CASTRO VALLEY FORUM

WEDNESDAY, JANUARY 11, 2017

NO. 2

INSIDE YOUR **FORUM**

FEATURES

YEAR 29



ETHD Report Recent report calls ETHD

operation 'adequate' but could do better

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LIVING



Go Nuts

Nutty recipes from peanut butter cookies to cream of peanut soup

Page 6

H&F



Health & Wealth

Some tips to tie physical activities to achieving your financial goals

Page 7

Winter Storm Drenches CV

container under 24 ounces and 10 container under 24 ounces and 10 container under 24 ounces and 10 cents for each eligible container 24 ounces or greater.

The State of California does not operate these recycling centers but does ask that they be open a minimum of 30 hours a week - typically during business hours - and be located nearby a grocery store where the vouchers can be used.

Castro Valley residents, schools, and businesses excel at recycling plastic, aluminum, and glass by using Castro Valley Sanitary District's (CVSan) blue bins. The agency routinely hands out awards acknowledging continued efforts to reduce waste and recycle where

A revision to California's recycling laws - also known as the "Bottle Bill" – is up for discussion in the current calendar year. Expected updates to the Bill would increase subsidies to redemption centers until April 1, 2017, making it easier for them to keep fully staffed and potentially increase their hours.

Californians recycled 3.6 billion pounds of aluminum and 1.1 billion pounds of glass in the last six months, according to California's Department of Resources Recycling and Recovery (CalRecycle).

For a list of redemption centers in Alameda County check out www.calrecycle.ca.gov/BevContainer/Recyclers/Directory/Default.aspx?lang=en-US.



Town Hall Meeting: Sobering Message About Local Crime

By Linda Sandsmark CASTRO VALLEY FORUM

The Alameda County Sheriff's Office gave a special Town Hall presentation on public safety at the Castro Valley Library Monday

Supervisor Nate Miley hosted the meeting as a response to the unusual up-tick in violent crime three homicides during the holiday season, which have put residents

About 50 people attended the session which was held in concert Sheriff's Captain Colby Staywith the Castro Valley Municipal Advisory Council.

"Any form of violence is recitizens to support first responders he said. and work collectively. "It's important that we all stand vigilant."

a 20-year veteran from the Eden related to each other. A suspect Township Substation, was the evening's principal speaker. He said shooting on Denning Court. Both that the increase in violence is not the shooter and victim were from just a local trend, but a statewide out of town, but happened to be in and national one.

He cited the desensitization of an altercation. youth to violence, through news, video games and other media, unsolved. Citing confidentiality, and also state initiatives that have Staysa said he couldn't elaborate decriminalized many crimes. Pre- on a fatal shooting Nov. 28 on viously-mandated probation mon- Wilson Ave., other than to say the PHOTO BY LINDA SANDSMARK itoring and substance abuse



sa was principal speaker at Monday's Town Hall meeting.

pugnant," said Miley, who asked treatment programs are now gone,

Despite that sobering message, Staysa said the three recent ho-Sheriff's Capt. Colby Staysa, micides in Castro Valley are not is already in custody for a Dec. 5 Castro Valley when they got into

> The other two deaths remain see HALL on page 3

Using Castro Valley's Recycling Center Barely Pays Off

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PHONE: (510) 537-1792

By Michael Singer CASTRO VALLEY FÖRUM

to find a suitable place in Castro straight answer." you purchased that soda or beer.

where residents can return recyclables for cash vouchers. But as and bottles for cash.

trying my best to recycle my bot- press time. tles and cans and take them to the local center behind Lucky Super- nounced layoffs and 191 site clo-

wrote to the Forum. "But over the operate in the state. past month there has been nobody Got empty bottles and cans to there and when I call the company take plastic, aluminum, and glass. recycle? You may be hard pressed to find out why, I can never get a Once cans and bottles are counted

tion fees you paid upfront when repeated calls to the recycling Castro Valley has only one site ger pointing and frustration over cause they have no patience with his wasted time.

local resident Jack Mason recent- permarket is run by rePlanet, the getting a few cents in return for ly found out, it's not always easy largest recycling operation in Calior convenient to return those cans fornia. The company was not able to respond to the Forum's request "As a good citizen I have been for a statement or information by

In February, rePlanet an-

market in Castro Valley," Mason sures. Some 350 rePlanet sites still

Typically, recycling centers or weighed, the attendant issues a voucher good for groceries or cash.

Most people put bottles and company resulted in a circle of fin- cans in their recycling bins bedriving to a center then waiting in The site outside of Lucky Su- line (if the recycler is open) and their trouble.

Residents are entitled to cash in on their returns, however. The current California Refund Value (CRV) rules ensure consumers get paid 5 cents for each eligible see RECYCLING on page 3



EDEN TOWNSHIP HEALTHCARE DISTRICT

Report Calls ETHD Operation 'Adequate' But Could Do Better

By Amy Sylvestri CASTRO VALLEY FORUM

espite criticism from lo-Township Healthcare Disoperated adequately.

After nearly 70 years in operation, ETHD had come under fire missioned study by the Local by some county government officials and others who claim the (LAFCo) recently reported: "Disdistrict is redundant and its func- solution of the district without tion could be better handled by the continuing its services is unwar-

mer when a County Grand Jury expenditure of funds for commureport said the district had "failed nity health care." in its mission" and lacked a plan for its future.

were to be absorbed by the county trict.

health structure, no one would be looking out specifically for the vital needs of the Eden Area.

At public meetings in Castro cal politicians, the Eden Valley and San Leandro this fall, tain elements and save money. dozens of speakers supported bit of boost from a new draft report Elke Sommer, called the county's declaring that the district is being move "a thinly-veiled cash-grab" by partisan groups.

> After that input, a county-com-Agency Formation Commission ranted. The district provides a ser-

But, it also said, the district "could improve the efficiency and The district countered that the effectiveness of its operations." county simply wants control of And it did not completely rule out 555, Oakland 94612. Comments its money and that if its functions the notion of dissolving the dis-

If that were to happen, it said the services ETHD provides could continue via a successor agency, which would help streamline cer-

The Eden Township Healthcare trict (ETHD) in Castro Valley got a keeping the ETHD as it is. One, District, now just called the Eden Health District, owns and rents out three medical office buildings and also distributes healthcare-related grant money.

All but 12% of its budget goes to its real estate, staff and legal fees, leaving about \$500,000 annually to distribute to various causes.

LAFCo plans to hold another special meeting on Jan. 31 at 6 It took another hit over the sum- vice of value including significant p.m. at the Castro Valley Library to hear more from the public about the district.

> Send a comment online to: www.acgov.org/lafco/contact.htm or by mail to 1221 Oak St., Room received by Feb. 3 will be considered for the final draft of the study.

Jan. 11 - 15, 2017 **Castro Valley Weather**



High 57° Low 47°

Wednesday Thursday Showers



Friday Showers Partly Cloudy High 55° Low 44° High 51° Low 45°



Saturday Mostly Sunny High 61° Low 57°



Sunday Mostly Sunny High 61° Low 51°

Moon Phases

Almanac

Past Week's Rain: 04.50 Season To Date: 16.69 Normal To Date: 10.33 Season Average: 21.22 Jan





Feb

Sun sets at 5:11 p.m. today, rises at 7:22 a.m. Thursday.

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Preview New Middle School English Materials

The Castro Valley School Dis- Mary Boyle, Assistant Superintentrict is in the process of adopting dent of Educational Services. new English Language materials

rials for over a year, according to public preview through Jan. 27.

for Canyon and Creekside middle of the community to preview the also available at the District Ofschools to meet rigorous new state new grades 6-8 English/Language fice at 4400 Alma Avenue. Those Arts and English Language Devel-Administrators and teachers opment instructional materials that have been working together to seare being proposed for adoption. for an appointment between 8 a.m. lect and evaluate these new mate- All pilot materials are available for and 4 p.m. Monday through Fri-

Information regarding online access can be found at: tinyurl. The District is inviting members com/CVUSDELA. Materials are interested should contact Meighen Eberly (meberly@cv.k12.ca.us) day through Jan. 27.



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Consider serving on our Measure A/B Citizens' Bond **Oversight Committee!**

The committee provides oversight to ensure that bond revenues are expended only for the purposes authorized by law.

The application can be found at: http://www.clpccd.org/bond/documents/COCapplication.pdf

Applications are due Friday, January 27, 2017 at 5 p.m.

Email questions to: dhorner@clpccd.org

Chabot-Las Positas Community College District 7600 Dublin Blvd., 3rd Floor **Dublin. CA 94568** www.clpccd.org



Hall: Speakers Question Safety of Public

continued from front page

shooting was not a random act since it appears the victim and assailant knew each other.

He did not comment on a disturbing house fire Dec. 13 on Grove Way, which appears to have been set to hide the homicide of the homeowner.

Staysa did say that tremendous resources have been poured into both investigations, much progress has been made, and he is confident both will be solved. He added that this is "a good community... there is not a serial killer" in our midst.

In the Q&A that followed, one on the streets on Dec. 9. Though public safety. well-known to law enforcement, she repeatedly refused help.

cept assistance, but that residents also asked concerned citizens to told Miley.



woman asked what can be done for Alameda County Supervisor the town's homeless population, Nate Miley hosted Monday mentioning a woman who died **night's Town Hall meeting on** But former MAC Chair Cheryl

should call law enforcement re-Staysa said that in most cases garding anyone "camping" in

call his office (510-670-5717) to see what other services might be available

Residents were also disturbed about motorists shooting at each other on the Redwood Road offramp from Highway 580 on Jan. 4. Despite an officer responding within 20 seconds, no victim or shooter were found — just a shell casing.

Some speakers noted that a criminal element may be drawn for driving erratically. The man here if marijuana dispensaries are permitted in Castro Valley.

"It's going to hurt kids, no matter what deterrents we put out there," said Staysa.

Miley has been a long-time supporter of medical cannabis. Miraglia said it's not a matter of agreeing or disagreeing on the

people cannot be forced to ac- public places. Supervisor Miley if we don't want it here," Miraglia call at a home on Lake Chabot

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



Drinking and Driving

Sunday, January 8: at 11:31 p.m., Friday, January 6: at 8:40 p.m., Sheriff's deputies pulled over and arrested a 24-year-old man from Castro Valley on suspicion of driving under the influence of alcohol. The man was traveling on Lake Chabot Road near Eden Medical Center when deputies stopped him was also wanted for his arrest. Deputies took the man to Santa Rita Jail pending \$5,000 in bail.

Can't Stay Away

Saturday, January 7: at 3:24 p.m., a 36-year-old woman from CV was arrested on suspicion of violating a court-issued restraining order. The woman also had an outstanding warrant for her arrest. Deputies the suspect fitting the description. The woman was taken to Santa Rita Jail pending \$20,000 in bail.

Difficult Customer

ly staffed and potentially increase Friday, January 6: at 7:48 a.m., deputies arrested a 30-year-old man from CV on suspicion of failing to leave a business after repeated requests from the manager. The man was hanging out at a Starbucks in the Castro Village Shopping Center on the Boulevard before the store manager asked the reason. Deputies arrived and took reason. Deputies took the woman and taken into custody. The victim the man into custody.

Public Intoxication

a 26-year-old man from Castro Valley was arrested on suspicion caught up with the man as he was traveling on Wisteria Street and Cortez Court. The man failed his into custody.

He Fought the Law

Thursday, January 5: at 5:00 p.m., deputies arrested a 20-year-old man from Castro Valley on suspicion of resisting arrest by use of force. The man was hanging a 32-year-old man with no peraround a mobile home park on manent address was arrested on Castro Valley Boulevard near Marshall Street when deputies approached him for questioning. The "We need you to stand up for us responded to a suspicious person man refused to comply and be- Deputies pulled the man over for came belligerent. Deputies hand-Road near Meg Court and found cuffed the man and took him into custody.

Bad Hospital Patient

Friday, January 6: at 3:10 a.m., a 25-year-old woman with no permanent address was arrested on suspicion of refusing to leave a Monday, January 2: at 4:52 p.m., business after repeated requests by the manager. Deputies were called to Eden Medical Center on Lake Chabot Road after hospital security asked for backup with a confrontational patient. The woman had refused to leave after she was into custody.

Driving Drugged and Drunk

Monday, January 2: at 10:30 p.m., deputies arrested a 31-year-old man with no permanent address of public intoxication. Deputies on driving under the influence of multiple drugs and alcohol as well as violating the terms of his parole. Deputies stopped the man on Marfield-sobriety test and was taken shall Street near David Street after observing him swerving in traffic. The man failed his field-sobriety test and was taken to Santa Rita Jail pending \$145,000 in bail.

Wanted Thief Arrested

Monday, January 2: at 1:43 p.m., suspicion of petty theft, violating parole, and possession of illegal narcotics and drug paraphernalia. a traffic infringement outside the 580 Market Place on the Boulevard. Deputies then searched the car and found his stash. The man was taken to Santa Rita Jail pending \$72,500 in bail.

Family Fight at Hospital

deputies arrested a 21-year-old man from Hayward on suspicion of assault on a family member. Deputies were called to Eden Medical Center to assist after hospital staff broke up an altercation between the suspect and a family was treated at the hospital.

Recycling: 'Bottle Bill' Up for Discussion

continued from front page

container under 24 ounces and 10 using Castro Valley Sanitary Discents for each eligible container 24 trict's (CVSan) blue bins. The their hours. ounces or greater.

operate these recycling centers but waste and recycle where possible. does ask that they be open a minimum of 30 hours a week – typically during business hours – and

plastic, aluminum, and glass by ing it easier for them to keep fulagency routinely hands out awards The State of California does not acknowledging efforts to reduce

A revision to California's recycling laws – also known as the "Bottle Bill" – is up for discussion cling and Recovery (CalRecycle). be located nearby a grocery store in the current calendar year. Ex-

Californians recycled 3.6 billion pounds of aluminum and 1.1 billion pounds of glass in the last six months, according to California's Department of Resources Recy-

For a list of redemption centers where the vouchers can be used. pected updates to the Bill would visit: www.calrecycle.ca.gov/Bev- man to leave for an unspecified instructed to for an unspecified member. The man was handcuffed Castro Valley residents, schools, increase subsidies to redemption Container/Recyclers/Directory/ and businesses excel at recycling centers until April 1, 2017, mak- Default.aspx?lang=en-US.



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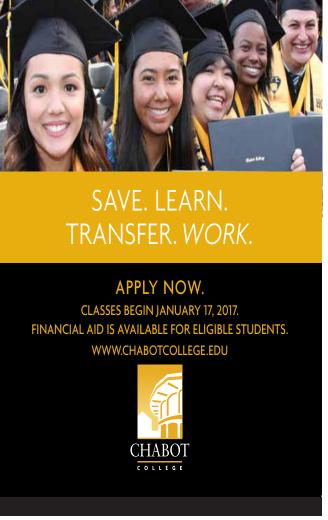
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Community Calendar

The Week Ahea

● Thursday, January 12: CV School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting beginning at 7 p.m. tomorrow in the Boardroom of the CV School District, 4400 Alma Ave. Agenda at: bit.ly/CVUSDBoardMeetings

● Friday, January 13: Lose Weight at TOPS in 2017

Take Off Pounds Sensibly (TOPS), a nonprofit, noncommercial, weight-loss support group, meets weekly to learn about nutrition, portion control, food planning and exercise. Weigh-ins, group feedback, and support help members achieve their goals. Meet in Room 5 at United Methodist Church, 19806 Wisteria, on Fridays at 9:30 a.m. (weighins at 9). For more information, call Doris Ginn at 510-538-1397 or visit www.TOPS.org for information on more chapter meetings.

• Saturday, January 14: 'Living with Dementia' Class Offered

To help give caregivers a better understanding of the dementia and the needs of patients who suffer from it, Hope Hospice presents "Living with Dementia" from 9:45 a.m. to noon Saturday, at 6377 Clark Ave., Suite 100, Dublin (2nd floor conference room). Register at HopeHospice.com or contact Debbie Emerson at debbiee@hopehospice.com.

• Saturday, January 14: Crow Creek Restoration

Everyone is invited to join the Friends of San Lorenzo Creek for a morning of work to plant native vegetation and restore habitat on Crow Creek in Castro Valley. The goal is to plant 3,000 native plants! Come from 9 a.m. to noon this Saturday, sponsored by The Restoration Trust, Friends of San Lorenzo Creek, and Hands-On Conservation. RSVP at goo.gl/forms/WB7XzVt8HBW3jITo1. For questions call Emily at 510-622-8110.

CASTRO VALLEY FORUM

ESTABLISHED: 1989 • CIRCULATION 22,500 © 2016 EASTBAY PUBLISHING CORPORATION - ALL RIGHTS RESERVED

Published every Wednesday by EastBay Publishing Corp. 2060 Washington Ave., San Leandro 94577 Corporate Address: P.O. Box 2897, Alameda, CA 94501 Tel: 510-537-1792 • Fax: 510-814-9691

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Submissions to The Forum

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

● Saturday, January 14: Annual Flea Market

Find a variety of affordable merchandise including books, jewelry, toys and clothing at the Hill & Valley Women's Club Annual Flea Market from 9 a.m. to 2 p.m. this Saturday in the clubhouse, 1808 B St. in Hayward. Lunch available at the mini cafe. Proceeds benefit the club's philanthropic programs including college scholarships, children's education and health, aid to women's shelters and veterans hospitals.

• Saturday, January 14: Hearing Loss Association Meets

U.C. Berkeley's Pieter Doevendans, one of the creators of an application for smartphones which provides captioning in real time, will be speaker at the Jan. 14 meeting. Refreshments at 9:30 a.m; program at 0, at the Oakland Kaiser Permanente Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. Park free in the old garage across Howe. For more info, email athos.artist@att.net or call Kay at 886-4717.

• Sunday, January 15: Play Bingo at the Moose Lodge

The Hayward-Castro Valley Moose Lodge at 20835 Rutledge Road in Castro Valley (behind Burger King) holds bingo games, open to the public, every Sunday. Doors open at 11 a.m. and calling starts at 12:30 p.m. Please come join us.

• Sunday, January 15: Mass for Martin Luther King Feast

All Saints Episcopal Church at 911 Dowling Blvd. in San Leandro will commemorate the Feast of the Rev. Dr. Martin Luther King, Jr. with a special mass at 10:15 a.m. this Sunday, which will include African American Spirituals and a mass setting drawing from the African American tradition. All are invited to this festive service! For more information visit www.saintsalive.net

● Monday, January 16: Martin Luther King Jr. Day Schedules

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

• Tuesday, January 17: Chamber's Marketing Meeting

The Castro Valley/Eden Area Chamber of Commerce invites everyone to the Annual Membership and Marketing meeting from 6:30 to 8:30 p.m. on Tuesday, January 17 at the Moose Lodge, 20835 Rutledge Road in Castro Valley. Chat with chamber members to learn more about all the activities that are being planned for 2017 and how to be involved. For more information, visit www.castrovalleychamber.com or call the Chamber at 510-537-5300.

• Wednesday, January 18: Learn to Make Japanese Ramen

Join Instructor Kaori Becker to learn how to create a delicious bowl of authentic Japanese ramen from scratch, from 6 to 8 p.m. on Jan. 18 at the Aitken Senior & Community Center, 17800 Redwood Road in Castro Valley. Includes preparing broths and toppings and making dumplings. The cost is \$50 plus a \$15 material fee due to the instructor. Contact: 510-881-6742

● Saturday, January 28: Eden Awards Presentations

The Castro Valley/Eden Area Chamber of Commerce will be saluting the winners of the Annual Eden Awards banquet from 6 to 11 p.m. on Saturday, Jan. 28 at Redwood Canyon Event Center. Included are the Castro Valley and San Lorenzo Teachers of the Year, as well as First Responder, Volunteer and Business Person of the Year. For tickets or more info, visit www.edenareachamber.com or call 510-537-5300.

● Wednesday, January 25: Seminar on Scams, ID Theft

The Aitken Senior and Community Center at 17800 Redwood Road in Castro Valley will be hosting a Financial Scams and Identity Theft Seminar from 1:30 to 2:30 p.m. on Jan. 25 where those attending will learn about common financial scams, how to look out for them and how to protect yourself. Find out what you can do and what rights you have if you have been a victim. Call 510-881-6738 to reserve your spot for this free seminar.

• Thursday, January 26: HARD Senior Softball Meeting

Seniors age 50 and over who are interested in playing softball in the 2017 HARD Leagues should attend an informational meeting at 1 p.m. on Thursday, January 26 at the Kenneth C. Aitken Senior & Community Center, 17800 Redwood Road in Castro Valley. The Senior softball program will start its 27th year in March with games played at 9:30 a.m. at the Oliver Fields in Hayward on Tuesdays (60 and over), Wednesdays (70 and over) and Thursdays (50 and over). Practice for new players will be on Feb. 7, 14, and 21 at the Castro Valley Community Center on Lake Chabot Road starting at 9 a.m. More information can be found at: hardseniorsoftball.com

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

• "Rhythm of the North," celebrating our 50th State – Alaska will be presented at 7:30 p.m. on Saturday, Jan. 28. Take this boogie-woogie joy ride with John Bushell (known as "Johnny B.") when he presents this multi-media sensation, with stunning images, sizzling piano and hilarious stories. For tickets (\$20), see above.

THEATRICAL & MUSICAL PERFORMANCES

• 'Charley's Aunt '66,' the World Premiere of a wonderfully silly farce by Scott Munson, comes to the Douglas Morrisson Theatre, 22311 N. Third St. in Hayward, beginning with a preview on Thursday, Feb. 9. Opening Reception on Feb. 10. Performances are at 8 p.m. on Feb. 9, 10, 11, 17, 18, 24, 25 and at 2 p.m. on Feb. 12, 19, 25. For tickets (\$10 preview to \$29), call 510-881-6777 or visit www.dmtonline.org

ART GALLERIES & EVENTS

- "Looking Forward," an exhibition by the members of A.R.T., Inc., featuring a variety of media including two and three-dimensional art, will be presented from January 21 to March 4 at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. Meet and greet the artists at the free awards and reception event from 1 to 3 p.m. on Saturday, Jan. 21. Art judge Angela Johal will select the exhibition awards. Art submission and entry form information is available at: adobegallery.org.
- Celebrating Community: Black Families of Fairview and Kelly Hill, depicting the diverse experiences of past and present residents of these two areas of unincorporated Hayward, will be on display in the Hayward Area Historical Society Community Gallery at 22380 Foothill Blvd. in Hayward from Jan. 14 through March 5. The exhibit was guest-curated by Karen McHenry-Smith. For more information call 510-581-0223 or visit www.haywardareahistory.org
- "A Woman's View of the World," a variety of artistic techniques including watercolors, acrylics, pencil, ink and mixed media by the Diablo/Alameda Chapter of the National League of American Pen Women, continues through Jan. 27 at the John O'Lague Galleria in Hayward City Hall, 777 B Street at Watkins, open Monday through Friday from 8:30 a.m. to 4:30 p.m.





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LOST

Young cat found on Malabar Ave. It is orange with yellow eyes, very affectionate, and knows how to use a cat box. If this cat belongs to someone on Malabar, Mira Loma, or Judy. *It will never* survive the cold temperatures.

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ATHLETE OF THE WEEK

Sydney Kralj

This week's Athlete of the Week is Sydney Kralj, a Junior at California Baptist University and Castro Valley resident. Kralj had a remarkable volleyball season for the CBU Lancers.

Kralj transferred from Cal State Los Angeles to California Baptist University and, as a Lancer, became one of the biggest transfers in all of Division II volleyball, in 2016. She finished the season ranked 22 in the division in assists per set (11.02) and 62 in total assists (1,113). Kralj had 10 double-doubles this season, with 246 digs (2.44 a set), 50 kills on a .359 percentage, 42 blocks and 19 aces.

She was named Pac West Setter of the Year with second-team honors. Kralj helped CBU get to the playoffs as the Sixth-seed.

She was one of four Lancers to receive All Pac West honors, one of three All-West Region players that represented California Baptist University in the 2016 NCAA Division II West Regionals, and Kralj also received All-American Honorable Mention.



CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



Youth Baseball and Flag Football Programs www.CVISPORTSLEAGUE.org



Trojans Win in Overtime

By Andrew Joseph SPECIAL TO THE FORUM

THE CASTRO VALLEY HIGH Friday night in Castro Valley.

recorded a game high 19 points points. and nine rebounds along with six blocks. Bessolo's 4 points from the

The Trojans seemed to have the game under control with a 35-17 ters. We were fortunate to survive, halftime lead, but the Pirates didn't but our guys played with a whole go down without a fight, clawing lot of heart and grit. Bessolo hit

23 to tie the game at 58 at the end win our first league game is a huge of regulation and push the game confidence builder," Fortenberry into bonus minutes. The entire said.

crowd stood for the closing minutes of the game, shocked that San Leandro was able to rally back.

San Leandro tried attacking the School Trojans defeated paint, but Castro Valley respondthe San Leandro Pirates ed with multiple stops, steals, and 71-69, in an overtime thriller on blocks to seal the win in overtime. Thomas Faustka, the senior cen-Daniel Bessolo, the 6-foot-4 ter for the Trojans, recorded nine senior forward for the Trojans, critical rebounds along with his 12

Trojans' head coach Christopher Fortenberry says "that's a charity stripe, at the end of over- great team we just played," when time, turned out to be the game asked about how he feels about the overtime thriller.

"You gotta play all four quartheir way back in the second half. four key free-throws down the San Leandro outscored CV 41- stretch to give us this win, and to USTA Junior Team Tennis (age 10-17): 8 weeks of singles, doubles and mixed matches for intermediate to advanced players will be held at Canyon Middle School on Sundays from 3 - 4:30 p.m. beginning Jan. 15.

USTA HITS Tennis (age 6-10): 8 weeks for beginners to intermediate players will be held at Canyon Middle School on Saturdays from 9:30-10:30 a.m. beginning Jan. 14 or on Sundays from 10:30-11:30 beginning Jan. 15. E-mail Coach Suzi Mills at: cvjuniortennis@gmail.com or visit: suzistennis.com



Health and Wealth All at Once

By Nathaniel Sillin SPECIAL TO THE FORUM

In a perennial period of self-reflection, I enjoy partaking in setting a few New Year's resolutions. Unfortunately, I've (more than once) enthusiastically started a year with shiny optimism only to find myself falling short a few weeks later.

I know I'm not alone, and I'm encouraged by people who challenge themselves time and time again.

Resolutions related to finances and health, two important components of everyone's life, are especially common. Here are a few ways that you could tie physical activities to achieving your financial goals.

Hopefully being able to tackle both resolutions at once can keep you motivated for the entire year.

• Compete with yourself, or others. If you're up for a little friendly competition, consider creating or joining a challenge and putting money on the line.

There's an online app that you can use to place a wager on how often you'll work out. At the end of the week, you have to pay your preselected amount for each workout you miss. But if you complete your workouts for the week, you collect a portion of the amount paid out by everyone else.

Some people make an arrangement with a friend where you each agree to work out X times a week and to pay the other person \$5 or \$10 for each workout missed. Or, you could opt to make a donation to a charity of your friend's choice rather than pay each other.

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ability, and the financial aspect can time-consuming, afterward you'll add a sense of urgency and be a be able to charge clients for classes great motivational tool.

· Connect an activity tracker to rewards programs. Several serthe points for cash, gift cards or other prizes.

The real trick is to use multiple programs and maximize your rewards from every workout. Some employers also provide bonus programs of their own.

• Make working out your work. If you're looking to make a serious charity walk, run or ride and know lifestyle change, and potentially that when you cross the finish line some serious money, consider you'll be helping a good cause. becoming a personal trainer or fitness instructor. While the certifica- financial education programs.

The goal is to provide account- tion process can be expensive and or one-on-one training.

• Keep exercise-related expenses down. It can be tempting vices give you points each time to buy new workout equipment you work out and let you redeem or sign up for a gym when you're excited about a New Year's resolution. However, there are many ways to get fit without expensive equipment or a large gym.

• Raise money for a charity with every step. You may not have points to employees that use these a strong desire to earn money but programs or have similar rewards are still looking for a little extra motivation to work out.

You could also sign up for a

Nathaniel Sillin directs Visa's

Get Your Spring Flea Market Table

The Aitken Senior & Community Center will begin renting tables this Friday, Jan. 13, for its big Indoor Spring Flea Market that's coming up on March 4.

those who live in Castro Valley or anywhere else within the Hayward Area Recreation District, and \$35 for non-residents.

Registration will be accepted in person at the Senior Center, at 17800 Redwood Road in Castro Valley, starting Friday at 8:30 a.m. Deposits are non-refundable and Table rentals are \$25 each for there is a limit of two tables per

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ANSWERS ON PAGE 12

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

COVELLO, Peter James "Pete' DAVIS, Constance Keenan GOMES, Helen R. VARGAS, Carol Virginia

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'No One has the Right to Sedition, Everyone has the Right to Protest'

Editor:

I was concerned when I read Verne Teyler's letter concerning the protests at Castro Valley High School after the presidential election. I teach at CVHS and can tell you that many students were nervous and

They were concerned about many issues, such as whether their families would be deported under the new administration, if LGBT students would lose rights, or if assaults against women would be normalized. Many students were frightened and it was palpable.

I have nothing but praise for the way CVHS and District administration, in addition to CVHS teachers, handled the situation. Students were going to protest and staff made sure they have a safe place to do

I was most concerned with Mr. Teyler's use of the word "sedition", which means inciting rebellion against the government. Sedition is a serious charge and very different than protest. While no one has a right to sedition, everyone has a right to protest.

In fact, protest is a hallmark of a vibrant democracy. In the landmark case Tinker v. Des Moines, the Supreme Court said, "It can hardly be argued that either students or teachers shed their constitutional rights to freedom of speech or expression at the schoolhouse gate." Students were simply exercising those rights.

Teachers have a responsibility to instill independent thinking in our students. We encourage our students to question things, to become critical thinkers, to make informed decisions on their own. That is what happened the day after the election.

Castro Valley teachers are proud of the independent critical thinkers they help to foster. That is not sedition. That is great teaching.

-Roger Kim, President Letters continue on page 12

Pete Covello Constance Keenan Davis December 23, 1919 – January 3, 2017

born January 16, 1940, passed away on December 27, 2016. Pete spent countless hours at the Castro Valley Moose Lodge. He was always there willing to assist lodge members.

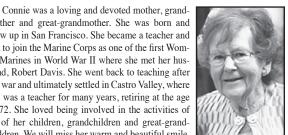
Pete served in Korea and Vietnam before retiring from the U.S. Navy and also retired from the U.S. Postal Service in the East Bay. He also served as Past Governor and Treasurer of the Castro Valley Moose Lodge and Vice President of the Golden Poppy Council of Higher Degrees.

The Moose Lodge was proud to have Pete serve as District Officer and Legion Officer where he was a Legionnaire and earned his Fellowship De-

Services will be Monday, Jan. 16, at Jess C. Spencer Mortuary, 21228 Redwood Road, in Castro Valley at 2 pm. Burial will follow at Lone Tree Cemetery, 24591 Fairview Ave., in Hayward in the Military section.

A Celebration of Life will follow at the Moose Lodge in Castro Valley.

mother and great-grandmother. She was born and grew up in San Francisco. She became a teacher and left to join the Marine Corps as one of the first Women Marines in World War II where she met her husband, Robert Davis. She went back to teaching after the war and ultimately settled in Castro Valley, where she was a teacher for many years, retiring at the age of 72. She loved being involved in the activities of all of her children, grandchildren and great-grandchildren. We will miss her warm and beautiful smile.



Friends and family are invited to attend the visitation on Wednesday, Jan. 11, from 4 to 7 p.m. at Jess C. Spencer Mortuary, 21228 Redwood Road, in Castro Valley with the rosary service at 7 p.m. Funeral Mass will be held Thursday, Jan. 12, at 10 a.m. at Transfiguration Catholic Church, 4000 East Castro Valley Blvd., in Castro Valley. The burial will follow at Holy Cross Catholic Cemetery in Colma. Arrangements made by Jess C. Spencer Mortuary, Inc. & Crematory, 510-581-9133.

Carol Virginia Vargas

(nee Wilson) passed on December 15, 2016 at El Dorado Hills Senior Care Village in El Dorado Hills, California. She peacefully went home to be with her Lord at the age of 87 years old. Carol was born to Francis and Phil





Wilson in Oakland on April 27, 1929. She had one brother, Bruce, whom she was avidly devoted to. Carol studied at Heald College and went on to work as the personnel manager at Mother's Cookies. She also offered her administrative talents in other industries, including advertising. In 1952, Carol married Byng Forsberg. And, in the following year, the young couple celebrated the birth of their son, Dennis. Later, Dennis and his wife, Cindy, would give Carol the immeasurable joy of three beautiful and loving grandchildren, Dane, Kirsten and Kelsey. In 1975, Carol married Robert (Bob) Friery; but, sadly, after five short years of marriage, Bob suddenly passed away and Carol became a young widow. Happily, Carol's solitude would not be for long and, in 1982, she married Donald Vargas at Redwood Chapel in Castro Valley. Carol and Don were married for 34 years and Don's devotion to Carol, especially in the last two years, was greatly appreciated by all of her family and friends. Carol dearly loved her Redwood Chapel family and enjoyed Bible study, fellowship and sharing the gospel. About 10 years ago, Carol was given the opportunity and privilege of becoming a Stephen Minister and she jumped at the chance. Carol was never boastful. She was a giving person and believed that it was important to leave the cure to God. She thought prayer was the key to facing and overcoming all of life's hurdles.

Carol is survived by her husband, Donald Vargas; her son and daughter-inlaw, Dennis and Cindy Forsberg; and her grandchildren, Dane Forsberg and his wife, Erin, Kirsten Hart and her husband, Dustin, and Kelsey Forsberg. Carol also leaves behind her two step-children and four step-grandchildren. Carol's memorial will be held on Saturday, Jan. 21, at 1 p.m. at Redwood Chapel, 19300 Redwood Road, in Castro Valley. Please join us in celebrating the life of our beloved mother, grandmother and sister in Jesus.

Helen R. Gomes

was born in Oakland on April 21, 1925. She passed away at home in San Leandro on January 2.2017.

A consummate mother and homemaker, Helen was an excellent cook and accomplished seamstress and enjoyed preparing meals for her family and friends, and making clothing and dolls. After her children were grown, she returned to school and obtained her Associate of Arts de-



gree, working with special-needs children as a teacher's aide for 15 years. Helen had an unwavering faith in God. She was a member of Transfiguration Catholic Church, where she became involved with the church and

assisted with numerous events. Helen was predeceased by her loving husband of 56 years, George Gomes; her daughter, Judith Gomes; and her two brothers, Joseph and Vernon Rodrigues. She is survived by her son, Jim Gomes; her daughter, Sharon Gomes; her 3 grandchildren, Eric Gomes, Monica Stoffer and Shannon Gomes; and 4 great grandchildren, Mika Gomes and Juliette, Jacob and Ade-

The family will receive friends on Friday, Jan. 13, from 4 to 8 p.m. at Holy Angels Funeral and Cremation Center, 1051 Harder Road, in Hayward. A funeral service celebrating her life will be held the following day on Saturday, Jan. 14, at 10 a.m. at Transfiguration Catholic Church, 4000 E. Castro Valley Blvd., in Castro Valley.

In lieu of flowers, memorial donations may be made to The Arc Alameda County, 14700 Doolittle Dr., San Leandro (https://arcalameda.org/donate-arc-alameda-county).

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ESTATE REALI

By Carl Medford, CRS

GUEST COMMENTARY



New Chinese Rules May Affect Bay Area Market

money — especially from China. preparing to buy overseas.

It's also been understood that own borders. In a move effective nounced new policies designed Washington and New Jersey. to make it harder for Chinese United States.

of years in efforts to police the the housing market in 2017. guidelines, Chinese investors wishing to buy abroad have come up with a number of schemes to circumvent the rules.

One common practice has been to have a large number of family and friends each wire \$50,000 to the U.S. If the price is high, this can result in serious delays in getting all the funds to escrow.

In an effort to quell such practices, Reuters reports that China's foreign exchange regulator has increased scrutiny and applicable punishments for offenders that get caught.

The announcement came from the State Administration of Foreign Exchange (SAFE) and demonstrates China's concern

Rates Start the Year Lower

Average fixed mortgage rates moved lower last week for the first time in 10 weeks, according to Freddie Mac's nationwide survey.

The 30-year fixed-rate mortgage averaged 4.20 percent last week, down from 4.32 percent the week before. A year ago at this time, the 30-year rate averaged 3.97 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.33 percent last week, up from 3.30 percent. A year ago, the 5-year ARM averaged 3.09 percent.

t's been no secret that a over the continued dip of the are more positive about the U.S.

The U.S. housing market has cies may have. China has been working hard to always been viewed as a prime January 1, 2017, China has an- California, New York, Texas, than before. Sellers beware.

investors to buy real estate in the ened regulations have on the Bay about the softening Yen and their Area housing market? While it's government's efforts to stem Currently, Chinese nation- hard to say definitively today, it offshore investment, interesting als are allowed an annual quota is very possible that this issue, days are ahead. of \$50,000 to invest in foreign along with rising interest rates markets. Although penalties and record high prices, may all altor with Keller Williams Realty have been in place for a number combine to slow the growth of and a licensed general contractor.

contributing factor to the Yen in relationship to the dollar. economy since the election of historical upturn in the Bay Many Chinese have been buying President Trump, it's impossible Area real estate market has been U.S. dollars to hedge against the to say what the new President's the influx of foreign investment losses — often the first step in policies towards China might be and what impact any new poli-

One effect that is certain: homes keep investment funds inside its place to invest, cites Sam Van in escrow with offshore funding Horebeek of Inman, especially, could take much longer to close

> With Chinese investors be-What effect might these tight- coming increasingly anxious

Carl Medford is a licensed Re-This article is sponsored by the While, according to Horebeek, Central County Marketing Asso-53 percent of Chinese investors ciation at www.ccmgtoday.com.

\$770,000 \$768,079

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Wayne Licsak: 510-303-7765 wayne.licsak@BHHSDrysdale.com / CalBRE #01850870

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	5463 Tinder Court	94552	\$900,000	4 BD - 2,078 SF - 1978
П	TOTAL SALES:	10		

LOWEST AMOUNT: \$270,000 HIGHEST AMOUNT: \$2,125,000 MEDIAN AMOUNT: AVERAGE AMOUNT:

San Leandro

Juli Touliu	_		
348 Accolade Drive	94577	\$665,000	4 BD - 1,768 SF - 2002
1400 Carpentier St #204	94577	\$360,000	2 BD - 977 SF - 1983
2217 Claridge Place	94577	\$533,500	2 BD - 1,723 SF - 1977
1349 East Juana Avenue	94577	\$660,000	2 BD - 1,986 SF - 1974
14578 Outrigger Drive	94577	\$512,000	3 BD - 1,596 SF - 1987
537 Superior Avenue	94577	\$820,000	3 BD - 2,107 SF - 1927
1772 Thornton Place	94577	\$565,000	3 BD - 1,332 SF - 1999
290 W Broadmoor Blvd	94577	\$490,000	2 BD - 1,040 SF - 1947
16901 Ehle Street	94578	\$450,000	1 BD - 620 SF - 1947
16011 Gramercy Drive	94578	\$400,000	2 BD - 969 SF - 1949
14555 Kings Court	94578	\$390,000	3 BD - 1,195 SF - 1974
710 Sterling Drive #206	94578	\$365,000	2 BD - 918 SF - 1987
15028 Endicott Street	94579	\$575,000	4 BD - 1,406 SF - 1949
15207 Farnsworth Street	94579	\$490,000	3 BD - 1,114 SF - 1950
722 Greer Avenue	94579	\$540,500	3 BD - 1,054 SF - 1952
TOTAL SALES:	15		

LOWEST AMOUNT: HIGHEST AMOUNT:	\$360,000 \$820,000	MEDIAN A AVERAGE		\$512,000 \$521,067
San Lorei	nzo –			
949 Hacienda Avenue	94580	\$485,000	3 BD - 1,06	88 SF - 1947
15582 Usher Street	94580	\$770,000	2 BD - 890	SF - 1947
655 Via Aires	94580	\$605,000	3 BD - 1,13	34 SF - 1947
17356 Via Alamitos	94580	\$610,000	5 BD - 1,67	73 SF - 1950
TOTAL SALES:	4			
LOWEST AMOUNT: HIGHEST AMOUNT:	\$485,000 \$770,000	MEDIAN A AVERAGE		\$607,500 \$617,500

NEXT WEEK!

Is CVSan's Zero Waste Week 2017

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Visit www.cvsan.org/ZeroWaste for more information and to register for these events!

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with you while watching bird at www.dustypawsrescue.org

MLK Day 2017 Events

planned around the Bay or visit sfjazz.org). for Martin Luther King, Jr. Day on Monday.

Large celebrations will be held in San Francisco, where this year's theme is "Justice in the Beloved Community." It includes the MLK Liberation Film Festival beginning at 10:30 a.m. at the Yerba Buena Center for the Arts, a march and parade beginning at the Caltrain Station at 11 a.m., an MLK Health & Wellness Festival at the Yerba Buena Center for the Arts Forum District is inviting volunteers to and many other events.

The ŠFJAZZ Center features the Anniversary Celebration/MLK Day Free Open House where you can honor the legacy of Dr. King, listen to music and find out more about jazz at 11 a.m., 2 p.m. and 5 p.m. at Miner Auditorium, 201

CV Student on Honor Roll at Oregon State

Bryan A. Cmelak of Castro Valley has made the Honor Roll at Oregon State University in Corvallis.

Cmelak is a junior majoring in Mechanical Engineering.

To be on the Honor Roll, a stugrade point average of 3.5 or better. events/default.asp).

510-589-6801

Sat. - Thur.: 9am-5pm

NUMBER OF EVENTS are Franklin St. (phone 866-920-5299)

Check the website (sfmlkday. org) for times and details of all of the San Francisco events.

In the East Bay, Congressman Eric Swalwell will be among the speakers at a rally and march beginning at 9:30 a.m. at the Hayward Čity Hall Plaza. Also in Hayward, a celebration will be held at 4:30 p.m. at the Chabot College Performing Arts Center.

The East Bay Regional Park assist staff for the MLK Day of Service with restoration work and invasive plant removal at the MLK Memorial Grove and Damon Marsh. For info and to register, visit www.ebparks.org/about/getinvolved/volunteer/mlk-day-ofservice. The Martin Luther King, Jr. Regional Shoreline is at Doolittle Drive and Swan Way, Oakland.

Next Wednesday, Jan. 18, San Leandro students will perform original and well-known essays, speeches and poems that honor Dr. King and celebrate his message of peace, tolerance and social justice, at the Senior Community Center, 13909 E. 14th St., San Leandro dent must carry at least 12 graded (phone 510-577-3473 or visit hours of course work and have a sanleandro.org/depts/rec/special_

LETTERS to the Editor

Alarmed by Teyler 'Teacher Sedition' Letter

Regarding Verne Teyler's follow-up letter on the topic of "sedition" published in last week's Forum, I am more alarmed about his call for "specific teacher sedition and student defiance policies" than high school students walking out of class and staging a peaceful protest after an extraordinary event, like the election of a misogynistic bully whose rhetoric inspired white nationalists, emboldened Russian authoritarianism, and struck genuine fear among Americans who believe in an inclusive and decent nation.

-Michael Kuslak, Castro Valley

Hard to believe that MAC Keeps Daughtrey Bldg. Vacant

According tot he Castro Valley Forum article of Jan. 4, the Daughtrey's building has been largely vacant since 1991. I've lived here for 24 years and it's been vacant all that time except for a billiard hall and seasonal Halloween costume pop-ups.

I find it hard to believe that the Castro Valley MAC decided to continue to keep the Daughtrey's building vacant, with MAC Chair Marc Crawford calling the proposal for a childrens' entertainment center a "non-starter". God forbid, we would want to do something that would provide wholesome entertainment for our children and put to good use a vacant eyesore in our community.

—Bob Britton, Castro Valley

Says Trump Action 'Smacks of Treason'

Trump's dismissal of our own intelligence community, and acceptance of Julian Assange, the rapist-on-the-run head of Wikileaks, and Putin — the tyrant's denial of hacking into the DNC — smacks of

My God, what have people done in the name of jobs? They have elected a paranoid narcissist who supports our enemies rather than his own country. We are in for a dangerous and insecure four years. I hope all you working class fools who voted for him are happy now.

-Robert Thomas, Castro Valley



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