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[Opinionists](#)

IF you would like a way to show your support to our troops overseas, the Hill & Valley Club has been very involved with a heartwarming program called AnySoldier.Com. Through the Internet, at <http://www.anysoldier.com> you can find an updated list of service men and women, along with a wish list for them and their fellow troops who are serving in harm's way.

The Hill & Valley Club has sent off more than a dozen boxes to some of those men and women. When some local dentists heard about the club's donations, and that frequent requests included toothbrushes, dental floss and toothpaste, they generously volunteered to donate these items. The program is headed by Hill & Valley member Barbara Burgard. At a recent meeting, Barbara shared a letter she had received from a young woman from Utah, who is serving in Iraq. In the very nice thank-you letter, the woman highlighted that the greatest item in the package was that "SILKY DENTAL FLOSS — it was like a gift from heaven."

For anyone interested in this program, you can pick up free, empty shipping boxes at the post office, and they will ship your packages at the flat rate charge. Now that the summer months are coming, the soldiers would love, and need, sunscreen, lip balm, insect repellent and Gatorade and Kool-Aid mix. This is a very rewarding program and a wonderful way to let our service people know how much we support them.

The best-kept secret in San Leandro is Roccab's Cafe, 1070 E. 14th St., across from the San Leandro City offices. The owner of Roccab's, Maria Flores, and her husband, Miguel, keep the cafe open every day from 6:30 a.m. to 5:30 p.m. I love to take my nonfat latte and a muffin and sit on the back deck overlooking the San Leandro Creek, but they also have sidewalk seating — or if you're in a hurry, you can always take it to go. Maria and Miguel offer all kinds of coffee drinks, delicious breakfast sandwiches, salads, sandwiches, smoothies and more. Maria told me that she had worked in a coffee shop for many

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years and this cafe is her dream come true. So stop in, say hello and try out their wonderful hospitality. I promise you you will go back again and again.

The California Alumni Association Leadership Scholarship offered at UC Berkeley is an award for students who have demonstrated outstanding leadership in school, in the community and in unusual personal situations. Only 300 Cal freshmen are awarded this prestigious merit scholarship each year from the national applicant pool.

This year, the alumni association is proud to announce four award winners: Mark Andre of Castro Valley High School; Laura Coelho of Moreau Catholic High School; Sabrina Ly of Hayward High School; and Lily Zhang of Arroyo High School in San Lorenzo.

At a recent awards program, Scholarships Inc. awarded several scholarships to local Hayward-area students. This year's recipients included Alicia Dass, Pavenjit Ghag and Ernesto Perez of Hayward High School; Christian Edoria, Tommy Nguyen and Therese Tiongquico of Tennyson High School; Catrina Calub, Nhunhu Nguyen and Jose-Luis Rayas of Mt. Eden High School; Joseph Chen, Kelsey Morrow and Anna Dykzeul of Moreau Catholic High School; Benaia Fissena and Anu Prasad of the Hayward Adult School; and Jesse Nuno of Brenkwitz High School.

Through donations and fundraisers, Scholarships Inc. supports young people in pursuing higher education.

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[↑ RETURN TO TOP](#)


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