

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, FEBRUARY 14, 2018

NO. 7

INSIDE YOUR FORUM

OUR TOWN



Wake the Dead

A Celtic celebration of the Grateful Dead, coming to CV Center for the Arts

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H&F



Health & Wealth

If needed, would you be financially able to handle a family health crisis?

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NEWS



Retired Flags

A new drop box for retired flags has been installed in Castro Valley

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PHONE: (510) 537-1792



PHOTO BY CATHY BRESLOW OF BRESLOW IMAGING

Eden Award 2018 Honorees

Some 180 guests were on hand Saturday evening for the Castro Valley/Eden Area Chamber of Commerce gala Eden Awards for 2018 held at Redwood Canyon Golf Course. From left, Alameda County Sheriff's Deputy Jacob Swalwell who received the "First Responder of the Year" award; Dr. Heidi Hausauer, who was named "Volunteer of the Year"; Maria Leyson who received the Castro Valley School District's "Teacher of the Year" honors; and, representing the Hayward Area Recreation and Park District, Board President Carol Pereira and General Manager Paul McCreary accepted the "Business Organization of the Year" award. Not pictured was Dawn Wilson, the San Lorenzo School District "Teacher of the Year," who was unable to attend. One of the evening's highlights was Congressman Eric Swalwell who flew in for the event to pay tribute to younger brother Jacob and all first responders who put their lives on the line every day. Castro Valley Rotary President Jim Negri was master of ceremonies for the evening.

Shimizu Named To Hall of Fame

By Amy Sylvestri
CASTRO VALLEY FORUM

Winda Shimizu of Castro Valley has been named one of 13 leaders to be inducted into the 2018 Alameda County Women's Hall of Fame.

This year marks the 25th anniversary of the creation of the Hall of Fame, which recognizes the contributions that women make in the community.

Inductees are selected in a variety of areas, including education, law and justice, philanthropy, athletics, and technology.

Shimizu will be inducted for her contributions to culture and art. In addition to creating her own photographic art, Shimizu has expanded arts programming in Castro Valley schools and created scholarship programs to promote local artists.

Shimizu is the executive director of the Hayward Arts Council and is also on the Board of Directors of the Castro Valley Education Foundation. She is the chair of a creative writing workshop for middle and high school students at the Castro Valley Library and she has promoted poetry shows for students in the Castro Valley School District.

Shimizu's photography has been exhibited at the Adobe Art Gallery, the Foothill Gallery, and Hayward City Hall.

Shimizu and her fellow honorees will be inducted into the Alameda County Women's Hall of Fame at a luncheon and awards ceremony on March 24, at 12:30 p.m. at the Greek Orthodox Cathedral, 4700 Lincoln Avenue, Oakland. Tickets to the event are available at www.acgov.org/whof/.



Winda Shimizu



CVSAN PHOTOS

The volunteer crew of tree fruit gleaners for Zero Waste Week picked lower fruit by hand while others used CVSsan's telescoping fruit pickers during last week's harvest. More than 800 pounds of fresh citrus fruits were picked by volunteers from the yards of nin Castro Valley homeowners.

CVSan's First Fruit Gleaning Harvests 823 Pounds of Citrus

Last Tuesday, as a part of Zero Waste Week 2018, CVSsan organized a community tree fruit gleaning and harvesting of local citrus trees bursting with extra fruit.

Thirteen volunteers of all ages

worked hard last Tuesday afternoon to save fruit that would otherwise have become waste.

Thanks to nine Castro Valley homeowners who opened their yards to the volunteers, a total of

823 pounds of juicy and sweet oranges, grapefruits, and lemons were saved during the two-hour harvest and delivered to the Castro Valley Food Pantry at Faith Lutheran Church.

There is more citrus still out there for saving and donating. If other members of the community would like to organize their own fruit gleaning, they should contact CVSsan at contact@cvsan.org for

information.

For more information on CVSsan's Zero Waste Week or Green Hearts Volunteer Program, visit www.cvsan.org/ZeroWaste or www.cvsan.org/GreenHearts.

Castro Valley Weather Feb. 14 - 18, 2018



Wednesday
Partly Sunny
High 59° Low 43°



Thursday
Sunny
High 63° Low 40°



Friday
Sunny
High 66° Low 43°



Saturday
Sunny
High 66° Low 46°



Sunday
Partly Sunny
High 66° Low 46°

Almanac



Past Week's Rain: 00.00
Season To Date: 07.61
Normal To Date: 14.14
Season Average: 21.22

Moon Phases



Feb. 15



Feb. 23



Mar. 1



Mar. 7

Sun sets at 5:48 p.m. today, rises at 6:57 a.m. Thursday.

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SPORTS HALL OF FAME

Peter Brewer Creates Legacy in Track, Cross Country at CVHS

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

By Dave Del Grande
SPECIAL TO THE FORUM



Peter Brewer

PETER BREWER'S LEGACY as a highly successful cross country and track and field coach at Castro Valley High lives on through annual invitational meets that he created and the school continues to host today.

Now there's another reason: Brewer's 26 years of hard work in helping the Trojans' powerhouse programs grow are being acknowledged with his induction into the Castro Valley Sports Hall of Fame in April.

All because he wanted to give up smoking.

"I was 29 years old and I was smoking a lot," the Redondo Beach native recalled. "I love the environment here. I thought if I coached cross country, it would help me quit smoking."

It worked, in more ways than one. Within two years, Brewer had both quit smoking and convinced himself this "perennial JV athlete," as he referred to himself, could be a varsity-level coach.

The rest is history because, Brewer insists, he was surrounded by historic coaches: from Norm Guest, whom Brewer credits with putting Castro Valley's cross country and track programs on the sports map; to John Brosnan and Oscar Sakamoto, legendary Castro Valley football and basketball coaches who, Brewer recalls, "gave me a lot of grief for being young and stupid;" to Tony Casillas, who Brewer says "was producing real good runners without basically any support."

So Brewer listened and, in 1983, offered to help out. "I hung around," as he put it.

And when Brosnan, the athletic director, made him the head track coach in 1985, "I got really involved with it," he said. "I really didn't know squat. I went to clinics. Read books. Then I got a

couple of athletes. That makes a big difference.

"We went to North Coast. The State Meet in 1987. It wasn't like I had a magic bullet or had a secret or anything. I just stole from real good coaches. Athletes came along and I kinda knew what to do with them."

Guest, who went from Castro Valley High to Cal State Hayward to help clear a path for Brewer, was a great role model.

"He instituted a lot of policy that made my job easier," Brewer claimed. "He kept strong records. He had an inventory procedure I followed ... A tip of the hat to Norm."

Brewer became the cross country head coach in the fall of 1985, and the rest is history.

Counting all levels (fresh-soph, junior varsity and varsity, boys and girls), his cross country teams won an amazing 101 Hayward Area Athletic League titles from 1985 to 2008. They won four North Coast Section championships. And he had four NCS individual champions, as well as State Meet qualifiers in 20 different seasons.

In track (where there was no JV level), those numbers were 43 HAAL team titles and one NCS championship. Brewer proudly notes he had at least one athlete qualify for the State Meet in all 16 events along the way.

People noticed. The NCS selected him as an Honor Coach and for a Distinguished Achievement Award. The CIF jumped onboard with a Distinguished Achievement gesture of its own.

"I had a lot of help," Brewer unselfishly claims. "The best assistant coaches in the business."

Brewer credits Castro Valley's growth, especially the development of Five Canyons, as propelling his rise.

"In 1982, there were 1,200 students (at Castro Valley High). Now there's 3,000," he noted. "That explosion doubled the classroom space. Added a second gym. Built the track ... With athletes, the demographics changed. (Castro Valley) was a ranch town. Now it wasn't just ranch kids anymore. Suddenly it was high-end professionals and their children."

Now 65, Brewer and his wife live in Walnut Creek, but two annual events on the Trojans' sports calendar still catch his eye: The Castro Valley cross country and track and field invitationals.

"Still ongoing," he proudly boasted of the popular events that began in 1993 and 1996, respectively.

"We established consistent excellence, which I took great pride in," he said of his impact on the programs. "We were able to track the kids. Put them in highly competitive areas. Condition them. Push them farther than they thought they could go. And I was fortunate to have some great athletes who came around."

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DINETTE SALE!

This 5-piece dining set makes a great fit for a smaller dining area. The transitional feel of this group comes from the richly hued faux marble table top and the minimalist design of the dark-brown bi-cast vinyl chairs. The table and chairs are constructed of metal in a black finish. Table measures 30"x48"x30". Also available with table top in a solid finish.

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Wake the Dead will perform at the CV Center for the Arts at 7:30 p.m. on Saturday, Feb. 24.

Wake the Dead – A Scotch/Irish Twist to Music of Grateful Dead

By Terry Liebowitz
SPECIAL TO THE FORUM

Next up in the Castro Valley Arts Foundation 2017-18 Series is Wake the Dead, Saturday, February 24, at 7:30 p.m. at the Castro Valley Center for the Arts.

Explaining the curious title, their tagline is: "A Celtic Celebration of the Grateful Dead."

Rock grooves, fiery reels, achingly beautiful melodies, they put an Irish/Scottish twist to the music of The Grateful Dead!

Wake the Dead was born in

2000 when Cindy Browne (double bass), Danny Caranahan (vocals, octave mandolin, guitar fiddle), Kevin Carr (fiddle, uilleann pipes, penny whistle), Sylvia Herold (vocals, guitar), Paul Kotapish (vocals, mandolin) and Brian Rice (hand percussion) got together to create a brand-new sound.

When Wake the Dead released their first album, Grateful Dead Records took one listen and immediately signed the band, selling 25,000 copies of the CD and booked Wake the Dead at the Fillmore.

Since then they regularly play at Freight and Salvage in Berkeley.

Whether you are new to the Grateful Dead's songs "Sugar Tree," "Bertha," "China Cat," "Bird Song," or you remember them with nostalgia, this will be a special evening.

Arts Foundation President Mary Ann De Grazia says, "Think Irish wake—a rollicking good time!" Go to www.cvartsfoundation.org for tickets.

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

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



One Too Many

Thursday, February 8: at 11:59 p.m., Sheriff's deputies arrested a 47-year-old woman with no permanent address was arrested on suspicion of public intoxication. The woman was found sitting in front of a business on Castro Valley Boulevard near Stanton Avenue. Deputies approached her for questioning and smelled alcohol on her breath. The woman failed her field sobriety test and was taken into custody.

Road after observing her driving erratically in the neighborhood. The woman's blood-alcohol content was three times the legal limit. Deputies took the woman to Santa Rita Jail pending \$2,500 in bail.

Passed Out in Car

Tuesday, February 6: at 1:10 a.m., a 57-year-old man from Salinas (Monterey County) was arrested

on suspicion of possession of illegal drug paraphernalia. Deputies were called to the intersection of 170th Avenue and Liberty Street after an anonymous tip about a man passed out in a car. The man was found with a pipe used for smoking drugs laying across his lap. Deputies woke the man up, handcuffed him and taken him into custody.

Illegal Burglar Tools

Wednesday, February 7: at 5:39 a.m., a 27-year-old man with no permanent address was taken into custody on suspicion of possession of methamphetamine drugs, possession of illegal drug paraphernalia, and possession of illegal tools. Deputies stopped the man for questioning in front of a home on Lux Avenue near Santa Maria Avenue. The man was handcuffed and taken into custody.

Wanted Woman

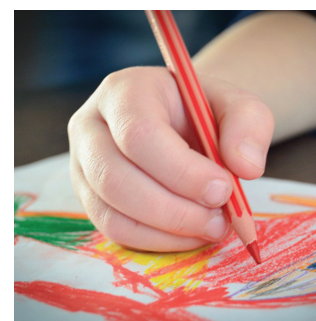
Monday, February 5: at 1:28 p.m., deputies arrested a 45-year-old woman from Castro Valley on suspicion of public intoxication. The woman was also wanted as part of a warrant issued for her capture. Deputies stopped the woman while she was walking on Castro Valley Boulevard near Redwood

Info Night Tomorrow For TK, Kindergarten

The Castro Valley School District will hold a parent information night from 6 to 7 p.m. tomorrow in the District Board Room, 4400 Alma Ave., for children entering Transitional Kindergarten.

Transitional Kindergarten, commonly referred to as TK, is a publicly funded program for 4-year-olds who turn 5 between Sept. 2 and Dec. 2, and is designed to be a bridge between preschool and kindergarten.

To allow younger siblings of current students to enroll in the same school, the district has arranged a priority sibling enrollment period for the upcoming year that will run from Feb. 22 to Feb. 28 for district residents.



Enrollment for new TK and Kindergarten students begins on Thursday, March 1.

To enroll a student for Kindergarten or TK for the 2018-19 school year, follow the instructions found on the Enrollment tab at www.cv.k12.ca.us.

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Advertising Feature

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IF YOU suffer from low back pain and/or sciatica, you are one of over 20 million adults in the US with this painful spinal condition... And it can really get you down.

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According to the team, "We use a combination of carefully selected diagnostic technology, not found elsewhere in Pleasanton for precisely diagnosing the

cause of your low back pain and sciatica.

The technology has been developed to measure the functional problem leading to the pain a person is suffering, it is more accurate than the usual tests you would get which are usually done lying down and are often meaningless. We also have a completely unique program for reconstructing the damaged area causing the pain; this means superior long-term results for most people."

The diagnostic accuracy of this technology and excellent results of this treatment have been validated in major medical journals. Success rates are 88% on average.

And because the treatment is non-surgical, safe and easy, most patients report relief beginning to take shape almost immediately.

Your personal invitation for a comprehensive consultation and examination to pinpoint the cause of your low back pain and sciatica...

The spine therapy team at Intero Chiropractic want to help readers find relief from their persistent back and sciatic pain.

All you have to do to receive a thorough diagnostic examination with the most advanced technology in the world and a comprehensive easy to understand report on your state of health is call (925) 255-5805.

Mention this article (CODE: TC43SCID) and Intero will happily reduce their usual consultation fee of \$100 to just \$20. But hurry – this is a time limited offer – and with only 100 reader consultations available at this

exclusively discounted rate.

My advice, don't suffer a moment longer... Find out if Non-Surgical Re-Constructive Spinal Care can help you, book a consultation with the Intero team now by calling (925) 255-5805, they are waiting to take your call today.

They actually treat the cause of your health problem, not just your symptoms.

That's why hundreds of grateful patients tell them "You gave me back my life!"

Over the years, they've treated hundreds of patients with back problems and sciatica. The vast majority of them have enjoyed superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

Call them now and get a full and thorough examination

to pinpoint the cause of your problem for just \$20, the normal cost of such an exam is \$100 so you will save \$80!

Don't suffer from the pain and immobility any longer and don't let it get any worse. Discover the natural treatment that can eliminate the cause of your problem and give you the safe, lasting relief you deserve.

1. First: Call Intero now on (925) 255-5805 for your appointment



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away.

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Call (925) 255-5805 NOW and leave a message if it's the weekend or the line is busy - they promise they will get back to you as soon as they can. So call now on (925) 255-5805 and quote this special discount code: TC43SCID

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The Week Ahead

● Thursday, February 15: Free Chamber Music Concert

The public is invited to a concert at 7 p.m. tomorrow, featuring Dan Nebel, Sam Bachelder and Brian Wilmer performing music of Brahms, Schumann, Cherubini, and Paquito d’Rivera on French horn, clarinet, and piano, at All Saints Episcopal Church, 911 Dowling Blvd., San Leandro. A free-will offering will be taken to support the music program at All Saints. Visit www.saintsalive.net

● Saturday, February 17: Eden Area Village Monthly Coffee

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

● Saturday, February 17: Educational Jazz Show

If you have a youngster who would like to learn about some of the basic elements of music, including jazz improvisation, come to the Castro Valley School of Music, 3300 East Castro Valley Blvd. this Saturday at 2 p.m. when the Dave Rocha jazz trio will present an educational jazz workshop. The trio features Rocha on trumpet, Sue Crosman on electric keyboard and Danny Gerz on upright bass. Admission is \$10 and seating is first come, first serve. For more info, call 510-397-0721.

CASTRO VALLEY FORUM

ESTABLISHED: 1989 • CIRCULATION 22,500

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Published every Wednesday by EastBay Publishing Corp.
2060 Washington Ave., San Leandro, CA 94577
Corporate Address: P.O. Box 2897, Alameda, CA 94501
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● Saturday, February 17: Meet a Scientist: Roland Nusse

Stanford University Professor Roland Nusse, who specializes in stem cell biology and regenerative medicine, will give a special presentation from 11 a.m. to noon on Feb. 17 at the Library as part of the Castro Valley Reads celebration of *Lab Girl* by Hope Jahren. No advance registration is required for this free event. Castro Valley Library will be holding two more “Meet a Scientist” events to encourage people of all ages to learn about science and careers in many scientific fields.

● Monday, February 19: Breakfast Lions’ “Tips for Change”

The Castro Valley Breakfast Lions will hold their third annual “Tips for Change” fundraiser at Gianni’s Italian Bistro restaurant at 2065 San Ramon Valley Blvd. in San Ramon on Feb. 19. The Lions provide the wait staff for the evening with all tips from patrons going to the club. For reservations call 925-820-6989 or go to opentable.com. Funds raised go to support numerous local community groups-FESCO, Salvation Army, Meals on Wheels, Ruby’s Place and many others. For additional information call Joe Farias at 510-581-2897.

● Tuesday, February 20: Songwriters & Poets Workshop

The Lab is a monthly gathering at Smalltown Space, 22222 Redwood Road, that allows musicians, poets, and other artists to workshop pieces they are working on, in front of other artists, as well as work on building a body of work through interactive assignments. February Assignment – Come prepared to share a piece specifically based off the word “Homegrown.” Visit www.smalltownsociety.com for more information.

● Tuesday, February 20: Social Media Marketing Seminar

This free Small Business seminar, from 6:30 to 8:30 p.m. on Feb. 20, will explore additional social media marketing alternatives that can help to give you an “edge” in this ever-evolving digital world, including recent changes to popular networks that can change your approach and usage. Conference Room2A, Hayward City Hall, 777 B Street. No charge, register at www.acsbdc.org/calendar

● Wednesday, February 21: “First Journey to the Red Planet”

The first human mission to Mars will be man’s greatest adventure in the 21st Century. The first planning steps are already underway. Dr. Pascal Lee will discuss the progress being made around the world for this first human voyage beyond the Moon during a free program at 7 p.m. on Feb. 21 at the Center for the Arts in Castro Valley. Register now at bit.ly/mars-now

● Wednesday, February 21: East Bay Rose Society Meeting

Master Gardener Judy Eitzen will discuss the Historic Rose Garden in the Sacramento City Cemetery, a fabulous collection of roses rescued from a variety of pioneer sites — cemeteries, ranches, backyards, and fields, at the next meeting at 7:30 p.m. Feb. 21, at the Lakeside Garden Center, 666 Bellevue, Oakland. Come enjoy snacks and meet people who talk roses. More info at www.eastbay.roses.org

● Wednesday, February 21: CV Women’s Club Meeting

The public is invited to hear Mary Louise Zernicke of the Alameda County Area Agency on Aging who will discuss “The Role of Food and Nutrition in Maintaining Brain Health” at the next meeting at 1 p.m. on Feb. 21 at 18330 Redwood Road. For more information, call 510-461-7692 or visit www.castrovalleywomensclub.weebly.com

● Friday, February 23: Smalltown Songwriters’ Showcase

Come spend your Friday night listening to local singer/songwriters perform in an intimate setting! The Music of Wilson Wong and the Dudes, Paul Keim from Smalltown Society, Holly Curtis, Clay Bassard, and Sara Perry. More info at www.smalltownsociety.com

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● Saturday, February 24: Historical Society Volunteer Meeting

Whether you are interested in Bay Area history, looking for a fun way to make friends, or are interested in developing new professional skills, the HAHS Museum of History & Culture has the opportunity for you! Come to the next Volunteer Orientation Meeting at 10 a.m. on Feb. 24 at 22380 Foothill Blvd. in Hayward to find out more about volunteering with your historical society.

● Saturday, February 24: Free Open Studio

Each month Smalltown opens The Space at 22222 Redwood Road for local artists to use as a shared studio space for 4 free, uninterrupted hours to work intentionally on art. Come connect with local artists. Bring whatever supplies you need. More info at Smalltownsociety.com

● Sunday, February 25: The Kids’ Breakfast Club’s 25th Year

The Kids’ Breakfast Club (TKBC) will celebrate its Silver Jubilee with a breakfast at Stonebrae Country Club, 202 Country Club Dr., Hayward, from 10 a.m. to noon on Feb. 25. For tickets (\$75) visit www.tkbc.org or call 510-300-5744. Sponsorship opportunities are also available.

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.

● **“Mission to Mars,”** a speech by Dr. Pascal Lee of the NASA Houghton Mars Project on the first steps underway toward achieving the first human mission to the Red Planet, will be presented free at 7 p.m. next Wednesday, Feb. 21 by the Castro Valley Educational Foundation.

● **“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.

● **Jangala**, a 75-minute family-friendly dance performance inspired by Rudyard Kipling’s *The Jungle Book*, will be presented by the Oakland Ballet Company 7 - 9 p.m. on Tuesday, March 13, at the Castro Valley Center for the Arts. For tickets (\$20 all seats), visit oaklandballet.org/wp/jangala/. For info, call 510-893-3132.

THEATRICAL & MUSICAL PERFORMANCES

● **“Dial M for Murder,”** will be presented by Chanticleers Theatre 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), 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, is currently at the Sun Gallery, 1015 E St. in Hayward, featuring a wide variety of artists and their books. Normal gallery hours are Friday through Sunday from 11-5.

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

● **“Asian Inspired Art Exhibition,”** featuring 21 local artists and a variety of techniques including calligraphy, brush painting, ink, sculpture, poetry, mixed-media, quilts and acrylics, will be on display from Feb. 9 to March 22 at the John O’Lague Galleria at Hayward City Hall. An artists’ reception will be held from 5:30 to 7:30 on Friday, Feb. 23, sponsored by the Hayward Arts Council.

● **Hayward Arts Council Member Show** will be on display from Feb. 16 to May 27 in the Community Gallery at the HAHS Museum of History & Culture, 22380 Foothill Blvd. in Hayward. For more information about this exhibit and the Hayward Arts Council, visit www.haywardartscouncil.org

● **Artist Open Studio Every Thursday:** Join this informal gathering of artists working together in a friendly and helpful atmosphere. Adobe Art Center hosts provides tables, chairs and easels. \$3. Thurs-

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ARIES (March 21 - April 19): It could be risky to push for a project you believe in but others are wary of. Never mind. If you trust your facts, follow your courageous Aries heart and go with it.



TAURUS (April 20 - May 20): Your enthusiasm sparks renewed interest in a workplace project that once seemed headed for deletion. Support from supervisors helps you make all necessary changes.



GEMINI (May 21 - June 20): A colleague might be a bit too contrary when your ideas are being discussed in the workplace. A demand for an explanation could produce some surprises all around.



CANCER (June 21 - July 22): Try to avoid distractions at a time when maintaining stability in a fluid situation is essential. There’ll be time enough later for the Moon Child to enjoy some well-earned fun and games.



LEO (July 23 - August 22): Stop wasting energy licking your wounded pride. Instead, put the lessons you learned from that upsetting experience to good use in an upcoming opportunity.



VIRGO (August 23 - Sept. 22): You love being busy. But try not to make more work for yourself than you need to. Get help so that you don’t wind up tackling tasks that are better left to others.



LIBRA (Sept. 23 - October 22): Your usually balanced way of assessing situations could be compromised by some so-called new facts. Check them out before making any shift in judgment.



SCORPIO (October 23 - November 21): You might feel angry over an unexpected shift in attitude by someone you trusted. But this could soon turn in your favor as more surprising facts come out.



SAGITTARIUS (Nov. 22 - Dec. 21): Love rules everywhere for all amorous Archers, single or attached. It’s also a good time to restore friendships that might have frayed over the years.



CAPRICORN (Dec. 22 - Jan. 19): It’s not always easy for the proud Goat to forgive past slights. But clearing the air could help establish a better climate for that important upcoming venture.



AQUARIUS (Jan. 20 - Feb. 18): Good news: Your skillful handling of a recent matter has won admiration from someone who could be influential in any upcoming decisions involving you.



PISCES (Feb. 19 - March 20): You continue to welcome new friends into the widening circle of people whom you hold dear. One of those newcomers might soon have something special to tell you.

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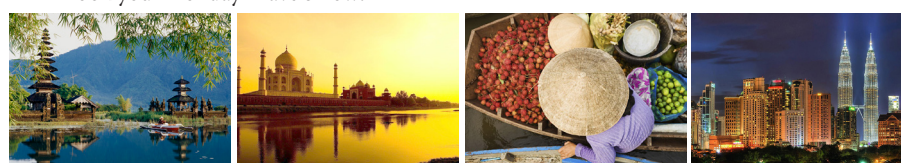
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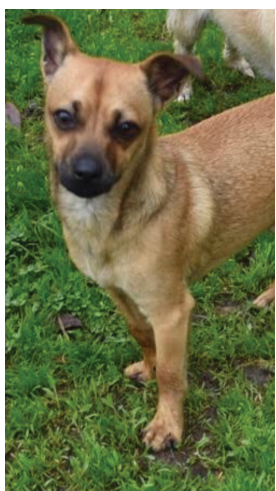
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Art Of and About Asia on Display at O'Lague Galleria

By Bruce Roberts
SPECIAL TO THE FORUM

When I was young, my mother became interested in Chinese brush painting.

Born in and still living in Hayward — with absolutely no travels to or obvious interest in Asia — she became fascinated with the peace and beauty of this style of painting, with the delicate flowers, and the clear joints and connections of bamboo.

This same fascination is expressed over and over in the autobiographical statements of the many artists soon displaying in the

O'Lague Galleria's Asian Inspired Art Exhibition, sponsored by Hayward Arts Council.

Large-petaled peonies, mist-filled mountains, swirling waves and sunlight, small birds on branches, and the ubiquitous bamboo — all are common subjects in the many paintings of this show. This serenity, by their own admission, brought peace to the painters, which is well-reflected throughout the display.

Tranquility is also reflected here in Chinese calligraphy, where carefully constructed lines spell out profound messages in an ancient language.

Similarly, Maureen Langen-

bach's watercolor of a gold kimono, is decorated with the same exquisite natural beauty as the brush painting, whereas Ruey Syrop's non-representational painting, "Turmoil," contrasts them all, with spots of blue ink wafting spontaneously upward from a black pool. Beautiful, but different.

The show is rounded out by Japanese dolls, vintage poetry in Chinese calligraphy, modern traveler poetry in English, and quirky, eye-catching sculpture. The broad range of the art validates many different points-of-view on one topic — Asia!

So for a wide-ranging Asian experience, without spending thousands of dollars and hours on a plane, come to Hayward's John O'Lague Galleria on the first floor of the City Hall, through March 23.

And to also meet the artists, bring yourself to the reception from 5:30 to 7:30 p.m. on Friday, Feb. 23. My mother would be delighted.

Bruce Roberts is a board member of the Hayward Arts Council. Visit www.haywardartscouncil.org for more art exhibits and events.



"Bagful of Happiness," a Chinese ink and brush painting by Catherine Win, is part of the exhibit "Asian Inspired Art Exhibition" through March 23 at John O'Lague Galleria at Hayward City Hall, open 9 a.m. to 5 p.m. weekdays. A public artists' reception will be held from 5:30 to 7:30 p.m. on Feb. 23.

Valentine's Day All Month Long: Romantic Days at Lake Chabot

A romantic day on Lake Chabot is being made available to couples throughout February by the Lake Chabot Marina and Café.

The Valentine's Day-themed outing includes use of a private patio boat with sweethearts' picnic basket containing harvest

chicken croissants, caprese pasta salad, chocolate ganache-covered brownies and chocolate-covered strawberries for \$175 per couple.

The "Love at the Lake" packages are available every day in February. Reservations are required. Call 510-247-2526.

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ATHLETES OF THE WEEK



CVHS JV Girls Basketball Team

This week's Athletes of the Week are the members of the Castro Valley High School's JV girls basketball team. The team comprises five Freshmen, eight sophomores, and one junior, and is coached by Jerry Oliver and Rob Gardner. They have an 8-2 league record and an overall record of 20-4. A couple of JV team highlights include that they finished second in the Newark

Memorial Christmas Tourney and that they enjoyed a 9-game winning streak in December.

Shown top row from left, Samantha Santos, Malan Potts, Samantha Martinez, Christine Xu, Alyssa Tung, Megan Chinn, Sylvia Ross, and Penelope Wong. Bottom row, Rachel Jackson, Valerie Santos, Jessalen Slayton, Kyla Harrison, Ashley Seto and Mandy Kwok.

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Senior Softball League

The HARD Senior Softball League is looking for new players in 3 divisions for its upcoming season, all with room for new players. The 50-plus division plays on Thursday mornings, the 60-plus division plays on Tuesday mornings, and the 70-plus division plays on Wednesday mornings. All games start at 9:30 a.m. and games are played at Alden Oliver Sports Park in Hayward. The league schedule runs from late March through late September. All new players must attend at least one "rating day." The last Rating day will be on Feb. 20 at Castro Valley Community Center. Visit: www.HARDSeniorSoftball.com. or contact John Ironside at: (925) 828-2314 (JohnIronside6@hotmail.com) or Mike Carroll (510) 531-8075 (rtkm@comcast.net)

CVHS VARSITY GIRLS BASKETBALL
62-61 LOSS VS. PIEDMONT
69-59 LOSS VS. BISHOP O'DOWD

CVHS JV GIRLS BASKETBALL
49-31 WIN VS. PIEDMONT
55-35 LOSS VS. BISHOP O'DOWD

CVHS VARSITY BOYS BASKETBALL
72-61 LOSS VS. PIEDMONT
73-49 LOSS VS. BISHOP O'DOWD

CVHS VARSITY GIRLS SOCCER
1-1 TIE VS. BERKELEY
2-1 WIN VS. BISHOP O'DOWD

CVHS JV GIRLS SOCCER
1-0 LOSS VS. BERKELEY
3-0 WIN VS. BISHOP O'DOWD

CVHS VARSITY BOYS SOCCER
2-2 TIE VS. BERKELEY
2-0 LOSS VS. BISHOP O'DOWD

CVHS JV BOYS SOCCER
3-0 LOSS VS. BERKELEY
1-1 TIE VS. BISHOP O'DOWD



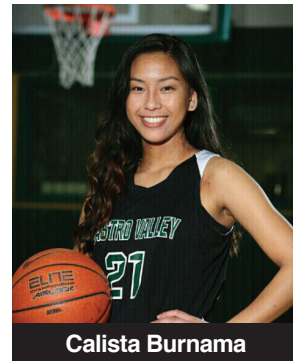
Bailey Jones



Kassady Marasigan



Vivian Woo



Calista Burnama



Bianca Greer



Jacqueline Gonzalez-palafox

CVHS Varsity Girls: Senior Night Friday

SENIOR NIGHT will be celebrated for the CVHS Varsity girls basketball team on Friday evening at 6 p.m., then CV will host the Encinal Jets at 7 p.m. The 6 senior girls that will be celebrated are: Bailey Jones, Kassady Marasigan, Vivian Woo, Calista Burnama, Bianca Greer, and Jacqueline Gonzalez-palafox.



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Drowsy Driving Dangers

The most in-depth drowsy driving research ever conducted in the U.S. found that the percentage of crashes involving drowsiness is nearly eight times higher than federal estimates, according to the AAA Foundation for Traffic Safety.

The new research provides an unprecedented analysis of in-vehicle dashcam video from more than 700 crashes, confirming that the danger of drowsy driving soars above official estimates.

The difficulty in detecting drowsiness following a crash makes drowsy driving one of the most under reported traffic safety issues.

"Drivers who don't get enough sleep are putting everyone on the road at risk," said Dr. David Yang, of the AAA Foundation for Traffic Safety. "By conducting an in-depth analysis using video of everyday drivers, we can now better assess if a driver was fatigued in the moments leading up to a crash."

In the study, researchers examined video of drivers' faces in the three minutes leading up to a crash. Using a scientific measure linking the percentage of time a person's eyes are closed to their level of drowsiness, the researchers determined that 9.5 percent of all crashes and 10.8 percent of crashes resulting in significant property damage involved drowsiness.

The Centers for Disease Control and Prevention says that 35 percent of U.S. drivers sleep less than the recommended minimum of seven hours daily. In a recent related survey, 29 percent of drivers admitted to driving when they were so tired they had a hard time keeping their eyes open at some point in the past month.

"As many Americans struggle to balance their busy schedules, missing a few hours of sleep each day can seem harmless," said Michael Blasky, spokesman for AAA. "But missing just two to three hours of sleep can more than quadruple your risk for a crash, which is the equivalent of driving drunk."

see DROWSY on back page



FIVE UNCONVENTIONAL WAYS TO STOP SNORING

By Dr. Gene Sambataro
SPECIAL TO THE FORUM

An estimated 90 million American adults snore, according to sleepfoundation.org. And over half the country – 59 percent – has a partner who snores.

Millions of people are looking for remedies, and after years of unsuccessful tries with more traditional methods, it may be time to try other techniques.

However you go about solving the issue, it's important to take it seriously and address it in some way.

Snoring is more than just annoyance. There are serious health consequences for ignoring what could be a bigger issue. If you know someone who snores, then you can no longer wait to find out what is going on.

Here are some interesting and effective ways people can address their snoring:

Dental or oral devices.

The goal of resolving sleep-disordered breathing is to remove the obstruction in the airway. The tongue is usually the culprit.

One device that can be recommended for the snorer or sleep

apnea sufferer is the mandibular advancement device. This is one of the most widely-accepted dental appliances for the treatment of sleep apnea. It's useful in forcing the lower jaw down and forward slightly.

By creating an appliance that is worn at night, an oral physician can help a patient's jaw carefully and methodically move forward, which automatically moves the base of the tongue out of the back of the throat.

Use a tennis ball.

Snoring is almost always worse when you sleep on your back. This causes your tongue to fall back in your throat, which then disrupts your airflow. One solution is to attach a tennis ball to the back of a T-shirt, making it uncomfortable to sleep on your back and forcing

you to sleep on your side. Eventually, side sleeping should become a habit and you won't need a tennis ball attached.

Do tongue aerobics.

Muscle weakness within the tongue, mouth, and upper throat may lead to snoring and obstructive sleep apnea. Strengthening exercises called myofunctional therapy target the facial muscles used to chew and swallow. Research shows that doing certain facial and tongue exercises every day can reduce your chances of snoring.

Change your pillows.

The allergens in your bedroom and in your pillow may contribute to snoring. If you feel fine during the day but obstructed at night, these things may be contributing to your snoring. Everyone should

see SNORING on back page

Family Health Crisis: Are You Financially Able to Handle One?

Americans are living longer, which means more time with the grandchildren, more time to travel to those places you didn't see when you were younger and more time to devote to leaving your mark on the world.

But a longer life expectancy also comes with problems.

At least 70 percent of Americans will eventually watch as an aging loved one's life is taken over by a growing list of impairments that could mean there's a need for long-term care. And many family members will be unprepared both financially and emotionally to make decisions about what's best for that person they care about so much.

"Too many people wait until they are in the middle of a crisis before they start trying to figure out how the world of long-term care works," says Chris Orestis, author of the books "Help on the

Way" and "A Survival Guide to Aging."

That's why it's important to have a game plan mapped out ahead of time, Orestis says, and there are key things people need to be thinking about. Those include:

- Can you recognize the need for care?

The first step in providing long-term care is identifying that a loved one needs the care. "Sometimes this can sneak up on you slowly or it can happen overnight," Orestis says.

Some of the telltale signs include cognitive impairment, such as forgetfulness or confusion; a house that is not as tidy or organized as it once was, or has objects in odd places; and physical deterioration, such as marked weakness, loss of strength and stamina, difficulty balancing or drastic weight loss.

see HEALTH on back page



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REAL ESTATE REALITY

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GUEST COMMENTARY



Property Tax Fairness Initiative Proposed

With California housing inventory at record lows, prices have escalated to the point many first-time buyers are locked out of buying.

One contributing issue is the fact that many homeowners 55 years and older face significant property tax penalties if they sell their existing home and relocate to another county in California. Consequently, many hoping to relocate outside the Bay Area find themselves firmly anchored here.

California's Prop 13 locks property tax assessments when a home is purchased by multiplying the purchase price by 1.25 percent. A home purchased for \$400,000 would have a property tax bill of \$5,000/year*. Property purchased for \$1,200,000 would have an assessment of \$15,000/year*.

Therein is the rub. A home purchased 40 years ago for \$50,000 would have an approximate property tax bill of \$625/year. However, that home could easily be worth \$1,000,000 today. If a seller sold their home and bought a comparable property, their tax bill would explode from \$625/year to \$12,500/year.

To alleviate this issue, Prop 60 was passed to allow sellers 55 and older a one-time transfer of their current tax base to another purchase in the same county (significant rules apply).

However, if they want to move out of the county to lower-priced regions of the state, they are mostly out of luck. Even though Prop 90, passed with the goal of making moves possible state-wide, of California's 58 counties, only Alameda, El Dorado, Los Angeles,

Orange, Riverside, Santa Clara, San Bernardino, San Diego, San Mateo and Ventura counties participate.

A statement released by the California Association of Realtors (C.A.R.) states they are "embarking on an historic effort to increase homeownership opportunities."

C.A.R. is going to qualify an initiative for the November 2018 ballot allowing senior homeowners (55 years of age and older) to keep all or most of their Proposition 13 property tax savings when they move.

Seniors, often on a fixed income, fear they will not be able to afford a big property tax increase if they sell their existing home and buy another one, discouraging them from moving. As a result

of this "moving penalty", almost three-quarters of homeowners 55 and older haven't moved since 2000.

C.A.R.'s portability initiative would allow senior homeowners to transfer their property tax base from their current residence to a replacement residence located anywhere in California.

With seniors freed to move, inventory would increase and prices could stabilize, producing a win-win for everyone.

*Approximately - certain rules apply.

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.

Patch Your Lawn's Bare Spots

By Samantha Mazzotta
Special to the Forum

Now is the time to take care of those bare spots in your lawn.

Try to match the new grass seed with the type of grass that makes up your lawn. (You may need to take a sample of the sod to a professional landscaper or garden center.)

Also, note how much sun the bare patch gets. You'll want a seed that performs well in the available sunlight. Or, you can just pick up a sun-and-shade seed mixture.

To reseed, clear the bare spot of debris and rake out loose or dead thatch. Use a pitchfork to puncture the soil, then spread the new seed according to package instructions. Be careful not to overseed, as that

can lead to rot.

Water the spot, but don't flood it. Tamp the soil to press the seeds in, then scatter straw or grass clippings on top to keep birds from eating all the seed.

Another option is to completely re-sod a bare spot. If the spot is fairly large with a lot of underlying thatch buildup, de-thatch the area so you have clear ground underneath. Purchase sod that matches the surrounding grass (this is where taking a sod sample into the garden center comes in handy).

Measure the height of the new sod against the depth of the de-thatched bare spot. If the spot is too deep to ensure an even lawn, fill the bare spot with soil, tamped down firmly, until the difference is made up. Add a little more soil so that the new sod sits about a half-inch higher than the surrounding lawn; it will settle in the next few weeks.

Lay the new sod pieces, packing them tightly together. Tamp them down lightly and poke a few holes with a pitchfork so the soil stays porous. Keep the new sod moist for the next two weeks so that the sod grows in well.

In both cases, protect a newly seeded or sodded spot by marking it with stakes and string around the perimeter so that people stay off it while the lawn regrows.

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RECENT HOME SALES					
Castro Valley					
2790 Betlen Court	94546: \$640,000	2 BD - 1,203	SF - 1953		
22015 Cameron Street	94546: \$725,000	3 BD - 1,936	SF - 1947		
5346 El Caminito Court	94546: \$875,000	3 BD - 1,848	SF - 1964		
21623 Gail Drive	94546: \$750,000	3 BD - 1,416	SF - 1960		
4634 Malabar Avenue	94546: \$625,000	3 BD - 2,337	SF - 1948		
17357 Robey Drive	94546: \$450,000	4 BD - 2,488	SF - 1988		
6033 Mt. Olympus Dr	94552: \$1,030,000	4 BD - 2,327	SF - 1991		
20707 Tuxedo Court	94552: \$995,000	3 BD - 2,336	SF - 1966		
TOTAL SALES:	8				
LOWEST AMOUNT:	\$450,000	MEDIAN AMOUNT:	\$737,500		
HIGHEST AMOUNT:	\$1,030,000	AVERAGE AMOUNT:	\$761,250		
San Lorenzo					
16133 Silverleaf Dr	94580: \$799,000	4 BD - 1,948	SF - 1997		
17016 Via Media	94580: \$705,000	3 BD - 1,134	SF - 1947		
17197 Via Segundo	94580: \$550,000	3 BD - 1,000	SF - 1944		
1722 Via Toyon	94580: \$560,000	3 BD - 1,078	SF - 1955		
1830 Via Toyon	94580: \$680,000	2 BD - 1,394	SF - 1954		
17134 Via Valencia	94580: \$670,000	3 BD - 1,277	SF - 1951		
TOTAL SALES:	6				
LOWEST AMOUNT:	\$550,000	MEDIAN AMOUNT:	\$675,000		
HIGHEST AMOUNT:	\$799,000	AVERAGE AMOUNT:	\$660,667		

OPEN HOMES SATURDAY & SUNDAY FEBRUARY 17TH & 18TH

CITY	SAT	SUN	ADDRESS	PRICE	BD/RS/BATHS	REALTOR	AGENT	PHONE
C	—	2-4	19807 San Miguel #2	\$395,000	2/1.5	Rinetti & Co. RE	Tianne Rinetti-Vittoria	510-329-4158
A	1-4	1-4	14647 Wiley St.	\$628,800	3/1	RE/MAX Accord	The Lovewell Team	510-351-5555
A	—	1-4	14068 School St.	\$645,000	3/2	Robert Jones & Assoc.	Matt Jones	510-357-0120
A	—	2-4	1042 Begier Ave.	\$825,000	3/2	Rinetti & Co. RE	Perry Vittoria	510-326-0378
A	—	1-4	2096 Hillside Cir.	\$849,000	3+2	Pacific Union RE	Michelle Miller	510-701-3442
C	—	1-4	133803 Palomares Rd.	\$1,295,000	3/2	J. Rockcliff Realtors	Kristy Peixoto Team	925-251-2536

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



PHOTO BY FRED ZEHNDER

Don't Throw It Away, Fix It!

Carolyn Sowa of Castro Valley gets advice from volunteer Steve White of Newark on how to repair the electric cord on her table lamp at Saturday afternoon's Fixit Clinic and Swap-O-Rama at the Castro Valley Library, part of CV San's Zero Waste Week.



CV DENTISTS STEP UP TO THE PLATE

CASTRO VALLEY SANITARY DISTRICT (CVSan) is required by the Regional Water Quality Control Board to work with the dental community to keep silver fillings (dental amalgam), which contain toxic mercury, out of the sewer system and the environment.

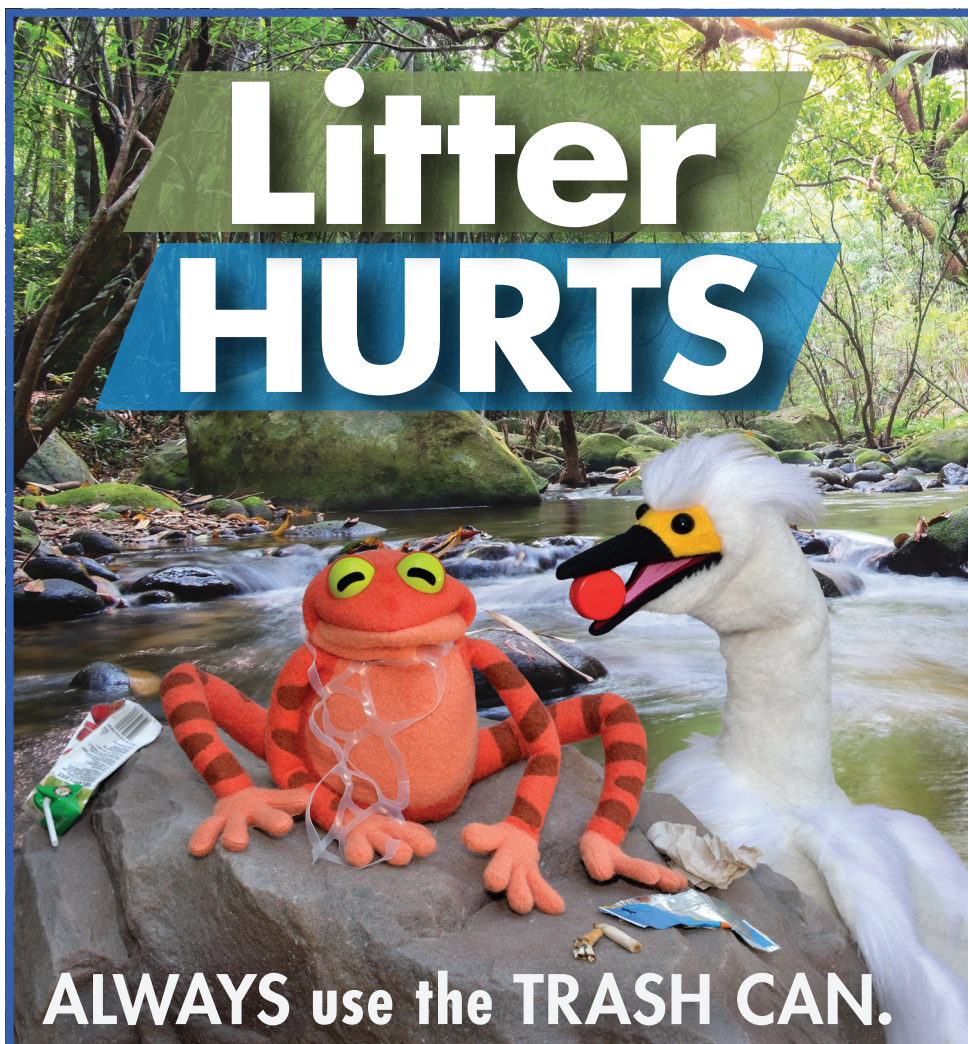
Due to an unprecedented response from local dentists, we quickly met our regulatory requirements for the program. CVSan will contact all dental offices to conduct brief follow-up inspections starting this year as required by law. Please be sure to thank your local dentist during your next visit for helping to keep Castro Valley a leader in environmental protection.

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This ad was funded by WW Outreach



ALWAYS use the TRASH CAN.

Many studies have documented the harm litter causes when it remains in the water. The most common items—cigarette butts and plastics—degrade slowly over time and leave behind toxic residue and tiny particles. Birds, fish and other animals mistake these items for food, and can die or become sick, as their digestive system becomes clogged.

During local cleanups, volunteers find hundreds of pounds of litter. Much of it is not dropped directly into or near the water, because litter travels—even from miles away. Trash tossed on the ground in Castro Valley can easily find its way to the ocean. It can blow over land or move through storm drains that lead directly to creeks, wetlands and eventually the Bay.

What can you do?

Put litter in its place.

Use nearby garbage cans or pack your trash until you reach the next available trash can.

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You can prevent litter by using a travel mug, cloth napkin and reusable lunch kits.

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Many people don't know how serious a problem litter is. You can help by encouraging your friends to put litter in the right place.

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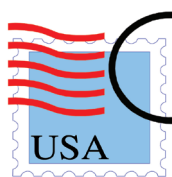
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LETTERS TO THE EDITOR

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Eden Awards Another Memorable Castro Valley Event

Editor:

Saturday night was another great night to be part of the Castro Valley/Eden Area community as we gathered to honor four significant community members (First Responder of the Year Deputy Sheriff Jacob Swalwell, Volunteer of the Year Dr. Heidi Hausauer, San Lorenzo Unified Teacher of the Year Dawn Wilson and Castro Valley Unified Teacher of the Year Maria Leyson) plus the Hayward Area Recreation and Park District, a business that together makes living in our community such a celebration!

Our Chamber Executive Director Ashley Strasburg and her staff did a tremendous job with the entire program, and former CVUSD Superintendent Jim Negri, current President of the Rotary Club of Castro

Valley, was wonderful as our Master of Ceremonies, ensuring that the focus throughout the evening remained on the honorees.

One of the evening's highlights was the attendance of Congressman Eric Swalwell, who flew into the event that honored his younger brother, Deputy Sheriff Jacob Swalwell, as First Responder of the Year (no surprise he was present once the family dynamics became apparent).

Addressing all present, Congressman Swalwell honored all first responders who put their lives on the line every day for our safety. Another highlight was his parents and extended family being present and hearing of the Swalwell's family's long history of serving others through law enforcement in the past (father and uncle), the present and the future as the younger son is new to law enforcement.

Thank you, Ashley, for continuing the rich tradition of honoring those who merit recognition for their service to our community. And, once again, we celebrated without any political bent – simply as a proud community! We are so blessed to live in Castro Valley!

—Bruce D. Johnson
Castro Valley

(private) email server. The first draft of James Comey's white-wash "report" actually admitted this.

This whole "Russia" mess (the politically motivated FISA warrant, and the resulting Mueller investigation) could have been avoided, if Republicans had done something about Obama's criminal misuse of the IRS. During his first term, Obama used the IRS a political weapon, to harass his opponents.

After Obama got away with that, it was only natural for him to use the FBI as his next political hatchet. This really is worse than Watergate.

—Peter Hauer
Castro Valley

Proof that the Forum Carries Some Weighty Information

Editor:

Hey, thanks a lot for the Valentine's Day recipes and pictures. I never thought I could gain a few pounds and get a cavity just by opening the pages of my Castro Valley Forum. Yum, Yum.....LOL!

—Christine Scott
Castro Valley

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A Good Word for an Extraordinary Garbage Man

Editor:

We have an extraordinary garbage man that I would like to acknowledge.

Every week my grandchildren wait for the garbage man like I am sure lots of children do in Castro Valley. Kids have a fascination with watching garbage trucks.

Our garbage man – Jay Garcia – always takes the time to acknowledge my grandchildren with a wave, honk, or even stopping to let them take a closer look at his truck.

In a world of everyone racing to finish their job for the day, Jay Garcia thank you for making garbage day a special day.

—Tina Frey
Castro Valley

Says It's the Democrats Who Failed to Protect Us

Editor:

Mr. David Siegel ("Asks Why GOP is Obstructing Russia Investigation," *Letters*, Feb. 7) claimed that Donald Trump is "the first president to fail to protect us from an attack by a foreign nation." What "attack" is he talking about?

Even if the Russians did hack into the DNC computers, (which is doubtful) Trump was a private citizen at the time. He had no duty to protect anyone.

And Kushner's pre-election meeting with Russians (who had promised him "dirt" on Hillary) came to absolutely nothing. Kushner's meeting was probably a set-up anyway, arranged by Fusion GPS, a Democratic lobby.

Historically, it's only Democrats who "fail to protect us" from foreign governments. Remember "Koreagate?" Ten Democratic Congressmen secretly took money from a foreign government. No Republicans were involved.

Remember Bill Clinton's treason? He approved the sale of dangerous computer technology to Red China, which the Chinese used to modify their single warhead ICBM rockets into "MIRVS," (multiple warhead rockets). This greatly increased the nuclear threat from China.

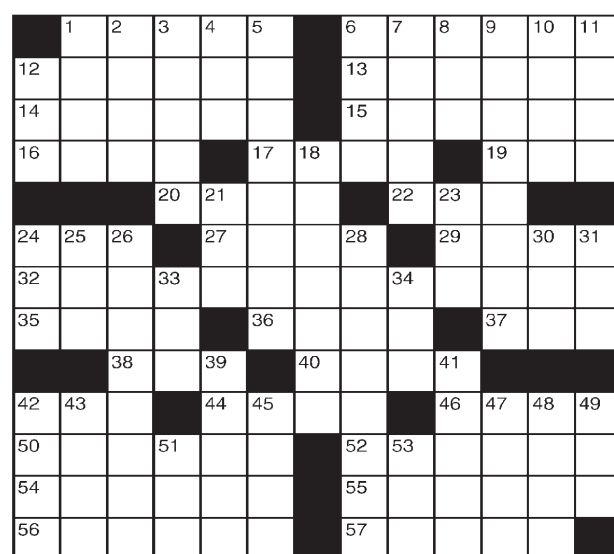
Why did Clinton put America in danger? The sale was done by the Loral Corporation. And the CEO of the Loral Corporation was the biggest individual contributor to Bill Clinton's campaign fund.

Both Hillary Clinton and Barack Obama "failed to protect us" when they exchanged sensitive information via Hillary's unsecured

LETTERS TO THE EDITOR

must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. We do not withhold names or print unsigned letters. Email letters to: fredz@ebpublishing.com, or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

THE FORUM CROSSWORD



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ANSWERS ON PAGE 6

Antoinette C. Ilacqua

Antoinette C. Ilacqua, age 89, died peacefully on February 7th, 2018 surrounded by her family.

Antoinette Ilacqua was born in Akron Ohio on April 18th in 1928 to Dorothy and Domenico Maselli. She moved to Oakland in 1936 and from there lived in Castro Valley from 1954 until the time of her passing.

Antoinette's spirit is carried on by her fiancé Edward Gallego, her three children, Chuck Ilacqua, Dee Dilling, Anthony Ilacqua, her many grandchildren and great-grandchildren. Antoinette is preceded in death by her husband Tony, sister Lucille, daughter Jeanine and grandson Butch.

Antoinette and her husband switched roles in 1972 and Antoinette became the breadwinner. She started working at Van de Kamp's Bakeries as a cashier and in 1979 began working full time at Precision Metal Fabricators in the payroll department until she retired in the 90's.

A lover of the night life, Antoinette could be found out at Bingo or taking weekend trips to a casino or two. Being a true night owl, she would even outlast the youngest member of the group. In more recent years, she enjoyed RV trips with her fiancé, Ed, and little Pomeranian, Tino. They had so many wonderful adventures, including a visit to Mt. Rushmore at 86 years old!

Antoinette had a fierce tenacity for life with a resilience that was unmatched. She loved being surrounded by her family, even those that she didn't birth. It was not uncommon to have a kitchen full of delicious Italian food and hungry mouths to feed. Her generosity made you feel welcome and that you always had a place to stay. She simply encompassed all the comforts of home. We will miss her dearly.

Visitation will be held Tuesday Feb. 20th from 5:00-8:30 p.m. with the vigil at 7:00 p.m. The Funeral Service will be Wednesday, Feb. 21st at 12 noon all at Holy Angels Funeral and Cremation Ctr., 1051 Harder Rd. in Hayward. Burial to follow at Holy Sepulchre Cemetery, Hayward.

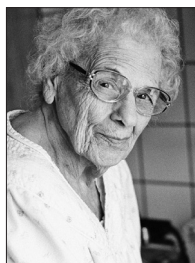




PHOTO BY FRED ZEHNDER

NEW FLAG DROP BOX DEDICATED

Realtor Liz Lucero deposits a retired American Flag in a new drop box at Castro Valley Fire Station No. 25 at 20336 San Miguel Ave. She is shown with American Legion officials Jim Smith, left, and Commander Larry Ames, center, during brief dedication ceremonies on Saturday. When Lucero heard that the other drop box in town couldn't handle the volume of retired flags, she purchased this new box for \$1,000 and had it installed with the help of the Alameda County Fire Department and American Legion. Lucero dedicated the box to her father, who served in World War II.

Korbas Achieves the Rank of Eagle Scout

Castro Valley High School senior Alexander Korbas has achieved the rank of Eagle Scout, having completed his service project and Court of Honor earlier this school year.

Eagle Scout is the highest rank attainable in the Boy Scouts of America program.

Alex's service project involved replacing deteriorating benches at Creekside Middle School with longer-lasting, weather-resistant ones. The benches surrounded two large planter boxes, which were watered regularly.

"The benches were falling apart, so I fund-raised about \$2,000 for it," said Korbas. "I got permission from the school, made sure the project was safe for my fellow scouts to help me, and did the math to make sure the angles were right and the benches had the correct support. I ordered the materials

and made sure they were delivered to the school's receiving area."

The bench material is a special long-lasting plastic lumber, designed for outdoor projects such as this.

Alex is the son of Anton and Crystal Korbas of Castro Valley. He has been accepted at three colleges but has not yet decided which to attend. Once in college he plans to join the Air Force ROTC, and will pursue a career in aviation.

"Alex really likes the idea of serving his country. He enjoys the service side of Boy Scouts," said his mom.

Alex adds, "Being an Eagle Scout is not just a rank but a life-long promise to be the best human you can be, and live by the principles of scouting. I've truly enjoyed my time as a scout and I will never forget the experiences and friendships I have made."



PHOTO COURTESY OF THE KORBAS FAMILY

Alexander Korbas of Castro Valley built weather-resistant benches around planter boxes at Creekside Middle School for his Eagle Scout Project.

PG&E: Keep Metallic Balloons Tethered

For many, Valentine's Day is celebrated with flowers and metallic balloons. If the balloons are allowed to drift away, they can end up in overhead PG&E power lines, disrupting electric service, causing significant property damage and potentially resulting in serious injuries.

Last year, metallic balloons caused 456 power outages in Northern and Central California, disrupting electric service to more than 371,000 homes and businesses.

In the East Bay alone, metallic balloons caused 113 power failures, blacking-out service to more than 117,000 customers.

PG&E reminds customers, always tie a weight to metallic balloons and avoid celebrating with balloons near overhead wires. Never attempt to retrieve a balloon — or any other object — caught in power lines. Balloons should also be deflated before being discarded to prevent them from floating away.



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Snoring: Nose Cones, Nasal Spray

continued from page 9
evaluate whether your pillows are creating some nasal congestion due to a reaction to the material.

Nose cones.

These are placed in each nostril to expand the nostrils. This technique has a similar effect as strips, without the irritation of removing them in the morning.

Nasal sprays.

When used regularly, sprays can help eliminate any bacteria or fungus what are mucous-producing and cause obstruction of the nasal airway.

Be careful not to look for quick fixes. Today's American society is intent on finding solutions for instant gratification. There are remedies out there – traditional and unconventional – but you should be thorough to remedy what can be a serious problem.

Dr. Gene A. Sambataro, DDS, FAGD, is author of the book "Stop the Snore." He is the director and clinician at the Julian Center for Comprehensive Dentistry.

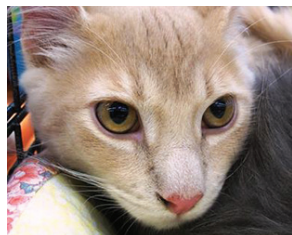
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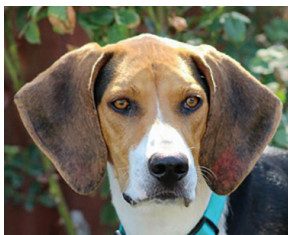
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SPANKY is a young pit bull mix. He'd benefit from training as he's a strong, active boy and we want him to be a great advocate for his breed. Call: Hayward Shelter at (510) 293-7200.



BUFFY is a beautiful 6-month-old kitten. He is very sweet and always seems to be purring. He is playful and loves to bat around a little gray mouse. For more info, visit: dustypawsrescue.org



BUDDY is a 3-year-old, 52 lb. Treeing Walker Coonhound. He'll thrive with an experienced dog person who has the time and experience to work with him. visit: dustypawsrescue.org

Drowsy: Knowing Warning Signs Helps Drivers Avoid Dozing Off Behind Wheel

continued from page 9

Knowing the warning signs of drowsiness can help drivers avoid dozing off behind the wheel. The most common symptoms include:

- Having trouble keeping your eyes open
- Drifting from your lane
- Not remembering the last few miles driven

Short term tactics like drinking coffee, singing, rolling down the window will not work — the only antidote for drowsiness is sleep.

AAA recommends that drivers:

- Travel at times of the day when they are normally awake
- Avoid heavy foods
- Avoid medications that cause drowsiness or other impairment

For longer trips, drivers should:

- Schedule a break every two hours or every 100 miles
- Travel with an alert passenger and take turns driving

Do not underestimate the power of a quick nap. Pulling into a rest stop and taking a quick catnap — at

least 20 minutes and no more than 30 minutes of sleep— can help to keep you alert on the road.

To help drivers determine if their medications may cause drowsiness, the Foundation developed Roadwise Rx, a free and confidential online tool that generates personalized feedback about how the interactions between prescription, over-the-counter medicines and herbal supplements can affect safety behind the wheel.

Visit: AAAFoundation.org.

Health: Are You Prepared to Pay for It?

continued from page 9

• *Do you know what the right kind of care is?*

There are four types of long-term care. Home health care allows someone to remain in their own home while receiving care by licensed or unlicensed workers, as well as designated family members.

Assisted living is housing for someone unable to live independently, but who just needs

mid-level custodial care, medication support, lifestyle activities, transportation and meals.

Nursing homes are for those who need higher level skilled care. Finally, hospice care is for people in the final six months of life.

• *Are you prepared to pay for it?*

The cost of long-term care can devastate a family's finances, Orestis says. The annual cost of nursing home care, for example, is more than \$80,000. Generally,

there are three options for paying for long-term care: tapping into retirement savings, buying long-term care insurance, or relying on Medicaid and Medicare.

"Most seniors don't want to be a burden on their families, and yet too often families are unprepared for how long-term care will have an impact on them," Orestis says. "That's why it's important to plan for that day and not wait until you're in the middle of a crisis."

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2. Single-family and multi-family residents can drop off used motor oil **and** used motor oil filters at the following Certified Collection Centers (CCCs) located in or near Castro Valley:

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- Jiffy Lube, 2492 Castro Valley Blvd., 510-582-7677
- Boulevard Auto, 3940 Castro Valley Blvd., 510-247-9700
- O'Reilly Auto Parts, 15604 Hesperian Blvd., 510-276-7822

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