

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, JULY 4, 2018

NO. 27

INSIDE YOUR
FORUM

LIVING



Summer Sippers

Cool off on these hot summer days with an easy-to-make drink

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SENIORS



Senior Safety

Inexpensive gadgets that can be added to vehicles to help with driving

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NEWS



Free Concert

Dave Rocha Jazz Trio in concert this Sunday at the Castro Valley Library

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PHONE: (510) 537-1792



PHOTO BY JIM KNOWLES

Hundreds of people came to rally against the Trump administration's policy on immigration in front of City Hall and at Root Park in San Leandro on Saturday, one of more than 700 demonstrations across the nation.

Locals Rally for Immigrants

By Jim Knowles
CASTRO VALLEY FORUM

Hundreds of people — including many from Castro Valley — turned out for the “Families Belong Together” rally in San Leandro on Saturday morning to protest the Trump administration’s policy on immigration.

Some people brought signs, some made them on the front steps of City Hall, and then the crowd marched down the street to Root Park where the rally continued.

Drivers passing by on East 14th Street honked as people chanted and held up signs reading “No Border, No Walls,” “Families Together,” “No One Is Il-

legal,” “Abolish ICE,” “Babies Need Their Mommies, and “Make America Kind Again.”

San Leandro Mayor Pauline Cutter found the opportunity to use her patented catch phrase, “San Leandro is a city where kindness matters,” over a portable PA, and a poet spoke as well.

see RALLY on page 15

Where to Celebrate Independence Day

There are plenty of places nearby to celebrate this Independence Day.

The Alameda County Fair in Pleasanton will have live performances, exhibitions and carnival rides running on a shortened schedule from 11 a.m. to 6 p.m. (no admission after 3 p.m.). See www.alamedacountyfair.com

In the city of Alameda, one of the longest parades in the nation with more than 170 floats steps off at 10 a.m. from Park Street at Lincoln Avenue. See alamedaparade.com.

Also in Alameda, the USS Hornet Independence Day Celebration features live music, family activities, food and drink vendors, views of city fireworks and more. 2-10 p.m. \$15-\$25. USS Hornet Air and Space Museum, 707 West Hornet Ave., Alameda. See www.uss-hornet.org/calendar/4th-of-july-2018.

Fremont also has a 10 a.m. parade beginning at Stevenson and Paseo Padre Blvd.

Jack London Square in Oakland holds a block party with live music, hip-hop artists, a BBQ, entertainment and a kids’ zone from 11 a.m. to 4 p.m.

A celebration at the Berkeley Marina runs from noon to 10 p.m. with live entertainment, food, arts and crafts, and fireworks at 9:30 p.m. off the end of the Berkeley Pier.

Livermore Family Fun celebration starts at 4 p.m. with the 5th Annual Downtown 4th of July Red, White and Boom Fireworks to be launched off the Parking Garage on Railroad Avenue at 9:20 p.m.. Parking Garage and Streets close at 4 p.m..



San Ramon Independence Day Celebration features free live music by Foreverland, arts and crafts, children’s activities and more from 5-8 p.m. at San Ramon Central Park, 12501 Alcosta Blvd.

San Francisco’s big celebration will be at Pier 39 beginning at 3 p.m. with live music, special events and 9:30 p.m. fireworks. If you plan on attending the July 4th firework show on the waterfront in San Francisco, BART is the best way to get there and get home. BART will be running on a Sunday schedule (opening at 8 a.m. and providing a three route service unlike the five that run on Saturday) but with longer trains and some extra event trains that evening. BART parking is free, but there will be enforcement of all parking rules. Visit BART.gov

KRON Channel 4 will have live coverage of the San Francisco fireworks.

CALIFORNIA ROADS

Record Traffic Predicted for The Holiday

If you’re driving on East Bay freeways today you can expect some heavy traffic. AAA projects a record-breaking 5.43 million Californians will be traveling over the Fourth of July holiday period, which is defined as beginning yesterday and continuing through Sunday, July 8.

“Fourth of July is typically the busiest summer travel holiday, but this year is an all-time whopper,” said Michael Blasky, spokesperson for AAA Northern California. “Despite the highest gas prices in four years, more Californians will be taking to the road than ever to celebrate America’s birthday.”

By the numbers, 5,434,994 Californians are expected to travel over the upcoming holiday weekend, almost 300,000 more than in 2017, which was the previous all-time high for the Golden State.

Higher fuel prices aren’t slowing us down. The average cost of a gallon of regular unleaded gasoline is nearly 70 cents higher than in 2017, but 80 percent of travelers will be driving to their destination.

Those who are flying will pay less for airfare, but more for car rentals and hotels.

Blasky says AAA expects to rescue more than 362,000 motorists across the country over Independence Day holidays, with the primary reasons being lockouts, flat tires and battery-related issues.

RAINFALL TOTALS

‘Abnormally Dry’ Season

Northern California’s rainy season officially ended on Saturday with Castro Valley precipitation totals measuring four inches below normal and less than half of what they were at this time last year.

Last week, the U.S. Drought Monitor in Lincoln, Nebraska applied an “abnormally dry” designation — the lowest stage of drought conditions — to California’s coast because of the lack of rain over the last several months and a low snowpack during the winter months.

That designation was not expected to worsen to the next step for the next few months even with no rain. And because of record rainfall in the 2016-17 season, most Northern California reservoirs currently have adequate water supplies.

Meanwhile, temperatures will remain sunny and pleasant through the weekend, with hot weather returning on Monday.

Castro Valley Weather July 4 - 8, 2018



Wednesday
Clouds then Sun
High 71° Low 53°



Thursday
Clouds then Sun
High 78° Low 56°



Friday
Mostly Sunny
High 78° Low 56°



Saturday
Mostly Sunny
High 79° Low 56°



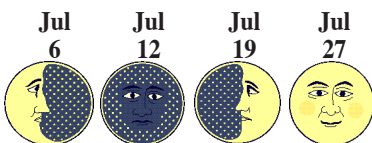
Sunday
Mostly Sunny
High 77° Low 57°

Almanac



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

Moon Phases



Sun sets at 8:35 p.m. today, rises at 5:53 a.m. Thursday.

Michele Markovich Antiques
20407 Santa Maria Ave. and 2510 San Carlos Ave.
michele.estatesales@gmail.com

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CV Board of Education Appoints Two

The Castro Valley Board of Education has appointed Heather Ghereben as principal of Proctor Elementary School and Zandra Teixeira as assistant principal for Canyon Middle School.

Ghereben most recently served as the assistant principal of Daugherty Elementary in the Dublin School District. Before that, she was a teacher and instructional coach for 15 years in the Hayward School District.

She is a second generation Castro Valley resident. As a student

of Castro Valley Schools and a current resident of Castro Valley, she is familiar with the culture and community of Castro Valley. She considers Castro Valley her home and currently has children attending Castro Valley Schools.

Ghereben earned her Bachelor's Degree from Azusa Pacific University, Multiple Subject Credential from Chapman University, and her Master's and Administrative Credential from Cal State, East Bay.

At Proctor Elementary she will

replace Lisa Garcia who was recently appointed as the Principal of Jensen Ranch Elementary School.

Zandra Teixeira was formerly at San Ramon Valley School District where she was program supervisor with the Tri-Valley Teacher Induction Program, Intervention Instructional Coach and Education Specialist for the past 15 years.

Teixeira earned her Bachelor's and Master's Degrees from Chapman University and Administrative Credential from National University.

CV Man Arrested on Burglary Charges

John Elvis Toushay, 42, of Castro Valley, was arrested in Foster City last week and charged with burglary, possession of burglary tools, and possession of a controlled substance.

The Foster City Police Department received a call just after 6:30 p.m. on June 26 from the Gilead Sciences campus about a suspicious person seen entering and wandering around one of its construction sites after it had closed for the day.

Responding officers were provided with a detailed description of the suspicious man from the company's security staff and proceeded to conduct an extensive search of the site.

The suspect was spotted inside a building under construction. He attempted to evade the officers by forcing open a door and running from the building, but ran directly into the arriving officers who detained him, according to the police report.

Through the investigation, it was determined the man entered the site to steal items and possessed tools used to commit burglary. Further investigation revealed the man possessed illegal narcotics and had an active arrest warrant for committing grand theft in Walnut Creek. Toushay was arrested and booked into the San Mateo County Jail. Detectives are conducting further investigation to determine if he is connected to any other local crimes.

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Offer expires July 31, 2018.



YOU SHOULD BE HERE THIS SUMMER!

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~8TH ANNUAL EVENT~
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12:00-5:00 PM

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Nate Miley



Bill Quirk
DEMOCRAT FOR STATE ASSEMBLY
Sutter Health
Eden Medical Center

CV Center For the Arts' New Season

By Terry Liebowitz
SPECIAL TO THE FORUM

Castro Valley Arts Foundation is announcing its exciting 2018-2019 Series and New Year's Eve Cabaret at the Center for the Arts in Castro Valley.

From Country to Classics, tickets are on sale now. The Series includes 6 concerts: Led Zepagain, Mark Mackay, Pasquale Esposito, Vox Fortura and — back by popular demand — Johnny Cash Tribute and The Sun Kings.

Buying Season Tickets is the best buy with a \$5 saving per ticket, free ticket exchange, best seat selection and \$2 savings on any additional tickets. Individual tickets are also available.

Join us for our second annual celebration of the New Year right here in Castro Valley. Duetos is a cabaret celebrating family, friendship and love. This magical evening of music features local singer, actor and voice teacher Matthew Liebowitz (CVHS '91) and some of his friends performing Broadway favorites and Billboard hits.

The party starts at 6 p.m. with champagne and small bites followed by the show at 7:30 p.m. There is a \$10 savings, by buying New Year's tickets now. See www.cvartsfoundation.org for ticketing information.



Dana's Party Planet closed its shop on Castro Valley Boulevard on June 23, and is moving to Castro Village.

Dana's Party Relocates

By Linda Sandsmark
CASTRO VALLEY FORUM

Dana's Party Planet, a popular longtime Castro Valley business, is closing temporarily and relocating to Castro Village.

The shop closed its doors on Castro Valley Boulevard June 23, and hopes to re-open in August next to European Wax Center.

"In our new location we are putting in a full service florist, which is really exciting for us," says owner Dana Gonsalves. "We have been doing floral for weddings, proms, funerals and other special occasion by pre-orders only for over 20 years, but now we

are bringing it to the forefront and putting in a full-service florist. Our new name is 'Dana's Event Boutique & Florist'."

Dana's had previously been located on Redwood Road, and moved seven years ago to the Boulevard. The new location should add convenience for new and current customers.

"We are so excited," says Dana. "We have been serving the Castro Valley community for 28 years and hope to keep this hometown business — one of the few left — in Castro Valley for decades to come. We love our community."

Dana's new address will be 20641 Rustic Drive, in the same block as Starbucks and iSushi.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Spousal Assault

Sunday, July 1: at 4:34 p.m., a 29-year-old man from Castro Valley was arrested on suspicion of assault and battery against his wife. Deputies responded to an emergency call about a domestic dispute at an apartment complex on Center Street near Grove Way. The suspect was also wanted as part of a warrant issued for his arrest. The man was handcuffed and taken to Santa Rita Jail pending \$15,000 in bail. The victim was treated at the scene.

Driving Drunk, Drugged

Saturday, June 30: at 2:26 a.m., deputies pulled over and arrested a 44-year-old man from Castro Valley on suspicion of driving under the influence of drugs and alcohol. The man was traveling on Redwood Road near Castro Valley Boulevard when deputies spotted the man weaving in and out of traffic. The man failed his field sobriety test and was taken into custody.

He Fought the Law

Saturday, June 30: at 8:52 p.m., a 45-year-old man from Castro Valley was arrested on suspicion of public intoxication and resisting arrest. Deputies stopped the man for questioning in the driveway of a home on Wilbeam Avenue near Norbridge Avenue following reports of a disturbance in the

neighborhood. The man failed his field sobriety test but assaulted the deputies when told he was being charged. Deputies handcuffed the man and took him into custody.

Can't Stay Away

Thursday, June 28: at 7:40 a.m., deputies arrested a 21-year-old man from CV on suspicion of violating a court-issued restraining order, violating the terms of his parole, and resisting arrest. The man was spotted outside a home on Forest Avenue near Berdina Road when deputies arrived. Deputies reported the man became belligerent after confronted with his charges. The man was taken to Santa Rita Jail and held without bail.

Five-Finger Discount

Wednesday, June 27: at 2:04 p.m., a 58-year-old man with no per-

manent address was arrested on suspicion of shoplifting from a grocery store on Redwood Road near Castro Valley Boulevard. Store security stopped the man from leaving the parking lot after observing him walk out with an unspecified amount of unpaid merchandise. Deputies took the man into custody.

Public Intoxication at Eden Medical Center

Tuesday, June 26: at 7:45 p.m., a 49-year-old man from Oakland was arrested on suspicion of public intoxication while visiting Eden Medical Center on Lake Chabot Road. Deputies were called to intervene after hospital staff could not restrain the man. The man failed his field sobriety test. He was treated and then taken into custody.



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Breakthrough treatment for peripheral neuropathy

Peripheral neuropathy is a condition that many people have never heard of — yet it affects around 1 in 50 people, and almost 1 in every 10 people who are 55 or over.

It causes weakness, numbness and stabbing, tingling, buzzing and sometimes even pain, usually in the hands and feet, and is a result of damage to the peripheral nerves.

It is usually treated with prescription pain medication, but this does not address the underlying condition, which is a problem with the nervous system.

The peripheral nervous system connects your body to your spinal cord and brain. It allows the transfer of important information that keeps you alive and well. But mechanical problems of the body. These could have been caused by repetitive strains and other physical causes.

When potential causes like infection, alcoholism or diabetes have been ruled out it is possible to treat peripheral neuropathy without any lifestyle changes or medication.

Breakthrough care in manual nerve release can help the peripheral nervous system recover, restoring nerve function in a non-

invasive, natural way, entirely without medication. This addresses the root causes of peripheral neuropathy and is an effective way to treat the condition.

The excellent results of **Manual Nerve Release** have been published in major medical journals, with excellent success rates.



Here in Pleasanton, peripheral nerves can be released with treatment at the

Intero Chiropractic: the practice of Jerry Hsieh, D.C.

Jerry, D.C. and his team of fully trained spinal care team have helped thousands of patients improve their peripheral nerve health and alleviate many of the health problems it causes. According to

Jerry, D.C. "It is surprising that natural treatments for peripheral neuropathy are not taken more seriously by the medical establishment.

"It always amazes my patients how many of their other health problems are connected to their poor nerve health. Using a combination of ultra-advanced technology not found elsewhere in Pleasanton, we precisely diagnose the problem and develop a unique program to that brings superior long-term results for most people."

Elisa L. from Castro Valley says "My work requires a lot of walking and I started to limp and have severe leg cramps at night. I couldn't even put my bare feet on the floor. My doctor told me to stretch...I tried icing...Also, I had to take Ibuprofen every 6 hours.

After two to three months of intense treatment, my pain not only relieved but I'm now in control!

Dr. Hsieh, D.C. and his crew are awesome, very accommodating to my crazy schedule as a single mom with working at almost two full time jobs."

Many patients have enjoyed not only lasting relief of peripheral nerve problems, but alleviation of pain from other problems too.

Now it's your turn for a comprehensive consultation and examination of your nerve health... at a heavily discounted rate.

The Castro Valley Forum has teamed up with the nerve therapy team at Intero Chiropractic to help readers improve their peripheral nerve health.

This is your opportunity to treat the cause of your problem, not just the symptoms - and in the process get your life back.

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

Mention this article (CODE: BOS20PNMS1h) and Jerry, D.C. will happily reduce his usual consultation fee to just \$20.

This is a limited offer. Only 10 reader consultations are available at this exclusively discounted rate — so you'll need to hurry.

Don't suffer in silence any longer... find out how the latest nerve technology

can help you pinpoint the causes of your problem. Book a consultation with his team now by calling (925) 255-5805.

They are waiting to take your call Monday to Friday — but you can call on the weekend, leave a message to reserve your spot, and they will return your call.

Remember - this is a **non-invasive, drug-free, 100% natural treatment** for peripheral neuropathy.

To take advantage of this special opportunity, call now on (925) 255-5805 and quote this discount code: BOS20PNMS1h.

Then tear out this article and take it to your appointment to claim your special consultation rate and comprehensive examination. Don't put off your diagnosis and treatment a moment longer!



PAID ADVERTISEMENT

The Week Ahead

● Friday, July 6: *Eden Area Village Forum & Outreach*

Join Eden Area Village at Hayward City Hall, 777 B St., at 2 p.m. this Friday, July 6, to meet members and find out how the group is working together to help seniors remain active in their homes and community. For info, visit edenareavillage.org, or email: info@edenareavillage.org

● Saturday, July 7: *Community Garden Open House*

See what your neighbors are growing during the Paradise Community Garden Open House from 10 a.m. to 3 p.m. this Saturday at 20095 Mission Blvd. in Hayward. Steve Wiley will discuss “Irrigating Your Garden” at 11 a.m. Visit exhibitor booths for native plants, beekeeping, rock painting, and life coaching. Planter boxes available for rent. For info, call Rick Hatcher 510-909-4077.

● Saturday, July 7: *Gardening with Herbs*

Alameda County Master Gardener Ann Stevens will discuss herbs and how to grow them in your garden at 11 a.m. on July 7 in the demonstration gardens at the Quarry Lakes Regional Recreational Area, 2100 Isherwood Way, Fremont. The talk is free, but there is a \$5 parking fee at the park entrance. For more info, visit acmg.ucanr.edu

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Corporate Address: P.O. Box 2897, Alameda, CA 94501
Tel: 510-537-1792 • Fax: 510-814-9691

Fred Zehnder, Editor & Publisher
fredz@ebpublishing.com

Howard Morrison, Assoc. Publisher
howardm@ebpublishing.com

Helen Burkett, Advertising Design Mgr.
helenb@ebpublishing.com

Moxie Morrison, Layout Design
moxmore@yahoo.com

Claudette E. Morrison, Business Mgr.
cm@ebpublishing.com

Patrick Vadnais, Classified Ads / Obituaries
patrickv@ebpublishing.com

Mary Florence, Advertising Sales
861-3270 mpominville4582@aol.com

Linda Nakhai, Advertising Sales
510-915-1513 lnakhai@comcast.net

Amy Sylvestri, News
amys@ebpublishing.com
510-614-1561

Jim Carrizo, Sports
jimcvsports@gmail.com
510-967-3759

Contributing Writers:

Linda Sandsmark
Michael Singer
Gene Osotsky
Carl Medford
Terry Liebowitz
Amy Ramos
Linette Escobar
Thomas Lorentzen
Buzz Bertolero

● Saturdays, July 7-Aug. 4: *Workshop on Computer Coding*

Ever wonder how apps and webpages are made? They’re made using code! The Castro Valley Library is offering a 5-session workshop that explores the different coding languages of Python, HTML, and Java, from 1-2 p.m. on the Saturdays of July 7 through Aug. 4. Students will have the opportunity to learn the basics so they will be able to go home and start coding on their own. Recommended for ages 11-14 ages. Registration is required as space is limited to 20 participants per class. Laptops will be provided to attendees. More info at www.aclibrary.org

● Sunday, July 8: *Free Band Concert*

The 62nd season of free band concerts on the Tony Morelli Band Stand in Memorial Park, 24176 Mission Blvd., located behind the Hayward Plunge, continues on July 8 at 2:30 p.m. Bring your family, friends, picnic lunch, lawn chair or blanket and enjoy classical, popular, Big Band, musicals, Latin and more with this 40-piece professional band under the direction of Kathy Morelli Maier.

● Monday, July 9: *‘Look Good, Feel Better’ Class*

Eden Medical Center is offering a free class that teaches skin care and make-up tips while undergoing cancer treatment, from 10 a.m. until noon on July 9 at the Medical Office Building, 2010 Lake Chabot Road, 2nd floor. Learn how to wear scarves, hats and wigs, from an exceptional local instructor. Call 1-800-395-5665 to register.

● Monday, July 9: *Rubber Stamp Group*

Join the Happy Stampers as they make greeting cards using rubber stamps and dies, from 1:30 to 3 p.m. on Monday at the San Leandro Library. Supplies are furnished. Beginners welcome. For information, call Jane at 510-483-0389.

● Monday, July 9: *Charity Bingo Luncheon*

Eagles Auxiliary 1139 at 21406 Foothill Blvd. in Hayward will host a chicken and rice luncheon with vegetables, salad, dessert, and coffee or tea, at noon on Monday for an \$8 donation, which includes one bingo card. Proceeds go to benefit Dust Paws of Castro Valley. Come with a friend and spend a couple of hours with us.

● Monday, July 9: *Municipal Advisory Council Meeting*

The Castro Valley MAC will hold a regular land-use meeting at 6 p.m. on July 9 at the Castro Valley Library. The agenda includes an application to construct six tiny homes on the grounds of First Presbyterian Church at 2490 Grove Way in Castro Valley. The council may also decide on who will be serving as the chair.

● Tuesday, July 10: *Fiduciaries: A Relationship of Trust*

Kellie Hayes from Lucky Fiduciary Services will share her real-life experiences and insights as a Fiduciary when she speaks on “What is a Private Professional Fiduciary” at the next meeting of The Rotary Club of Castro Valley from noon to 1:30 p.m. at the Redwood Canyon Golf Course, 17007 Redwood Road in Castro Valley. The cost of the buffet lunch is \$20 and reservations must be made by 9 p.m. on Sunday, July 8, by contacting Rotary at cvrotary@iCloud.com or 510-402-5123. More information is available at castrovalleyrotary.org.

● Wednesday, July 11: *Women Engineers Showcase*

Join us as Castro Valley High School’s Society of Women Engineers opens up an interactive engineering fair that invites you to examine and play with a variety of activities that explore and celebrate all aspects of STEM (Science, Technology, Engineering, Mathematics) from 3:30 to 5:30 p.m. next Wednesday at the Castro Valley Library. Through these activities, the society hopes to expose kids to mechanical engineering and some of the accomplishments of female engineers, all while encouraging young people to pursue their interests in STEM. All ages are welcome, fun for the whole family.

● Saturday, July 14: *8th Annual Castro Valley Pride Event*

Everyone is invited to join Castro Valley Pride to embrace diversity and resist intolerance, from noon to 5 p.m. on July 14 at the Castro Valley High School Stadium Plaza, Redwood Road and Heyer Street. Family-friendly and alcohol-free, the event features entertainment by House of Fab, Joanne LeBlanc & the Fugitive Blues Band, The Kippy Marks Band, Standoff and East Bay Digital Sound, with Emcee Charmalina. For more info, visit www.castrovalleypride.org

● Saturday, July 14: *Redwood Chapel Annual Car Show*

Redwood Chapel at 19300 Redwood Road in Castro Valley will hold its annual Flatheads Car Show on Saturday, July 14. For more information, call 510-886-6300 or visit redwoodchapel.org

● Saturday, July 14: *The Rapture of Raptors*

Experience watching raptors riding the winds, catching the currents, soaring and diving for prey, and meet falcons, hawks and an eagle at a special adult nature presentation from 4 to 5:30 p.m. on July 14 at the Sulphur Creek Nature Center, 1801 D St. in Hayward. To register (\$18) visit www.haywardrec.org or call 510-881-6700.

● Saturday, July 14: *Sports Collectors’ Show*

American Legion Post 68 is hosting a Sports Collectors’ Show from 10 a.m. to 3 p.m. on July 14 at the Hayward Veterans Building, 22737 Main Street. If you would like to take part in this event, contact Edward Castillo, P.O. Box 122, Hayward 94543, or call 510-348-7771, or email ercastillo@yahoo.com

● Saturday, July 14: *Hearing Loss Association Picnic*

The East Bay Chapter holds its second free Family Picnic in the Neptune Picnic Area at Crab Cove, 1252 McKay Ave., Alameda, from 10 a.m. to 2 p.m. on July 14. Come for Grilled BBQ Chicken, baked beans, and all the trimmings, plus water and paper goods — all supplied by the Chapter. All members and families are invited. Guests are asked to bring salad, dessert, or a side dish for 8-12 to complete the picnic menu. Bring sunscreen, a hat, drinks, and your picnic dish. Reserve early at 510-221-6080 so we know how much food to buy.

● Sunday, July 15: *Prepping Your Garden for Fall*

One of the many benefits of our climate is being able to garden year-round. Fall is a great time to garden. Let’s get ready by attending a special session at the Castro Valley Library from 2 to 4 p.m. on July 15. Taught by Lori Caldwell — The Compost Gal — the class will cover techniques for transitioning to a fall garden. You’ll learn about cool-weather crops, seed-starting, crop rotation, sheet mulching, and planting natives. This program is free and no advanced registration is required.

● Tuesday, July 17: *Buon Tempo Family-Style Dinner*

Everyone is welcome to attend the next Buon Tempo Italian American Club’s family dinner at 7 p.m. on July 17 at Mt. Tabor Hall, Transfiguration Church, 4000 E. Castro Valley Blvd. Chef Craig Durao’s team will serve a five-course dinner of pork spare ribs. Dinner is \$15 for members, \$20 for non-members. Red and white wine and soda are included. Happy hour at 6:30. Reserve by Friday, July 13, by calling the Buon Tempo dinner line at 510-483-6929 (option 1). For info about events/membership, visit www.buontempo.org.

Arts & Entertainment

THEATRICAL & MUSICAL PERFORMANCES

● **Dave Rocha Jazz Trio in Concert**, an encore show of stimulating and eclectic mix of modern jazz compositions, will be presented at the Castro Valley Library from 2 to 3 p.m. on Sunday, July 8, featuring Dave Rocha on trumpet and flugelhorn, Chris Motter on electric guitar and Danny Gerz on upright bass. The concert is free, no tickets required.

● **“Oklahoma!”** Rodgers & Hammerstein’s classic Broadway musical, will be presented by Woodminster Summer Musicals and Producers Associates, Inc. at 8 p.m. on July 6, 7, 8, 12, 13, 14 and 15 at Woodminster Amphitheater, Joaquin Miller Park, Joaquin Miller Road at Upper Sanborn Drive, in Oakland. Tickets at 510-531-9597 or www.woodminster.com or at the box office before any performance.

● **“The Mousetrap,”** by Agatha Christie, will be presented by the San Leandro Players from July 21 to Aug. 19 at the San Leandro Museum/Auditorium, 320 West Estudillo Ave. in San Leandro. A group of strangers trapped by a snowstorm discovers that a murderer is among them. Show times are Saturdays at 8 p.m. and Sundays at 2 p.m., plus the Fridays of Aug. 10 and 17 at 8 p.m. Tickets are \$20 general, \$15 seniors. For more information or for reservations, call 510-895-2573 or visit www.slplayers.org

AT THE GALLERIES

● **The Magic of Collaboration**, an exhibit showcasing an array of collaborators from family members to artist collectives, continues at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. For more information, visit adobegallery@haywardrec.org or call 510-881-6735.

● **Artist Open Studio Every Thursday:** Join this informal gathering of artists working together at Adobe Art Center. Tables, chairs and easels provided, \$3. Thursdays 10 a.m. to 2 p.m. in the Redwood Studio 1 at the Adobe Art Center, 20395 San Miguel Ave, Castro Valley.

● **“Black & White in Black & White: Images of Dignity, Hope, and Diversity in America,”** a collection of early 20th Century portraits of African Americans in Nebraska printed from glass plate negatives, will be on display in the Community Gallery at the HAHS Museum of History & Culture, 22380 Foothill Blvd. in Hayward through Aug. 19. The images were taken between 1910 and 1925.

● **#Climate Change: An Unfolding Emergency** featuring the works of more than 20 artists is being presented by Sun Gallery, 1015 E St. in Hayward. For more info on the exhibit, call the Sun Gallery at 581-4050 or visit www.SunGallery.org

Listings for the Community Calendar and A&E Calendar must be received by the Friday before publication date.

Send info as text, *not* flyers or posters to fredz@ebpublishing.com

HOROSCOPE by Salomé

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ARIES (March 21 to April 19) Your persistence pays off as the information you demanded starts to come through. The pace is slow at first, but it begins to speed up as the week draws to a close.



TAURUS (April 20 to May 20) An unwelcome bit of news jolts the Bovine, who would prefer that things proceed smoothly. But it’s at most a momentary setback. A Leo brings more welcome tidings.



GEMINI (May 21 to June 20) You need to pay close attention to the details before making a commitment. Don’t accept anything that seems questionable, unless you get an answer that can be backed up.



CANCER (June 21 to July 22) Congratulations on getting that project up and running. But as exciting as it is, don’t let it carry you away. Make sure you set aside time to spend with family and friends.



LEO (July 23 to August 22) Be sure you are part of the discussion involving your suggestions. Your presence ensures that you can defend your work, if necessary. It also helps gain your colleagues’ support.



VIRGO (August 23 to September 22) A misunderstanding needs to be dealt with, or it can grow and cause more problems later on. Be the bigger person and take the first step to clear the air.



LIBRA (September 23 to October 22) Set some strict guidelines for yourself so your heavier-than-usual work schedule doesn’t overwhelm the time you need to spend relaxing with loved ones.



SCORPIO (October 23 to November 21) You might feel a little uncomfortable being among people you hardly know. But remember that today’s strangers can become tomorrow’s valuable contacts.



SAGITTARIUS (November 22 to December 21) Reward yourself for all that you’ve accomplished despite some annoying situations that got in your way. Enjoy a well-earned getaway with someone special.



CAPRICORN (December 22 to January 19) Realizing that someone else is taking credit for what you did is bound to get anyone’s goat, but especially yours. Be patient. The truth soon comes out.



AQUARIUS (January 20 to February 18) Forget about opposites attracting. What you need is to find someone who thinks like you and will support your ideas, even if others say they’re too radical.



PISCES (February 19 to March 20) Workplace problems can affect your financial plans. Be prudent and avoid running up bills or making commitments until things begin to ease up by the 27th.

Medicare's Enrollment Penalties

Q My wife and I mistakenly signed up late for Medicare Part B and were assessed late enrollment penalties, which continue for life. Is there any way to request that they be eliminated?

By Gene L. Osofsky, Esq.
SPECIAL TO THE FORUM

A Possibly, if you meet the criteria for forgiveness and apply by the new deadline of Sept. 30, 2018. Some background may be helpful.

Medicare generally requires that all persons turning age 65 sign up for Medicare Part B during their Initial Enrollment Period which is 3 months before and 3 months after their 65th birthday. If they fail to do so, Medicare assesses a 10% premium penalty for each year of delay, and the penalty continues for life. Its rationale: to encourage younger and usually healthier seniors to enroll promptly and help stabilize the cost of the Part B program.

By way of example, if you turned 65 in 2010 and delayed signing up for Part B until the

year 2017, your monthly premium would be 70% higher.

The standard base Part B premium of \$134, boosted by this additional penalty, would now be \$227.80 per month, which tallies to over \$1,125 per year, and to almost \$34,000 per person over the next 30 years. In a word, the cumulative effect of the late filing penalty is significant.

Medicare has recognized that the reason many persons delayed enrolling was due to a misunderstanding about the enrollment requirement.

Specifically, seniors who enrolled in marketplace health insurance plans obtained through Covered California believed that they were in full compliance with the need to enroll, or that enrollment in Part B was unnecessary since they had private insurance coverage. This was especially true for those who received government subsidies to help with the premium cost, as the subsidies sometimes made their premiums cheaper than the basic Medicare Part B premium.

Medicare also became aware that seniors who inquired about

this issue, or asked about the elimination of penalties, were mistakenly given inaccurate information by the staff at many social security offices.

As a result, the Center for Medicare and Medicaid Services ("CMS") created an opportunity whereby seniors could seek equitable relief from their inadvertent late enrollment.

Applicants seeking relief were originally required to apply by Sept. 30, 2017. Just recently, that deadline was extended to September 30, 2018.

As before, Seniors seeking relief must be able to show that they were enrolled in a market place health insurance plan during their Initial Enrollment Period which began after April 1, 2013 (or their Special enrollment Period if they were working or disabled), that they actually enrolled in Part B during the General Enrollment Periods in 2015, 2016, 2017, or 2018, and are entitled to premium-free Part A Medicare Coverage.

The relief will be granted on a case by case basis and the rules are complex. If you believe you may qualify, you should visit your local Social Security Office and bring with you evidence of your enrollment in a market place health insurance plan during your Initial Enrollment Period around your 65th birthday, or your Special enrollment Period if you were then working or disabled.

To make sure that the folks at the Social Security office properly evaluate your application, it might be wise to bring along a copy of this article. You might also visit our firm's website, locate this article and print out the hyper-linked references, including, particularly, the "Emergency Message" from Social Security to its own staff.

Gene L. Osofsky is an elder law and estate planning attorney in Hayward. Visit his website at www.LawyerForSeniors.com



Alzheimer's, Dementia: What's the Difference?

By Jim Miller
SPECIAL TO THE FORUM

Many people use the words "Alzheimer's disease" and "dementia" interchangeably, but they are not the same thing. In fact, you can have a form of dementia that is completely unrelated to Alzheimer's disease. Here's what you should know.

Dementia vs. Alzheimer's
Dementia is a general term for a set of symptoms that includes memory loss, impaired communication skills, a decline in reasoning and changes in behavior. It most commonly strikes elderly people and used to be referred to as senility.

Alzheimer's disease is a specific illness that is the most common cause of dementia.

Though many diseases can cause dementia, Alzheimer's – which affects 5.7 million Americans today – accounts for 60 percent to 80 percent of dementia cases, which is why you often hear the terms used interchangeably.

But there are many other conditions that can cause symptoms of dementia like vascular dementia, which is the second most common cause, accounting for about 10 percent of dementia cases. Vascular dementia is caused by a stroke or poor blood flow to the brain.

Other degenerative disorders that can cause dementia include Lewy body dementia, Parkinson's disease, Frontotemporal dementia, Creutzfeldt-Jakob disease, Chronic Traumatic Encephalopathy (CTE), Huntington's disease and Korsakoff Syndrome. Some patients may also have more than one form known as mixed dementia.

see **DIFFERENCE** on page 7

Gadgets For Safer Driving

By Jim Miller
SPECIAL TO THE FORUM

To help keep senior drivers safe and prolong their driving years, there's a plethora of inexpensive, aftermarket vehicle adaptations you can purchase that can easily be added to vehicles to help with many different needs. Here are some good options.

• **Entry and Exit Aids:** To help arthritic/mobility challenged seniors with getting into and out of their vehicle, there are a variety of portable support handles you can buy, like the "Emson Car Cane Portable Handle" (\$12), which inserts into the U-shaped striker plate on the doorframe. And the "Standers CarCaddie" (\$13) nylon support handle that hooks around the top of the door window frame.

Another useful product is the "DMI Deluxe Swivel Seat Cushion" (\$22), which is a round portable cushion that turns 360 degrees to help drivers and passengers rotate their body into and out of their vehicle.

• **Enhanced Rear Vision:** To help seniors with limited upper body range of motion, which makes looking over their shoulder to back-up or merge into traffic difficult, there are special mirrors you can add as well as back-up cameras.

For starters, to widen rear visibility, eliminate blind spots and even help with parallel parking, get an oversized rear view mirror like the "Allview Rearview Mirror" (\$50) that clips on to the existing mirror. You should also purchase some "Ampper Blind Spot Mirrors" (\$7.50), which are 2-inch adjustable convex mirrors that stick to the corner of the side view mirrors.

see **GADGETS** on back page

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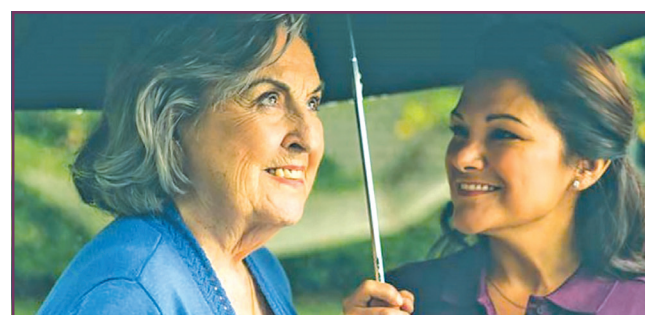
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Pictured are the student leaders from Redwood Christian High School and CVHS, back row from left, Bruce D. Johnson (Superintendent Emeritus, Redwood Christian Schools and CV Rotarian), Sonja Chen (RCHS 2013, RYLA Camper 2013, and now on RYLA Staff), Maddie Shasky (RCHS 2019), Vanessa Harris (RCHS 2019), Katherine (KLee) Geronimo (RCHS 2018, RYLA Camper 2016 and now on RYLA Staff), Joseph Carlton (RCHS Class of 2019) and Jim Negri (Retired CV School Superintendent and 2017-18 CV Rotary President); front row, Nick Bellison (CVHS 2019), Jessica You (CVHS 2020) and Jada Liu (CVHS 2019).

Six High School Leaders Attend Rotary Youth Leadership Camp

The Rotary Club of Castro Valley sponsored six local high school leaders to attend the Rotary Youth Leadership Awards (RYLA) camp at Mission Springs Conference Center in Scotts Valley.

The RYLA brings together student leaders from throughout Rotary District 5170 boundaries, which run from Oakland to Hollister. More than 150 students

attend each year participating in a variety of workshops including leadership, how to use their network and net worth, how to build relationships, strategies for dealing with stress, distilling their "why?" to deal with turning points in their journey towards those goals, and other topics.

The Rotary Club of Castro Valley sponsors Interact Clubs on both the Castro Valley High

School and Redwood Christian High School campuses. Interact Clubs are committed to developing leadership skills while discovering the power of "Service Above Self."

There are more than 20,000 Interact Clubs world-wide with a student membership of more than 465,000 students. Rotary District 5170 has the largest number of Interact students in the world.

Difference: Symptoms

continued from previous page

Dementia is caused by damage to brain cells, but the symptoms can vary depending on the cause. In the case of Alzheimer's disease, protein fragments or plaques that accumulate in the space between nerve cells and twisted tangles of another protein that build up inside cells cause the damage.

In Alzheimer's disease, dementia gets progressively worse to the point where patients cannot carry out daily activities and cannot speak, respond to their environment, swallow or walk. Although some treatments may temporarily ease symptoms, the downward progression of disease continues and it is not curable.

But some forms of dementia are reversible, which is why it's important to be evaluated by a physician early on.

Vitamin deficiencies, thyroid problems, brain tumors, depression, excessive alcohol use, medication side effects and certain infectious diseases can cause reversible forms of dementia.

Another treatable form of dementia is a condition known as normal pressure hydrocephalus, which is caused by a buildup of cerebrospinal fluid in the brain that can be relieved by surgically implanting a shunt to drain off excess fluid. This type of dementia is often preceded or accompanied by difficulty walking and incontinence.

To learn more about the different types of dementia, including the symptoms, risks, causes and treatments visit the Alzheimer's Association at ALZ.org/dementia.

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



Castro Valley jazz musician Dave Rocha

Free Jazz Concert

The Castro Valley Library will host the Dave Rocha Jazz Trio in Concert this Sunday at 2 p.m., performing notable compositions by such musical greats as Freddie Hubbard, Henry Mancini, John Coltrane, Cole Porter and more.

The trio features Rocha on trumpet and flugelhorn, Chris Motter on electric guitar and Dan Gerz on acoustic bass. The flugelhorn is similar to the trumpet, but has a larger bell, which gives it a darker, mellower sound.

Rocha has been performing an eclectic mix of jazz standards, pop tunes and original compositions with his jazz group for more than 20 years in New York, Los Angeles, San Francisco and other major cities.

This is a free event and children are welcome (please help them remain quiet). Seating is first-come first-serve and doors open at 1:30 p.m. The Library is located at 3600 Norbridge Avenue.

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ATHLETES OF THE WEEK



This week's Athletes of the Week are the Spring 2018 Creekside/Canyon Tennis team, coached by Suzi Mills, who won the Alameda County Junior Tennis League Championship, with a record of 5-0.

The members of the team are Marissa Chan, Justin Chen, Aidan Chiang, Raymond chin, Aus-

tin Chu, Emmy Engelman, Justine Fong, Daniel Guo, Jason Harris, Timothy Hoang, Stephen Hom-Ruiz, Leewon Koo, Levina La, Helena Liu, Ayden Lui, James Ngov, Curtis Nguyen, Gabe O'Hara, Drew Paxman, Anton Pimentel, Eliot Wallis, Francis Wilson, Jad Yehia and Alex Zhang.

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Alex Williams: Player of the Year

Alex Williams did it all for the Redwood Christian Eagles, leading them to the CIF North Coast Section (NCS) Division IV Championship.

It was an especially difficult title to win since they won in Division V in 2017, but they won it this year after moving up into the higher division IV.

Williams is going to Stanford and, according to coach Jim Cleveland, probably would have been picked in the recent MLB Draft, but wasn't, due to the price it usually costs to sign a Stanford commit.

In the team's 5-4 victory over Piedmont in the NCS final, Williams pitched four shutout innings and in the final week of the season he had no earned runs in eight innings with 13 strikeouts. He also had an RBI single in the title game.

For the season, Williams went 10-1 on the mound with a 0.50 ERA. He also had 133 strikeouts in 70 innings. With bat in hand, Alex bombed away for a .500 average. He also had 32 hits, two homers, 10 doubles, and 27 RBI.



Alex Williams lead the Redwood Christian Eagles to the CIF North Coast Section Division IV Championship.

Youth Volleyball Registration Now Open

The United States Youth Volleyball League (USYVL) registration for the 2018 fall program in Fremont, is now open.

The instructional volleyball league will provide boys and girls ages 7-15 the opportunity to learn and play volleyball in a fun, safe, and supervised environment.

The eight-week developmental

league provides participants instruction twice per week, designed to teach basic volleyball skills, in a positive environment. The program is structured around the principles of participation, teamwork, skill development, sportsmanship, and fun.

Practices and games operate in a coed format and offer participants

the opportunity to develop self-esteem and confidence.

USYVL's Fremont league will begin Sept. 12 and will run through Nov. 3, at Irvington Community Park. Practices for the league will be held on Wednesdays from 5:30-6:30 p.m. and games on Saturdays 10 to -11 a.m.

Register online at: usyvl.org

Count Me In: Castro Valley Soccer Club

By Amy Ramos
SPECIAL TO THE FORUM

Buried in the meeting notes of the board meeting for Castro Valley Soccer Club is the request for goal donations.

Requested by a board member was the donation of goals to the local elementary schools that have a need for goals. The Fields Director, Mark Yin, adds a request to also purchase and provide nets for

the goals as well as including any soccer balls available for donation.

These are the actions of a community. This action is not done to bring any press, marketing or kudos to the league but rather to provide support to the local community.

The Castro Valley Soccer Club serves approximately 1,700 players, provides referee jobs for youth and is run by a board of 16 volunteers.

Youth sports are an important part of a community and the soccer league believes it should be a safe place to play. The league has a slogan "Respect the Game" and is strict about the experience the youth players have.

"Our goal is for each child to have a positive experience. We want kids to have fun, learn the game and want to continue playing soccer," says Kristy Willits, President of Castro Valley Soccer Club. "We aim to help build kids up, teach them how to work for a goal figuratively and literally, have a never-give-up mentality, how to work with teammates, and how to win or lose. These are the life lessons you can learn through soccer."

The Castro Valley Unified School District is working with the soccer league on delivery dates and has already sent a thank-you note.

The soccer league also has a plan in place to distribute all the collected soccer balls at the end of this season to the Castro Valley elementary schools.

I just wanted to briefly highlight the efforts made that go unnoticed. Thank you to the league for supporting its players on and off the field.

Amy Ramos is a resident of Castro Valley, and president of Stanton Parent Club and a School District parent. You can contact her at adramos@mac.com

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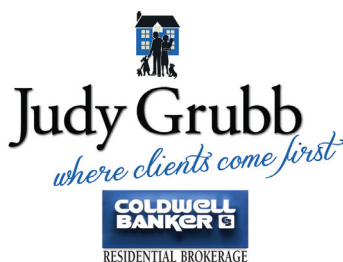
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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Property Ownership Rights Eroding

For many, the 4th of July is the official launch of summer. School is out, graduations finished, and many barbecues are firing up for the first time.

For others, the 4th is a celebration of the freedoms we have in the USA. Freedom from tyranny, freedom to worship as we choose, freedom to orchestrate our own destinies and the freedom to own land.

While it is wonderful to celebrate the birth of our nation, it is sobering to realize that for some, freedoms are actually eroding, especially when it comes to the rights associated with property ownership.

To begin, escalating prices have made the American dream of home ownership a diminishing reality. It is tough to know that while

an individual may have the right to own a home, exorbitant prices are locking them out.

For homeowner wannabes precluded from ownership, their only recourse is to relocate to less expensive parts of the country. Unfortunately, job uncertainty in other locales make this improbable for some.

For those priced out of ownership, escalating rents have also become an issue. It is no secret that affordable housing is the No. 1 issue here in the Bay Area with local governments scrambling to find solutions.

It is also tough for landlords as ownership and operating costs are on the rise. Many rental owners struggle to maintain a balance between getting a fair return on their investment and keeping rents

affordable.

All of which brings up another loss of freedom – the continuing legislation stripping landlords of their rights to control their properties as they wish. Imbedded in the constitution is the idea that the government cannot supersede landowner's rights – yet that is exactly what happens when rent control legislation dictates to landlords what they may or may not do with their properties.

While it is true there are landlords who have deservedly earned a bad reputation with high rents and/or poor living conditions, numerous other investors are working hard to provide decent places to live at responsible rates.

In reality, most rental owners in the Bay Area are not businesses; they are mom and pops who happen to own an additional property or two.

It is a very complicated issue and, unfortunately, solutions that protect the rights of tenants and landlords have yet to be found. As we fire up our grills and celebrate freedom this 4th, remember that our forefathers sought liberty for all.

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

RECENT HOME SALES

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20072 Catalina Drive	94546:	\$705,000	[3 BD - 1,032 SF - 1951
20348 Catalina Drive	94546:	\$774,000	[3 BD - 1,558 SF - 1959
4682 Ewing Road #4678	94546:	\$1,425,000	[4 BD - 2,510 SF - 1950
18858 Lenross Court	94546:	\$280,000	[3 BD - 1,203 SF - 1952
3267 Magdalena Place	94546:	\$790,000	[3 BD - 1,158 SF - 1951
18822 Parsons Avenue	94546:	\$715,000	[3 BD - 1,040 SF - 1950
2137 Vestal Avenue	94546:	\$645,000	[2 BD - 917 SF - 1948
18681 Vineyard Road	94546:	\$1,052,500	[3 BD - 2,537 SF - 1955
20926 Sherman Drive	94552:	\$1,085,000	[4 BD - 2,398 SF - 1998
22335 West Lyndon Loop	94552:	\$982,000	[3 BD - 2,328 SF - 2000
TOTAL SALES:	10		
LOWEST AMOUNT:	\$280,000	MEDIAN AMOUNT:	\$782,000
HIGHEST AMOUNT:	\$1,425,000	AVERAGE AMOUNT:	\$845,350

San Leandro

2204 Bermuda Avenue	94577:	\$415,000	[2 BD - 980 SF - 1973
656 Black Pine Drive	94577:	\$695,000	[3 BD - 1,111 SF - 1989
245 Castro Street	94577:	\$435,000	[2 BD - 1,180 SF - 1967
784 Elsie Avenue	94577:	\$610,000	[3 BD - 1,194 SF - 1941
106 Euclid Avenue	94577:	\$727,000	[4 BD - 1,741 SF - 1930
1619 Orchard Avenue	94577:	\$640,000	[4 BD - 1,532 SF - 1900
551 Tiffany Road	94577:	\$527,000	[2 BD - 891 SF - 1948
666 Warden Avenue	94577:	\$560,000	[3 BD - 1,050 SF - 1948
14101 East 14th Street	94578:	\$300,000	[1 BD - 642 SF - 1986
13971 School Street	94578:	\$850,000	[3 BD - 1,358 SF - 1956
475 Violet Street	94578:	\$639,000	[2 BD - 856 SF - 1947
15551 Cranbrook Street	94579:	\$600,000	[3 BD - 1,084 SF - 1958
1107 Manor Boulevard	94579:	\$565,000	[3 BD - 988 SF - 1950
2308 Pacific View Court	94579:	\$875,000	[3 BD - 2,225 SF - 2000
TOTAL SALES:	14		
LOWEST AMOUNT:	\$300,000	MEDIAN AMOUNT:	\$605,000
HIGHEST AMOUNT:	\$875,000	AVERAGE AMOUNT:	\$602,714

Two Ways to Get Rid of Whiteflies

By Buzz Bertolero
Special to the Forum

Last summer, we were plagued by Whiteflies. They were on a hedge of Escallonia in the backyard. I thought I had gotten rid of them, but they're back. How do I get rid of them for good?

Whiteflies are a sap-sucking insect that attacks a wide range of landscape plants as well as edibles. They're not a cousin to any type of fly; instead, they're closely related to Scale, Mealybug, and Aphids.

Whiteflies are found on the undersides of leaves and produce a clear sticky honeydew when feed-



ing on plants. When disturbed, they are very mobile.

This mobility makes them difficult to control. The whitefly is a warm season pest, whose population begins slowly during the spring and escalates into large number very rapidly with temperatures in the 80s.

You need to be proactive early on. The longer you wait, the bigger the problem in successfully controlling them. Here's why. The species is mainly parthenogenic, meaning it reproduces without mating.

The adult female lays two to

four hundred eggs. At room temperature, it takes a newly laid egg 25 days to mature. At 81°F, the maturation rate accelerates dramatically, taking only 18 days for the egg to develop into an adult. Hence, the rapid increase in the population.

Horticultural Oil is an organic solution that suffocates the insect. It's best applied in the early evening or at dusk. You'll need to make several applications, every five to seven days. To be successful, you need to be diligent with the follow up applications.

Personally, I prefer Bayer Ad-

vanced Tree and Shrub Protect and Feed. It is a long-term solution and a less tedious answer. One application protects the current and any new growth for a year. It also contains a slow release fertilizer to encourage the new growth, which hides the damaged foliage.

Bayer Advanced Tree and Shrub Protect and Feed is applied to the roots under the drip line of the plant, so no spraying is necessary.

Buzz Bertolero is an Advance California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com or on Facebook at [Facebook.com/Buzz.Bertolero](https://www.facebook.com/Buzz.Bertolero).

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Outdoor Wildlife Control

By Samantha Mazzotta
Special to the Forum

Wildlife often can be an annoying (and sometimes dangerous) presence in your yard, and it can be quite difficult to keep them out.

Deer, for example, can hop fences, and rabbits, moles and other mammals can tunnel underneath or squeeze between damaged or misaligned boards.

Squirrels routinely raid bird feeders, and in some places, bears just meander through, searching

for their favorite snack buffet – the trash barrel. Here are some tips:

- To prevent bears and raccoons, keep household trash in tightly covered containers, ideally inside the garage or a shed.

- Turn your compost frequently and cover with dirt to minimize odors, so that rodents don't start tunneling in.

- Deer sometimes can be dismayed by the smell of soap – some homeowners recommend putting bars of soap into old pantyhose, and then tying the hose around tree

branches near the areas you want deer to avoid.

- Set up bird feeders at least 5 feet away from trees and walls so it's harder for squirrels to reach them.

- Raised garden beds can discourage rabbits and make it harder for moles to tunnel directly to vegetable roots. Also, intersperse naturally repellent vegetables like onion, garlic and chives throughout the garden, or edge it with flowers like lavender or marigold.

- Place firewood stacks or

building materials several feet away from your house or shed, and make sure they're stacked so that air and light can get through them. This will discourage rodents and insects from taking up residence.

Home Tip: Remove unnecessary debris, junk or excess lawn ornaments from around your yard. Squirrels and rabbits will have fewer perches and hiding places, so they'll be much more reluctant to hang around.

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Watering

Windy, warm weather absorbs moisture from your garden. Keep alert to distress signals from thirty plants. It's time to water when plants look wilted or drooping, or leaves turn dull and begin to curl. Soak all plants deeply every five days, increasing to every three days if the weather turns very hot

Fertilize

Feed plants with a balanced, slow-release fertilizer, such as a 10-10-10 formula. Well-nourished plants develop better and produce flowers and vegetables longer. They are also better protected against insects and diseases.

Feed camellias, azaleas and rhododendrons with an acid-rich fertilizer.

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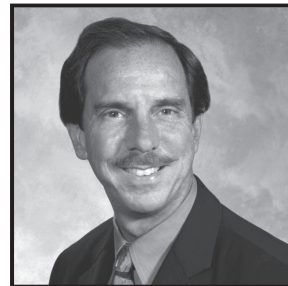
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Lawn Care: Safe Edging Using a String Trimmer

By Samantha Mazzotta
Special to the Forum

To keep your lawn edges neat, a string trimmer (also known as a Weed Whacker, Weed Eater or weed trimmer) doubles as a good edger, and is really affordable: You can purchase an electric trimmer for as little as \$40.

For a little more (about \$100 on average) you can get a cordless electric trimmer, which eliminates the hassle of dragging around extension cords and the worries

about accidentally striking one.

To use the trimmer on lawn edges, angle it so just the tip of the string touches it. Move it along the edge of the grass, trimming it to the same height as the rest of the freshly mowed lawn.

A few safety notes here:

- Always wear long trousers and sturdy, close-toed shoes when doing any lawn work, particularly with power tools and mowers.

- Wear eye protection when using a string trimmer, and maybe gloves, because it's painful and

dismaying to be hit with debris when using this tool.

- Learn to angle the trimmer so that grass and dirt fly away from you. The trimmer guard helps, but doesn't provide full protection.

- Tell bystanders to move away, or stop trimming when neighbors walk past, starting again when they are clear.

- If you're using a corded electric trimmer, always be aware of where the cord is, so you don't accidentally hit it.

- Avoid hitting concrete or

brick when using the trimmer. The harder surface quickly destroys the trimming line, meaning you'll have to replace it sooner.

- Be careful when trimming around shrubs and trees, as the whirling line can damage the bark.

Knowing how to maintain your string trimmer also can save money. Over time, the cutting string will run out -- as it's intended to do. Purchase replacement line as needed, make sure the trimmer is unplugged and remove the spool

from the trimmer's cutting head by turning the trimmer over, removing the fitted cap from the cutting head and lifting out the spool.

Remove the remaining cutting line and discard. Thread the new line into the thread hole or guide notch, and wind it around the spool in the direction of the arrow printed on top of the spool. You can get more details online.

Home Tip: To prevent "scalping" a lawn edge, trim facing outward, toward the pavement (without hitting it), rather than inward toward the lawn.

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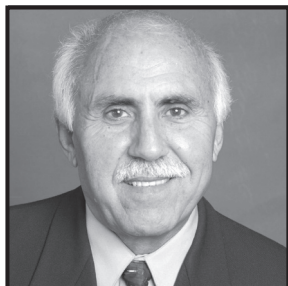
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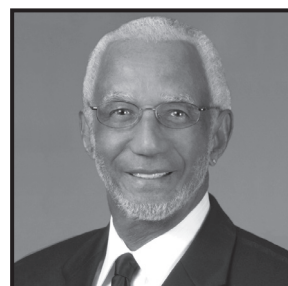
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LETTERS

TO THE EDITOR
FREDZ@EBPUBLISHING.COM**Says There's No Legitimate Reason to Continue Rodeos**

Editor:

This is in response to Russ Fields' letter ("Thanks to All Who Make Annual Rowell Ranch Pro Rodeo Celebration a Success," Letters, June 27).

There is no legitimate reason for rodeos to continue! It is entertainment based on animal domination. Animals are forced to perform by inflicting pain and fear, often resulting in death as demonstrated at this year's rodeo.

On May 19th, a mare was euthanized because of injuries sustained in the arena. There were conflicting vet reports on the reason why the horse went down which leads to the integrity of this organization. They'll do or say anything to cover up the pain inflicted on all the rodeo animals.

This mare wouldn't have died if it didn't have to perform in the rodeo.

Many states are starting to protect animals in the rodeo and recognizing this is no longer tradition but a demonstration of animal abuse for entertainment. As with so much today, follow the money. Let's make some changes Alameda County!

Supporting the rodeo supports animal abuse!

—Lisa Jeffrey, Pleasanton

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Thinks Harry and Maggie Rowell 'Would Be Appalled' by Events at Their Ranch

Editor:

Wow! Interesting letter from Russ Fields (*see above*). I'm sure Harry and Maggie Rowell would be appalled to hear that the events at their Ranch focus on the abuse of animals under the guise of history.

My family owns a dairy farm and exactly zero dairy farmers prod their cows with electric "hotshots" before milking as they do in the Rodeo's "Wild Cow Milking" contest, which this year and in year's past has left the cows not just frightened and hurt, but dead.

Nor do any real cowboys have their toddlers try to ride a toddler lamb as in the Ranch's "Mutton Busting" chaos.

The Rowell Ranch Rodeo is an anachronistic and sadistic spectacle sponsored by a bunch of out-of-touch wannabes who picked events that have been "outlawed" by the official Rodeo Associations and veterinarians.

Lastly, the toy AK-47s being hawked at this year's event are more closely associated with ISIS than with American ranching. This weird corruption of an American tradition needs to end.

Poor Harry and Maggie are no longer here to defend the traditions... Someone else needs to end this perversion and return the Rodeo to celebrating real American ranching traditions. Apparently the current HARD board is asleep at the wheel (or reins).

—Elizabeth Fisher, Pleasant Hill

CVSan Critic Believes District is 'Out of Control'

Editor:

The Castro Valley Sanitary District (CVSan) is out of control!

I attended the June 26 Special Board Meeting. There was a presentation and discussion regarding the sale of 30-year bonds for \$8MM, \$10MM, and \$12MM. The suggested purpose for these bonds is to pay for two capital improvement projects: CVSan's portion to upgrade the capacity of the Oro Loma Sanitary District Treatment Plant (7MM); and the proposed Center Street Corporation Yard, which is now projected to cost the ratepayers 8.2MM.

Neither of these projects has been voted on by the Board of Directors.

After discussion, President McGowan requested more information on \$15MM and \$18MM bonds. The annual debt service on repaying these bonds is \$500k for the \$8MM bond; \$600k for the \$10MM bond; and \$700k for the \$12MM bond.

The debt service on a \$15MM bond would be \$900k, and on an \$18MM bond would be over \$1MM. TIMES 30 YEARS.

The already high sewer service rates would have to increase considerably to repay these bonds.

While the treatment plant upgrade might be considered a necessity, the Center Street Corporation Yard is NOT.

CVSan currently has a \$13MM cash reserve. CVSan could simply write a check for the treatment plant upgrade, or could sell the Center Street property to pay for the treatment plant upgrade.

CVSan has never had a problem paying for capital improvement projects, including upgrades to the treatment plant. CVSan's Reserve Fund Policy provides that reserve fund accounts can be used to fund capital improvements to the wastewater treatment plant.

CVSan's policy has always been "pay as you go." For the Board of Directors to saddle the ratepayers with 30 years of debt payments is unprecedented, irresponsible, and contrary to their campaign promises to keep rates as low as possible.

—Ken Owen, Castro Valley

Wonders How County Can Sustain Such High Salaries

Editor:

The front page article, "Public Employees Among Highest Paid in State," (*The Forum*, June 6) about the extraordinary high pay enjoyed by some of the County employees is eye-opening.

In January of 2015, the County Building Permit Department refused to refund me an extra charge of \$35. Now I understand why the clerk in charge of the building permit said that the refund was denied because "it is such a little money."

To those high-paid persons \$35 is indeed little. But, to us ordinary taxpayers it's not insignificant. I wonder how can a non-profit county sustain such high personnel cost?

—Wunan Lin, Castro Valley

Doesn't Need the Media to Tell Her Why to Dislike Trump

Editor:

In response to Scott Thomasson ("Says Media Responsible for Public Hatred of President," Letters, June 27), Mr. Thomasson is shifting blame just like #45 (Trump) does. I can make up my own mind thank you. I started hating him when he filed bankruptcy 6 times, leaving countless small businesses without money while he just goes and spends more, only to file bankruptcy again.

I started hating him when he was on the Howard Stern show talking about all the women he can get etc. I really hated him when he mocked a disabled reporter and when he said he could shoot someone in the middle of a street in New York and still get elected.

I was disgusted when I heard the tape about his grabbing certain parts of a woman. The hate continued when he implemented tax cuts for the rich, got rid of the wildlife protection act, sold public lands to oil companies and praised tyrants like Putin and Kim Jong Un. Not to

mention his daily Twitter tirades.

It is proven he has lied or "misconstrued" the truth 3,251 times since he took office. He's stated that during riots between white supremacists groups and those who opposed them that there are "some very fine people" in the white supremacists faction.

His steel tariffs have driven Harley Davidson out of the country so as not to pass the extra cost onto the consumer. There are the many horrible names he's called people who come from countries he's not doing business with.

He wants to throw "illegal immigrants" into jail immediately without due process and take away their children while the company he hired to build his wall was fined \$5 Million for hiring illegal workers. He himself used illegal workers in building Trump Tower, paying them \$4 per hour.

I don't need the media to tell me how to feel, all I need to do is listen to the actual words coming out of his mouth. Which, by the way, has been categorized as "speech patterns of the 4th grade level."

—Gin Graydon, Castro Valley

Will Trump Become a Curse to Republicans?

Editor:

He is a test of what conservatives Christians really stand for and many are failing the test. Trump is neither conservative nor Christian. His budget is not conservative. His anti-trade rhetoric is not conservative. He treats Axis dictators as friends and our western allies as enemies, which deals a heavy blow to the already weakened Christianity.

He is destroying the sanctity of the Presidency and soft power of the U.S. overseas. All this is helping dictatorships in the East.

He gave red meat to the left by reckless cruelty on the border. Then he plays to his base on the right by choosing conservative justices. He plays both left and right because his goal is to destroy the liberal western democratic order, and usher in a socialist order where his family can control wealth.

Everything is going just as his planned. Socialist party is rising, the right is deceived and pacified by a few pyrrhic victories. Since so many Republicans are failing the test, he will become a curse to them.

—Jane Ratta, Castro Valley

Advises Against Using Google Search to Validate Claims

Editor:

Peter Hauer claimed that America is no longer racist, based on the fact that a Google search of "fake hate crimes" yields a large number of hits. Mr. Hauer appears unaware of how Google works. If there are 100 articles on a single incident, they show as 100 hits, even though all are the same incident. And Google only lists, they do not vet.

I agree any claims must be validated, but Mr. Hauer does not do this. He assumes that most or all reports of hate crimes are fake, and most or all claims that hate crimes are fake are correct, with no evidence. He further claims without evidence that "liberals" fake hate crimes in order to convince "minorities" that racism exists so they will vote for Democrats.

While denying the prevalence of racism, Mr. Hauer appears to believe that "minorities" are too dumb to make conclusions about the existence of racism based on their life experiences, and moreover are incapable of deciding how to vote unless instructed by white people — either nefarious "liberals" trying to convince them racism exists, or honest conservatives like himself "whitesplaining" that there is no such thing.

Incidentally, a Google search of "the moon landing was fake" yielded more than 1,100,000 hits in 3.7 seconds. The moon landing was unquestionably real.

—Carol Sholin, Castro Valley

Understanding Our Differences

Editor:

Despite the signs - does hatred still exist? I thought I understood the intention behind those signs when they first appeared. Such a simple message. It never occurred to me anyone would be confused by them.

Some have used this topic to suggest that folks who didn't vote for Trump hate him and his supporters. Why would I hate you? I don't even know you.

We must agree, Americans enjoy the amazing freedom to vote for whomever we like and to believe whatever we like. I certainly don't hate you because of who you voted for or what you believe. You might believe in extraterrestrials, I might believe in ghosts. You may make beautiful pottery, I might be an amazing singer. Let's get to know each other before you decide how I feel about you.

Hey, just a minute, maybe that's precisely the problem...

I may be a woman, you may be a man. If we are straight or gay, from here or from there, it shouldn't matter. You're funny, I'm shy. You like cats, I'm a dog person. So what. If we got to know each other we might actually like each other despite our differences. We might actually like each other because of our differences.

In fact, our differences are probably what makes us interesting to one another. We aren't all the same. Surely we will disagree. How boring would the world be if everyone were just like me.

If you want to know what's meant by the sign in your neighbor's window, just ask. They're inviting you into a conversation.

Get to know them before you decide how you feel toward them or make assumptions about their feelings toward you.

—Gena McAllister, Castro Valley

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More than 70 people were on hand at Canyon Middle School for CVSan's 7th Annual Custodian Recognition Lunch on June 15.

CVSan's Annual Recognition Event for School Custodians

They go about their work day in and day out almost unnoticed, but each year the Castro Valley Sanitary District sets aside a day to recognize the workers who keep Castro Valley's schools clean and who go out of their way to help reduce waste.

Castro Valley's public schools have an average 82% recycling and composting (diversion) rate due in large part to the efforts of their custodians.

CVSan held its 7th Annual Custodian Recognition Luncheon at Canyon Middle School last month.

More than 70 people were on hand, including most of the School District's custodians, Maintenance and Operations Supervisor Charlotte Irwin; Castro Valley School Board members Jo Ann Loss, Gary Howard, and Monica Lee; School Superintendent Parvin Ahmadi; CVSan Board members Ralph Johnson and Dave Sadoff;

and CVSan staff members Jordan Figueiredo and Cole Caceres.

Three awards were given out. The Dan Curry Custodian Program of the Year Award went to John Rosa of Proctor Elementary; The Custodian Good Green Attitude Award was given to Brian Fitsimmons of Castro Valley High School; and The Custodian 4Rs Educator of the Year Award was presented to Aaron Ackerman of Castro Valley Elementary School.



CVSan Board member Ralph Johnson with former CV Elementary Lead Custodian Aaron Ackerman



CVHS custodian Brian Fitsimmons with Johnson



Proctor Elementary Lead Custodian John Rosa with CVSAN Board member Dave Sadoff

Rally: Policies On Immigration

continued from front page

City Councilwoman Deborah Cox said there's a movement going on since the Women's March in Washington, D.C., and added, "and I haven't stopped, and we won't stop."

One person in attendance said she came to the march for a simple reason.

"Because taking children away from their parents is not what America is about," said Pam Streitfeld, who mentioned that her family had to leave Poland to escape the Nazis just before World War II, even changing their family name to avoid getting captured by the Germans.

Our country should open the door for people who are escaping terrorism in other countries, Streitfeld said. There's a way to keep out those who would do harm to the country, while letting in the vast majority of immigrants who would contribute to the country, she added.

The crowd protested the stricter immigration policy that began in April and has resulted in separating over 2,000 kids from their parents apprehended for entering the country illegally. Many are families fleeing turmoil in Central America.

The Trump administration said there is no policy to separate kids from their parents. But the stricter enforcement that started in April, holding the parents for a criminal offense, inevitably leads to separating parents from their kids when they enter the country together.

Last week, Trump signed an executive order stopping the separation of families, and a federal court ordered immigration to place the children back with their parents within a month. But it still remains unclear how many families have been reunited.

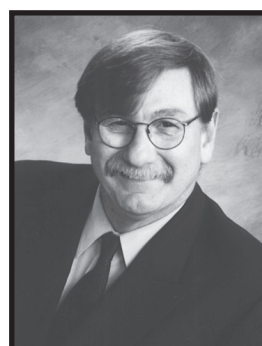
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The Refugees
TOM PETTY TRIBUTE BAND
8PM, FRI, JULY 6

Touch of Glass
6PM, SAT, JULY 7

The Golden Gate Blues Society
Russell City After Party
THE WEST COAST BLUES SOCIETY

CARAVAN OF ALLSTARS
7PM, SUN, JULY 8

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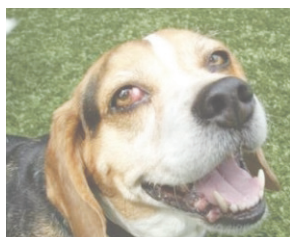
ADOPT-A-PET



ELLIE is a stunning, feisty and adorable 3-month-old girl. She is just one of many cuties hoping to find forever homes soon. More info: Hayward Animal Shelter. (510) 293-7200.



SPATZ is a 2-month-old who's playful and super cute! She loves chasing her toy mouse around, plops down for a nap and then starts over again. Info: Hayward Animal Shelter. (510) 293-7200.



JOSH is a 9-year-old, 35 lb. Beagle who is sweet and loving with all people and is very well socialized with other dogs and even cats! For more info., visit: dustypawsrescue.org



MARLEY is a sweet, 9-year-old orange tabby. He is a playful, energetic boy that is friendly with other animals when he gets to know them. For more info, visit: dustypawsrescue.org

Gadgets: Senior Drivers

continued from page 6

Another helpful device is the "Auto-vox M1W Wireless Backup Camera Kit" (\$110). This comes with a night vision camera that attaches to the rear license plate, and a small monitor that mounts to the dash or windshield. When the vehicle is in reverse, it sends live images wirelessly to the monitor so you can see what's behind you.

- **Seat Belt Extenders:** To make buckling up a little easier, there are a variety of seat belt extension products offered by Seat Belt Extender Pros like the "Seat Belt Grabber Handle" (\$8), which is a rubber extension handle that attaches to the seat belt strap to make it easier to reach. And the "7-inch Rigid Seat Belt Extender" (\$20) that fit into the seat belt buckle receiver to add a few inches of length, making them easier to fasten.

- **Gripping Devices:** If you have hand arthritis that makes gripping the steering wheel, turning the ignition key or twisting open the gas cap difficult or painful, consider these products.

The "SEG Direct Steering Wheel Cover" (\$15) that fits over

the steering wheel to make it larger and easier to grip. The "Ableware Hole-In-One Key Holder" (\$9), which is a small plastic handle that attaches to the car key to provide additional leverage to turn the key in the ignition or door. And for help at the pump, the "Gas Cap & Oil Cap Opener by Gascapoff" (\$12) is a long handled device that works like a wrench to loosen and tighten the gas cap.

All of these products can be found online at Amazon.com.

- **Safety and Security:** To help ensure your parents safety, and provide you and them peace of mind, they should also consider an in-car medical alert system like "splitsecnd." Offered through Bay Alarm Medical (BayAlarmMedical.com, \$30/month), this small device plugs into the vehicle's cigarette lighter to provide 24/7 roadside and emergency assistance at the push of a button, automatic crash detection and response, and GPS vehicle location and monitoring capabilities.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org.



Rapture of Raptors

A rough legged hawk in flight. Hawks, falcons and eagles are raptors, three of several species of bird that hunt and feed on rodents and other animals. Such birds of prey have keen vision that allows them to detect their prey during flight, as well as powerful talons and beaks. Raptors ride the winds, catch the currents, soar, hover and dive when they spot their next meal. Discover their incredible traits, skills and varied habitats during a special adult nature presentation from 4 to 5:30 p.m. on Saturday, July 14 at Sulphur Creek Nature Center, 1801 D St. in Hayward. To register for this event (\$18) visit: www.haywardrec.org



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CVSan Recycles Day

CANYON MIDDLE SCHOOL

19600 Cull Canyon Road

Saturday, August 4, 2018

From 8:00 a.m. to 2:00 p.m.

Free event for Alameda County residents! Bring photo ID or utility bill. 125 lb./15-gal limit per resident. www.cvsan.org/hhw

RECYCLE



Paint

Additives, Latex Paint, Oil Paint, Shellac, Solvents, Stain, Thinners



Adhesives

Caulk, Cement, Epoxy, Mortar, Putty, Stucco, Wood Glue



Auto

Additives, Antifreeze, Batteries, Fuel, Motor Oil, Oil Filters, Waxes



Sharps

In approved sharps containers. Free containers for residents at Marshall St. office (one per person).



Misc.

Acids & Caustics, Bleach & Cleaners, Fluorescent & LED Bulbs, Household Batteries, Pool & Photo Chemicals



E-Waste

Computers, Printers, Radios, TVs, Other Consumer Electronic Devices with Circuit Boards. Visit www.cvsan.org/ewaste for complete list.



Garden

Ant Traps, Fertilizers, Gopher Bait, Herbicides, Pesticides, Rat Poison, Sprays



Drugs

Old, Expired, or Unneeded Prescription and Non-Prescription Drugs.

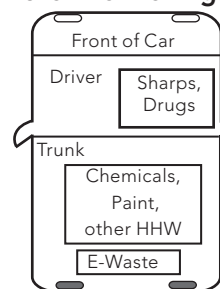
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