



# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 29

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NO. 40

## INSIDE YOUR FORUM

### NEWS



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PHONE: (510) 537-1792



PHOTO BY LARRY ROSA

## 25th Annual Cop Shop BBQ

Hundreds of residents turned out Friday for the 25th Annual Cop Shop BBQ, hosted by the Alameda County Sheriff's Office at First Presbyterian Church in Castro Valley. Along with the grilled tri-tip, hot links and chicken, families had a chance to chat with deputies and check out the Sheriff's Office investigation equipment. The popular annual event helps pay the rent for the Sheriff's community policing satellite office in Ashland as well as many other community programs.

### MAC MEETING

## KFC 'Circus Tent' Paint Job Vetoed

By Amy Sylvestri  
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) sent Kentucky Fried Chicken's plans for a bold new paint job back to the drawing board on Monday night, saying the circus-tent-like vertical stripes weren't a good fit.

KFC wants to perform interior and exterior renovations to their existing store at 3625 Castro Valley Boulevard. An initial plan called for bold stripes around the building in the style of the designs on their buckets of chicken.

A KFC in Alameda was painted with wide red and white stripes last June and the city council in that city is in the process of getting the company to paint over the stripes after much public outcry.

The MAC ruled out the stripes completely and also rejected a secondary proposal that would have involved black, grey, and white painting.

The MAC said the bold black color was too harsh and suggested that artificial stonework might have a more pleasant look around the base of the building.

MAC Chair Marc Crawford added that the stonework would add a "diversity" of materials to the building instead of just various shades of

see MAC on page 10

## See's Grand Opening Attracts Huge Crowd of Candy Lovers

By Linda Sandmark  
CASTRO VALLEY FORUM

Throngs of happy chocolate lovers crowded Castro Village Friday morning, eager to pick up some free candy, tote bags and special offers at the grand opening of Castro Valley's new See's Candies store.

Judging by the crowds, the new shop will be a popular addition to the Village. A line of several hundred customers stretched down the sidewalk, some maneuvering strollers, walkers, and even crutches.

The crowd surprised some locals, including Area Cycles owner Kenji Iwahashi.

"I've never seen anything like this before in Castro Valley," he said. "The line to get inside stretches almost to the Ross store."

Many customers got up early to make sure they received goodies at the 9:30 a.m. ribbon-cutting ceremony. They needn't have worried — there was plenty to go around. See's employees even walked along the waiting line to distribute free lollipops, chocolate samples, and paper hats.

"I got here at 9 a.m. and was 50th in line. I counted," said Bobby Dozier of Castro Valley. "I didn't expect this much of a line, but it moved pretty quickly. Everybody seemed pretty happy to get some chocolate."

Eric Martin, See's Vice President of Human Resources, said the company is pleased with the Castro Valley location.

"We're so thrilled and honored to be opening in this community and this location," said Martin. "We're excited to bring this iconic brand to this warm and welcoming community."

Sees had been considering a Castro Valley location for a while, according to marketing director Jensen DeWees. She points out that the company had temporary stores here in the past, and that residents have been sad when they close.

see SEE'S on page 15

## Palomares Road Reopens

The Alameda County Public Works Agency has completed its extensive repairs and clean-up efforts on Palomares Road and it is now open to motorists, cyclists and pedestrians.

The work included slope stabilization, installation of netting along the hillside, embankment erosion repairs, roadway surface repairs, and resurfacing and striping the travel lanes.



PHOTOS BY LARRY ROSA



## Castro Valley Weather Sept. 27 - Oct. 1, 2017



Wednesday  
Sunny & Hot  
High 90° Low 59°



Thursday  
Sunny  
High 86° Low 56°



Friday  
Mostly Sunny  
High 74° Low 59°



Saturday  
Sunny  
High 73° Low 54°



Sunday  
Mostly Sunny  
High 78° Low 55°

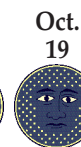
### Almanac



Sun sets at 6:57 p.m. today, rises at 7:03 a.m. Thursday.

Past Week's Rain: 00.00  
Season To Date: 00.13  
Normal To Date: 00.08  
Season Average: 21.22

### Moon Phases



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# Ten New Lake Chabot Signs Warn of Deadly Mushrooms

## SIGNS IDENTIFY THE DEATH CAP MUSHROOMS

By Michael Singer  
CASTRO VALLEY FORUM

After a concerted effort by Castro Valley dog lovers, 10 new signs are on display at Lake Chabot warning about the dangers of poisonous wild mushrooms.

While most mushrooms have little or no effect if eaten by an animal, about 1 percent contain toxins that cause life-threatening problems in pets.

Such was the case last year when CV dog owner, Linda Devetter-Dearborn saw her beloved dachshund eat a wild mushroom along the lakeside trails and had to be put down 24 hours later.

"After 15 months of working with the head of East Bay Regional Park District, new signs that explicitly state the dangers of wild mushrooms to dogs as well as humans, are finally up," Devetter-Dearborn says.

The bright yellow sign clearly identifies a picture of three Death Cap mushrooms (scientifically known as the *Amanita phalloides*) with warnings for dog owners. The 10 permanent signs are displayed at each of the trail heads



Ten new signs warning of the dangers of poisonous wild mushrooms have been posted at Lake Chabot.

leading into the park including the main entrance.

The park did respond last year with temporary signs located at message boards. The permanent signs are meant to continually remind park-goers about the potential danger.

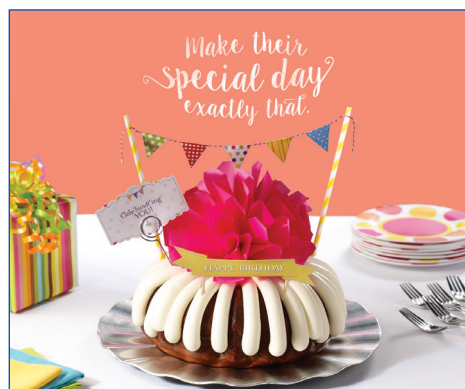
If a dog eats a wild mushroom, negative responses may include vomiting, diarrhea, weakness and seizures. Veterinarians can first treat the animal by giving it something to clear the stomach. Depending on the severity of the

poison to the liver, kidneys, or brain, the dog could eventually end up on a respirator hooked up to a machine to push fluids.

Dog owners should also be aware that mushrooms can pop up overnight after a rain, which may be the case if the East Bay encounters another El Niño winter.

If you think your pet may have ingested a potentially poisonous substance, call the ASPCA Animal Poison Control Center 888-426-4435. A \$65 consultation fee may be applied to your credit card.

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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.

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

According to Jerry "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

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

Dr. Hsieh 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 specialists 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 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.

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**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







Addams Family, from left, Riley Hyde, Sarah Simmerman, Chloe Angst, Rhonda Joy Taylor, Roger Caetano, C. Conrad Cady, Darien Cabreana. Photo location courtesy of San Lorenzo Pioneer Cemetery, Hayward Area Historical Society.

## Spooky Addams Family comes to Chanticleers Theatre Next Week

A magnificently macabre production, "The Addams Family: A New Musical Comedy" will open on Friday, Oct. 6, at Chanticleers Theatre in Castro Valley.

The show was created by an award-winning team that includes authors Marshall Brickman and Rick Elice (Jersey Boys), and composer-lyricist Andrew Lippa (The Wild Party).

Directed by Chanticleers The-

atre's Artistic Director, John Baiocchi, the production promises to delight audiences with humor, an original story, song and dance, and all your favorite Addams Family characters.

In the kooky, upside-down world of the Addams Family, a grave crisis is brewing. It is every father's worst nightmare but in reverse.

Daughter Wednesday, the ul-

timate Princess of Darkness, has grown up and fallen in love with a "normal" young man, Lucas Beineke, from a quite respectable Ohio family—not even remotely fiendish!

Worse, the romance seems to have turned the steadfastly gloomy Addams girl downright cheery, leaving her family very worried and distressed.

see **SPOOKY** on page 7

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



### Double Trouble for Transient

Sunday, September 24: at 11:03 p.m., Sheriff's deputies arrested a 33-year-old man with no permanent address on suspicion of violating a court-issued restraining order against him and possession of illegal drug paraphernalia. Deputies responded to a noise complaint in the parking lot of a drug store on Castro Valley Boulevard and Marshall Street and discovered the man behind the store and made the identification. It was not the first time the man was arrested this past week. Two days earlier, deputies arrested the man outside a business on Castro Valley Boulevard near Yeandle Avenue on suspicion of possession of methamphetamine drugs and drug paraphernalia. Deputies handcuffed the man and took him into custody.

### Shoplifter Caught Red Handed

Sunday, September 24: at 4:48 a.m., a 35-year-old woman with no permanent address was arrested on suspicion of possession of stolen property, receiving stolen property, possession of illegal drug paraphernalia, and resisting arrest. The woman was also wanted as part of a warrant issued for her arrest. Deputies approached the woman for questioning inside a 24-hour convenience store on Redwood Road and Grove Way after the storekeeper noticed her stuffing things into her pockets.

The woman was handcuffed and taken to Santa Rita Jail pending \$5,000 in bail.

### Drugs and Warrant

Sunday, September 24: at 7:40 p.m., deputies arrested a 44-year-old man with no permanent address on suspicion of possession of methamphetamine drugs. The man was wanted as part of a warrant issued for his capture. He was hanging out in the back section of a hotel on Castro Valley Boulevard near Strobridge Avenue while deputies were doing a search of probation violators in the area. The man was handcuffed and taken to Santa Rita Jail pending \$5,000 in bail.

### License Revoked

Saturday, September 23: at 2:00 p.m., a 58-year-old man from San Leandro was arrested on suspicion of possession of illegal narcotics, illegal drug paraphernalia, and two counts of suspended license. The man was also wanted as part of a warrant for his capture. Deputies stopped the man for questioning on the Boulevard near Anita Avenue. The man was taken to Santa Rita Jail and held without bail.

### Can't Stay Away

Saturday, September 23: at 2:34 a.m., deputies arrested a 48-year-old man with no permanent home on suspicion of violating a court-issued restraining order. The man was spotted outside a home on Lake Chabot Road near Baywood Avenue prompting an emergency call by the occupants. Deputies identified the man and took him into custody.

### Public Intoxication

Friday, September 22: at 1:31 p.m., a 56-year-old woman from Castro Valley was arrested on suspicion of public intoxication. Deputies stopped the woman for questioning outside a drug store on the Boulevard near Yeandle Avenue. The woman also had a warrant for her arrest. Deputies made the identification and took the woman to Santa Rita Jail pending \$2,500.

### Stolen Property

Friday, September 22: at 12:25 a.m., deputies arrested a 54-year-old woman from Stockton (San Joaquin County) on suspicion of possession of stolen property.

see **REPORTS** on page 15



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## The Week Ahead

Please Note: The Community Calendar is for publicizing the activities of non-profit organizations, local government agencies, charities and community groups. It is not intended to be used for the advertising of commercial events, whether admission is charged or free.

Items for the Community Calendar must be received by 6 p.m. Friday for inclusion in the following Wednesday's newspaper. Please send information in an email or doc attachment to: fredz@ebpublishing.com. We cannot use flyers or posters.

### ● Wednesday, September 27: Homework Volunteers Needed

First Presbyterian Church at 2490 Grove Way in Castro Valley is seeking high school and college student volunteers who are available from 3 to 4:30 p.m. on Wednesdays to help Strobridge Elementary students K-6th grades with their homework beginning on Wednesday, Oct. 11. An orientation will be held from 4 to 5 p.m. today to sign up. For more info, call Teri Biondi 510-581-6203 ext. 211.

### ● Thursday, September 28: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting beginning at 7 p.m. tomorrow at the School District Headquarters,

4400 Alma Avenue. The complete agenda and board packet are available at [bit.ly/CVUSDBBoardMeetings](http://bit.ly/CVUSDBBoardMeetings)

### ● Friday & Saturday, Sep. 29-30: Yom Kippur Events

Join Tri-Valley Cultural Jews at a Kol Nidre observance this Friday at 7 p.m. for an hour of readings in English with music (\$10 suggested donation for non members), and on Saturday for our Yom Kippur Observance with music, readings and break-out sessions on working in local interfaith groups and storytelling, from 2-5 p.m. (\$20 suggested donation for non members), both at the Bothwell Arts Center, 2466 8th St. in Livermore. Donations will be collected for hurricane relief.

### ● Saturday, September 30: San Leandro High Reunion

The San Leandro High School Class of 1957 will have its 60th class reunion this Saturday at the San Ramon Marriott. For more info, contact Isabel Polvorosa at [Isabelpol@sbcglobal.net](mailto:Isabelpol@sbcglobal.net) or phone 483-2073.

### ● Sunday, October 1: Mick LaSalle: "French Actresses"

San Francisco Chronicle Film Critic Mick LaSalle discusses his book "The Beauty of the Real: What Hollywood Can Learn From Contemporary French Actresses" at a special presentation at 2 p.m. this Sunday at the Castro Valley Library. "In France," LaSalle writes, "actresses are valued as women, and their roles portray emotional truth, personal freedom, and dignity." No tickets required, but seating is limited.

### ● Sunday, October 1: Faith Lutheran Pipe Organ Tour

In honor of Martin Luther and other German hymn writers, Faith Lutheran Church organist Matt May will lead a behind-the-scenes look at the inner workings of the church pipe organ at 10 a.m. this Sunday at 20080 Redwood Road in Castro Valley.

### ● Tuesday, October 3: Ohlone Audubon Meeting

Bob Lewis will speak on "Sunda - A Land of Birds, Beasts and Dragons," sharing his adventures in the land of Sunda - an area of Malaysia, Indonesia and Singapore. Free and refreshments served. For more info, visit [www.ohloneaudubon.org](http://www.ohloneaudubon.org)

### ● Thursday, October 5: Parkinson's Support Group

Nutritional Biochemistry Specialist Steve Blake will be speaker at the next meeting of the San Leandro Parkinson's Support Group at 10 a.m. on Oct. 5 at the San Lorenzo Community Church at 945 Paseo Grande. For information, call Lona White at 510-276-3119.

### ● Saturday, October 7: Homework Volunteers' Orientation

Castro Valley Library is looking for dedicated and enthusiastic High School student volunteers, just a few hours a week, for its after-school Homework Assistance Center. Sign up for hours on Mondays, Tuesdays, Wednesdays, and Thursdays from 3:30 to 5:00 p.m. and help students tackle their homework, gain valuable experience, and have fun. An orientation for volunteers will be held at 11 a.m. on Oct. 7 at the library. Call Nathan Silva at 510-608-1141 for more information, or stop by the library. Please be sure to bring a completed and signed Homework Center Volunteer application to the orientation.

### ● Saturday, October 7: Intro to Tarot Board Game

Got a nagging issue? Join mystic Amber Jayanti, founder of the International School for Tarot & Qabalah Study, to play this fun-filled, educational tarot board game designed to open participants to problem solving and the basics of Qabalistic Tarot's Ageless Wisdom from 2 to 5 p.m. on Oct. 7 at the Castro Valley Library. Beginners only, group size limited to nine.

### ● Tuesday, October 10: Prostate Support Group Meeting

Prostate World, a support group for men and their significant others, holds meetings every second Tuesday of the month from 6:30 to 8 p.m. at St. Rose Hospital, Pavilion Room B, at 27190 Calaroga Ave. in Hayward. Guest speakers present the latest information on prostate cancer. For more information, email [prostateworld@comcast.net](mailto:prostateworld@comcast.net) or call Lonnie Silva at 510-783-5121.

### ● Friday, October 13: Hope Flight Foundation Dinner

The Hope Flight Foundation, which provides free medical flights for children with cancer and other life-threatening illnesses, will hold its 12th Year Anniversary buffet-style dinner of rice, beans, chips/salsa, bar, and fountain drinks from 5 to 9 p.m. Oct. 13 at Los Pericos Restaurant, 24369 Southland Drive in Hayward. First 20 guests receive a Hope Flight gift. For tickets or info, visit [www.HopeFlightFoundation.org](http://www.HopeFlightFoundation.org)

### ● Saturday, October 14: Ashland-Cherryland FamFest

Join us for the 3rd Annual Ashland Cherryland FamFest and 5K Fun Run on Oct. 14 at the REACH Ashland Youth Center, 16335 E 14th St. in San Leandro. The morning will kick off with a 5K Run followed by entertainment, sports activities, health screenings, activities for children, and nearly 100 resource and food vendor booths. For more info, visit [www.acfamfest.org](http://www.acfamfest.org)

## Arts & Entertainment

### THEATRICAL & MUSICAL PERFORMANCES

● "The Addams Family," a magnificently macabre musical comedy, will be presented by Chanticleers Theatre, opening Friday, Oct. 6 with the traditional complimentary hors d'oeuvres, desserts and beverage gala. In the kooky, upside-down world of the Addams Family, a grave crisis is brewing. It is every father's worst nightmare but in reverse. Curtain time for Friday and Saturday evenings is 8 p.m., and Sunday matinees start at 2 p.m. through Nov. 5 (no show on Oct. 8). For tickets (general-\$25, seniors and students-\$20, bargain night Oct. 7-\$18), call (510) seelive (733-5483) or visit [chanticleers.org](http://chanticleers.org). Chanticleers is in Castro Valley Community Park at 3583 Quail Avenue.

### AT THE GALLERIES

● "Celebrate Women," an exhibit featuring the works of 50 artists from the members of Nor Cal Pen Women, will be on display Oct. 2 to Nov. 17 at the John O'Lague Galleria, Hayward City Hall, 777 B Street, sponsored by the Hayward Arts Council. An artists' reception will be held Friday, Oct. 6, from 5:30 to 7:30 p.m. Gallery hours are Monday-Friday 9 a.m. to 5 p.m. Visit [haywardartscouncil.org](http://haywardartscouncil.org) for info.

● The Veterans Art Project will be featured in the Ken Cook Room at Sun Gallery, 1015 E St. in Hayward, through Oct. 8, including visual storytelling, textile artworks, paintings, and collaborative community artworks. The goal is to provide Veterans with opportunities to express themselves in a supportive environment. The Vietnam Veterans "Then and Now" Photo Project features service photos, current photos and writing by 16 participants in two Vietnam Veteran counseling groups. The gallery is open Friday to Sunday from 11 a.m. to p.m.

● The 40th Area Artists Annual continues at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. The exhibit explore the relationship between process, materials and expression. Emphasis is placed on the essential connection between what the artists use to express themselves and how meaning is discovered through their hand. Open Thursday to Saturday from 11 a.m. to 3 p.m. and by appointment. The exhibit will continue until Nov. 11. Visit [www.adobegallery.org](http://www.adobegallery.org) for info.

● Artist Open Studio Every Thursday: Join this informal gathering of artists working together in a friendly and helpful atmosphere. Adobe Art Center hosts provides tables, chairs and easels. \$3. Thursdays 10 a.m. to 2 p.m. in the Redwood Studio 1 at the Adobe Art Center.

● "Made By Hand" Photography, an exhibition of handmade photographs featuring the artwork of nationally recognized practitioners of unique contemporary and historic processes, will run from Sept. 29 to Nov. 27 at the PhotoCentral Gallery, Lower Level, HARD Offices, 1099 E St. in Hayward. On Sept. 30, a panel discussion will be held 2-4 p.m. (RSVP to [evite.me/2ZwWCKgVCm](mailto:evite.me/2ZwWCKgVCm)), a reception from 4-7 p.m. and a pop-up show from 1-7 p.m. Info at [www.photocentral.org/](http://www.photocentral.org/)

● Paintings by James Sayre, an exhibition of original works by this Castro Valley artist, are currently on display at the Kenneth C. Aitken Community Center at 17800 Redwood Road in Castro Valley.

## CASTRO VALLEY FORUM

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## It Takes More than a Sign to Bring in Customers!



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## Eden Medical Wants to Hear from Patients and Families on Healthcare

By Meri Johnson-Wicks  
SPECIAL TO THE FORUM

Clinicians perform best when they listen to — and act on — what patients and their family members have to say about their care, its delivery and its design.

In 2014, Eden Medical Center launched a Patient and Family Advisory Council to infuse both patient- and family-centered feedback into healthcare.

The council consists of current or former patients and family members who meet with health care providers once a month.

At these meetings the team reviews ideas that seek to improve the patient experience, elevate quality of care at the hospital and encourage better relationships between patient, family members and providers.

Patient and Family Advisors share their stories, experiences, and perspectives to foster continuous improvement in the care provided at Eden Medical Center.

"I can't overstate the value of having a patient's perspective on the work that we do every day" said Bryan Daylor, Eden's chief operating officer. "The council has

helped us work on improvement projects and patient education material, and has even weighed in on how to design exam rooms and explore bioethics questions — the scope is really unlimited."

Eden is currently looking for individuals to join the Patient and Family Advisory Council who:

- Have experience as health-care consumers or care-givers
- Are interested in playing an integral part in the process of continuous improvement.
- Are open minded and able to work in collaborative environment
- Have time to attend regular meetings
- Possess clear, tactful communication skills

The process for becoming an advisor includes an initial phone screen and then an interview.

The minimum time commitment for volunteer Patient & Family Advisors is four hours a month for the council meeting. Additional time commitment is based on advisors' availability and interest in the topic at hand.

This is a volunteer position and is not compensated.

Meri Johnson-Wicks is Manager of Risk Management at Eden Medical Center in Castro Valley.

## Advanced Illness Classes

Sometimes, what may have started out as a single medical diagnosis morphs into many — especially with elderly patients.

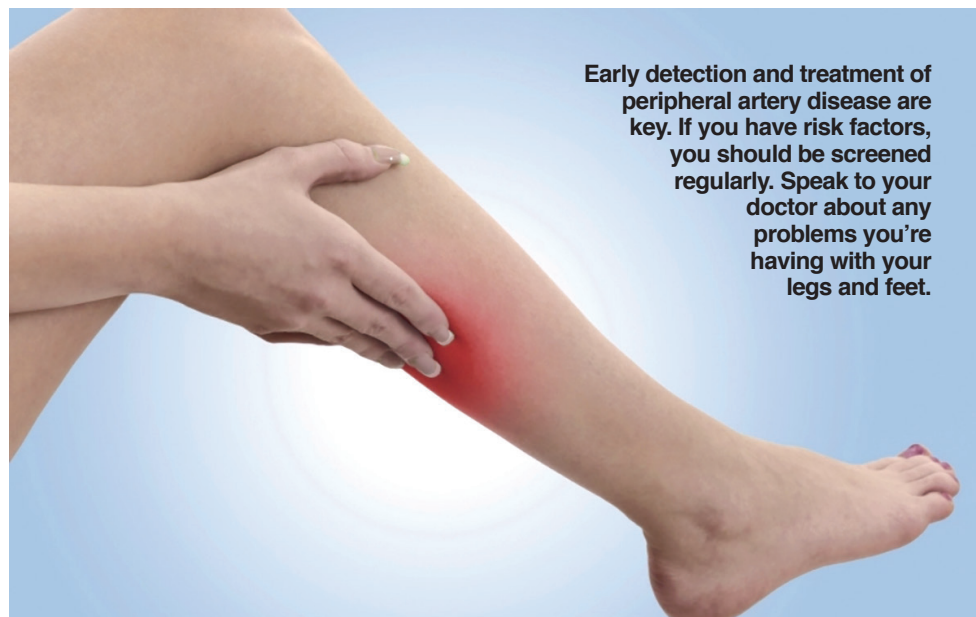
To help caregivers who face these events, Hope Hospice presents "Understanding Advanced Illness," from 9:45 a.m. to noon on Oct. 14.

Dara Burke, RN, of Hope Hospice Community Outreach, will discuss a variety of illnesses and provide guidance in determining when curative care may become

palliative (comfort) care. She will also discuss the most prevalent co-existing medical conditions among elderly and chronically ill.

Any community member engaged in the role of family caregiver or expecting to soon become a caregiver is invited to attend these classes at Hope Hospice, 6377 Clark Ave. in Dublin. Light refreshments will be served.

Register online at [HopeHospice.com](http://HopeHospice.com) or contact Debbie Emerson at [debe@hopehospice.com](mailto:debe@hopehospice.com).



Early detection and treatment of peripheral artery disease are key. If you have risk factors, you should be screened regularly. Speak to your doctor about any problems you're having with your legs and feet.

## LEG PAIN? Recognize Signs Of Peripheral Artery Disease

Many people dismiss leg pain as a normal sign of aging. But for 8.5 million Americans, the cause of their pain can be a life- or limb-threatening condition called peripheral artery disease (PAD).

Everyone, especially those at highest risk, should know the signs of PAD and know how to prevent and treat it. With new drugs on the horizon, health plan coverage for exercise therapy, improvements in procedures to treat advanced disease, and new treatment guidelines for health care providers, there are now more tools than ever to combat this disease.

Unfortunately, the disease often goes undetected and untreated although it's more common than atrial fibrillation and heart failure.

### What is PAD?

PAD happens when fatty deposits build up in arteries in the legs and feet. The condition is often undiagnosed, yet ignoring the signs of PAD is dangerous. Not only does it increase your risk for heart attack and stroke, these blockages



**Cigarette smokers have the highest risk—so high, in fact, that a peripheral artery disease screening should be routine in smokers.**

can restrict circulation to the legs and feet. Left untreated, PAD can end in amputation.

Cigarette smokers have the highest risk—so high, in fact, that PAD screening should be routine in smokers. People with diabetes and those with cardiovascular risk factors such as high blood pressure, obesity or physical inactivity are also at risk.

### What Can You Do About Peripheral Artery Disease?

Simple measures can catch PAD before it's too late. You can manage or reverse it with proper care. If you have risk factors, take your socks off at the doctor's office. Your socks and shoes cover up many of the signs of this crippling disease:

- Leg pain: The most common symptom of peripheral artery disease in the legs is painful muscle cramping in the hips, thighs or calves when walking, climbing stairs or exercising. The pain often goes away after a few minutes of resting. This type of pain is called intermittent claudication.

Thanks to a recent ruling, it's easier for people to keep PAD from getting worse. The Centers for Medicare and Medicaid Services now covers supervised exercise therapy for people with intermittent claudication.

You may be eligible for up to 36 sessions during a 12-week period with an optional second round of treatment. Ask your doctor if this therapy is available to you.

- Skin problems or discoloration on your legs and feet: Be aware of redness or other color changes in the skin on your legs and feet. Temperature changes may also be noticeable—your feet will feel cooler than other parts of your leg.

- Leg or foot wounds that are slow to heal: If cuts or other wounds on your feet or toes aren't improving after a couple of weeks, you should ask about PAD.

- Poor nail growth: Slow-growing or thickened toenails can be a sign of reduced blood flow to the legs and feet.

Even if you aren't having symptoms, if you have risk factors, you should be screened regularly. Early detection and treatment are key. Speak to your doctor about any problems you're having with your legs and feet.

For more information about PAD management, visit the American Heart Association at [www.heart.org/PAD](http://www.heart.org/PAD).

—North American Precip Synd., Inc.

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Chef Lisa brings more than 10 years experience in the cooking industry, including co-developing the plant-based diet program for Kaiser Permanente and winning the 2013 Vegan Iron Chef Award. Her belief in a plant-based diet helped her lose more than 125 pounds, restoring her health and vitality.

**Limited seating. Call 510-538-2035 to register.**

Eden Health District is dedicated to improving the health of the people in its community by investing resources in health and wellness programs that meet identified goals. For more information about Eden Health District, visit [ethd.org](http://ethd.org).



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# Are You Prepared for 'The Big One?': AAA Offers Tips on Preparing Earthquake and Disaster Plans

With the strongest earthquake to hit Mexico in more than 100 years and the 28th anniversary in mid-October of the devastating Loma Prieta quake here in the Bay Area, AAA is reminding Californians not to delay in preparing earthquake and disaster plans.

"The Big One will happen in California — it's just a matter of when," said AAA Northern California spokesman Michael Blasky.

## Earthquake Safety Tips

- Create an earthquake surviv-

al kit. This is one of the most important steps you can take. The kit should include canned goods and can opener, two to four quarts of water per person per day, battery operated or hand crank radio, sanitary supplies, a camp stove, portable radio, flashlight and spare batteries, and tools to turn off utilities.

- Know how to shut off home's gas, water and electricity. You should also make sure your water heater is securely fastened to a wall or post with two metal straps.

- Make sure everyone knows which areas in a room are the safest. This may be underneath a table or against a wall. Stay away from windows, fireplaces and tall furniture. And then, Drop, Cover and Hold On: find nearby shelter or use your arms and hands to protect your head and neck.

- Decide where your family will reunite if you're separated. Choose a friend or relative you can call after an earthquake to let them know your location and condition. Phone lines are often overloaded or damaged in an earthquake and specifying one point of contact for your entire family will help avoid a strain on the system.

- Childproof your cabinet doors. It may seem like an annoyance initially, but installing latches on your cabinet doors can prevent them from flying open in an earthquake. By properly securing the doors you can keep precious belongings from spilling out and breaking.

## Set Up a Non-Profit Agency

A free seminar on how to set up Non-Profit 501 c3 organization will be held tomorrow, Sept. 28, from 9 to 10:30 a.m. at the Castro Valley School Of Music, 3300 East Castro Valley Blvd.

The workshop will discuss the steps to form a nonprofit, obtain tax-exemption, and the process for charitable registration. A high-level

perspective on the nonprofit sector will also be provided along with current operational best practices. An overview of strategic planning for nonprofits and donor-relations will also be discussed.

The seminar is open to the public. No pre-registration is required. For more information, call 510-397-0721.

## Spooky: At Chanticleers

*continued from page 3*

Comic chaos reigns when they host a dinner for Wednesday's new boyfriend and his parents so they can become better acquainted with the entire Addams family.

Chanticleers' production stars many well-known Bay Area actors: Rhonda Joy Taylor as Morticia, the vampiric matriarch of the Addams clan; Roger Caetano as Gomez, her devoted husband; Chloe Angst as Wednesday; Riley Hyde as Pugsley; C. Conrad Cady as Uncle Fester; Sarah Simmerman as Grandma, Darien Cabreana as Lurch, Johnny Orenberg as Lucas, and Matthew and Judy Beall as his "normal" parents.

A band of spirited ancestors from diverse past generations also haunt the scenes.

Their singing and dancing, like that of the main characters, is a special treat, brought to the stage under the expert direction of two noted Bay Area theater professionals: music director, Luis Zuniga and choreographer Todd Aragon.

*see SPOOKY on back page*



**October 17, 1989: The Cypress Freeway, a major freeway link in the East Bay, collapsed when the magnitude 6.9 Loma Prieta earthquake violently shook the Bay Area at 5:04 p.m. The quake killed 63 people throughout Northern California, injured 3,757 and left some 3,000-12,000 people homeless. Total damage was estimated at about \$6 billion.**

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Did you know that over 2,000 tons of bulky goods are picked up by Waste Management every year in Castro Valley?

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CVSan single-family and multi-family residences qualify for one FREE on-call bulky goods pick-up per calendar year (January-December). Single-Family Residences (4 units or less) please contact WMAC at 510-537-5500 to schedule your pick-up day. Multi-Family Complex Managers (5 units or more) please contact WMAC at 510-613-2876 to schedule a pick-up day for your complex.

Before discarding any bulky items, please consider reuse options such as donating to Goodwill or Salvation Army. Also, visit [www.stopwaste.org/recycle](http://www.stopwaste.org/recycle) to find ideas on how to best recycle.

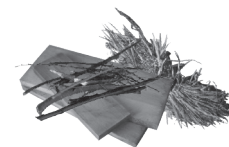
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## Be Sure to Prepare Poorly Painted Home for Coming Winter Weather

Some home maintenance can be postponed without suffering a penalty, but that isn't the case with exterior painting.

"Failing to caulk and paint in a timely fashion can quickly lead to costly damage," says John Calderaio, spokesperson for the Paint Quality Institute.

The work takes on special urgency as we enter the fall painting season. In much of the country, it's now or never — the last chance to prepare a poorly painted home for the winter weather to come.

So, how can a homeowner take advantage of this brief window of

opportunity? Here are Calderaio's recommendations:

Without delay, do a walk-around inspection of your home exterior. Keep a sharp eye for areas where the paint may be peeling, flaking, or simply wearing away.

Look for rotting wood. And pay particular attention to the condition of your caulk, especially where different surfaces meet (wood and brick, for example).

If your current paint job or the condition of your siding is woefully lacking, make haste to call a contractor and hope that he can fit you into his schedule. (You won't

be the only person scrambling for last minute help.) On the other hand, if most of the siding, paint job, and caulking seems okay, with just a few trouble spots, you may be able to tackle the work yourself.

Should your inspection reveal only small areas of suspect wood on the siding or trim, investigate further by poking a screwdriver into them to test for weakness or rotting. If the screwdriver goes in easily, replace the wood as soon as possible; then prime and repaint it.

If your paint is failing here and there, scrape away the loose material, and sand the surface smooth. Prime any areas where bare wood shows through.

"For the best protection, apply a coat of top quality 100% acrylic paint, allow it to dry, and apply a second coat for good measure," says Calderaio.

To properly weatherproof your home, it's essential that you shore up areas where your caulk is missing or in any way deteriorated.

Scrape off any damaged caulk, and clean dirt and mildew from adjacent surfaces, then apply a top quality siliconized acrylic caulk, making sure to "tool" it to create a tight seal. This will prevent water from penetrating your exterior and wreaking havoc on both your paint job and, possibly, the structure below.

Take on these projects now and you'll rest a lot easier this winter knowing that your home is fully protected against whatever weather may come your way.

To learn more about exterior painting and weatherproofing, visit the Paint Quality Institute online at [blog.paintquality.com](http://blog.paintquality.com).

## Cool-Weather Checklist

Make sure your home is well-prepared for the cold weather coming later this fall. There are a number of ways you can keep comfortable and keep your energy bills in check all season.

It is estimated that nearly half of all heating and cooling equipment in U.S. homes never performs to its advertised capacity and efficiency due to incorrect installation, according to U.S. government statistics.

And if you have an older system that was built before current efficiency standards, you could be spending more than needed on heating your home.

If you need to replace your system, be sure to have it properly installed by a professional, certified by North American Technician Excellence (NATE), the nation's largest independent, nonprofit certification body for heating and air conditioning technicians.

Beyond having an efficient heating system properly installed, there are several other steps you can take to make your home cool-weather friendly:

- Clean heating filters. Check them every few weeks and change them at least twice in the season, or as directed by the manufacturer.

- Turn down the thermostat or install a programmable thermostat to regulate temperature.

- Clean the furnace area. Don't keep chemicals or cleaning products near a heater, and don't store anything next to it that could impede ventilation.

- Keep vents and returns free of obstructions. Don't lay carpet over vents, place furniture over or in front of them, or obstruct the flow.

To find a qualified local contractor who employs certified technicians, look for the NATE logo or go to [HVACRAAdvice.com](http://HVACRAAdvice.com).

—StatePoint



Whether you're a DIYer or prefer hiring a professional, crossing these projects off your to-do list will help ensure you're safe and secure before temperatures drop.

## Top 5 Home Maintenance Projects to Tackle this Fall

Fall is the perfect time to complete those pesky home maintenance projects left on your to do list.

If you've been putting off these chores, you're not alone, but it could cost you. In fact, a national survey from Erie Insurance shows many Americans are putting themselves and their homes at financial risk by delaying important home maintenance tasks.

Make sure you're protected by focusing on these five areas:

- ✓ **The Roof.** Twenty-three percent of homeowners admit they never inspect their roof or have it inspected unless there is a problem, according to the Erie Insurance survey. Unfortunately,

replacing a roof is also one of the biggest expenses a homeowner may have if not maintained properly. Nationally, the average homeowner spends about \$6,600 to install a new roof, but prices can soar upwards of \$20,000.

Don't be stuck with a hefty roof repair bill. Have it inspected to see if any shingles are damaged and need to be replaced.

The fall season is optimal since roofing is best installed when temperatures are cooler and you'll catch any problems before winter weather kicks in.

- ✓ **The Gutters.** Make sure downspouts drain away from the foundation and are clear of debris. Clogged gutters can lead to major issues like uneven floors, cracks in walls and interior water damage.

This type of claim, also known as seepage, is a maintenance issue and often not covered under your home insurance policy. To prevent any major issues, clean gutters at least twice a year in fall and spring.

- ✓ **Dryer Exhaust Duct.** Does it take you two to three cycles to dry a load of laundry? If so, you may need to clean your dryer vent.

One in five (21 percent) admit they never clean their clothes dryer ducts, unless they have a problem. But lint build-up can catch fire easily. Over 15,000 dryer fires occurred nationwide from 2010-2014, with the majority being ignited by dust, fiber and lint, according to the National Fire Protection Association.

see **PROJECTS** on page 9

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# Home Improvements Can Save You Money

During fall, many homeowners focus on small upgrades and improvements. The turning season is the perfect time to find and correct potential compromises in your home before they become larger, and more costly, renovation issues.

"Whether it is routine home exterior checks or appliances purchases, there are many ways homeowners can conduct basic, inexpensive home maintenance," said Harold "Bud" Dietrich of the American Institute of Architects.

## DIY Home Inspection

Many people don't know that they should perform twice-a-year home inspections. The prime time for these inspections is in the spring and fall. Take the time to give your house a thorough review.

Start by walking the perimeter of your property to see if there is any rotting wood, mold, loose

gutters or shingles. Then check for any cracks that have settled or work that could be done to siding, roofing or windows.

Inspect the bathroom and kitchen for loose or missing tiles and leaks in sinks and faucets. Ensure that appliances are working at maximum capacity.

Although these may not seem like major issues, it is much easier to tackle them during milder seasons so potential problems aren't made worse by extreme weather.

## Exterior Updates

Many people underestimate the seriousness of dirt and mulch covering the siding of a home. Most building codes actually require at least six inches of the foundation to be exposed.

Beyond breaking these codes, dirt and mulch build-up pulls moisture from the ground and causes it to develop in the walls. Eventually mold will start to grow, which can lead to a variety of indoor air quality and structural problems. Raking around the foundation of your home regularly can help combat this problem.

Another area to consider for easy updates is exterior paint. Peeling paint isn't only unattractive; it also exposes the siding of your home to the elements. Regular maintenance of areas that need re-painting can save major headaches down the line.

## Updating Appliances



Fall is the ideal time to make small improvements that will save you money and time later on.

Buying new appliances can be an investment, and, as such, paying a higher price upfront can actually save you money in the long run. The right appliances can last for 20 years or more, while more inexpensive models often break down after a few years.

Newer models are also often more energy efficient. If cost or budget is an issue, store display models are often offered at extremely discounted prices.

Also make an investment in

flooring and countertops. Buying laminate countertops will initially be cheaper than granite countertops, but in 10 years the granite countertops will still look brand new, while the laminate will be worn out and need to be replaced.

An architect can help homeowners apply many of these cost-saving home improvements in smart and strategic ways. To find one in your area, visit: <http://architectfinder.aia.org/>.

—StatePoint

# Mini-Makeover Ideas That Refresh a Room

Looking to bring new energy to a space? Hoping to update that outdated décor?

These easy tips can help you revitalize any space in your home with minimal time and effort -- utilizing color, accessories, accents and more.

## A New Color Scheme To Change the Dynamic

Looking at the same wall color day after day can be uninspiring. Consider a new color scheme to change the dynamic of your space. Blue hues are shown to create a calming, tranquil effect, making them the perfect choice for a baby's nursery or spa-like bathroom. Pastels are also a fun way to stimulate the same soft, calming effect of blue, and their less saturated nature creates a unique twist.

Color is also a great way to explore new looks. Both coastal and farmhouse styles are easy to accomplish through a neutral color palette, giving you plenty of opportunities to incorporate your unique style accents.

## Find a Focal Point

When choosing a design aesthetic, many find inspiration from an accessory, like a piece of artwork or textile. However, highly functional objects that feature great design can also serve as your muse.

One such example is a ceiling fan. Its elevated, and often central location, can serve as a stylish fo-

cal point, while enhancing comfort.

Whether you decide to incorporate a fan that blends into the existing style or opt for a statement piece, the addition can help put a new spin on your room. Consider stylish, yet timeless options, such as the Hepburn from Hunter Fan Company. Its mid-century, modern flair is complemented by light and airy colors, combined with a brass finish.

## Revamp with Accessories And Accents

Revamp a tired space with new and inexpensive accessories. A new duvet cover, vibrant pillows, or a statement floor rug can help to refresh a room without a high price tag.

Adding in mixed metal items can add texture to an otherwise boring countertop, while positioning items in groups of threes can create a visually pleasing setup.

Go shopping in your own home. You can also switch things up by using objects from around the house, to make a space new again.

Decorating a built-in bookshelf with jars, candles, pottery and those favorite items you just can't find the right place for, can make your room feel new without having to purchase anything at all.

More design tips and inspiration can be found at [hunterfan.com/inspiration](http://hunterfan.com/inspiration).

—StatePoint

# Projects: Seasonal Checklist

continued from previous page

Avoid this disaster with a thorough cleaning at least once a year.

✓ **Fireplace Chimney.** Erie Insurance found nearly half (46 percent) of people who own a home with a fireplace never have their chimneys cleaned.

However, uncleaned chimneys are a leading cause of structure fires, reports the National Fire Protection Association. So, get the chimney cleaned before the cold weather hits and you find yourself tossing logs in the hearth to keep the house toasty, and then have it cleaned annually.

✓ **Sump Pump and Pit.** Sump pumps remove excess water from homes that would otherwise cause property damage.

It's important to clean a sump pump and its pit annually to keep basements dry and help prevent mold growth and water damage. Do this maintenance project in fall to help protect against heavy rainfalls and accumulated melting snow and ice of winter.

For more information on how you can protect your home through the seasons, visit [www.ErieInsurance.com](http://www.ErieInsurance.com).

—StatePoint

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## MAC: Microbrewery Ordinance Endorsed

*continued from front page*

He told KFC that just because the MAC didn't like initial ideas, that doesn't mean they should opt for a completely boring look.

"We get a lot of complaints about 'Castro Valley beige,'" said

Crawford, referring to the color of many buildings in town.

Crawford told the officials that other fast food restaurants including Burger King and Jack in the Box had to go before the MAC three or four times before getting approval for their remodels.

Burger King apparently originally wanted a black and orange to echo the appearance of a grill, but the MAC thought it looked more like a Halloween store.

"These ideas that come from corporate aren't necessarily what we agree with," said Crawford.

### Other Business

Also at Monday night's MAC meeting, the council endorsed a proposed county ordinance that would allow microbreweries in the agriculturally zoned areas of Alameda County.

The ordinance would include microbreweries in areas that previously allowed wineries and olive oil mills.

The MAC added language that would allow breweries and wineries on the same site and the provision that some cultivation of hops and other crops also be done on the same site as the breweries.

"It is agricultural land, after all," said MAC member Chuck Moore.

The MAC also approved a metal sign for the Redwood Commercial Business Park at 21634 Redwood Road.

## CVHS VARSITY GIRLS TENNIS RESULTS

**SAN LORENZO AT CVHS ON TUESDAY, SEPTEMBER 19**  
**CV: 7, SAN LORENZO: 0**

### SINGLES

1. Anya Mortensen (CV) - Bella Lee 6-0, 6-3
2. Lauren Leong (CV) - Abby Lopez 6-0, 6-0
3. Gaby Madison (CV) - Jasmine Verano 6-1, 6-1
4. Sky Kim (CV) - Pola 6-0, 6-0

### DOUBLES

1. Kele Fong / Alexandra Tam (CV) - Malaisa Paule / Mora Flores 6-0, 6-0
2. Paige Caseon / Sammie Lee (CV) - Kristina Caro / Nadeee Manzanilla 6-0, 6-0
3. Samantha Cheung / Lauren Fung (CV) - Juliana Galarng / Kim Mai 6-0, 6-0

## ATHLETES OF THE WEEK



### CVHS Varsity Boys Water Polo Team

This week's Athletes of the Week are the members of the Castro Valley High School's Varsity boys water polo team.

This is their second season of existence and they had their most successful week to date, winning both of their road Western Alameda County Conference league games at Encinal and Berkeley High Schools. They defeated Encinal 17-10 on Sept. 19 and Berkeley 10-7 on Sept. 21, to improve their WACC league record to 2-1.

By comparison, last season Castro Valley lost to Encinal 14-7, and to Berkeley 22-0. But the Trojan boys are steadily climbing the ladder in league standings this year. The team is led by Head Coach Ben Brookens, the Varsity boys players are Diego Agron, Ryan Brookens, Sean Bucklin, Max Dieter, Alec Dughi, Andy Jerome, Grant Kinsley, Matthew Kuan, Kendari Maloof, Tommy Ryken, Luke Severs, Quentin Smith, and Vincent Thai.

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### SPORTS NOTES

#### Creekside vs. Canyon Battle of the Valley

The Battle of the Valley between Creekside Middle School and Canyon Middle School will be held at 6:00 p.m. on Friday, October 20, at Castro Valley High School.

#### Basketball

If you need to get ready for Middle School or High School basketball tryouts, Swag is providing an opportunity for basketball players to work out with their experienced coaches during 4 scheduled basketball camps. There is a

\$20 fee per camp. The Basketball Camps will take place at Bancroft Middle School, 1150 Bancroft Ave., in San Leandro from 2 to 4 p.m. on the Sundays of Oct. 8 and 22, and Nov. 5 and 19. For more info email: [joseph@ebswag.com](mailto:joseph@ebswag.com) or [dina@ebswag.com](mailto:dina@ebswag.com)



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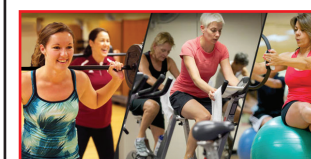
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## CVHS SPORTS SCHEDULE

### GIRLS TENNIS

Thursday, Sept. 28, 4:00 p.m.  
CVHS All levels vs. Alameda away

### FOOTBALL

Friday, Sept. 29, 4:30 p.m.  
CVHS JV vs. Encinal at CVHS

Friday, Sept. 29, 7:00 p.m.  
CVHS Varsity vs. San Leandro away

### GIRLS VOLLEYBALL

Thursday, Sept. 28, 4:00 p.m.  
CVHS JV vs. Encinal away

Thursday, Sept. 28, 5:15 p.m.  
CVHS Varsity vs. Encinal away

### WATER POLO

Friday, Sept. 29, 4:00 p.m.  
CVHS vs. Encinal away

Tuesday, Oct. 3, 4:00 p.m.  
CVHS vs. Alameda away



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## Punctured Pipe Needs a Quick Fix

By Samantha Mazzotta  
Special to the Forum

You're drilling into the dry-wall and right through a small copper water pipe! There's a spray of water. What's the best way to fix the pipe?

Some do-it-yourselfers may suggest that you just slap a quick patching compound over the hole, let it set and leave it. But, if you don't want to have to come back in a few months and redo the patch (and likely replace the drywall again), consider replacing the damaged section of pipe completely.

For this column, I'll describe using a compression fitting to repair the pipe. A traditional copper coupling requiring soldering is another good way to accomplish this, and I'm only leaving it out for space reasons.

Purchase a compression fitting repair kit at the home-improvement store. You'll also need a pipe cutter and deburring tool, a hacksaw and miter box (as a backup), emery cloth, fine-grit sandpaper, tape measure and marking pencil.

To fix the drywall/wallboard you'll need a piece of replacement drywall, one or two pieces

of thin plywood, wood screws, drywall tape, putty and a putty knife, as well as matching wall paint.

Make sure the water is off and completely drain faucets near and below the damaged pipe. Using a box cutter or drywall knife, cut away the damaged drywall with a little extra to spare, creating a square or rectangular hole.

To place the compression fitting, follow the cut length requirements in the repair instructions. Measure the damaged pipe, then divide the measurement in half. Align the half-measurement on one side of the puncture and mark the cut point on that side, then repeat on the other side (so the puncture sits in between the cut marks).

Cut the damaged segment of pipe away using the pipe cutter. If the pipe is up against the wall, you may need to use a hacksaw instead, using a miter box to keep the cut perfectly straight. (A straight cut is critical to fitting the repair coupling snugly.)

Wrap emery cloth around one side of the cut pipe and twist five times or so until the pipe is shiny. Then clean the inside of

the pipe with the deburring tool. Repeat on the other side of the cut pipe.

A marking gauge should be part of the repair kit. Use it now by sliding over one end of the cut pipe to mark the point at which the fitting should be. Repeat on the other side. Then, slide the slip end of the compression fitting over one pipe until it stops. On the other side, attach the disconnect clip to the fitting, and slide the clip and fitting over the other cut pipe until it reaches the final mark that you made with the gauge.

Test the fitting by slowly turning on the water to the pipe.

Patch the drywall by cutting a piece of wallboard to match the cut-out area. Attach a strip (or two, if needed) of plywood behind the existing drywall with wood screws to create a base to attach the patch. Screw the patch to the plywood. Mask the cut lines with mesh drywall tape and smooth on putty; let dry 24-48 hours before painting.

*Home Tip:* When turning water on after a shutoff, turn on all the faucets along the line to clear out air bubbles.

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## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## Remove Buyers' Objections

The old adage used to be, "You have 60 seconds to sell your home."

Savvy sellers knew first impressions were everything, so they made sure the view from the curb was perfect and greeted anyone stepping inside with nice smells and well-staged rooms.

Everything has changed.

Prior to the internet, and especially smart phones, buyers needed to physically visit homes to determine if they were a fit. With the ability of devices to view high-definition pictures, the need to visit every home has gone the way of the brontosaurus.

Sellers no longer have 60 seconds — they have 15. And, the time doesn't start when buyers hit your sidewalk, it's 15 seconds from when they view your home's online profile.

Buyers enter criteria and listings populate their phones. They begin moving from profile to profile. If a property's first picture grabs their attention, they continue looking. If not, it's swipe left and on to the next.

Compounding the issue, HGTV has dramatically elevated buyer tastes. They know exactly what they're seeking because they've seen it on Pinterest and property shows.

Homes that fit their criteria are explored online (think 3D tours) and, if everything looks good, a nod is given for a visit. Those that fail the initial test are not given a second chance and a buyer, once they've crossed it off their list, will never darken the door.

Additionally, today's buyers are different than their parents in another key area: They prefer move-in ready homes to those needing upgrades. With work and social events jamming their calendars,

they want to come home, kick off their boots and regroup.

Homes resonating the most with buyers are those that most closely resemble their HGTV ideals.

An effective way for sellers to deal with this mindset when preparing for a sale is to remove potential objections. Figure out what your home has that a buyer will not like and remove them. Expensive upgrades are not required — creativity goes a long way.

It's very possible to make kitchens gorgeous for \$6,000 to 8,000 — not \$60,000. Reface instead of replace. Use less expensive granite

or quartz alternatives.

Replacement flooring need not be expensive and you don't need designer items. An experienced Realtor can guide you through the process and, once you're done, a professional stager can make it sizzle.

With a mere 15 seconds to get a yes, sellers that score are those who've successfully removed... objections.

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

## RECENT HOME SALES

### Castro Valley

19959 Alana Road	94546	\$832,000	3 BD - 2,438 SF - 1948
19639 Barclay Road	94546	\$810,000	5 BD - 1,902 SF - 1963
4235 Beverly Place	94546	\$850,000	3 BD - 1,890 SF - 1985
18360 Carmel Drive	94546	\$680,000	3 BD - 1,512 SF - 1962
18803 Crest Avenue	94546	\$605,000	2 BD - 1,004 SF - 1949
4328 Gem Avenue	94546	\$455,000	3 BD - 1,012 SF - 1949
3257 Kerr Street	94546	\$875,000	4 BD - 1,754 SF - 1956
3603 Pine Street	94546	\$620,000	2 BD - 1,014 SF - 1948
21196 San Miguel Ave	94546	\$715,000	3 BD - 1,277 SF - 1948
20722 Crow Creek Road	94552	\$910,000	3 BD - 2,346 SF - 1996
22769 Lakemont Place	94552	\$1,010,000	4 BD - 2,352 SF - 1998
20395 Summercrest Dr	94552	\$720,000	3 BD - 1,443 SF - 1998

**TOTAL SALES:** 12  
**LOWEST AMOUNT:** \$455,000  
**HIGHEST AMOUNT:** \$1,010,000  
**MEDIAN AMOUNT:** \$765,000  
**AVERAGE AMOUNT:** \$756,833

### San Lorenzo

922 Delano Street	94580	\$700,000	2 BD - 1,680 SF - 1956
692 Empire Street	94580	\$540,000	3 BD - 1,059 SF - 1951
16023 Via Paro	94580	\$575,000	3 BD - 1,000 SF - 1944
18456 Via Toledo	94580	\$687,000	3 BD - 1,495 SF - 1955



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A	—	2-4	935 Begier Avenue	\$695,000	3/1.5	Rinetti & Co. Realtors	Carrie Miles	510-735-5223
C	1-4	1-4	2459 Irma Way	\$699,000	3/1.5	Berkshire Hathaway	The Brent Team	510-333-9404
C	—	1-3	20950 Manter Road	\$995,000	5/3.5	J. Rockcliff Realtors	Peixoto Team	925-251-2536
C	—	1-3	9150 Crow Canyon Road	\$1,399,000	3/3	J. Rockcliff Realtors	Peixoto Team	925-251-2536
C	1-3	—	5812 Jensen Road	\$1,900,000	5/4.5	J. Rockcliff Realtors	Peixoto Team	925-251-2536

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## GARAGE SALES

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## Obituaries

■ Gary Phillips  
■ James Alan Wilson

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## Gary Phillips

Gary Phillips went home to be with The Lord, September 20, 2017. Gary leaves behind his sweet, adoring mother, Caroline Walsh, and his father, Ken Phillips.

Gary's wife, Suzi Phillips, "his little Darlin'", will wait patiently to be reunited with him forever. Jake Rosko (deceased) and Dan Walsh (deceased) were Gary's stepfathers.

His loving daughters, Summer Phillips and Morgan Zeiger, and Gramma, who all love him dearly, also survive Gary.

Gary leaves behind many who will miss his jovial spirit and love for life, including his brother, Curtis Phillips; brother-in-law, Duane Aro; sister-in-law, Debbi Aro; and many aunts, uncles, nieces, nephews, and friends and acquaintances, including his amazing boss, Vance Patterson, and all of his co-workers at AAA Fire.

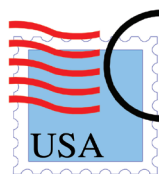
Gary's affectionate fur-babies, his dog-son "Pepper", grand-dog "Loki", and "Joey" the cat miss him dearly.

Gary loved Jesus, his family, good food and gardening.

Gary's life will be celebrated on Saturday, Sept. 30, at 2 p.m. at Joy in Him Christian Fellowship, 18330 Redwood Road, in Castro Valley.

## LETTERS TO THE EDITOR

FREDZ@EBPUBLISHING.COM



### Time for 'Heads to Roll' at East Bay Paratransit?

Editor:

It is not a question of not enough funding.

Saturday, September 23rd a friend of mine had a pre-arranged scheduled pick up at Ken Martin Bocce Courts at Adobe Park on San Miguel Avenue. The pickup window that he was given by East Bay Para-transit (E.B.P.T.) was from 12:00 noon to 12:30 P.M. By 1:00 PM the Van had not yet arrived.

We called E.B.P.T. and were told that the Van would arrive in twenty minutes. Twenty minutes passed.

After a number of calls to their dispatch office we were told that they couldn't find the driver. At this point let me inject that these vehicles are equipped with AVL (Automatic vehicle locators).

After a number of additional calls to the dispatcher and having been given three or four more arrival times, the van finally arrived at 3:15.

I asked the driver why it took so long for him to get here. He said that he had just come on duty, and said that this was only his second stop.

My friend sat in his wheel chair for three hours until finally being picked up for his ride home of less one mile.

The voters of Alameda County approved the original measure B and the recent measure BB, both of which contribute to the provision of needed transportation to individuals with disabilities.

In addition to operational funding East Bay Para-transit has been awarded measure B supported special project funding called Gap Grants to maximize the use of technology in the products of the ADA program in order to provide increased quality of service for people in need.

There are an estimated one hundred and twenty such vans in service at this time, and all with the most up to date technology available, I find this sort of operational dysfunctionality nauseating.

The problem, as I see it, is at the top management level. Where's the leadership? Who's running the dispatch office?

To leave a person stranded for three hours sitting in a wheel chair in the hot sun is outrageous.

It's time for accountability. It also may be time for some heads to roll.

—Al. Bronzini  
Castro Valley

### Asks Why Makeup of Cheerleading Squad Matters

Editor:

This is in response to "Wonders Why CV Cheerleading Squad Looks So White," (Letters, Sept. 13).

Am I the only one who sees something wrong with this? Why would you even print such ignorance?

For one, Maria Kubitz, why would you need to "do something to change this." Those girls, I'm sure, passed whatever requirements they had to, to become part of the cheerleading squad.

Second, they probably aren't all "white" anyway. Can you determine their nationality from your seat in the bleachers?

Third, why does it matter anyway? You want to become part of the squad, then go sign up. Simple as that. I cannot believe the Forum would print something like this with everything going on in our nation lately.

—Ilsa M. Stai,  
Castro Valley

### Thinks GOP Should Be Chanting 'Lock Him Up!'

Editor:

If the GOP has the guts to impeach Donald Trump (they have plenty of reasons), Trump would become fair game to be fully investigated and possibly criminally convicted of wrong-doing.

I think it's time to say "Lock him up!" He deserves it.

Hillary Clinton, a lifetime public servant, did not deserve the chanting that Trump instigated.

Trump does not represent American values.

—Flo Wiley  
Castro Valley

## LETTERS TO THE EDITOR

must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. We do not withhold names or print unsigned letters. Email letters to: fredz@ebpublishing.com, or mail to: The Forum, P.O. Box 2897,

## HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** This is a good time for the usually outspoken Lamb to be a bit more discreet. You still can get your point across, but do it in a way less likely to turn off a potential supporter.



**TAURUS (April 20 - May 20):** Good news: All that hard work you put in is beginning to pay off. But you need to watch that tendency to insist on doing things your way or no way. Be a bit more flexible.



**GEMINI (May 21 - June 20):** You might want to delay making a decision on the future of a long-standing relationship until you check out some heretofore hidden details that are just now beginning to emerge.



**CANCER (June 21 - July 22):** Your reluctance to compromise on an important issue could backfire without more facts to support your position. Weigh your options carefully before making your next move.



**LEO (July 23 - August 22):** This is a good time for ambitious Leos or Leonas to shift from planning their next move to actually doing it. Your communication skills help persuade others to join you.



**VIRGO (August 23 - Sept. 22):** Relationships -- personal or professional -- present new challenges. Be careful not to let a sudden surge of stubbornness influence how you choose to deal with them.



**LIBRA (Sept. 23 - October 22):** You might need more facts before you can decide on a possible career change. But you should have no problem making a decision about an important personal matter.



**SCORPIO (October 23 - November 21):** You're respected by most people for your direct, no-nonsense approach to the issues. But be careful you don't replace honest skepticism with stinging sarcasm.



**SAGITTARIUS (Nov. 22 - Dec. 21):** A newly emerging situation could require a good deal of attention and some difficult decision-making. However, close friends will help you see it through.



**CAPRICORN (Dec. 22 - Jan. 19):** Family matters need attention. Check things out carefully. There still might be unresolved tensions that could hinder your efforts to repair damaged relationships.



**AQUARIUS (Jan. 20 - Feb. 18):** Of course you deserve to indulge yourself in something special. But for now, tuck that bit of mad money away. You'll need it to help with a looming cash crunch.



**PISCES (Feb. 19 - March 20):** A temporary setback in your financial situation is eased by changing some of your plans. You'll be able to ride it out quite well until the tide turns back in your favor.

## THE FORUM CROSSWORD

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
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### ACROSS

- Jail, aboard ship
- Altar affirmative
- Mediocre
- Ireland
- Upper limit
- One-liner, often
- Strews about
- Language of Pakistan
- Light brown
- Chapeau
- Diamond corners
- Gender
- Humor
- Range
- Plant
- October stone
- Half a dozen
- Sea eagle
- Seeming contradiction
- Magnificent
- Ultra-formal wear
- "Absolutely"
- Malice
- Sawbuck
- Scalding
- Speck
- Breaks into smithereens
- Addict
- Listener
- Neighborhood
- Jewels
- Reaction to a ques.
- Indigent

### DOWN

- Tops
- Costa \_\_\_\_
- Persia, now
- Obtain
- Glacier climber's tool
- Pub missile
- Chances, for short
- Illegal occupants
- Yours and mine
- Faction
- Musical number
- You
- Pen name?
- Spills everywhere
- Candle material
- Bribe
- Bookkeeper (Abbr.)
- Rowing need
- Repair
- Raw mineral
- Genetic initials.
- Nevertheless
- Boston Red \_\_\_\_
- Payable
- Refined bloke
- Century fractions
- Overconfident
- Sit for a picture
- Thing
- Comparison word
- Medal earner
- Sandwich cookie
- Despot
- Red or Black
- Spigot

ANSWERS ON PAGE 15

## In Loving Memory of James Alan Wilson

January 23, 1931 – September 5, 2017

James passed away peacefully at Almond Road Senior Estates in Castro Valley on September 5, 2017, at the age of 86.

Born in Grand Junction, Colorado, his family moved frequently until settling in Oakland in 1943.

He graduated in 1948 from Fremont High School in Oakland, where he met Kathleen, his high school sweetheart. They married in June 1950.

After serving in the United States Marine Corps (Korean War 1950-1952), he returned to his wife and son, Jimmy, who was born in 1951.

He started his career with the Alameda County Sheriff's Department in 1952. In 1953, Kathleen and he moved to Castro Valley, where they had their daughter Claire in 1959 and their son Paul in 1963.

He was a graduate of the FBI National Academy in Quantico, Virginia in 1974. He graduated from San Francisco State University with lifelong teaching credentials in Criminal Justice. He was past President of the Alameda County Deputy Sheriff's Association and later retired from the Sheriff's Department as Captain in 1980.

He then started his second career as Food Service Manager with St. Regis and Eden Issei Terrace. He retired in 2000 and moved to Vacation Beach in Sonoma County with his wife, Kathleen. During retirement, James and Kathleen traveled the world for over 15 years before moving back to Castro Valley in 2015.

He is survived by his wife of 67 years, Kathleen, of Castro Valley; daughter, Claire of Santa Rosa; son, Paul, and Monse Davenport of Castro Valley; and grandsons, Daniel Hall of Monument Beach, Massachusetts, and James Hall and Michael Hall living in Doha, Qatar. He was predeceased by his son, Jimmy.

A very special thanks to Olivia and the staff of Almond Road Senior Estates in Castro Valley for the excellent care they provided James during his final months.

In lieu of flowers, donations may be sent to St. Jude's Children's Hospital.







Connie and Raymond Gomez above on their wedding day in 1947, above, and left at their 70th anniversary celebration on Aug. 12 at the Wedgewood Banquet and Wedding Center at Redwood Canyon in Castro Valley.

## 70th Wedding Anniversary Celebrated

Connie and Raymond Gomez celebrated their 70th Wedding Anniversary last month with a renewal of wedding vows and a dinner celebration with over a hundred guests including their best man, maid of honor, friends, and family.

The couple were childhood sweethearts, meeting at age 14 in 1938. They grew up in the East Bay. Raymond lived in Oakley and Connie in nearby Pittsburg.

Because Connie's parents were very strict and didn't allow dating, meetings between the two took place only twice weekly at the local movie theatre where Connie was an Usher.

Communications between them would sometimes come through the grapevine — Raymond's sister was dating Connie's uncle and information would often flow through her aunt.

The first letter Connie received from Raymond was confiscated by her parents. Connie found the letter and confronted her Mother, gaining her sympathy. When her Aunt heard about the incident, she

opened a Post Office box for the two and correspondence resumed at a romantic pace.

From 1943-1946, while Raymond served in WWII in Europe and participated in the Normandy invasion and earned the Purple Heart, Bronze Star amongst other medals and commendations, Connie was a Rosie-the-Riveter Welder at Shipyard No. 2, in Richmond, launching Liberty Ships—one a

week.

Because he believed he might die in combat, Raymond did not want to leave Connie a widow, so they did not marry until after the war in the summer of 1947 settling in San Lorenzo in 1950.

During their working years, Raymond was a production mechanic and Connie worked in retail part-time. They raised four children and have three grandchildren.

### CROSSWORD PUZZLE ANSWERS

B	R	I	G	I	D	O	S	O	S	O
E	I	R	E	C	A	P	Q	U	I	P
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## Reports: CV

continued from page 3

The woman was hanging outside Adobe Park on San Miguel Avenue near Castro Valley Boulevard when deputies approached her and discovered her stash. The woman was also wanted as part of a warrant issued for her capture. Deputies took the woman to Santa Rita Jail pending \$5,000 in bail.

### Domestic Violence Nearly Turns Deadly

Thursday, September 21: at 12:30 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Lorena Circle near Lorena Ave. There, they arrested a 40-year-old man from CV on suspicion of assault on a family member, and assault with a deadly weapon. The man was handcuffed and taken into custody. The victim was treated at the scene.



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## See's: Grand Opening Draws Hundreds

continued from front page

"We're just so excited to be in this neighborhood. We love it here. It's the perfect community for us," DeWees added.

Members of the Chamber of Commerce said they were impressed with the huge turnout at Friday's grand opening. And customers exiting the new shop were all smiles, happy to finally have a

nearby location to purchase their favorite candy.

"We're dedicated See's customers," said Castro Valley resident Sandy Fong, who left the store with Halloween candy, boxes of chocolates, and free lollipop samples. "We're so happy it's here. Our whole family has been driving to Stoneridge Mall to get See's candy, and we're excited that this

store is so much closer."

See's Candies is located at 3344 Rustic Dr., Castro Village, near Merle's Hallmark Shop. Hours are 10 to 7 Monday through Saturday, and 11 to 6 on Sundays.

Limited fund-raising may be arranged at the CV store; expanded fund-raising/group discounts available through Alissa Yuskos (ayuskos@sees.com), 510-326-8891.

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## ADOPT-A-PET



**SMUDGE** is a shy but sweet kitten. This gorgeous boy is looking for a family who can give him a little extra TLC to help him blossom. Hayward Animal Shelter. (510) 293-7200.



**TIM** is a handsome, happy-go-lucky kitten who's outgoing and friendly. He seeks out chin and neck scratches. He loves exploring and playing. Info: Hayward Animal Shelter. (510) 293-7200.



**SOPHIE** is a sweet, 7-month-old black and white tuxedo kitten with green eyes. She came to Dusty Paws as a tame abandoned stray from Hayward. Visit: [www.dustypawsrescue.org](http://www.dustypawsrescue.org)



**DIANA** is an approximately 3 years old, 18 lb., adorably unusual mixed breed terrier - our guess is a Shih Tzu/Boston Terrier cross. For more info., please visit: [dustypawsrescue.org](http://dustypawsrescue.org)

## Spooky: At Chanticleers

*continued from page 7*

The ancestors include: Taylor Hendricks, Donovan Napoli, Kenny Silberberg, Jordana Meltzer, Jennifer Willis, Madelynn Crimi and Francesca Cipponeri

The "Addams Family: A New Musical Comedy" opens with Chanticleers' traditional complimentary hors d'oeuvres, desserts and beverage gala on Oct. 6 and runs through Nov. 5. Curtain time for Friday and Saturday evening shows is 8 p.m. and Sunday matinees start at 2 p.m. (no show on Oct. 8).

General admission is \$25; or \$20 for Seniors (60 and over), students and military. On Bargain Night, Saturday, Oct. 7, all tickets are \$18.

The Chanticleers Theatre Flex-Pass (gives you four tickets to use anytime during the season) is \$85 general or \$68.

Chanticleers Theatre is located within the Castro Valley Community Park at 3683 Quail Ave. in Castro Valley. Call 510-SEE-LIVE (733-5483) or go to [chanticleers.org](http://chanticleers.org) for reservations/tickets.



## They're Off and Running

The Oaktree Fall Live Horse Racing continues this weekend at the Alameda County Fairgrounds in Pleasanton. Post times are 2:15 p.m. on Friday, Sept. 29, and 1:45 p.m. on Saturday and Sunday. Parking and admission are free. The Fairgrounds is home to the oldest one-mile race track in America.

## STORE IT BETTER

### FRUIT AND VEGGIES NEED CARE



Did you know that how you store your fruit and veggies can affect their shelf life? It's true! Knowing the tips and tricks of produce storage can prevent wasted food and money. The following tips are from the "Fruit and Veggie Storage Guide" at [www.StopFoodWaste.org](http://www.StopFoodWaste.org).



**Counter** - Store herbs like basil upright, with cut stems in a cup of water, like flowers. Separate bananas from the bunch. Ripen fruit on the counter, then place in the refrigerator when ready.



**Refrigerator** - Set to 40 degrees or below. Store veggies separately from fruit. Use plastic bags and containers to prevent drying out. Wash berries and grapes when ready to eat.

For more food waste prevention tips, visit [www.cvsan.org/reduce](http://www.cvsan.org/reduce).

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