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PAGE
11

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, JANUARY 24, 2018

NO. 4

INSIDE YOUR FORUM

NEWS



Super Diamond

Neil Diamond tribute band performs Saturday night at CV Arts Center

Page 2

LIVING



Bread Start

Versatile and foolproof bread recipes that are tasty and easy to make

Page 5

NEWS



Gold Rush

170 years ago today, a discovery was made that changed California

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PHONE: (510) 537-1792



PHOTOS BY DAWN MARTIN

Women's March 2018



Hundreds of women and men from Castro Valley joined a rally of an estimated 50,000 people at the Alameda County Court House Saturday morning for a march through Oakland in support of women's rights and against the Trump administration. The energetic audience heard women speakers and joined in song with the Oakland folk group Emma's Revolution. This was just one of scores of rallies and marches in towns and cities across the United States marking the anniversary of the nationwide Women's March in DC against the incoming president last year. The Oakland march ended at Frank Ogawa Plaza with a "Call to Action" by a number of women's advocacy groups.

Chamber Announces 2018 Eden Awards

The Castro Valley/ Eden Area Chamber of Commerce has announced this year's selections for the 2018 Eden Area Awards.

Alameda County Deputy Sheriff Jacob Swallow was named "First Responder of the Year," Dr. Heidi Hausauer will receive the "Volunteer of the Year" award,

Maria Leyson was named Castro Valley School District "Teacher of the Year," Dawn Wilson will receive the San Lorenzo School District's "Teacher of the Year" award, and the Hayward Area Recreation and Park District will be awarded the "Business Organization of the Year."

A celebration of the honorees will be held from 6 to 8 p.m. on Saturday, February 10, at Redwood Canyon Golf Course, 17007 Redwood Road, in Castro Valley.

The gala evening will include dinner, desserts and silent auction.

For tickets (\$75), please visit: edenareachamber.com.

MAC MEETING

CV Rock Legend to Have Day in Honor

By Amy Sylvestri
CASTRO VALLEY FORUM

Cliff Burton, the Castro Valley native who went on to become a bassist for the heavy metal band Metallica before dying in an accident at the age of 24, will have a day named in his honor.

The Castro Valley Municipal Advisory Council (MAC) voted unanimously at their Monday night meeting to make Feb. 10 (Burton's birthday) "Cliff Burton Day."

The proclamation will now go to the Alameda County Board of Supervisor for approval.

Burton was 20 years old when he joined Metallica and played with them until his death in September of 1986. He was killed when the band's tour bus crashed in Sweden.

Burton was posthumously inducted into the Rock and Roll Hall of Fame in 2009 and has been named one of the top ten greatest bassists of all time by Rolling Stone magazine.



Castro Valley native Cliff Burton will have a day named in his honor

Currently, a small plaque commemorates Burton at Marshall Elementary School, where he attended before graduating from Castro Valley High, but the MAC felt Burton deserves further recognition

"I think (the proclamation) is a great idea," said MAC member Linda Tangren. "If I didn't say it was a great idea, my older daughter would come after me."

see MAC on page 5



SCREEN SHOTS FROM BART VIDEO

BART's new cars made their first passenger run Friday.

First of BART's New Railcars Make Debut

Ten new BART train cars made their debut Friday morning with first customers boarding at MacArthur Station for the inaugural passenger run.

The first riders seemed most impressed by how clean the new

cars were. But they also liked a whole list of other improvements including quieter rides because of new, tapered wheels, better air conditioning, and more comfortable padded seats.

see BART on page 5

Castro Valley Weather Jan. 24 - 28, 2018



Wednesday
Cloudy, Showers
High 56° Low 45°



Thursday
Cloudy, Showers
High 53° Low 40°



Friday
Partly Sunny
High 54° Low 39°



Saturday
Partly Cloudy
High 58° Low 42°



Sunday
Cloudy
High 57° Low 43°

Almanac



Past Week's Rain: 00.68
Season To Date: 07.16
Normal To Date: 11.34
Season Average: 21.22

Moon Phases



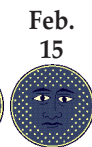
Jan.
24



Jan.
31



Feb.
7



Feb.
15

Sun sets at 5:25 p.m. today, rises at 7:17 a.m. Thursday.

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SPORTS HALL OF FAME

Anthony Reyes' Love of Baseball Leads Him into Sports Training

Ninth 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. For tickets, contact Ted Riche at 510-537-2048.

By Lowell Hickey
SPECIAL TO THE FORUM



Anthony Reyes

His friends called him "Shoebox" during his baseball playing days in Castro Valley.

From Castro Valley Little League through Castro Valley High varsity baseball, Anthony Reyes would bring his shoebox full of band-aids, tape and other first-aid materials to practices and games.

"I wanted to be prepared in case something happened to me or a teammate," Reyes explained, smiling.

Although he no longer carries a shoebox and his equipment is a bit more sophisticated, Reyes is still taking care of baseball players some two decades later. Only now those players are major leaguers. Anthony is assistant trainer for the San Francisco Giants.

After graduation from CVHS in 1999, Reyes entered the University of Washington as a computer science major. He quickly realized he was in the wrong field. He missed baseball, a sport he loved.

"I wanted to be a major league baseball player, like every kid," he said during an interview in the players lounge at AT&T Park.

If he couldn't make a living playing baseball, Reyes figured he'd try another approach. He signed on as an intern in the athletic training program at Washington, but was assigned to work with the football and basketball teams – not baseball.

Reyes transferred to San Jose State after his sophomore year, majoring in kinesiology. He also interned part-time at a physical therapy clinic run by Gary Lang, the athletic trainer at Foothill College. Lang occasionally recommended interns for the Giants.

Anthony completed his degree and earned his athletic trainer cer-

tification just when the Giants happened to be looking for an intern. Talk about perfect timing. Lang recommended Reyes and he got the job – his dream job. That was 2004 and he's been with the Giants organization ever since.

"I got into athletic training because I wanted to get into baseball," said Reyes, who has been elected to the Castro Valley Sports Hall of Fame.

After a year with the Giants' rookie league team in Arizona, Reyes was assigned to the Giants' double-A team, the Connecticut Defenders. His title was head trainer, but his job description was much more than that. He was trainer, strength and conditioning coach and traveling secretary – typical duties for a minor league trainer.

Reyes would check in players at the hotel on road trips, dish out meal money, welcome new players and perform other necessary tasks while overseeing the health and fitness of young major league prospects. It meant for long days and a lot of bus rides.

It could have been worse, though. "Back in the days before I got into the business, the trainer would often drive the team bus," Reyes noted with a chuckle. Anthony wasn't complaining. After all, there was a baseball game every night.

Reyes was promoted to the Giants' triple-A team, the Fresno Grizzlies, in 2008. Although he still performed traveling secretary duties, now he was arranging flights instead of bus rides. And, in 2009, the Grizzlies added a full-time strength and conditioning coach, so Anthony could devote more time to being a trainer.

Since the minor league season ends after August, Reyes would join the parent team in San Francisco in September and in 2010 see FAME on page 11

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Super Diamond



THIS SATURDAY NIGHT

Super Diamond to Shine on Stage at Center for the Arts

By Terry Liebowitz
SPECIAL TO THE FORUM

Here's your opportunity to reach into the recesses of your closet and pull out those bell bottoms, platform shoes and vintage sequins!

Super Diamond is coming to town this Saturday, January 27, 7:30 p.m., at the Castro Valley Center for the Arts.

Super Diamond delivers Neil Diamond's power ballads and up-tempo hits of the last 30 years: Cracklin' Rosie, Sweet Caroline, Forever in Blue Jeans and You

Don't Bring Me Flowers — everyone has their favorites.

Randy Cordero (aka Surreal Neil) and his sextet have been traveling the country with their Neil Diamond tribute band for almost two decades.

Yes, they don their sequined shirts and period haircuts, but they are more than a cover band. Super Diamond uses Diamond's songs to create their own music with heavier guitars, mixing in contemporary riffs by Guns N'Roses, Kiss, AC/DC and others.

Cordero describes Super Diamond as "Neil Diamond on steroids."

Twice, the real Neil Diamond paid the group the supreme compliment of joining Super Diamond on stage for unforgettable performances.

Castro Valley Arts Foundation President Mary Ann DeGrazia is excited to offer this group in their 2017-18 Series.

"We expect this show to sell out, so don't delay purchasing your tickets," she advises.

Visit www.cvartsfoundation.org for tickets or see the Arts and Entertainment Calendar on page 4 for in-person options.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Downtown Arrest

Sunday, January 21: at 2:32 p.m., Sheriff's deputies arrested a 20-year-old man from Castro Valley on suspicion of possession of illegal narcotics, methamphetamine drugs, illegal drug paraphernalia, stolen property, and violating the terms of his probation. The man was traveling on Redwood Road near Castro Valley Boulevard when deputies stopped him for questioning. The man was handcuffed and taken into custody.

Illegal Drug Paraphernalia

Sunday, January 21: at 3:24 p.m., a 48-year-old man from Richmond was arrested on suspicion of possession of illegal drug paraphernalia. Deputies spotted the man outside a home on Redwood Road near Vegas Avenue and stopped him for questioning. The man admitted possession of a pipe used for smoking illegal drugs and was taken into custody.

Driving Under the Influence

Saturday, January 20: at 10:02 a.m., deputies pulled over and arrested a 37-year-old man from Castro Valley on suspicion of driving under the influence of alcohol. The man was also wanted as part of a warrant issued for his capture. Deputies stopped the man for a traffic violation on Castro Valley Boulevard near Stanton Avenue. The man failed his field-sobriety test and was taken to Santa Rita Jail pending \$35,000 in bail.

Tear Gas

Friday, January 19: at 10:05 p.m., a 33-year-old man with no permanent address was arrested on suspicion of illegal use of tear gas and

providing a false identification to law enforcement. Deputies were called to an apartment complex on Santa Maria Avenue near Jamison Way following a report of a transient using tear gas. Deputies stopped the man fitting the description for questioning but were given a false ID. The man was taken into custody.

One Too Many

Friday, January 19: at 6:12 a.m., deputies arrested a 31-year-old man without a permanent address on suspicion of public intoxication and violating the terms of his probation.

The man was hanging out in front of a gas station on Lake Chabot Road when deputies approached him for questioning. The man failed his field-sobriety test and was taken into custody.

Can't Stay Away

Thursday, January 18: at 11:38 p.m., a 33-year-old man with no permanent address was arrested on suspicion of violating a restraining order placed on him, possession of illegal drug paraphernalia, and violating the terms of his probation. Deputies were called to a home on

see **REPORTS** on back page

Road Closure Extended

The Alameda County Public Works Agency is extending the closure of Redwood Road through next month.

Rains in mid-December and January saturated the work site and compromised critical supports necessary for the reconstruction of the roadway at mile marker 7.38.

Construction efforts will resume when the work site is dry, according to John Medlock, Jr.,

deputy director of the agency.

In the meantime, motorists, bicyclists and hikers are advised to avoid the area and use alternate routes. Those who wish to enter the East Bay Regional Park District's Anthony Chabot campground facilities will have to enter from the Oakland side of Redwood Road.

For updates, visit www.acpwa.org or call 510-670-5500.




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The Week Ahead

● Thursday, January 25: Garden Project Volunteers Needed

The Aitken Senior Center at 17800 Redwood Road has an exciting Community Garden Project to provide garden plots for seniors to grow their own food. At 10 a.m. tomorrow, Jan. 25, we need 5 volunteers to help build and assemble two planter boxes, prepare soil for seeds and plants, and install a drip irrigation system alongside the staffs from the Senior Center and from City Slickers Farm. All help is needed and appreciated. Call Jen at 510-881-6742 to reserve your spot.

● Thursday & Friday 1/25-26: TOPS Weight-Loss Classes

TOPS (Take Off Pounds Sensibly), the nonprofit support group invites you to attend its weekly meetings to learn about such topics as nutrition, portion control, food planning and exercise. Two TOPS chapters meet in Room 5 at United Methodist Church, 19806 Wisteria St., one from 10 to 11 a.m. on Thursdays (with weigh-in at 9:30), the other from 9:30 to 10:30 a.m. on Fridays (with weigh-in at 9). For more info on the Friday Group, call Bernice Kurtzner at 510-537-0699, or for the Thursday Group, visit www.TOPs.org or call Anna Bauman at 510-727-1244

● Saturday, January 27: Boy Scout Pancake Breakfast

Boy Scout Troop 722 will hold an all-you-can-eat pancake and bacon breakfast from 9 to 11 a.m. this Saturday at Knudsen's Ice Creamery, 3323 Castro Valley Blvd. Tickets (\$12) are available from any member of the troop or at the door.

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

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

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

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

● Saturday, January 27: New SAT Practice Test

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

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

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

● Tuesday, January 30: Rotary: 'Photography Christmas Sales'

Andy Lopusnak, manager of Mike's Cameras in Dublin, will be speaking on What Was Hot and Not Over Christmas Sales and Business Applications of Photography at the next buffet luncheon meeting of the Rotary Club of Castro Valley at noon Tuesday at Redwood Canyon Golf Course. The cost is \$20 and reservations must be made by 9 a.m. on Jan. 29 by contacting Jim Negri at 650-996-9173 or ciaojim_cvrotary.org. More info available at castrovalleyrotary.org

● Thursday, February 1: Parkinson's Support Group

Michael Galvin of Community Services for Independent Living will be speaker at the next meeting of the San Leandro Parkinson's Support Group at 10:30 a.m. on Thursday, Feb. 1, at San Lorenzo Community Church, 945 Paseo Grande. For info, call Lona White at 510-276-3119.

● Friday, February 2: Eden Area Village Forum

A member outreach and forum meeting will be held at 2 p.m. on Feb. 2 at Hayward City Hall, 777 B Street, to hear about working together to help seniors remain in their homes, active and engaged in their community. Visit: edenareavillage.org or email: info@edenareavillage.org

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

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

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

● **"Super Diamond,"** delivering a glittering show performing Neil Diamond's power ballads and up-tempo hits of the last 30 years, will be presented at 7:30 p.m. this 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.

● **"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. on 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.

THEATRICAL & MUSICAL PERFORMANCES

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

AT THE GALLERIES

● **29th Annual Children's Book Illustrator Show**, a local favorite of young and old alike, is currently at the Sun Gallery, 1015 E St. in Hayward, featuring a wide variety of artists and their books. This Saturday, Jan. 27, a special Artists Reception and meet-and-greet will be held from 1 to 4 p.m. at the Gallery. A free art class for children will be held Saturday morning at 11 a.m. at the Gallery. Admission is free. Normal gallery hours are Friday through Sunday from 11-5.

● **"Anything Goes, Almost,"** an exhibition by A.R.T. Inc. members, will open with a public artists' reception from 1 to 3 p.m. this Saturday, Jan. 27, at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. See the Gallery's Artist-in-Residence, Philip Denst, at work during exhibit hours starting Feb. 1. For more information, call 510-881-6735.

CASTRO VALLEY FORUM

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ARIES (March 21 - April 19): Guess what, Lamb? You're about to experience a new perspective on a situation you long regarded quite differently. What you learn could open more opportunities later.



TAURUS (April 20 - May 20): The Bold Bovine is tempted to charge into a new venture. But it might be best to take things one step at a time, so that you know just where you are at any given point.



GEMINI (May 21 - June 20): It's a good time to go on that fun getaway you've been planning. You'll return refreshed, ready and, yes, even eager to tackle the new challenge that awaits you.



CANCER (June 21 - July 22): The Moon Child loves to fantasize about magical happenings in the early part of the week. But the sensible Crab gets down to serious business by week's end.



LEO (July 23 - August 22): What goes around comes around for those lucky Leos and Leonas whose acts of generosity could be repaid with opportunities to expand into new and exciting areas of interest.



VIRGO (August 23 - Sept. 22): Your concern about your job responsibilities is commendable. But you need to take some quiet time to share with someone who has really missed being with you.



LIBRA (Sept. 23 - October 22): Aspects favor getting out and meeting new people. And as a bonus, you might find that some of your newly made friends could offer important business contacts.



SCORPIO (October 23 - November 21): You might take pride in wanting to do everything yourself. But now's a good time to ask family members to help with a demanding personal situation.



SAGITTARIUS (Nov. 22 - Dec. 21): Pay more attention to the possibilities in that workplace change. It could show the way to make that long-sought turn on your career path.



CAPRICORN (Dec. 22 - Jan. 19): Your need to succeed might overwhelm obligations to your loved ones. Ease up on that workload and into some well-deserved time with family and friends.



AQUARIUS (Jan. 20 - Feb. 18): Love rules for amorous Aquarians who can make good use of their ability to communicate feelings. Don't be surprised if they're reciprocated in kind.



PISCES (Feb. 19 - March 20): Fishing for compliments? No doubt, you probably earned them. But it's best to let others believe they were the ones who uncovered the treasure you really are.

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CV Musician Greg Conway Awarded



Greg Conway has received the 2018 Outstanding Music Educator Award

The Bay Section of the California Music Educators Association has awarded Castro Valley native Greg Conway the 2018 Outstanding Music Educator Award. It was his third award from the organization in the past two years.

Conway graduated from Castro Valley High School in 1997 and attended Cal State University, Hayward, where he earned a B.A. in Music.

For the twelfth year this summer, he will be directing the Symphonic Band of the Jenny Lin Foundation Youth Music Program, which has been offered free to all Bay Area high-school students for more than 20 years.

Conway is the Director of Instrumental Music at Hopkins Junior High School in Fremont, where he has continued the tradition of excellence in the school's band program which has consistently received superior ratings at festivals and other competitions throughout the state.

Since the establishment of the California Music Educators Association All-State Band and Orchestra Festival in 2013, the Wind Ensemble and Advanced Orchestra – both flagships of Hopkins – have been invited to participate in the event each year, along with a dozen other top-performing groups in California.



PHOTO BY BRUCE JOHNSON

HONORED ROTARIANS: From left, Carol Wikle, John Aufdermauer, Virginia Degner, Ray Wallace, CV Rotary Fund Chair Dwight Perry, Charles Mortimer, Jeff Moore, Lisa Poniatowski, sponsor Mark Poniatowski, CV Rotary President Jim Negri.

CVSan Zero Waste Week Begins Feb. 5

Castro Valley Sanitary District (CVSan) will host a week-long series of events beginning Monday, Feb. 5, aimed at recycling and reducing the amount of material going to landfill.

- Feb. 5, from 10 to 11:30 a.m. – Learn how to compost and start an edible home garden at a workshop at CVSan Offices, 21040 Marshall Street. You must have a ticket to attend, available only at Brown Paper Tickets.

- Feb. 6, from 4 to 6 p.m., participate in a tree-fruit-gleaning to save food that otherwise may have gone uneaten. Assemble at CVSan

Offices and then visit pre-approved sites to harvest extra fruit and vegetables. All gleaned food will be donated to a local food pantry.

- Feb. 8, from 3:30 to 5 p.m. bring your children to experience hands-on Science, Technology, Engineering, Arts, and Math (STEAM) learning at the Castro Valley Library where they'll make fun toys and art with recycled material.

- Feb. 9, from 6:30 to 8:30 p.m. attend a Personal Care Workshop at CVSan Offices where you will learn how to make lip balm, tooth

powder, cleaning spray, and roll-on deodorant from Kathryn Kellogg of Going Zero Waste. You must have a ticket available only through Brown Paper Tickets.

- Feb. 10, from 1 to 4 p.m. attend a Fixit Clinic and Swap O-Rama-Rama at the Castro Valley Library. Bring your broken items to be fixed, and learn how to perform the repairs yourself! Electronics, home appliances, clothes, and much more is welcome for the fixing.

For more information, or to register for events you'd like to attend, visit www.cvsan.org/ZeroWaste.

Ten CV Rotarians Recognized

Ten members of the Rotary Club of Castro Valley received recognition last week for their contributions to Rotary International, enabling the organization to carry on a worldwide program of educational and humanitarian programs.

The Paul Harris Fellowship was named after the founder of Rotary International. The initial Paul Harris Fellowship indicates \$1,000 being donated into an individual's

name, with each additional \$1,000 donated while a Rotarian receiving higher recognition receives their pin with a stone representing each increase.

Receiving their initial Paul Harris recognition were Charles Mortimer and Dan Willits as well as Rotarian Mark Poniatowski's children, Daniel and Lisa Poniatowski.

Others recognized with their contribution levels were Virginia Degner and Ray Wallace (1 stone), Tony Morsilli and Jim Negri (2 stones), John Aufdermauer and Carol Wikle (3 stones), Jeff Moore (4 stones) and KJ Page (7 stones).

"The Rotary International theme is Rotary: Making a Difference. We believe Making a Difference begins in Castro Valley,"

said Club President Jim Negri. "I am very proud of the Castro Valley Rotarians who received their first Paul Harris Fellow as those Rotarians continue to donate to the foundation because they believe in Service Above Self."

The Rotary Club of Castro Valley now has 32 Paul Harris Fellows of which 23 members are multiple Paul Harris Fellows."

Today, more than \$100 million is raised per year – some 80% from those Fellows.

Programs financed by The Rotary Foundation include vaccinating children against diseases, and awarding micro loans and training to women to aid in supporting themselves and their families in a dignified way.

'Women's Hall of Fame' Deadline

The deadline has been extended to next Wednesday, Jan. 31, to nominate outstanding local women to the Alameda County Women's Hall of Fame.

Honorees will be celebrated at the 25th Annual Alameda County

Women's Hall of Fame Luncheon and Awards Ceremony on Saturday, March 24, at the Greek Orthodox Cathedral in Oakland.

To submit a nomination, visit www.acgov.org/whof/ or call 510-272-6984.

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Special to the Forum

GUEST COMMENTARY



Selling Myths Must Die in 2018

Meeting with a couple hoping to sell their home, I explained the price they could reasonably expect. Their response?

"We want a much higher price. Let's put it on the market at the number we want and wait until it sells — we've heard someone will eventually pay our price if it sits there long enough."

My response: "Not so much."

Unfortunately, there are market myths some sellers still gravitate to when looking to sell. Based on flawed perceptions of market dynamics, these falsehoods persist like the smell of damp socks in a boy's locker room.

Here are the Top 5 Seller Myths that need to die in 2018:

Myth No. 1: "Because the market is hot, I do not need upgrades."

The idea a home will get top dollar simply because it's in a hot market is wrong. It may get more than a previous sale, but will not get the highest amount possible. Buyers currently want move-in-ready homes and will pay a premium for them. Homes that are not fully prepared typically sit on the market longer and sell for less.

Myth No. 2: "I don't need extensive marketing to get top dollar."

With the advent of HGTV, buyer behaviors have changed. They look for staging, professional pictures, 3D tours and more. If they don't like what they see online, they will not come.

Myth No. 3: "I can ask a price way over the last sale because I know someone out there will like my home enough to pay my price."

With access to many sites that provide online valuations, buyers know when a home is overpriced and stay away, assuming the seller is unrealistic.

Myth No. 4: "All I need is a number of Open Houses to sell my home."

Open houses do not sell homes, they simply provide a venue for buyers to visit homes they have already seen online. Marketing sells homes, and the better the preparation and marketing, the higher the chances for a great sale. If there is no open house, buyers' agents will show it to them.

Myth No. 5: "I can use an on-line valuation to set my price."

Online valuations are notoriously inaccurate. To get a real value,

ask a Realtor to run a Comparative Market Analysis using all the market data available.

While these ideas may have been around a while, they are myths nonetheless. Hopefully

2018 is the year they die.

Carl Medford is a licensed Realtor with Keller Williams Realty. This article is sponsored by the Central County Marketing Association.

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5166 Crane Avenue	94546: \$880,000	4 BD - 1,792 SF - 1959
18577 Doris Court	94546: \$765,000	3 BD - 1,448 SF - 1963
4522 Edwards Lane	94546: \$680,000	3 BD - 1,275 SF - 1963
20177 Forest Avenue	94546: \$505,000	N/A BD - 1,402 SF - 1962
4227 Mabel Avenue	94546: \$720,000	3 BD - 989 SF - 1950
4758 Proctor Road	94546: \$1,010,000	3 BD - 1,332 SF - 1952
18345 Redwood Road	94546: \$479,000	2 BD - 1,094 SF - 1950
21348 Rizzo Avenue	94546: \$545,000	2 BD - 1,100 SF - 1947
18830 Sandy Road	94546: \$862,000	3 BD - 1,233 SF - 1947
2345 Star Avenue	94546: \$625,000	3 BD - 1,119 SF - 1947
4945 Vannoy Avenue	94546: \$550,000	N/A BD - N/A SF - N/A
23139 Canyon Terrace Dr	94552: \$685,000	4 BD - 1,463 SF - 1996
5881 Greenridge Road	94552: \$1,325,500	4 BD - 1,901 SF - 1963
TOTAL SALES: 16		
LOWEST AMOUNT:	\$479,000	MEDIAN AMOUNT: \$737,500
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San Leandro Times / Castro Valley Forum

LETTERS to the Editor

One Activist's Experience at Women's March in Oakland

Editor:

On Saturday, January 20, 2018, my children and I joined members of our Castro Valley Huddle, Castro Valley Matters, the Castro Valley

Women's March contingent and hundreds of other residents for a trip on BART to join in the first anniversary of the Women's March.

I felt so encouraged to see the many thousands of people at the march in Oakland. My fear was that people would go back to "business as usual" after the 2017 March — but given the absurd antics of our national government over the past year, this march was as important as the last one, if not more!

To see people coming together to work for a better future is inspir-

ing. To see such a HUGE group of people who care about our country and our democracy — exercising their first amendment rights — is powerful. A group of passionate, energized women have been meeting and working hard as activists right in Castro Valley.

If you are concerned about the current administration's agenda and want to work for a better world for our children and ourselves, we invite you to contact us.

For information on the Castro Valley Huddle, contact us at cwom-ensmarchHuddle@gmail.com.

—Erin Cambra, Lead
Castro Valley Women's March Huddle

Obituaries

■ Louise Irene Atkins ■ Lena Corral Barry ■ Irma Haston ■ Jean Martinelli

Jean Martinelli



Jean Martinelli, at the age of 86, passed away surrounded by family. Born in Wyoming, Jean was a catalyst in encouraging her parents and younger brother to move to San Leandro when she was 15. After graduating from San Leandro High, and later marrying George Martinelli, the two went on to have two sons and a daughter. They also went into the lumber business together in 1962, in Oakland, later expanding into cabinetry and moving into Castro Valley. George worked there until his passing in 2001, and Jean continued there with her children until she retired at 83.

A long time resident of both San Leandro and Castro Valley, Jean also enjoyed spending time in Lake County with her husband and children. She and George and their family built a second home there, and created many fond memories at Clear Lake with family and friends.

Jean was an avid knitter and crocheted beautifully. She shared her love of puzzles, mysteries and crime stories with her children. She was the historian of the family, the one everyone came to over the years for the identities of the mystery faces in old family photos. The answers often came with some accompanying story, as she became the family's own unofficial genealogist. Her ready smile, warm hugs and generous nature will be sorely missed.

Memorial will be held at Chapel of the Chimes in Hayward, Wed., Feb. 7. Visitation from 5 p.m. - 8 p.m. Celebration of Life (service) begins at 7 p.m. Online condolences and memories can be shared with the family at www.forevermissed.com

In lieu of flowers, donations to the Alzheimer's Association (alz.org) would be greatly appreciated.

Louise Irene Atkins

September 1, 1925 - January 14, 2018



Louise Irene Atkins peacefully went to Heaven on Sunday morning, January 14, 2018 at the age of 92, after spending the previous day with her children, grandchildren and great grandchildren. Louise was born September 1, 1925 in Oakland, CA. She married Carl Atkins in 1949, and was preceded in death by her husband of 57 years. Louise is survived by daughters (and spouses), Janice (Rick) LoSardo, and Shirley (Don) Van Noy; her three grandchildren, Kelly (Chris) Marion, Holly (Kris) Hull, and Dustin (Susie) Nunnery; and her great grandchildren, Alexis, Joshua, Gideon, and Eben.

Louise moved to Castro Valley when she was 10, and lived there until she was 90. That's when she moved down to San Diego with her daughter and son-in-law. Louise's family bought property and had a ranch in Castro Valley, where Kahlert Ave is named for her family. They had horses and rode in many of the early Rowell Ranch parades.

She loved her family so much and always made every holiday special. Louise worked at Lucca's Delicatessen for 30 years serving many of you who came in.

A service will be held on February 17th at 2:30 pm at Redwood Chapel Community Church, 19300 Redwood Road, Castro Valley, CA. In lieu of flowers we invite you to make a donation to a Veterans Organization such as Disabled American Veterans.

Lena Corral Barry

(Castro Valley and Cold Springs)



Lena (Lee) Corral Barry peacefully passed away on January 10, 2018 at the age of 100. She was born July 7, 1917 in Kalaheo Kauai, Hawaii to Antolin and Maria Corral. Antolin and Maria emigrated from Spain and married in Hawaii. Lena was always proud of being first generation American and being the first born cousin for both families.

Lena was a graduate of Manteca High School in Manteca, California. She wanted to further her education after attending Modesto Junior College and traveled by bus to Seattle Washington in 1937 to attend University of Washington. She transferred to Washington State University in Pullman and graduated with a Bachelor of Science degree and teaching credential. She married James (Jim) Barry in 1942 after meeting at a wedding where she was the maid of honor and he was the best man. After WWII, they settled in Hayward / Castro Valley and raised their three children, Jim, Mary and Carole.

In 1953, she returned to teaching Home Economics at Hayward High School, which became Foothill High School and then moved to the opening of Canyon High School in Castro Valley. She taught at Canyon High for the 13 years when it was a high school; and also taught part time at Castro Valley High School. She enjoyed teaching the girls but was always proud that she taught the first "Boys Home Economics" class in the area. She was a perfectionist who taught you how to do things the right way, she wasn't always popular for doing that but it will be her legacy; and you always knew when she was coming down the hallway with the clickety clack of her high heels. She retired from teaching in 1977.

She and Jim built their retirement home in Cold Springs, California; and lived there for over 30 years. Many friends and family visited them over the years and enjoyed her cooking and baking, especially her pies and breakfasts. You never left her home hungry! They were avid travelers and together they shared the experience of visiting almost every continent and making friends in many places throughout this wonderful world.

Lena will be joining Jim; her parents, Antolin and Maria; her sisters Rose Ybarrola and Lucia Trujillo; her brothers Frank Corral and Tony Corral in the eternal afterlife. She is survived by her son, James R. Barry (Dena), of San Jose, CA; daughter Mary Barry Hertzog (David) of Ocean Shores, WA; daughter Carole Barry of San Leandro, CA; grandson Kevin Barry of San Jose; many nieces, nephews, family and friends.

The family wants to extend their appreciation to the caregivers at Casa Sandoval and the special hospice angels from Gentiva/Kindred Hospice. They lovingly cared and looked after her.

Family and friends are invited to a Memorial Mass celebrating her life to be held at All Saints Catholic Church, 22824 Second Street, Hayward, CA on Tuesday, January 30, 2018 at 10:30 a.m. Inurnment will be private at Holy Sepulcher Cemetery, Hayward.

In lieu of flowers, if you wish to make a remembrance, the family requests donations in her memory to St. Jude's Children's Hospital, 501 St. Jude Place, Memphis, TN 38105 (www.stjude.org) or the charity of your choice.

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

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Demetria Canlas Songco
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Funeral Mass
Saturday, January 27, 2018
at 10 a.m.

St. Leander Church,
San Leandro

Michael Fredrick Reese
March 7, 1956 - Jan. 21, 2018

FD 1168 CR49

LETTERS TO THE EDITOR

must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary.

Email Letters to:

fredz@ebpublishing.com
or mail to:
The Forum, P.O. Box 2897
Alameda, CA 94501

Obituaries

Irma A. Haston

May 31, 1920 ~ January 10, 2018



Irma A. Haston, a resident of Castro Valley for more than 60 years, was born on May 31, 1920, in the coastal town of Pescadero, California. She slipped away peacefully at her home on January 10, 2018. Irma was preceded in death by her beloved husband, Robert (Bob), her father Fred, mother and best friend Clara, brother Fred, and Edward Sanders (to whom she referred as her "bonus son").

Irma and Bob met in early 1940 when he relocated to California from Oregon. Within a few months they realized they were meant for each other and were married. Irma and Bob relocated to the East Bay, eventually moving to Castro Valley in the early 1950s. They thoroughly enjoyed their life together and when not working or completing home improvement or gardening projects, they traveled throughout the United States.

Irma loved to cook, bake and sew. She was also a loving babysitter who stayed in touch with several of the children she grew to love while in her care. Irma's bright smile, infectious laughter and caring ways will be particularly remembered by Ann and George Duff, Patricia Gilson, Howard and Carol Haston, Jennifer Huston, Dennis and Shari Jackson, Sue Sanders (Edward's wife), Ruth Schneider, extended family members and a myriad of friends.

ATHLETE OF THE WEEK

Bailey Jones

This week's Athlete of the Week is Bailey Jones, a senior at Castro Valley High School. Jones plays as a guard on the varsity girls basketball team.

In her 17 games played, she has amassed 248 points, 55 rebounds, 72 assists, 51 steals, and 2 blocks for the season, taking her season average to 14.6 points, 4.2 assists, 3.2 rebounds, and 3.0 steals per game.

Jones has scored 23 3-pointers for the season, and scored her season high of 28 points, with 5 made 3-pointers against South Medford on Dec. 28. She has been a consistent driving force for the Varsity team, since her freshman year, and has helped them to a current 15-2 record.

She won All-Tournament honors in the Emerald Division Jamboree at the end of December and was recently recognized on the 49ers Cal-hi sports report as their Player of the Week.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

Youth Baseball and Flag Football Programs
www.CVSPORTSLEAGUE.org

HEALTH & FITNESS

Flu Season in Full Force in the Bay Area

By Dr. Jeffrey Silvers
SPECIAL TO THE FORUM

The flu season is in full force in the Bay Area and local hospitals are admitting a large volume of patients with flu related symptoms.

One of the main reasons for the upsurge in flu related illnesses is that fewer people have received the flu vaccine this year – due in part to a general misconception about its effectiveness.

There's a lot of confusing information being provided from multiple news sources that this year's flu shot isn't effective, but our data strongly suggests that the vaccine may be protective against severe illness that would result in hospitalization.

A point-prevalence study done on 12/29/17 across Sutter Hospitals in 9 counties in Northern California showed that 3 out of 4 patients hospitalized for influenza had not been vaccinated.

The news articles claiming that the vaccine was only 10% effective in Australia do not foretell our expected vaccine efficacy because more Americans receive the vaccine than Australians, so our herd immunity is higher.



One of the main reasons for the upsurge in flu related illnesses is that fewer people have received the flu vaccine this year – due in part to misconception about its effectiveness.

- Herd immunity is a form of indirect protection from infectious disease that occurs when a large percentage of a population has become immune to an infection, thereby providing a measure of protection for individuals who are not immune.
- Four strains of Influenza are circulating at the present time but most of the attention has only been on A H3N2; the predominant strain which has sickened about

70 percent of patients who present with the flu.

- The vaccine for the A H3N2 is predicted by the Centers for Disease Control to be about 35 percent effective and efficacy of the other three strains is expected to be higher.
- Patients at greatest risk are the

ones that are not vaccinated.

What Should People Do?

It's not too late to reduce your risk of getting sick. By getting a flu shot you not only reduce your risk of getting the flu, but you also benefit from less severe symptoms should you get the flu.

It's important to know that it takes about two weeks for the vaccine to take effect. The flu season could last into April, so there's still time to safeguard your health.

The CDC recommends a flu shot for everyone over the age of 6 months, unless you have a specific medical reason, such as an allergy to the vaccine.

Sutter East Bay Medical Foundation has a care center at 20101 Lake Chabot Road in Castro Valley where patients can receive a flu shot or treatment for flu symptoms. Call 510-886-3400 for an appointment.

Urgent Care is also available at this location. Call 510-247-6300 for hours.

Dr. Jeffrey Silvers is Director of Infection Control at Sutter Health.

Fame: Reyes

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that meant he was with the Giants during their post-season drive to the World Series championship. He was awarded a World Series ring. He didn't know it at the time, but it was his first of three (so far).

Reyes was promoted to the Giants full-time as assistant athletic trainer prior to the 2012 season, so he earned two more World Series rings when the Giants ran the table again in 2012 and 2014.

During the baseball season, Reyes' day begins about noon for home night games. The entire medical staff -- doctors, trainers, physical therapist and strength coach -- meet to plan or modify treatment of injured players. About 2 p.m., players start trickling in for treatment. There is always at least one trainer on the field during batting practice and one is helping the starting pitcher get ready. Around 5:30 for a 7:15 game, the trainers start helping the position players get loose.

During the game there are two trainers in the dugout at all times. They're ready in case a player (or umpire) gets injured, plus



Anthony Reyes checks on Giants pitcher Johnny Cueto during a game at AT&T Park.

they keep manager Bruce Bochy and the coaching staff apprised of what players might be limited to pinch hitting or pinch running that night. Another trainer works with the relief pitchers to get them ready for action.

After the game, medical reports need to be written, some examinations may be required and equipment made ready for the following day. Reyes usually leaves the ballpark about midnight. It's a long day.

Would Anthony recommend athletic trainer as a career?

"Oh, yes," he replied immediately. "But you have to be passionate for the sport you're in and for the profession. There are a lot of sacrifices."

Reyes and his wife, Fay, and daughter, Amelia, currently live in Martinez.

CORRECTION: Last week's story about Juan Anderson had an incorrect by-line. The story was written by Dave Del Grande.

SPORTS NOTES

AAU BASKETBALL TRYOUTS SUNDAY

The Castro Valley- and San Leandro-based Bay Transitions AAU basketball program will continue holding tryouts for the 2018 season Sunday at John Muir Middle School in San Leandro. The schedule for the Jan. 28 session is: first through fourth grade: 8-9:30 a.m.; fifth and sixth grade: 9-10:30 a.m.; seventh and eighth grade: 10:30 a.m.-noon. Preregistration is available at: www.Bayareatransition.org. For further information, contact program director Bryon Pointer at 510-361-7513

SWAG BASKETBALL TRYOUTS

Swag East Bay Basketball Tryouts for 6th, 7th and 8th grad boys, will be held from 9 to 11 a.m. on Sunday, Feb. 11 at Bancroft Middle School, 1150 Bancroft Ave. in San Leandro. There is a \$10 Tryout Fee. For more info, email joseph@ebswag.com or dina@ebswag.com

HARD SENIOR SOFTBALL LEAGUE (SINCE 1990)

The Hayward Area Rec District Senior Softball League is looking for new players for its upcoming season. We have 3 divisions, all with room for new players. Our 50+ division plays on Thursday mornings, our 60+ division plays on Tuesday mornings, and our 70+ division plays on Wednesday mornings. All games start at 9:30 and we play at Alden Oliver Sports Park in Hayward.

The league schedule runs from late March through late September. The league meeting (recommended but not mandatory) is Jan. 25 at 1 p.m. at San Felipe Park, 2058 D St., Hayward. All new players must attend at least one "rating day" (on Feb. 6, 13, and 20) at Castro Valley Community Center.

For info, visit www.HARDSeniorSoftball.com or contact John Ironside 925-828-2314 JohnIronside6@hotmail.com or Mike Carroll 510-531-8075 rtkm@comcast.net or Lanny Witt marlan4551@att.net.



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Reports: CV

continued from page 3

Marshall Street near David Street to investigate a suspicious person report. The man fit the description, was positively identified, and taken into custody.

Over the Limit

Tuesday, January 16: at 9:38 a.m., deputies arrested a 42-year-old man from Oakland on suspicion of public intoxication. The man was traveling on Somerset Avenue near Stanton Avenue when deputies stopped the man for questioning. The man failed his field-sobriety test and was taken into custody.

Trespassing and Possession of Illegal Narcotics

Monday, January 15: at 11:55 a.m., a 55-year-old man with no permanent address was arrested on suspicion of trespassing on private land and possession of illegal narcotics. Deputies spotted the man entering a private area on Grove Way near Interstate 580 and chased him. The man was found to have a warrant issued for his capture. Deputies took the man to Santa Rita Jail pending \$7,500 in bail.

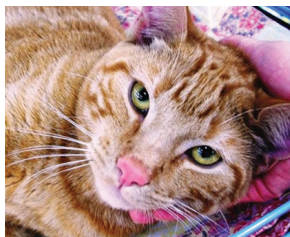
ADOPT-A-PET



PUPPERS is a young, neutered boy who loves to play. He's very friendly and enjoys attention. OK with kids 10 yrs+. Not good with cats. Info: Hayward Animal Shelter. (510) 293-7200.



REGAL EDISON is 10 years young, just keeps getting sweeter with age. She has hyperthyroid and needs to take a daily medication. Info: Hayward Animal Shelter. (510) 293-7200.



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.



POLISH is a 1-year-old, 23 lb. Miniature Schnauzer mix in good health. She is well behaved and listens when you speak to her. For more information, visit: www.dustypawsrescue.org

A Discovery 170 Years Ago that Was Monumental for California

By Fred Zehnder
CASTRO VALLEY FORUM

ON JAN. 24, 1848 — 170 years ago today — James W. Marshall was clearing out the channel of a sawmill on Sutter's Creek near Coloma, California when he noticed something shining in the water. He picked up a few flakes of what, a few weeks later, was confirmed to be gold.

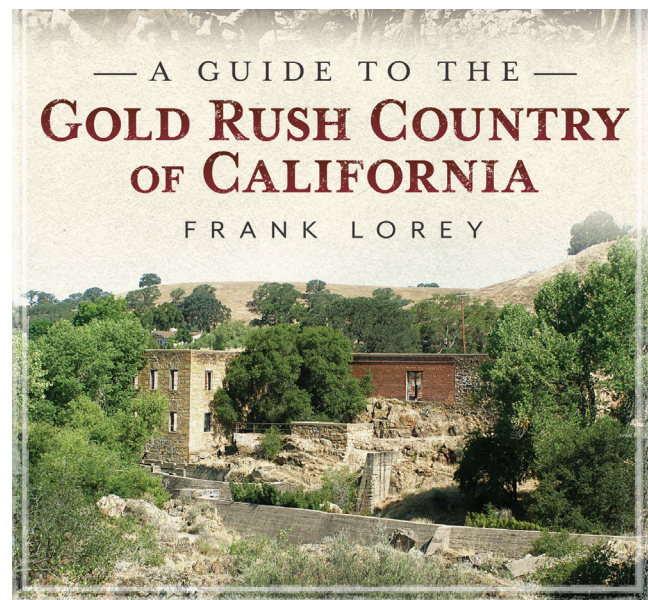
The first account was a small two-inch item at the bottom of the front page of the March 15, 1848 edition of the San Francisco newspaper *The Californian*.

That discovery at Sutter's Mill started a rush that was unprecedented in all of the world's history. By 1850 through 1864, over a million ounces of gold were being mined every year.

But what few Californians may realize is that gold was actually discovered in several areas of the state long before James Marshall's discovery in Sutter's Creek.

As far back as 1775 gold had been found in Imperial County, but nothing much became of it until the state's Gold Rush was well underway, bringing some 300,000 people to California from across the U.S. and abroad.

The history of this monumen-



tal event has been put together by Frank Lorey III in a 175-page book, "A Guide to the Gold Rush Country of California," that includes photos on nearly every page, some black-and-white historical images, and many color photos as the sites appear today.

Despite its extensive pictures, this isn't a typical "coffee table" book. It was meant to be a real guide, with explicit directions on how to visit historic towns and mining locations, many of which

are situated on Highway 49, an easy one-day or weekend drive from the East Bay.

Anyone who enjoys California's "Old West" history will find Lorey's book a goldmine of information.

"A Guide to the Gold Rush Country of California" is available at bookstores in paperback, ISBN: 978-1-6349-9025-7. Fred Zehnder, editor of the Forum, is a former amateur prospector in California's Gold Country.

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