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Hayward Music Center
24249 Hesperian Blvd., Hayward 510-264-9669

Kidango receives Kaiser Grant

SUBMITTED BY PAUL MILLER

Thanks to a grant award from Kaiser Permanente (Greater Southern Alameda County), Kidango will provide 250 families with preschool age children enrolled in our Alameda County Head Start preschool programs with the resources they need to live healthy lifestyles.

According to the Centers for Disease Control and Prevention, data from 1976-1980 and 2003-2004 National Health and Nutrition Examination Surveys (NHANES) showed the prevalence of childhood obesity is increasing. For children ages 2-5 years, the prevalence of childhood obesity increased from 5% to 13.9%.

Kidango will hire a registered dietician who will conduct workshops at Kidango Child Development Centers

where each family's nutritional information (eating habits, types of food eaten, etc.) will be reviewed and analyzed. Additionally, the registered dietician will review the BMI (body mass index) of each child in the program. From this information, the dietician will assess each child's current behaviors and nutritional needs to prevent or decrease childhood obesity. The dietician will then strategize with each family to help them incorporate simple methods of increasing healthier foods and exercise into their daily routines to help in the prevention of childhood obesity.

Kidango staff in our Head Start preschool classrooms will also attend a workshop focusing on nutrition issues and how they can promote the healthy goals of the families and children while

the children are in their Head Start program part and full day services in Alameda and Santa Clara counties. Very low-income children will receive developmental and behavioral screenings, growth assessments, dental screening, vision screenings, nutrition home visits, parent and caregiver education and other services that help and support their families.

This is the second year that Kaiser Permanente funded this vital program. Head Start is instrumental in helping very young children in their daily lives.

For more information, contact Head Start program, Rachelle Javier at (510)

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continued from page 1

Got Zucchini?

popular point of interest for families including many kid-friendly activities.

Whether you're looking for new ways to prepare the zucchini piling up on your kitchen counter, or just want to enjoy the fun, friendly community social gathering, the Hayward Zucchini Festival will have just what you're looking for!

Hayward Zucchini Festival
August 15 and 16
10 a.m. - 7:30 p.m.
Kennedy Park
19501 Hesperian Blvd., Hayward
(510) 264-9466

Try this delicious island twist on a traditional zucchini bread recipe.

Hawaiian Zucchini Bread By Alyson Whitaker

- 4 oz cup of applesauce, plus enough vegetable oil to equal 1/2 cup
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1 egg
- 1 tsp vanilla
- 1 cup grated zucchini
- 1 cup all purpose flour
- 1/2 cup whole wheat flour
- 1/2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 1/2 tsp cinnamon
- 1 tsp nutmeg
- 1/2 cup shredded coconut
- 1/2 cup chopped macadamia nuts

1. Preheat oven to 350°F. Grease loaf pan (or mini muffin tins).

2. In mixing bowl combine sauce/oil mixture and zucchini and vanilla.

3. In another bowl, combine baking powder, baking soda, nutmeg, and macadamia nuts. Stir into prepared pan(s).

4. Bake until an insert comes out clean (1 hour for loaf, 30 minutes for mini-muffins). Turn out and wrap.

5. Because of moisture, the bread will store longer and stored in the refrigerator, it rarely lasts. To make it into the refrigerator, it rarely lasts. To make it into the refrigerator, it rarely lasts.

HOME SALES REPORT

CASTRO VALLEY		TOTAL SALES: 17				
Highest \$:	1,180,000	Median \$:	495,000			
Lowest \$:	229,000	Average \$:	542,265			
ADDRESS	ZIP	SOLD FOR	BDS	SOFT	BUILT	CLOSED
2781 Cortez Court	94546	245,000	2	1141	1977	06-30-09
20072 Diamond Court	94546	325,000	4	994	1949	06-25-09
2949 Giovanna Way	94546	735,000	4	3188	2003	06-26-09
19085 Gliddon Street	94546	460,000	3	1416	1953	06-26-09
18500 Hastings Way	94546	480,000	4	1809	1950	06-25-09
4680 Heyer Avenue	94546	545,000	-	1934	1977	06-30-09
2545 Lessley Avenue	94546	350,000	2	1545	1948	06-26-09
19791 Louise Court	94546	485,000	4	2314	1947	07-01-09
18456 Madison Avenue	94546	1,180,000	4	3814	2001	06-30-09
4653 Malabar Avenue	94546	705,000	-	-	-	07-01-09
2070 Meg Court	94546	401,500	3	1503	1952	06-30-09
2524 Vegas Avenue	94546	229,000	2	621	1948	06-25-09
18063 Walnut Road	94546	535,000	3	2047	1963	06-30-09
25219 Century Oaks Circle	94552	878,000	5	3236	1996	06-30-09
25396 Gold Hills Drive	94552	730,000	5	2527	1997	06-30-09
19866 Laurelwood Drive	94552	500,000	4	1875	1986	06-30-09
6635 Ridgewood Drive	94552	425,000	4	2250	1991	06-30-09
FREMONT		TOTAL SALES: 74				
Highest \$:	1,400,000	Median \$:	135,000			
Lowest \$:	135,000	Average \$:	469,257			
ADDRESS	ZIP	SOLD FOR	BDS	SOFT	BUILT	CLOSED
4051 Abbey Terrace #111	94536	190,000	2	823	1986	06-26-09
36135 Adobe Drive	94536	430,000	3	1148	1958	06-26-09
35117 Adriano Street	94536	310,000	3	1108	1966	06-26-09
4670 Balboa Way	94536	178,000	2	910	1969	07-01-09
3028 Barrington Terrace	94536	540,000	2	1466	1988	06-24-09
4517 Bianca Drive	94536	420,000	3	1148	1957	06-24-09
37096 Blacow Road	94536	295,000	3	1037	1950	06-25-09
38487 Burdette Common	94536	230,000	2	976	1980	06-25-09
36648 Capistrano Drive	94536	449,000	4	1613	1955	06-26-09
886 Cherry Glen Circle	94536	249,000	2	724	1987	06-29-09

HAYWARD		TOTAL SALES: 56				
Highest \$:	820,000	Median \$:	268,000			
Lowest \$:	140,000	Average \$:	304,473			
ADDRESS	ZIP	SOLD FOR	BDS	SOFT	BUILT	CLOSED
34677 Agree Terrace	94555	290,000	2	934	1987	06-30-09
34168 Bowling Green Common	94555	205,000	2	988	1970	06-25-09
34370 Enea Terrace	94555	135,000	1	453	1983	06-30-09
3599 Lake Ontario Drive	94555	361,000	3	1629	1970	07-01-09
34522 Milburn Terrace	94555	510,000	3	1389	1989	06-30-09
34653 Pueblo Terrace	94555	318,000	2	840	1989	06-30-09
4266 Warbler Loop	94555	515,000	-	1375	1978	06-26-09
34578 Wells Avenue	94555	400,000	-	1633	1977	07-01-09
34505 Winslow Terrace	94555	625,000	3	1839	1987	06-26-09
HAYWARD		TOTAL SALES: 56				
Highest \$:	820,000	Median \$:	268,000			
Lowest \$:	140,000	Average \$:	304,473			
ADDRESS	ZIP	SOLD FOR	BDS	SOFT	BUILT	CLOSED
260 Alden Road	94541	165,000	3	932	1937	06-25-09
653 Atherton Place #411	94541	250,000	2	1075	1997	06-26-09
974 Castlewood Way	94541	210,000	2	1270	1973	06-30-09
551 Dean Street	94541	407,000	8	3239	1961	06-25-09
793 East Lewelling Boulevard	94541	190,000	2	840	1942	07-01-09
260 Flint Court #20	94541	140,000	2	1010	1991	06-26-09
1122 Holmes Way	94541	287,000	3	1921	1979	06-24-09
2531 Jacobs Street	94541	337,000	3	1192	1953	06-30-09
2939 Kelly Street	94541	345,000	2	1312	1946	07-01-09
647 Kendall Way	94541	216,000	3	1071	1951	07-01-09
23019 Kingsford Way	94541	284,000	3	1333	2005	06-26-09
19089 Meekland Avenue	94541	220,000	5	1524	1943	06-26-09
3233 Monika Lane	94541	260,000	2	1284	1980	06-26-09
430 Puerto Place	94541	255,000	2	1412	1980	07-01-09
19564 Royal Avenue	94541	319,000	3	1538	1951	06-25-09
21486 Santos Street	94541	202,000	2	960	1948	06-24-09
22012 Sevilla Road #112	94541	246,500	3	1487	1986	06-26-09
22750 Souza Court	94541	220,000	2	1113	1951	06-26-09
14258 Templeton Street	94541	228,500	3	1042	1953	06-24-09
19880 Times Avenue	94541	220,000	3	1182	1951	06-29-09
20932 Times Avenue	94541	291,000	3	1582	1951	06-26-09
21060 Western Boulevard	94541	141,000	2	674	1927	06-26-09
36 Arundel Drive	94542	820,000	5	4957	2007	06-29-09
26941 Claiborne Court	94542	590,000	3	3026	1970	06-24-09

SAN LEANDRO		TOTAL SALES: 25		
Highest \$:	653,000	Median \$:	270,000	
Lowest \$:	127,000	Average \$:	312,000	
ADDRESS	ZIP	SOLD FOR	BDS	SOFT
38333 Amaryllis Place	94560	650,000	4	271
36163 Chelsea Drive	94560	450,000	4	19
36810 Cherry Street	94560	210,000	2	7
36740 Fair Court	94560	285,000	3	10
6758 George Avenue	94560	230,000	2	9
6282 Jarvis Avenue	94560	384,500	3	15
8204 Juniper Avenue	94560	405,000	5	19
6146 Mistflower Avenue	94560	399,000	3	17
39903 Parada Street #B	94560	230,000	2	14
39931 Parada Street #B	94560	270,000	2	14
38528 Rockrose Court	94560	413,000	4	15
7430 Wells Avenue	94560	285,000	3	10
SAN LEANDRO		TOTAL SALES: 25		
Highest \$:	653,000	Median \$:	270,000	
Lowest \$:	127,000	Average \$:	312,000	
ADDRESS	ZIP	SOLD FOR	BDS	SOFT
858 Alice Avenue	94577	260,000	2	11
325 Arroyo Avenue	94577	127,000	2	12
2365 Cherry Street	94577	155,000	3	8
2689 Durant Way	94577	653,000	3	17
279 Durant Avenue	94577	270,000	3	8
499 Estudillo Avenue #108	94577	190,000	2	11
1015 Frederick Court	94577	260,000	3	13
196 Oakes Boulevard	94577	347,000	3	12
13929 Seagate Drive	94577	300,000	3	15
428 West Broadmoor Boulevard	94577	230,000	2	8
1732 143rd Street	94578	270,000	2	9
1459 151st Avenue	94578	233,000	2	9
1458 155th Avenue	94578	251,000	2	10
1196 Cherrybrooke Commons	94578	452,000	4	19
905 Grace Street	94578	304,000	3	12
14783 Harold Avenue	94578	335,000	3	16
14764 Martell Avenue	94578	341,000	4	14
14252 Orchard Drive	94578	352,000	2	15
17293 Pacific Avenue	94578	370,000	4	18



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