Alliance, visit bit.ly/CastroValleyCommunityAlliance.

SPORTS HALL OF FAME

Klews Protected Quarterbacks, Now Protects Eugene Citizens

Seventh in a series profiling the 16 new members of the Castro Valley Sports Hall of Fame. The induction banquet will take place April 21 at Redwood Canyon Event Center.

By Lowell Hickey
SPECIAL TO THE FORUM



Michael Klews

For most of his life, Michael Klews has been in the protection business.

"I used to protect quarterbacks. Now I'm protecting an entire community," said the former offensive lineman and present-day police officer.

Klews protected quarterbacks at Castro Valley High and the University of Oregon back in the 1990s. Since 2002, he has been protecting the good citizens of Eugene, Oregon, as a patrol officer with a specialty in collision investigation.

Born in Germany, Klews was 12 when he came to the United States and entered Canyon Middle School. He knew little English and even less about football.

"My aunt took me to one or two games at Cal, but I didn't know what I was watching," he recalled.

Mainly so he could be with a couple of buddies, Klews joined the frosh-soph football team at

CVHS as a sophomore. Already approaching 300 pounds, his size was impressive. John Brosnan, the varsity coach, watched him in a couple of blocking drills and invited him to join the varsity.

"I told him, 'No,' I wanted to stay with my buddies on the soph-frosh team," Klews remembered. "He said to try it for three days and if I didn't like it I could come back down."

After three days, Klews wanted to return to the frosh-soph team but Brosnan insisted he stay with the varsity. "So, I stayed," said Klews, who has been elected the Castro Valley Sports Hall of Fame.

"He was one of my favorites," Brosnan said. "I have a picture of him on my wall. Helluva player. Great speed, good feet. A good team player and a good leader."

Klews became an immediate starter with the Trojans, mostly at offensive tackle and occasionally at guard. He also played defense, but offensive line was his forte. He made second team All-Hayward Athletic League as a junior, first-team all-league as a senior and played in the prestigious Alameda County vs. Contra Costa County All-Star Game.

Colleges came knocking on his door. Mike Bellotti, the then assistant coach who recruited Klews, convinced him that Oregon was the right choice. By the fall of 1994, Klews was a Duck.

Klews played "a fair amount" his freshman year – even started a game against Iowa – when the Ducks went 7-1 in conference play and met Penn State in the Rose Bowl. During a practice for that Rose Bowl game, Klews tore his ACL, although the injury wasn't properly diagnosed at the time.

"I had the knee wrapped and actually got in the game – for one play, a field goal attempt," he said. Oregon lost that game, 38-20.

It turned out that Michael's ACL injury required two surgeries in a four-month period, forcing him to redshirt the next year. He returned to see periodic playing time as a redshirt sophomore in 1996, then

see **SPORTS on back page**

We're Great At Fixing Back Pain...

Ignoring it can mean that it's just going to get worse. Here's what you need to know:

What kind of back pain do you have?

1 - It's A New Experience

Congratulations, it's your first time. At the moment it's worrying. If it's number 4 from below it might even be a bit terrifying. If you ignore it, it can eventually turn into number 2, 3 or even 4. This is a good time to nip the problem in the bud.

2 - It's An Old Persistent Ache

A bit like an annoying relative, you don't like it very much but you've learned to put up with it. You probably can't be bothered to do much about it or you already would have. It's usually at it's worst when you're sitting. You're slowly losing mobility but it's been with you for a long time and you'll probably wait till you can't move before deciding to do something about it. Do you really want it to get to that point?

3 - It's Sheer Agony When You Have It, But It Comes And Goes

It might just be once a year, or maybe a bit more, but every now and then your back turns your world upside down.

This kind of back pain is usually accompanied by excruciating muscle spasms. After a week in bed, on the sofa or on the floor you normally get your life back. This problem will usually become more frequent and severe as you get older.

4 - I've Bent Over And Now I Can't Straighten Up

You tried to pick up a paperclip or tie your shoelaces and now you're stuck. It would be funny if it didn't hurt so much. If you don't mind the people living with you putting your socks on then everything is fine. Very often this type of back pain is also accompanied by pain, numbness or tingling of the leg, foot or toes too.

What can you do when you suffer with back pain?

1 - You Can Ignore It

A surprising number of people will choose this route. Sometimes the pain will go away by itself even though the problem will remain. The body is good at adapting to things and compensating for problems. Often though, this approach can lead to further problems later on and you could end up being a number 3 below...

2 - Soothe It Or Mask It

We've become very good at covering up problems with drugs, heat packs, ice, sprays, lotions, massage and dozens of other methods. And although this does offer temporary relief it does nothing to solve the problem. Yes, over time the pain can go permanently but just like option number 1 that's because of adaptation and compensation, not because the problem has been solved. The most worrying aspect of this approach is that some of the commonly used drugs can cause serious damage.

3 - Wait For Something To Break

Some people will go through many cycles of feeling okay and then living with pain. For many, these cycles of pain get worse, but despite the warning signs that the problem is worsening some people choose to wait until something serious goes wrong.

4 - Fix It

Some people don't just want to get out of pain but they also want to get rid of the problem for good. This is possible with the right approach since the tissues of the body have an inbuilt innate healing mechanism. It's the same mechanism that's healed your skin every single time you've cut yourself. With specific stimulation of the tissues causing your back pain it's possible to get them to heal again just like your skin does. If you choose this option you will have long lasting relief and the problem is unlikely to return again.

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We use a combination of ultra-advanced technology, not found elsewhere in Pleasanton, for precisely diagnosing the cause of your back pain and a unique program for reconstructing the damaged area actually causing the problem; this means superior long-term results for most people. Back pain and its many associated problems may not have to drag you down for the rest of your life. Call (925) 255-5805 NOW, we're ready to help you.



PHOTO BY LINDA SANDSMARK

On New Year's Eve Plethos Productions of Castro Valley held its inaugural performance.

New Community Theatre Launches Its Busy 2018 Entertainment Season

By Linda Sandmark
CASTRO VALLEY FORUM

The East Bay's newest community theatre – Plethos Productions – held its inaugural performance New Year's Eve, featuring improvisational comedy and 10 musical numbers. Champagne and a balloon-drop afterwards added to the night's festivities at Ristorante di Palermo in Hayward.

Plethos, which means "plurality or multitude of people" in Greek, was conceived by its founder Karin Richie as live theater that

includes and features people from diverse backgrounds.

"I've always wanted to start my own theater company," says Richie. "Inclusion and letting everybody in our community participate is our focus."

Since July 2017, Plethos has raised \$6,000 toward its first season through benefit events. The group works out of the Smalltown Society Space next to Trader Joe's on Redwood Road.

Upcoming productions for 2018 include Stand Up Comedy in March and an improv comedy

show in May.

The Broadway show "In The Heights," a musical set over the course of three days involving characters in the largely Hispanic-American neighborhood of Washington Heights in New York City, will be staged in June.

Auditions for "In The Heights" are scheduled for March. Interested parties should check out Plethos.org or e-mail info@plethos.org.

Another Stand Up Comedy show is set for August, and in October the group plans to premier the play, "4 Men in Paris."

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



No Motorcycle License

Saturday, January 6: at 9:20 p.m., Sheriff's deputies arrested a 27-year-old man from Fremont was arrested on suspicion of driving a motorcycle without the proper Class-M license. The man was traveling on Castro Valley Boulevard near San Miguel Avenue when deputies pulled him over for a traffic violation. Deputies also discovered the man had illegal narcotics in his possession. The man was taken into custody.

Wanted Man

Sunday, January 7: at 2:18 a.m., a 55-year-old man from CV was arrested on suspicion of possession of illegal narcotics. The man was also wanted as part of a warrant issued for his capture. Deputies caught up with the man in front of a business on East Castro Valley Boulevard near Nugget Canyon Drive. The man was taken to Santa Rita Jail pending \$2,500 in bail.

Drug Bust at Convenience Store

Saturday, January 6: at 11:33 p.m., deputies arrested a 38-year-old man with no permanent address on suspicion of three counts of

possession of methamphetamine drugs. The man was also wanted for his arrest. Deputies caught up with the man outside a convenience store on Grove Way near Center Street. The man was handcuffed and taken to Santa Rita Jail pending \$15,000 in bail.

Driving with Weapon

Saturday, January 6: at 11:56 a.m., a 27-year-old man from CV was arrested on suspicion of possession of a concealed weapon while driving in a vehicle. Deputies pulled the man over in front of a home on Woodbine Avenue near Jamison Avenue to serve him a warrant for his arrest. The man was found with a concealed weapon in the vehicle. Deputies handcuffed the man and took him to Santa Rita Jail pending \$20,000 in bail.

Petty Theft

Friday, January 5: at 2:35 a.m., deputies pulled over and arrested a 34-year-old man from Fremont on suspicion of petty theft. The man was wanted as part of a bench war-

Domestic Assault

Tuesday, January 2: at 11:51 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to an apartment on Stanton Avenue near Nordell Avenue. There, they arrested a 40-year-old woman from Castro Valley on suspicion of assault on a family member and child endangerment. Deputies took the woman into custody. The victim was treated at the scene.

Can't Stay Away

Tuesday, January 2: at 4:16 p.m., deputies arrested a 54-year-old man from Castro Valley on suspicion of violating a court-issued restraining order. The man was spotted outside a home on Palo-

see **REPORTS** on page 10

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CASTRO VALLEY READS

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

The Week Ahead

● Thursday, January 11: Castro Valley School Board Meeting

The Board of Education will hold a regular open board meeting at 7 p.m. tomorrow, Jan. 11, in the boardroom of the Castro Valley School District at 4400 Alma Avenue. The complete board packet is available at bit.ly/CVUSDBBoardMeetings

● Saturday, January 13: Hearing Loss Association

Vance Deatherage from DCARA San Leandro will discuss "Cued Speech" or "Cued Language," a shortcut system for Lip-Reading/Speech-Reading, which may appeal to those who have struggled to learn an entirely new language, at the next meeting of the Hearing Loss Association this Saturday. Refreshments at 9:30 a.m.; Program at 10, at the Oakland Kaiser Permanente Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. Park free on Saturday in garage across Howe. Email: athos.artist@att.net or call Kay at 510/886-4717.

● Saturday, January 13: Amador Valley Quilters

Author Jennifer Dick of Missouri will present "Stories in Stitches," featuring 25 vintage quilts from the 2010 Cass County Quilt Documentation Project, at the next meeting of the Amador Valley Quilters from 1:30 to 4 p.m. Saturday at Pleasanton Middle School, 5001 Case Ave. Guests are welcome.

● Saturday, January 13: Meditation Workshop

If you've been wondering what meditation is all about and how it works, stop by the Chabot Room at the Castro Valley Library at 2 p.m. this Saturday for a free workshop. Dr. Manish Saggat of Stanford's School of Medicine will explore both psychological and traditional views of meditation's many benefits. A meditator for 20 years, Dr. Saggat has presented his research to audiences around the country. No reservations are required. For more info, call 510-667-7900, or see Events at www.aclibrary.org/branches/CSV.

● Sunday, January 14: Documentary "A Time of Justice"

The Castro Valley Community Alliance and the Castro Valley Library will be hosting "A Time of Justice," a documentary film depicting the Civil Rights struggle, from 2 to 4 p.m. Sunday at the library. The screening will be followed by a panel discussion. For more information, visit: sites.google.com/cv.k12.ca.us/cvcommunityalliance/home

CASTRO VALLEY FORUM

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Monday, January 15, 2018

Martin Luther King Jr. Day

● Holiday Schedules

Martin Luther King, Jr.'s Birthday (Jan. 15, 1929) is observed on the third Monday in January and is a federal, state, county and city holiday. Except for emergency services, all government offices will be closed, as will stock exchanges, banks and other financial institutions. Most other business offices, stores and restaurants will operate on a normal schedule. BART will operate on a Saturday schedule. AC Transit will operate on a Sunday schedule. Garbage pickup service will be normal, but CV Sanitary District offices will be closed. Call 510-506-5821 for sewer emergencies.

● MLK Day March

The South Hayward Parish, the Eden Area Interfaith Council and a number of other organizations are sponsoring a Martin Luther King Day March at the Hayward City Hall Plaza beginning with a gathering at 9:30 a.m. next Monday. The march will begin in the Downtown at 10:30 a.m. with music and closing remarks at 1:30.

● MLK Day in San Francisco

A number of events have been planned in San Francisco by the Northern California MLK Foundation, beginning with an 8 a.m. Labor and Community Breakfast at the Marriott Marquis Ballroom at 780 Mission Street. "Death of a King" will be screened at the Yerba Buena Center for the Arts at 10:30 a.m. at 701 Mission Street. For the complete lineup, visit: norcalmlkfoundation.org/blog/mlk2018-schedule/

● MLK Day of Service

Join Watershed Stewardship Volunteers and Friends of San Lorenzo Creek for litter pickup, invasive plant removal, trail clearing, and wildflower seeding along Cull Creek from 10 a.m. to noon. Meet at Bay Trees Park at 19855 Cull Canyon Road, near the intersection with Crow Canyon Road. For ages 10 and up (ages 10-14 must be with parent or guardian). To register, contact amy.evans@acred.org or 925-453-3862.

● Tuesday, January 16: Medical Technology Programs

The Rotary Club of Castro Valley will host Susie Passeggi, Director of Castro Valley Adult and Career Education, discussing The New Medical Technology Program and the various classes offered at the adult school that help adults hone their skills to find new jobs and/or enhance their careers. The buffet lunch at Redwood Canyon Golf Course (noon-1:30 p.m.) costs \$20. Reservations must be made by 9 a.m. on Jan. 15 by contacting Jim Negri at 650-996-9173 or ciaojim_cvrotary@att.net. More information available at castrovalleyrotary.org.

● 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. on Jan. 17 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 completing the course which may entitle them to an automobile insurance discount. Registration is required for this *free* program. To register, or for more information, call the Library Information Desk at 510-667-7900.

● 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. on Jan. 17 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 children, at the Women's Club's next meeting at 1 p.m. on Jan. 17 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 their community. For more information, visit edenareavillage.org, email: info@edenareavillage.org.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

● **'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

● **Runes Revealed – Contemporary Artists Respond to an Ancient Alphabet,** a mixed media exhibition by Nordic 5 Arts inspired by the ancient form of writing no longer in use, will be on display until Jan. 13, at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. Select works will also be on exhibit from Nov. 30 to Jan 5 at PhotoCentral Gallery, 1099 E St. in Hayward. For info, visit www.nordic5arts.com

● **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

REGULAR GOVERNMENT MEETINGS

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

...and Beyond

● 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. on Jan. 17 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 completing the course which may entitle them to an automobile insurance discount. Registration is required for this *free* program. To register, or for more information, call the Library Information Desk at 510-667-7900.

● 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. on Jan. 17 at the Lakeside Garden Center, 666 Bellevue, Oakland. Come enjoy snacks and meet people who talk roses. For more info visit www.eastbayroses.org

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ATHLETES OF THE WEEK



This week's Athletes of the Week are the members of the Castro Valley High School's Trojans wrestling team. They won the Mat Classic Tournament at Granada High School on Saturday, January 6, capturing their third team title this season.

Max Plotzeneder led the way, winning by pin in his finals match. Kris Darrin and Alex Sousa both finished second. RJ Maes and Andrew Kohl finished third, scoring four pins throughout the day. Isaac Morris finished fifth. Dylan Vanerwegan and Charles Alejo were consolation champs.

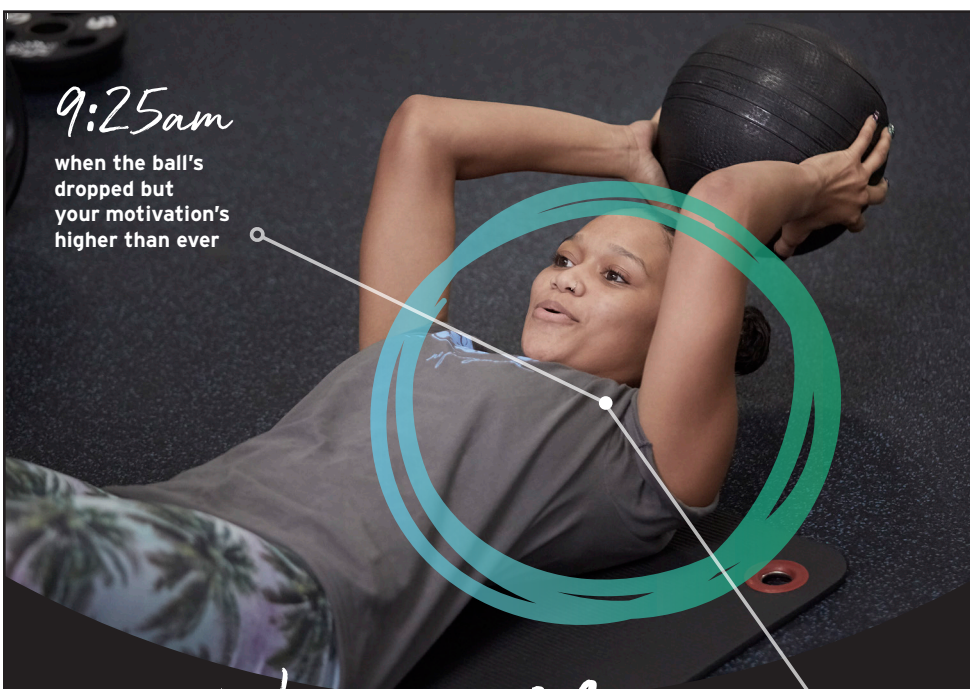
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CVHS SPORTS SCHEDULE

BOYS BASKETBALL

Wed., Jan. 10, 4 p.m. Frosh/soph vs. San Leandro away
Wed., Jan. 10, 5:30 p.m. JV vs. San Leandro away
Wed., Jan. 10, 7:00 p.m. Varsity vs. San Leandro away
Fri., Jan. 12, 4:00 p.m. Frosh/soph vs. Piedmont at CVHS
Fri., Jan. 12, 5:30 p.m. JV vs. Piedmont at CVHS
Fri., Jan. 12, 7:00 p.m. Varsity vs. Piedmont at CVHS

GIRLS BASKETBALL

Wed., Jan. 10, 5:00 p.m. JV vs. Alameda at CVHS
Wed., Jan. 10, 6:30 p.m. Varsity vs. Alameda at CVHS
Friday, Jan. 12, 5:30 p.m. JV vs. Piedmont away
Friday, Jan. 12, 7:00 p.m. Varsity vs. Piedmont away

BOYS SOCCER

Wed., Jan. 10, 4:00 p.m. JV vs. Arroyo at CVHS
Wed., Jan. 10, 6:00 p.m. Varsity vs. Arroyo at CVHS
Fri., Jan. 12, 3:30 p.m. JV vs. Mt. Eden at Chabot College
Friday, Jan. 12, 3:30 p.m. JV vs. Mt. Eden at Chabot College

GIRLS SOCCER

Wed., Jan. 10, 3:30 p.m. JV vs. Arroyo away
Wed., Jan. 10, 3:30 p.m. Varsity vs. Arroyo away
Fri., Jan. 12, 4:00 p.m. JV vs. Mt. Eden at CVHS
Fri., Jan. 12, 6:00 p.m. Varsity vs. Mt. Eden at CVHS

BOYS WRESTLING

Thurs., Jan. 11, 4:00 p.m. dual meet vs. Mt. Eden and Arroyo at CVHS
Fri., Jan. 12, 7:00 a.m. Varsity is participating in a tournament being held at Memorial Auditorium in Sacramento.

GIRLS WRESTLING

Thurs., Jan. 11, 4:00 p.m. dual meet vs. Arroyo and San Leandro at CVHS

CROSS-COUNTRY NATIONALS

CV Sisters are 'All American'

Ten-year-old sisters Anna and Maya Dughi of Castro Valley traveled to Florida last month to compete in the USA Track & Field Cross-Country Nationals in Tallahassee.

Anna placed 8th out of 302 of the fastest 9-10 year-old girls in the nation.

To get a feel for the pace, the winner averaged 5:47 minutes per mile for the 1.86 mile (3 km) course – a track star at most high schools. Anna averaged 6:01 minutes per mile for a total time of 11:14 min.

This is Anna's 3rd "All American" title (top 25) for cross-country. She also received a special award for 3 undefeated regular seasons.

However, this was really Maya Dughi's race, easily achieving the goal of her first "All American" title by placing 14th.

She exceeded her own expectations, averaging 6:09 minutes per mile for a final time of 11:28, not far behind Anna.

Even more impressive, she passed three girls in the final 30 meters by maintaining focus and determination to the end!

The girls, who attend Independent Elementary School, are the daughters of Garland and Bruce Dughi of Castro Valley.

SPORTS NOTE

AAU basketball Sign-ups

The Castro Valley-San Leandro based Bay Transitions AAU basketball program will be holding tryouts for the 2018 season the next two Sundays at John Muir Middle School in San Leandro.

The schedule for the Sunday, January 7 and January 14 sessions is as follows: First through fourth grade will be held from 8-9 a.m.; fifth and sixth grade from 9-10:30 a.m.; seventh and eighth grade from 10:30 a.m.-12:00 p.m.

For further information, contact program director Bryon Pointer at 510-361-7513.

MAC: Tremendous Amount of Time, Effort To Ensure Marketplace Project is Success

continued from front page

grocery store, a restaurant, and a yoga studio.

"It's got success written all over it," said Sadoff.

Semmelmeyer showed plans for a terracotta-colored building with yellow stripes at the corners, which the MAC said was a bit bold. But council members also said they weren't interested in holding up the project's progress over cosmetic issues.

"The last thing we want to do is stall this project over a paint color," said MAC member Ken Carbone.

Semmelmeyer said that the store front designs will come back before the MAC for approval in the near future.

MAC chair Marc Crawford said that a tremendous amount of time and effort has gone into ensuring the marketplace project will be a success.

"I can't think of another building (in Castro Valley) that has had this level of thought put into it," said Crawford.

The MAC also got an update on the shared parking project and "paseo" alongside of the marketplace – a project that is running months behind schedule.

The \$4.8 million parking project creates a lot from the western entrance of the Daughtery's building to Wilbeam Avenue, consisting of parking spots, lighting, and landscaping behind what will become the new grocery shop and extending behind the Ice Creamery building and other stores.

The parking lot is now open, but the paseo remains unfinished. It was originally planned to be completed in September, then postponed to late November. One aspect of the paseo – a thick wooden trellis – has been scrapped.

Eileen Dalton, the county's community development director, said the project was further delayed when some poles were installed in the wrong place, but the problem has been corrected. Rain has also delayed the pouring of some cement, but Dalton said it'll be completed by the end of the month.

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Cell Phone Frequency Exposure

As smartphone use continues to increase in the U.S., especially among children, the California Dept. of Public Health has issued guidance for individuals and families who want to decrease their exposure to the radio frequency energy emitted from cell phones.

Although the scientific community has not reached a consensus on the risks of cell phone use, research suggests that high, long-term use may impact human health.

Cell phones emit radio frequency energy when they send and receive signals to and from cell towers, and some scientists and public health officials believe this energy may impact human health.

Cell phone use has increased dramatically in recent years. About 95 percent of Americans now own a cell phone, and 12 percent rely on their smartphones for everyday Internet access.

In addition, the average age when children get their first phone is now just 10 years old, and a majority of young people keep their phones on or near them most of the day and while they sleep.

"Children's brains develop through the teenage years and may be more affected by cell phone use," said State Public Health Officer Dr. Karen Smith. "Parents should consider reducing the time their children use cell phones and encourage them to turn the devices off at night."

The new Public Health guidelines include practical steps both adults and children could take to reduce exposure to radio frequency energy from cell phones:

- Keep the phone away from the body
- Reduce cell phone use when the signal is weak
- Reduce the use of cell phones to stream audio or video, or to download or upload large files
- Keep the phone away from the bed at night
- Remove headsets when not on a call
- Avoid products that claim to block radio frequency energy. These products may actually increase your exposure.

—California Dept. of Public Health



Reduce Risk of A Heart Attack

While death from heart attack is highest during the winter, you can protect heart health with diet, exercise and taking prescribed medication.

The Problem

Juggling all the extra pressures of a busy holidays can wreak havoc on your healthy eating and exercise habits, but it's one of the most dangerous times to lower your guard. Research shows deaths from heart attacks peak during January.

"Changes in diet and alcohol consumption; stress from family interactions, strained finances, travel and entertaining are all possible reasons for the increase in heart attacks during the holidays," says Dr. John Osborne, a preventive cardiologist for State of the Heart Cardiology.

A Solution

If you've had a heart attack, it's especially important to maintain a healthy diet, stick to an exercise plan and take medicines as prescribed. About 20% of heart attack survivors over the age of 45 will have another heart attack within five years of their first.

"Making lifestyle changes can be difficult," adds Osborne. "Many of my patients use mobile apps that provide education and electronic reminders to help stay focused on how to protect their heart health and minimize risks."

One such app is My Cardiac Coach, a free and easy-to-use mobile app developed by the American Heart Association that empowers people to take control of their heart health using interactive tools to learn about their condition, track medications and closely monitor any changes.

One Man's Story

For example, Lex Roulston overhauled his diet and increased exercise after having a quintuple bypass surgery in 2001, since all five of his coronary arteries were blocked.

see HEART on back page

Determining Medicare Costs in 2018

By Greg Dill
SPECIAL TO THE FORUM

How much will your Medicare cost in the coming year? The numbers just came out, so let's go over them.

We'll start with the Medicare Part B premium. Part B covers doctor services, outpatient hospital services, certain home health services, durable medical equipment, and other items.

The standard monthly premium for people with Part B will be \$134 for 2018, the same amount as in 2017.

Under the law, people with Part B pay 25 percent of the costs of running the program, with the government picking up 75 percent.

A statutory "hold harmless" provision applies each year to about 70 percent of Part B enrollees. For these enrollees, any increase in Part B premiums must be lower than any cost-of-living increase in their Social Security benefits.

After several years of no or very small increases, Social Security benefits will increase by 2 percent in 2018 due to a cost-of-living adjustment. Therefore, some beneficiaries who were held harmless against Part B premium increases in prior years will see a higher premium in 2018.

Part B enrollees held harmless in 2016 and 2017 will see an increase in their Part B premiums



from the roughly \$109, on average, they paid in 2017. An estimated 42 percent of Part B enrollees are subject to the hold harmless provision in 2018 but will pay the full premium of \$134, because the increase in their Social Security benefit will be greater than or equal to an increase in their Part B premiums up to the full 2018 amount.

About 28 percent of Part B enrollees are subject to the hold harmless provision in 2018 but will pay less than the full \$134 premium. That's because the increase in their Social Security benefit isn't big enough to cover the full Part B premium increase.

The remaining 30 percent of Part B enrollees aren't subject to the hold harmless provision and

will pay the full \$134 per month in 2018. This group includes beneficiaries who

- don't receive Social Security benefits;
- enroll in Part B for the first time in 2018;
- are directly billed for their Part B premium;
- are eligible for both Medicare and Medicaid and have their premiums paid by state Medicaid agencies;
- pay higher premiums because their incomes are higher.

For a chart showing premiums at higher income levels, visit: www.seeMEDICAREonpage10

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CV 'Swatting' Hoax Being Investigated

The Alameda County Sheriff's Office is investigating a dangerous hoax called "swatting" that occurred last week in Castro Valley.

Swatting is a deceptive tactic in which an anonymous call is placed to a police agency reporting an extremely violent crime in progress at an unknowing person's home or business.

The hoax calls includes descriptive details of an active shooting, or a hostage-taking and a demand for ransom. The callers come across as real in order to get an emergency tactical response.

Last Thursday, Jan. 4, about 8:45 p.m., the Alameda County Sheriff's Office's dispatch operator received such an anonymous 911 call.

The caller stated a suspect had three hostages and was in possession of an assault rifle at a home on Grove Way in Castro Valley. The

subject demanded that Paramedics deliver \$15,000 to the address or the hostages would be killed.

Based on the suspicious nature of the call, deputies believed it was likely a swatting call and were able to determine the scene was safe without high risk tactics.

Similar demands and threats occurred last year directed at the same address. A former resident was targeted after a dispute with others while playing video games. The prank has been associated with on-line gaming as a way to get back at a rival. Officials say it is an illegal and extremely dangerous practice.

No one was injured or inconvenienced in last week's incident. An investigation is ongoing but it will be difficult to track down the caller. Sheriff's officials urged parents to have a conversation with children about online gaming safety.

Quake Rattles the East Bay

A sharp 4.4-magnitude earthquake shook most East Bay residents awake Thursday morning.

Occurring on the Hayward Fault near Berkeley, it struck at 2:39 a.m. and was felt in the North Bay and as far away as Monterey to the south and Sacramento to the east. The U.S. Geological Survey

said some 9.8 million Californians probably felt the tremor.

The quake was centered near the Claremont Hotel in the Berkeley Hills at a depth of about 8 miles, according to the U.S.G.S., which has estimated the possibility that a 6.7 or harder earthquake will hit the Bay Area in the next 30 years.



EBRPD PHOTO

East Bay Regional Park District Naturalist Morgan Dill leading a hike in Temescal Regional Recreation Area. Dill joined the district in 2014 as a Naturalist Aid and is now a Naturalist at the Crab Cove Visitor Center in Alameda.

Youth Job Fairs This Month

The East Bay Regional Park District – the largest employer of youth in the area – will hold its 4th annual Youth Job Fairs later this month in Livermore and Richmond.

The fairs will provide participants, ages 15-24, with general information about positions available, as well as in-depth workshops showcasing "a day in the life" of certain Park District positions.

Youth who attend find out what jobs are available, what they are

like, and what skills are needed to be successful. And they will gain valuable skills for applying for jobs with the Park District and beyond.

The Park District hires over 400 area youth each year to work in local parks and visitor centers. Many positions are for such temporary seasonal work as recreation aids, interpretive aids, gate attendants, field interns, student laborers and lifeguards.

Last year, less than a week after the job fairs, over 42% of fair at-

tendees had already applied for a job with the District.

The Livermore Youth Job Fair is on Saturday, Jan. 20, at the Livermore Community Center, 4444 East Avenue. The Richmond Fair is on Saturday, Jan. 27, at the Richmond Memorial Auditorium, 403 Civic Center Plaza.

Both events will be held from 10 a.m.-noon and include lunch and a free shuttle to and from BART.

For more information, visit ebparks.org, email jobs@ebparks.org, or call 510-544-2154.

Reports: Shooting Up Drugs in Bathroom

continued from page 3

mares Road near Ewing Terrace prompting a suspicious person report. Deputies positively identified the man, handcuffed him, and took him into custody.

Public Intoxication

Sunday, December 31: at 2:19 p.m., a 37-year-old man with no permanent address was arrested on suspicion of public intoxication. Deputies received a report

of a man hanging out in a park on Norbridge Avenue near the CV Library. Further investigation found the man under the influence. The man was taken into custody with a note from deputies that the suspect would be likely to continue drinking too much in the future.

Shooting Up in the Bathroom

Sunday, December 31: at 8:52 p.m., deputies arrested a 42-year-old woman from CV on suspicion of possession of illegal narcotics, a pipe to smoke methamphetamine drugs, and an illegal switchblade. The woman was locked in a bathroom at a fast food restaurant on Strobbridge Avenue near the Boulevard prompting a call from the manager on duty. Deputies walked into the woman shooting up drugs in her arm with one syringe, four more syringes in the nearby trash and one syringe in her purse. The woman was taken into custody.

CROSSWORD PUZZLE ANSWERS

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Ages = Players' ages on December 31, 2017
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Register online at www.castrovalleysoftball.com

Medicare: Handbook

continued from page 9

[cms.gov/Newsroom/MediaReleaseDatabase/Fact-sheets/2017-Fact-Sheet-items/2017-11-17.html](https://www.cms.gov/Newsroom/MediaReleaseDatabase/Fact-sheets/2017-Fact-Sheet-items/2017-11-17.html)

The annual deductible for Part B will be \$183 in 2018, the same amount as in 2017.

Now let's take a look at Medicare Part A, which covers inpatient hospital care, skilled nursing services, and some home health services.

About 99% of Medicare beneficiaries don't pay any Part A premium since they've worked for at least 40 quarters in Medicare-covered jobs.

The Part A deductible that beneficiaries pay when admitted to the hospital in 2018 will be \$1,340 per benefit period, a rise of \$24 from 2017. The Part A deductible covers beneficiaries' share of costs for the first 60 days of Medicare-covered inpatient hospital care in a benefit period.

Beneficiaries must pay a coinsurance amount of \$335 per day for the 61st through 90th day of a hospitalization (versus \$329 in 2017) in a benefit period, and \$670 per day for lifetime reserve days (\$658 in 2017).

For beneficiaries in skilled nursing facilities, the daily coinsurance for days 21 through 100 of extended care services in a benefit period will be \$167.50 in 2018 (\$164.50 in 2017).

You can find an explanation of benefit periods (and lots of other valuable information) in the "Medicare & You" handbook, by visiting: www.medicare.gov/medicare-and-you/medicare-and-you.html

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



HARD Board's New President

Carol A. Pereira was elected as the new president of the Hayward Area Recreation District's board last month. She has served on the board for 36 years. HARD directors also elected Rick Hatcher as vice-president and Paul Hodges, Jr. as secretary.



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www.castrovalleyforum.com

REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Buyer Love Letters Win the Day

Before fax machines and email, buyers and sellers would meet in person

With the current hot market, buyers are struggling to find a competitive edge to get their offer accepted.

We recently wrote an offer for a family that had a fixed budget and were unable to write a non-contingent offer. Imagine our delight when our offer was accepted in a multiple offer situation. As I thanked the listing agent, she said;

"It was your buyer's letter to the sellers that won the day."

It's not the first time I've seen this. One of our sellers recently accepted a buyer's offer based on the accompanying letter. They were concerned that those buying their home would fit the neighborhood.

With this in mind, they looked at all the offers (6 in total) and chose the buyer they thought would fit best — ironically, it was not the highest offer nor did it have the best terms.

Bottom line, the letters provided by buyers can make a huge difference in the way a seller accepts the winning offer.

Buyer letters are not without some controversy. Some list-

ing agents believe that the only items germane to an offer are the price and terms.

Understanding that a buyer may attempt to sway a seller with their letter, I've known listing agents who actually exclude any cover letters when submitting the offers to the sellers. Personally, I believe the letter is a fundamental part of the offer and needs to be included along with everything else, regardless of any effect it may have on a seller.

Historically, agents and sometimes the buyers had an opportunity to meet in person with the listing agent and the sellers to present their offer. This practice provided direct communication and allowed the buyer to have a voice in the process.

With the advent of faxes, agents started faxing offers to listing agents. The standard

practice today is to email offers, thus eliminating any personal contact. In the absence of contact, buyers have turned to letters to communicate their feelings to the sellers.

We encourage letters. Sellers need to know how buyers feel about their home, and I welcome the chance for sellers to know as much as possible about the individuals hoping to buy their home.

I've visited a home after entering escrow and seen my buyer's letter taped to the refrigerator. It's a great point of connection and, in this crazy market, a chance for a buyer to win the day.

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.

RECENT HOME SALES

Castro Valley

19959 Alana Road	94546	\$832,000	3 BD - 2,438 SF - 1948
19639 Barclay Road	94546	\$810,000	5 BD - 1,902 SF - 1963
4235 Beverly Place	94546	\$850,000	3 BD - 1,890 SF - 1985
18360 Carmel Drive	94546	\$680,000	3 BD - 1,512 SF - 1962
18803 Crest Avenue	94546	\$605,000	2 BD - 1,004 SF - 1949
4328 Gem Avenue	94546	\$455,000	3 BD - 1,012 SF - 1949
3257 Kerr Street	94546	\$875,000	4 BD - 1,754 SF - 1956
3603 Pine Street	94546	\$620,000	2 BD - 1,014 SF - 1948
21196 San Miguel Ave	94546	\$715,000	3 BD - 1,277 SF - 1948
20722 Crow Creek Road	94552	\$910,000	3 BD - 2,346 SF - 1996
22769 Lakemont Place	94552	\$1,010,000	4 BD - 2,352 SF - 1998
20395 Summercrest Dr	94552	\$720,000	3 BD - 1,443 SF - 1998

TOTAL SALES:	12		
LOWEST AMOUNT:	\$455,000	MEDIAN AMOUNT:	\$765,000
HIGHEST AMOUNT:	\$1,010,000	AVERAGE AMOUNT:	\$756,833

San Lorenzo

922 Delano Street	94580	\$700,000	2 BD - 1,680 SF - 1956
692 Empire Street	94580	\$540,000	3 BD - 1,059 SF - 1951
16023 Via Paro	94580	\$575,000	3 BD - 1,000 SF - 1944
18456 Via Toledo	94580	\$687,000	3 BD - 1,495 SF - 1955

Mortgage Rates Drop Down

Average mortgage rates started the New Year by dropping, according to Freddie Mac's nationwide survey.

The 30-year fixed-rate mortgage averaged 3.95 percent, down from the last week of 2017 when it averaged 3.99 percent. A year ago at this time, the 30-year mortgage rate averaged 4.20 percent.

Fifteen-year mortgages averaged 3.38 percent, down from 3.44 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.45 percent last week, down from the previous week when it averaged 3.47 percent. A year ago at this time, the 5-year ARM averaged 3.33 percent.



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OPEN HOMES

SATURDAY & SUNDAY
JANUARY 13TH & 14TH



CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
A	1-4	1-4	227 Castro St.	\$399,000	2/2	Berkshire/Hathaway	Cathy Brent Team	381-1065

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

CITY GUIDE

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



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Castro Valley
Offered at \$879,000



Visit a virtual tour at www.19052CenterSt.com

Beautifully remodeled throughout, this 2,348 sq. ft., 4 bedroom, 3 bath home features all new interior and exterior paint, dual pane windows, gleaming hardwood floors, new tile flooring and updated bathrooms. Additional features include formal living and dining rooms, fireplace and an updated eat-in kitchen. 2 bedrooms and 2 bathrooms are on the main level with an office and stairs that lead to the upper family room, bedroom and full bath that could be used as a master suite or in-law quarters. The split level rear yard offers 2 patios and a large gazebo.



Cathy Brent Team

510-381-1065

Cathy@CathyBrent.com
CalBRE #01088138

www.cathybrent.com



Kathi Townsend: 510-333-9404 / kathi.townsend@BHSDrysdale.com / CalBRE #01409032
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New ads, cancellations or ad changes:
MONDAY BY 5:00 P.M.
Call 510-614-1558 (Mon. - Fri., 9 a.m. - 5 p.m.)
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(3 weeks)

GARAGE SALES
\$30 10 words
(1 week)

HELP WANTED
\$35 10 words
(1 week)

MISC. FOR SALE
\$30 10 words
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RENTALS
\$35 10 words
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GIVEAWAYS

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San Leandro Times/Castro Valley Forum

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Castro Valley AC Transit Director Could Face \$60,000 State Fine

Mark Williams, 31, of Castro Valley – a member of the AC Transit District Board of Directors since 2010 – could be fined up to \$60,000 for failure to file required semi-annual campaign statements with the state's Fair Political Practices Commission over a five-year period.

Williams represents AC Transit's Ward 4 which includes Castro Valley, Ashland, San Lorenzo and parts of San Leandro and Hayward. He was reelected in 2014.

The Commission is expected to decide on the fine at its meeting next week.

Tables Available for Community Center's Big Spring Flea Market

The Hayward Area Recreation and Park District's Kenneth C. Aitken Senior & Community Center has table space available for its big indoor Spring Flea Market that will be held from 8 a.m. to 1 p.m. on Saturday, March 3.

Table rentals are \$28 each for HARD residents and \$38 each for non-residents.

Registration will be accepted in

person at the Senior Center, 17800 Redwood Road in Castro Valley, starting this Friday, January 12, at 8:30 a.m.

Register early, as the tables will sell out fast!

Deposits are non-refundable and there is a limit of two tables per person.

For more information, please call 510-881-6738.

Sheriff's Arrests of DUI Drivers Surge in Last 2 Weeks of 2017

The Alameda County Sheriff's Office reported 174 DUI (Driving Under the Influence) arrests in the county during the increased enforcement period from Dec. 15 to Jan. 1.

Deputies made 46 other arrests during the period, recovered three guns and engaged in three vehicle pursuits.

The California Highway Patrol said DUI arrests were up 22 percent statewide over the three-day New Year's holiday with officers arresting 936 people who were allegedly under the influence of

alcohol, drugs, or both.

The CHP said there were 23 fatalities on California highways over the New Year's weekend.

Sixteen people died over the Christmas holidays in California including CHP officer Andrew Camilleri who was killed when a speeding driver crashed into his patrol vehicle on the Nimitz Freeway in Hayward on Christmas Eve. A second CHP officer was injured in the crash. The speeding driver has been charged with second-degree murder and driving under the influence.

Storms Bolster CV's Rain Totals

The wettest storm of the season that moved into the Bay Area early Monday brought with it the usual flooding and a barrage of freeway accidents. And it also boosted Castro Valley's meager rainfall statis-

tics dramatically.

Some parts of town got as much as 3-1/2 inches of rain. The average of four rain gauges in various parts of town totaled 3.15 inches, still 3 inches below season average.

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): Shutting people out to avoid distractions, even under a deadline, can cause hurt feelings. Instead, return calls and emails, and explain why you need a zone of privacy for now.



TAURUS (April 20 - May 20): Although your keen Bull's eyes usually can discern what's fact from what's faux, that upcoming decision will need really solid data before you can risk a commitment.



GEMINI (May 21 - June 20): As your confidence grows, you should be able to work toward your goals with more enthusiasm. Open your mind to suggestions. Some of them might even work for you.



CANCER (June 21 - July 22): Reconnecting with someone from your past stirs up that old sense of adventure. But before you do anything else, be sure to get answers to those still-lingering questions.



LEO (July 23 - August 22): Some people might resent the way you plan to resolve a difficult situation. But your commitment to making tough but fair decisions soon wins you their respect and support.



VIRGO (August 23 - Sept. 22): Mixed signals could be causing that vexing workplace problem. Before you choose to leave the project, ask for a meeting so you can get things out in the open.



LIBRA (Sept. 23 - October 22): Your good intentions could backfire if you're not careful with other people's feelings. Try using persuasion, not pressure, to get others to see your side of the situation.



SCORPIO (October 23 - November 21): Your dedication to finishing the task at hand is laudable. But be careful not to overdo the midnight oil bit. Take time for relaxation with someone very special.



SAGITTARIUS (Nov. 22 - Dec. 21): Although your intuition will help you make some tough choices in the first half of the month, you'll need more facts to back up your actions later on.



CAPRICORN (Dec. 22 - Jan. 19): All that hard work and research in the workplace finally pays off as you hoped it would. Ignore comments from jealous types who are out to get the Goat riled up.



AQUARIUS (Jan. 20 - Feb. 18): An unfair decision creates unnecessary problems. But avoid anger and move carefully as you work this out. Expect to get support from an unlikely source.



PISCES (Feb. 19 - March 20): A fuzzy financial vista persists until midmonth, when things begin to clear up. You'll also gain a better perspective on how to handle those pesky personal problems.

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

Vera Jean Santos Klimaszewski

On Monday, December 18, 2017, Vera Jean Santos Klimaszewski, passed away at the age of 86 years. Vera will be forever loved and remembered by her children Ricky Santos and Cathy Barnes, along with her grandchildren Janel and Kristi Barnes. She will also be loved and remembered by her wonderful nieces, nephews and dear friends.

A mass will be held on Friday, January 12, 2018 at 10:30 a.m. at St. Clement's Church, 750 Calhoun St. in Hayward, CA. There will be a reception celebrating her life immediately following the mass at St. Clement's hall. Memorial donations may be made to the American Cancer Society.

Arlene Marie Larsen

July 11, 1935 ~ December 23, 2017

Arlene Marie Larsen, 82, passed away on Saturday afternoon, December 23, 2017 at her Castro Valley home with her nephew Eric Bruning and sister Georgia Menghini by her side. She was born in New York, New York on July 11th, 1935 of Italian and Hungarian heritage, and moved to California at age 18. She had a brilliant mind with a sense of fashion and architecture. She loved to play in the dirt and be outside. Her holiday outfits made everyone smile.

After raising her children she worked as a property manager at the Oakland City Center. She had many health issues that she fought along the way. She was fierce, strong-willed, and a warrior.

We would like to thank the Castro Valley First Baptist Church, the parishioners, neighbors, friends, and her caregiver Margie Lee for their love and care.

She is survived by her sister, nephew, her children Peggy McCormick, David Tehero, Vicky Lawton (Wayne), and her grandchildren Joy Tehero, David Tehero Jr., Chris Lawton, and Nic Lawton.

A memorial service will be held at a later date at Castro Valley First Baptist Church.



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Kelly Ann Clark

Our very fine girl, passed away at Stanford Valley Care Hospital on December 29, 2017. She was a loyal employee at Farmer's Insurance Company for many years. She was much beloved by her co-worker's and friend's.

Kelly is survived by her parents Bob and Judy Clark of Castro Valley. Also her very best friends Vanessa and Tony who stood by her to the end. A Memorial service will be held on Saturday, January 13 at 2 p.m. at Jess C. Spencer Mortuary, 21228 Redwood Road in Castro Valley.

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ACROSS

- 1 Gymnast's surface
- 4 Expert
- 7 Pops
- 12 Brewery output
- 13 Sleep phenom
- 14 Unmoving
- 15 Rotating part
- 16 Reason to call 911
- 18 Pump up the volume
- 19 Heathen
- 20 Lumber
- 22 Run-down horse
- 23 Blue hue
- 27 Toss in
- 29 Political refugee
- 31 Groan-inducing, maybe
- 34 Take as one's own
- 35 Overacted
- 37 Lingerie item
- 38 Church section
- 39 ___ Khan
- 41 Traditional tales
- 45 Pilfered
- 47 Chum
- 48 Too thin
- 52 Storm center
- 53 Automaton
- 54 A Kennedy
- 55 Sinbad's bird
- 56 Lessen
- 57 One or more
- 58 Pismire

DOWN

- 1 Colorful parrot
- 2 Texas mission
- 3 Beat
- 4 Get ready, briefly
- 5 Order back
- 6 Last letter
- 7 Autograph
- 8 "A Chorus Line" song
- 9 Lair
- 10 Joan of ___
- 11 Pigs' digs
- 17 Anger
- 21 "Inferno" writer
- 23 Type of wave
- 24 Swelled head
- 25 Dada artist
- 26 Say it's OK
- 28 Easter buy
- 30 Scratch
- 31 Shell game item
- 32 Diamond arbiter
- 33 Phone bk. info
- 36 Facts
- 37 Whalebone
- 40 Must, jocularly
- 42 Met performance
- 43 Silk alternative
- 44 Vote for
- 45 Locale
- 46 Vortex
- 48 Mound stat
- 49 Unruly bunch
- 50 Lawyers' org.
- 51 Barracks bed

ANSWERS ON PAGE 10

Reads: Best-Selling Memoir

continued from front page
age story of an American geo-biologist.

Jahren has spent her life studying plants, seeds and soil to learn about our environment both past and present. A fierce advocate for funding scientific research, she wants all of us to be good stewards of the green things on this earth.

This book is also about her life, the ups and downs she's experienced on her journey to becoming an award-winning scientist, and her quirky friendship with her lab partner Bill.

Jahren is the winner of many prestigious awards, including three Fulbright Awards, and is the only woman to have won both Young Investigator Medals given within the earth sciences.

After she finished graduate school at UC Berkeley, she built four labs from scratch including the one she now leads in Norway.

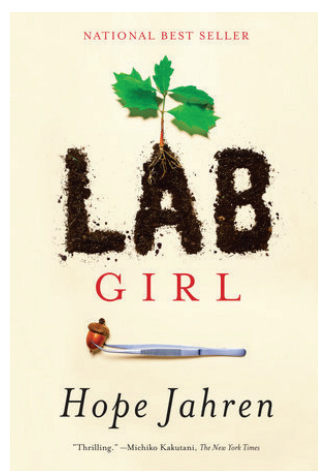
Her book was called one of the best books of 2016 by The Washington Post, The New York Times, NPR, Slate, Time, and Entertainment Weekly. She is a great writer who is serious about her work, open about her life, all while employing a wicked sense of humor.

The Kick Off on Jan. 21 you'll hear dramatic readings from Castro Valley High School students, sign up for a book discussion, get a free copy of the book, and learn how you can get a special invitation to meet Hope Jahren.

The celebration continues throughout February and March with many special Castro Valley



Acclaimed Scientist and author Hope Jahren's best-selling memoir, Lab Girl, below.



Reads programs.

If you can't make the Kick Off, come to the Library after Jan. 21 to sign up for a discussion. Free copies of Lab Girl are available while supplies last.

Castro Valley Reads is generously funded by the Friends of the Castro Valley Library.

County Offers Marketing Workshop Next Tuesday

The Alameda County Small Business Administration will host a free Data Driven Marketing Workshop next Tuesday evening in Hayward.

It will be conducted by David Mitroff, Ph.D. who has educated more than 15,000 business owners through his consulting, lectures and training services, and keynote speeches in the Bay Area and beyond.

The workshop is designed to help participants promote their business or brand name with proven creative marketing strategies and minimal investment.

The session will cover 15 essential marketing metrics such as Brand Awareness, Test Drive, Customer Lifetime Value, and

Click Rate that will lead to better decisions, drive revenues and create new markets.

Attendees will acquire an understanding of the process of planning a strategy in the global business environment while using key social marketing concepts to evaluate situations and make decisions.

The class will also explain how to use data-driven marketing to deliver return on marketing investment (ROI) in any organization and will include tactical examples of how to apply the principles in small and large organizations.

The workshop will be held from 6:30 to 8:30 p.m. on Jan. 16 in Conference Rom 2A at Hayward City Hall, 777 B Street.

Free Class Begins Tonight On Starting Food Business

Thinking of launching a food product or opening a restaurant? Here's your chance to learn the critical aspects of how to start and succeed in the specialty food business.

Alameda County's Small Business Administration and Community Development Agency are offering a free 10-part seminar series on "Running Your Own Food Business" beginning this evening for those interested in launching

and growing food businesses in the county.

Classes will run Wednesdays and Thursdays, from 6:30 to 8:30 p.m. Jan. 10 to Feb. 8 at the Ruggeri Senior Center, 33997 Alvarado-Niles Road in Union City.

There is no cost to attend, but space is limited. Participants who attend eight of the ten sessions will receive a Certificate of Completion. For more information, visit: www.acsbdc.org.

Parenting Teen Girls: 4-Session Book Talk Starts Next Tuesday

By Linette Escobar
SPECIAL TO THE FORUM

It's never been easy to be a teenager, but girls today face pressures that their parents did not face.

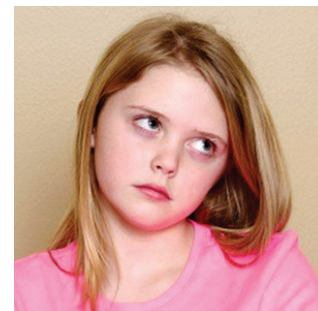
For example, a recent study by Northwestern University showed that of 462 girls aged 12-18, two thirds had been asked by boys to send a nude photo with a majority of those saying they were harassed or threatened to do it.

Parents can help their daughters navigate this new landscape and become resilient by understanding stages of adolescent development.

Castro Valley Adult & Career Education is offering a 4-session book talk that will give parents some tools to address these issues. A guest licensed Marriage and Family counselor will be there for all class meetings to provide his professional perspective and to answer parent's questions.

The group will read Lisa Damour's New York Times best-seller, *Untangled, Guiding Teenage Girls Through the Seven Transitions into Adulthood*.

Damour defines a predictable pattern to teenage development so parents can understand what is happening and not take things personally as they try to support their daughter.



The author provides realistic situations like a daughter who rolls her eyes at her parents or who tells them a friend is cutting herself. The goal is to help parents connect and grow with their daughters.

Parents will have the opportunity to participate in group conversations, facilitated conversations, and learn helpful strategies from Stephen Altbaum, LMFT. The cost is only \$20 which includes a copy of the book.

"We're delighted to offer this support to parents in our community. As they say, 'it takes a village,'" said Susie Passeggi, Director of Castro Valley Adult & Career Education.

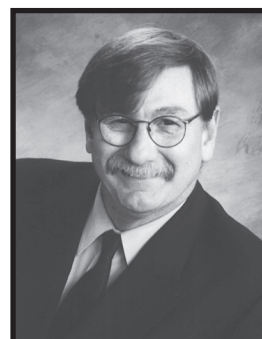
Go to www.cvadult.org to sign up. You can also call the office at 510-886-1000.

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

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Heart: App For Health

continued from page 9

Roulston said he "never thought about what he ate or worried about his health," and that his bypass surgery "was a big wake-up call" to take his health seriously and protect his heart health.

Roulston, now 84, relied on in-person resources through a cardiac care program following his bypass surgery, but said mobile tools such as My Cardiac Coach can provide the support, as well as access to medical information, that proved so crucial as he made significant lifestyle changes.

"It's just another tool to help you make a lifestyle change," said Roulston, who, with his wife, funded the Lex and Eileen Roulston Lifestyle Change Initiative in Florida. "Having the tools to support you makes it a lot easier to make changes, especially as you face challenges."

Learn More

For further facts about My Cardiac Coach and to download the app for mobile devices, go to www.heart.org/MyCardiacCoach.

—North American Precis Synd., Inc.

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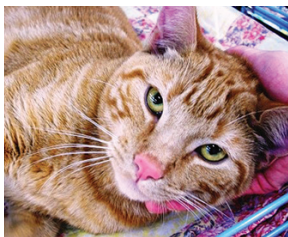
BUTTERSCOTCH is a gentle and easygoing Dutch bunny. He enjoys following you around the house and doesn't mind having his fur brushed. Info: Hayward Animal Shelter: (510) 293-7200.



GISELLE is an adorable Calico loves to be held and given attention. She's easygoing and would be a wonderful addition to a loving family. Info: Hayward Animal Shelter: (510) 293-7200.



JAY is 8-years-old and weighs 11 lbs. He has a wavy fur coat and a tail that almost looks braided. He is likely a creative mix of several breeds. More info., visit: dustypawsrescue.org.



MILO is a happy boy who loves cuddles and purring. He is about 7-months-old. Milo is neutered and vaccinated and ready to go home with you. More info., visit: dustypawsrescue.org.

Sports: Klews Inducted into Hall of Fame

continued from page 2

made his impact as a starter in 1997 and 1998 when Akili Smith was the Ducks' quarterback.

Klews rotated through all the offensive line positions, except center. One time, against Nevada his junior season, he played both guard spots and both tackle spots in the same game, changing positions to fill in for injured teammates.

"I think my biggest attribute was my versatility," he said. He actually had to write "odd/even" on his shoes with athletic tape so he could remember which way to block on a given play.

Klews started in the Ducks' 41-13 win over Air Force in the 1997 Las Vegas Bowl and in their 51-43 loss to Colorado in the 1998 Aloha Bowl. His play on the offensive line helped enable Akili Smith to pass for a school record 3,763



Michael Klews in action

yards and receive Pac-10 Offensive Player of the Year honors in 1998.

After that Aloha Bowl, Klews, a history major, hung up his cleats

for good. He said he had an opportunity to play professionally, but decided against it, citing the numerous injuries he had received during his high school and college careers.

"I knew I wasn't going to make millions of dollars," Klews said. "There's not that much money unless you're a star. I had to decide whether to start a career or did I want to become a cripple."

After a few years as a security officer, Klews reached his goal of becoming a police officer. He joined the Eugene Police Department, following in the footsteps of his father, who was a police officer in Hamburg, Germany, for more than 30 years.

Klews and his wife, Janel, have three teenage children (two boys and a girl). His sister, Barbara Anderson, teaches German at Castro Valley High.

OPEN HOUSE: Public Opinion Sought on County's Bicycle, Pedestrian Master Plan

The Alameda County Public Works Agency is currently updating its Bicycle and Pedestrian Master Plan for Castro Valley and other areas of the county.

The Plan will develop strategies to improve bicycle and pedestrian safety; increase access to work, school, shopping, recreation, and

transit; and facilitate more walking and biking in the Alameda County Unincorporated Areas.

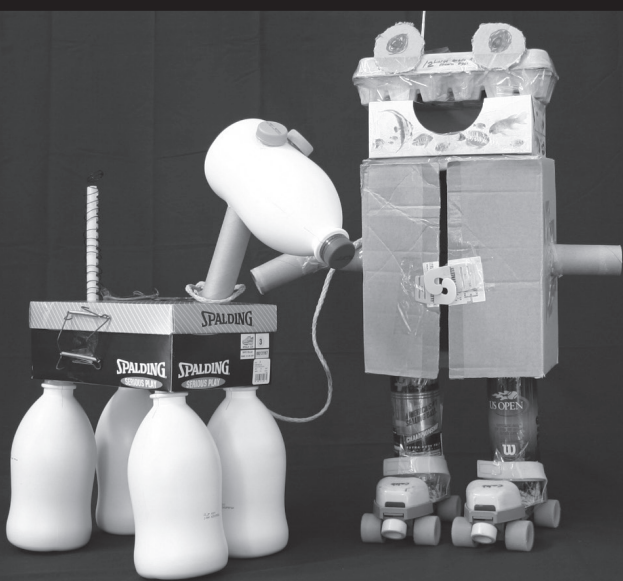
The public is invited to attend a Community Open House at 7 p.m. next Wednesday, Jan. 17, at the Castro Valley Library to provide feedback on the draft bicycle network, pedestrian improvements,

and project priority criteria.

Two other identical sessions will be held, on Tuesday, Jan. 16 at the San Lorenzo Public Library, and on Thursday, Jan. 18 at the Livermore Public Library.

Contact Paul Keener, Senior Transportation Planner, at (510) 670-6452 or visit www.acpwa.org

RECYCLED ART & TOYS STEAM EVENT



CREATE ART FROM LEFTOVER ITEMS

On **Thursday, February 8th** from 3:30 to 5:00 p.m. at the Castro Valley Library at 3600 Norbridge Avenue, bring your children to experience hands-on Science, Technology, Engineering, Arts, and Math (STEAM) learning. At the event, participants will be guided to upcycle leftover materials and make fun toys and art with them!

This event is part of CVSan's Zero Waste Week 2018. For more information, please visit www.cvsan.org/ZeroWaste.

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