



# CASTRO VALLEY FORUM

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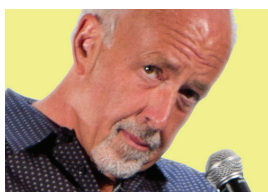
YEAR 29

WEDNESDAY, SEPTEMBER 13, 2017

NO. 38

## INSIDE YOUR FORUM

### OUR TOWN



**Laugh Out Loud**  
'One man laugh factory'  
Mark Cordes comes to  
Arts Center this Saturday  
**Page 3**

### LIVING



**Cabbage Patch**  
Cabbage combines  
great taste with great  
health benefits  
**Page 6**

### H&F



**Safety First**  
The CHP will be hosting  
a free Child Safety Seat  
event on September 23  
**Page 9**



PHOTO BY GARY BOSLEY

**A section of Redwood Road collapsed last winter after record rainfall saturated the soil beneath the roadbed and closed the back road link between Castro Valley and Oakland.**

## Reconstruction of Redwood Road is Currently Underway

Reconstruction of the Redwood Road roadway failure that occurred last winter was scheduled to begin yesterday and is expected to be completed by next January, although another heavy storm season could impact the schedule, according to John

Medlock, Deputy Director of the Alameda County Public Works Agency. Redwood Road will remain closed to all motorists, bicyclists, and pedestrians at mile marker 7.38, for the duration of the reconstruction project. Guests accessing the East Bay

Regional Park District's Anthony Chabot campground facilities need to enter from the Oakland side of Redwood Road. Visit the Public Works Agency website at [www.acpwa.org](http://www.acpwa.org) for construction updates.

## Rowell Rodeo Announcer Corley Inducted into Rodeo Hall of Fame

For more than 30 years Randy Corley has been a part of the Rowell Ranch Pro Rodeo.

The 12-time Professional Rodeo Cowboys Association's "Announcer of the Year" has helped East Bay rodeo fans learn about the sport and experience the fast paced action at the annual Castro Valley event.

Last month, Corley was among an elite group inducted into the prestigious ProRodeo Hall of Fame in Colorado Springs, joining five world champions to headline the 12-member induction class of 2017.

"We couldn't be prouder of our friend Randy Corley, he does so much for our rodeo, and the sport

of rodeo, by entertaining and educating fans while announcing the play by play in the arena," said Russ Fields, Rowell Ranch Pro Rodeo President. "He understands the heart of a cowboy and is able to convey to our fans why the Rowell Ranch Pro Rodeo is an important piece of our community's history."

Corley's induction follows several local honorees including the Rowell Ranch Pro Rodeo itself in 2014, while past president Cecil Jones was included in the class of 2000 and Harry Rowell in 1979.

The 98th Rowell Ranch Pro Rodeo will take place next May 18-20, with Randy Corley back behind the microphone announcing the action.



**Longtime Rowell Ranch Pro Rodeo announcer Randy Corley has been inducted into the ProRodeo Hall of Fame. He has been named "Announcer of the Year" 12 times by the Professional Rodeo Cowboys Association.**

### MAC MEETING

## Less 'Monolithic' Daughtrey's Will Open Next Year

By Amy Sylvestri  
CASTRO VALLEY FORUM

The architects who are designing the new Castro Valley Marketplace gave a presentation to the Castro Valley Municipal Advisory Council Monday night, detailing plans to make the former Daughtrey's building less "monolithic."

The key will be large windows on the bottom floor, smaller windows on the top floor, and using different colors and materials on the facade in order to make the space at 3259 Castro Valley Boulevard more inviting and less like a simple big square building.

Architects SZFM Design Studio presented their sketches and Alameda County Development Director Eileen Dalton confirmed that the project is on track to open in September of 2018.

If the project is delayed, the opening date would be pushed back to the spring of 2019, as the developer would not want to open during the holidays, Dalton said.

The MAC then approved a Disposition and Development Agreement between the county and Castro Valley Marketplace LLC which has the developer paying the county \$405,000 for the property.

The property was valued at \$900,000 but the purchase price includes \$495,000 worth of "public benefits" which the Marketplace will pay for and be credited towards price, according to Dalton.

The public benefits include \$200,000 in building enhancements such as a paseo, lighting, landscaping, and public art.

The Marketplace will also contribute \$30,000 to the shared parking maintenance fund and pay \$100,000 for a new crosswalk.

Alameda County paid \$2.8 million for the building in 2011. The MAC originally hoped the \$405,000 purchase price money might stay in Castro Valley for local uses, but the county says it's owed to various taxing entities instead.

### Other MAC Business

Also at Monday's meeting, the MAC approved plans for new tenants at the empty former site of the old Hollywood Video and Dunn-Edwards paint store in the Lucky's shopping center.

The building at 20923 Redwood Road will be split into three interior spaces. One will be an urgent-care medical office, according to owners Browman Development. The other tenants have not yet been decided, but the developers say in their other projects they feature a split between chain stores and local businesses.

MAC Chair Marc Crawford got some laughs when he requested that the new tenants not be any fast food chains, saying there is a perception that Castro Valley is a "burger community."

"We (the MAC) get blamed for every burger joint that comes into town," said Crawford. "We don't get to dictate the tenants."

The MAC also approved plans for the construction of eight townhouses at 21091 Wilbeam Avenue and continued another proposal to build 20 townhouses at 20785 Baker Road.

The MAC told the Baker Road developer to come back with better plans for guest parking and garbage collection, and some MAC members had concerns about the density of the project.

"I've got too many questions," said MAC member Ken Carbone.

## INDEX

Classified Ads .....	12
Community Calendar ...	4
Crosswords .....	14
East Bay Living .....	6
Homes .....	11
Merchants .....	5
Obituaries .....	14
Our Town .....	3
Sports .....	10
Weather .....	2

PHONE: (510) 537-1792



## Castro Valley Weather Sept. 13 - 17, 2017



Wednesday  
Clouds then Sun  
High 75° Low 60°



Thursday  
Clouds then Sun  
High 68° Low 55°



Friday  
Clouds then Sun  
High 77° Low 55°



Saturday  
Mostly Sunny  
High 77° Low 56°



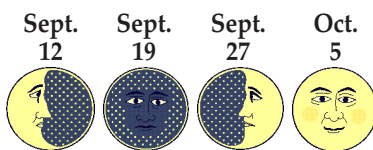
Sunday  
Mostly Sunny  
High 73° Low 61°

### Almanac



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

### Moon Phases



Sun sets at 7:10 p.m. today, rises at 6:51 a.m. Thursday.

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## Hayward Celebrates Pen Women

By Winifred Thompson  
SPECIAL TO THE FORUM

Hayward City Hall will be the site of the first Northern California Pen Women Art show, "Celebrate Women!" in the John O'Lague Galleria opening on Oct. 2.

Outstanding works from 60 very accomplished artists, writers and musicians, some of whom have won international acclaim, will be on display.

Popular Celtic singer and harpist Margaret Davis of the Margaret & Kristoph duo will perform at the public artists' reception that will be held from 5:30 to 7:30 p.m. on Friday, Oct. 6.

This first regional exhibit, showcasing local and area artists and representing many media, will be hosted by the Diablo/Alameda Pen Women branch, which has annual art shows and gives cash awards to students.

"Women who joyfully share their passions and talents, leave a creative mark on society and a positive impression on the world," says Northern California President Dorothy Atkins.

Certificates of appreciation from National President Virginia Campbell will be presented by Atkins to Hayward Mayor Barbara Halliday, the City Council, and Supervisors Nate Miley, Richard

see PEN on back page



PHOTO BY LINDA SANDSMARK

Big crowds visited this weekend's Castro Valley Fall Festival, enjoying the hometown atmosphere on the Boulevard while trying to keep cool.

## Fall Festival Attracts Thousands

By Linda Sandmark  
CASTRO VALLEY FORUM

Castro Valley's 45th Annual Fall Festival attracted thousands of visitors this year, despite temperatures that reached the high 90s.

It was so hot that the Sno-Cone vendors ran out of ice and Chamber of Commerce volunteers went booth-to-booth with a wagon full of bottled water for participating organizations.

Over 160 booths were set up along Castro Valley Boulevard Saturday and Sunday, selling and giving away everything from food and drinks to shopping bags and fans.

A children's play area and two entertainment stages added to the festivities.

"It's a great opportunity to meet members of the community, to share what the Chamber of Commerce, Rotary and others are doing, while listening to the music," said Castro Valley Rotary President Jim Negri.

Civic groups were featured as well as food and craft vendors. The Chamber of Commerce booth provided information on a wide variety of area activities.

Dozens of local entities such as Waste Management of Alameda County, EBMUD, the California

Highway Patrol, Alameda County Sheriff's Department, 4-H, sports organizations, businesses, schools and churches greeted locals.

The Castro Valley Women's Club (castrovalleywomensclub.weebly.com/) announced its 70th anniversary, supporting a new partnership with SOS Meals On Wheels.

Chamber Executive Director Ashley Strasburg said this year featured the most vendors in years, and the musical line-up was excellent.

Intrepid Boy Scouts and volunteers from several other organizations helped with cleanup.



By Rob Rosas

**IF YOU suffer from lower back pain and sciatica, you are among four out of five Americans who will suffer with this crippling spinal condition.**

Shooting, stabbing and burning pains from the lower back region, often teamed with pain through the buttocks and down the legs are all classic symptoms of Sciatica or "pinched nerves".

In severe cases, it often leads to muscle wasting and or numbness with a constant tingling down to the tip of the toes. Left untreated, the intense pain can rapidly wear you down and drain the joy out of life.

### New Treatment Discovery

Recent advances in the treatment of sciatica and lower back pain have led to the development and huge success of Non-Surgical Re-Constructive Spinal Care.

The excellent results of this treatment have been published in major medical journals. Success rates as high as 90% now have some leading back surgeons recommending their patients to try this treatment first before considering back surgery.

In Pleasanton, you can try Non-Surgical Re-constructive Spinal Care at the Intero Chiropractic – the office of the man who has dedicated helping hundreds of people with low back pain and sciatica.

Jerry and his team of fully trained spinal care specialists have helped hundreds of patients find relief from their agonizing back pain and sciatica.

## Special CASTRO VALLEY FORUM Reader Offer

PAID ADVERTISEMENT

# Got a Painful Nerve?

Is your Sciatic nerve causing you crippling leg and lower back pain?

According to Jerry, "We use a combination of ultra-advanced technology, not found elsewhere in Pleasanton, for precisely diagnosing the cause of your lower back pain and sciatica. From this, a unique program for reconstructing the damaged area causing the pain is designed; this means superior long-term results for most people."

### Personal Tailored Recovery Plan

Because the treatment is non-surgical, safe and easy, most patients report an almost immediate relief from their pain.

Patient Hector H. says, "My back pain was unbearable but the worst thing was the searing burning pain I felt in my buttock and leg.

I couldn't work or do anything useful and the drugs my GP prescribed hardly did anything.

My wife insisted I respond to one of these ads, I thought it would be a total waste of time, but I'm so glad she kept on at me.

Thank goodness I called your number, I'm so much better in just a couple of weeks."

**Your invitation for a comprehensive consultation and examination to pinpoint the cause of your lower back pain and sciatica...**

Rossmoor News has teamed up with the spine therapy specialists at Intero Chiropractic to help readers find relief from their persistent back and sciatic pain.

All you have to do to receive a thorough diagnostic examination with their advanced technology and a comprehensive easy to understand report on your state of health is call (925)255-5805.

- **Mention this article CODE: BOS20SCMS7b and Jerry will happily reduce his usual consultation fee \$100 to just \$20.**
- **That's a saving of \$80 - So hurry, due to obvious reasons – this is a time limited offer**
- **Only 100 reader consultations available at this exclusively discounted rate.**

My advice, don't suffer a moment longer...

Find out if Non-Surgical Re-Constructive Spinal Care can help you, book a consultation with Peter and his team now by calling (925)255-5805, they are waiting to take your call today.

**They actually treat the cause of your health problem, not just your symptoms.**

**That's why hundreds of grateful patients tell them "You gave me back my life!"**

Over the years, they've treated hundreds of patients with back

problems and sciatica. The vast majority of them have enjoyed a superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

### Why Prolong Your Agony?

**Call them now and get a full and thorough examination to pinpoint the cause of your problem for just \$20, the normal cost of such an exam is \$100!**

Don't suffer from the pain and immobility any longer. Discover the natural treatment that can eliminate the cause of your problem and give you the safe, lasting relief you deserve.

**Call them now at (925)255-5805 and cut out or tear off this valuable article to take to your appointment. You'll be entitled to a comprehensive examination to diagnose the cause of your problem – and you'll be on your way to lasting relief! Don't delay your important diagnosis and treatment another moment!**

Please note, if you call during the week, they are very busy, so if they don't pick up straight away leave a message. You can even call at the weekend and leave a message to secure your spot.



**Dr. Jerry Hsieh, DC says,** "I've never seen a treatment as effective as Non-Surgical Re-Constructive Spinal Care for patients with sciatica or lower back pain."

They can't help everyone at this reduced price, so please call **NOW** to secure your special opportunity.

**Special Reader Opportunity is limited to the first 100 reader consultations. Don't delay, call (925)255-5805 and Quote Special Offer Code BOS20SCMS7b.**



## CV Central to Urban Shield Events

By Michael Singer  
CASTRO VALLEY FORUM

Downtown Castro Valley was among the designated sites for the 2017 Urban Shield events this past weekend, including a practice emergency drill in the basement of the empty Daughtrey's building.

Urban Shield is an annual gathering of first responders who train for all types of emergencies including natural disasters, large-scale accidents, mass evacuations—and yes—social unrest. More than 100 police, fire, and rescue teams descended on 32 different locations around the Bay Area to learn how to best approach dangerous situations and hone their skills.

In addition to the Daughtrey's building exercise, some emergency teams used the Don Castro Regional Recreation Area as a backdrop for their simulations.

Castro Valley has played host to Urban Shield exercises in the past including staging simulations at Castro Valley High School and Canyon Middle School.

More than 6,000 people volunteered for Urban Shield exercises in Alameda County this year.



PHOTO COURTESY OF ALAMEDA COUNTY SHERIFF'S OFFICE

**As part of this year's Urban Shield event, an emergency preparedness fair was held at 3 Crosses Church on Saturday.**

Alameda County Sheriff Greg Ahern, who initiated the first Urban Shield back in 2007, said the coordination between different departments is paramount considering such world events as terrorism and natural disasters.

"Look at how many agencies are needed to coordinate rescue efforts in Houston and now in Florida," Sheriff Ahern told the Castro

Valley Forum. "You can see how these first responders are not from any one agency. They have to train together so they can succeed together."

Since 2007, Urban Shield has trained more than 18,000 departments in simulations including search and rescue, bomb removal, handling hazardous materials, and *see SHIELD on page 10*

## Big Laughs This Saturday at Arts Center

By Terry Liebowitz  
SPECIAL TO THE FORUM

What could be better than a good laugh with a group of your friends?

Mark Cordes brings his hilarious show, "The Spouse Whisperer," to the Castro Valley Center for the Arts this Saturday, Sept. 16 at 7:30 p.m. Mark examines the ups and down of dating, marriage, divorce, and all other aspects of zany relationships and their entertaining outcomes.

Mark has performed at comedy clubs, corporate events and charitable venues for more than 30 years. He has toured and worked with Harry Connick Jr., Kenny Rogers, Ray Charles, Hall & Oates, Chicago and many others.

Besides playing at top comedy clubs across the nation, he has 1,500 corporate events on his resume.

Critics have called Mark "A One Man Laugh Factory." Clearly, he appreciates his remarkable

achievements.

"I realize every day how fortunate I am to do what I love. To be able to travel, meet interesting people, and make people laugh is a gift I enjoy sharing," he says.

Mark lives in Carefree, Arizona—even that sounds like a joke! For ticket information, see Arts & Entertainment under Castro Valley Center for the Arts.

*Terry Liebowitz is a founding member of the Castro Valley Arts Foundation.*

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



### No Seatbelt

Sunday, September 10: at 9:03 a.m., Sheriff's deputies arrested a 35-year-old man from CV on suspicion of driving while under the influence of alcohol. The man was also wanted as part of a warrant for his arrest. Deputies pulled the man over as he was traveling on Somerset Avenue near Santa Maria Avenue when the also reported the man was not wearing a seatbelt. The man was taken to Santa Rita Jail pending \$10,000 in bail.

### Drug Dealers Arrested

Saturday, September 9: at 4:47 a.m., two people were arrested on drug possession and distribution-related charges. A 37-year-old woman with no permanent address was arrested on suspicion of possession of illegal narcotics with an intent to sell as well as possession of illegal drug paraphernalia. A 40-year-old man with no permanent address was charged with violating the terms of his parole, possession of illegal drug paraphernalia, and violating a court-issued restraining order. Deputies stopped the couple while they were traveling on Center Street near Grove Way. The pair were handcuffed and taken into custody.

### Waving Deadly Weapon

Friday, September 8: at 7:57 p.m., deputies arrested a 54-year-old man from CV on suspicion of brandishing a deadly weapon that was not a firearm. A call about a man waving a weapon sent deputies to a home on Palomares Road near Ewing Terrace. The man was also found to have a warrant for his arrest. Deputies subdued the man and took him to Santa Rita Jail pending \$5,000 in bail.

### Public Intoxication

Friday, September 8: at 3:44 p.m., a 53-year-old woman from Oakland was arrested on suspicion of public intoxication. Deputies were called to Eden Medical Center following a security request to help handle a woman who reportedly had been drinking. The woman failed her sobriety test and was treated before being taken into custody.

### Can't Stay Away

Saturday, September 9: at 8:06 p.m., deputies arrested a 41-year-old man from Columbia, Calif. (Tuolumne County) was arrested on suspicion of violating a court-issued restraining order. The man was spotted at a motel on East Castro Valley Boulevard near Independent School Road. The man was identified and taken into custody.

### Family Assault

Saturday, September 9: at 6:41 a.m., a 24-year-old man from Castro Valley was arrested on suspicion of assault on a family member and child endangerment. Deputies were called to a home on Rizzo Avenue near Lake Chabot

Road following an emergency call about an argument at the house. The man was handcuffed and taken into custody. The victims were treated at the scene.

### Assault With Deadly Weapon

Saturday, September 9: at 3:34 p.m., deputies arrested a 36-year-old man from Castro Valley on suspicion of assault with a deadly weapon. An emergency call about a fistfight outside a business on Castro Valley Boulevard sent deputies to the scene. There, they separated the suspect and another person and recovered the unspecified weapon. The man was also found to have a warrant issued for his arrest. Deputies took the fighter to Santa Rita Jail where he was held without bail. The victim was treated at the scene.

### Drunk, Dressed Like a Doctor

Friday, September 8: at 1:00 a.m., a 42-year-old man with no permanent address was arrested on suspicion of public intoxication. Deputies stopped the man for questioning in front of a fast-food restaurant on Castro Valley Boulevard near Yeandle Avenue.

*see REPORTS on page 15*



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Monday–Friday, 9:00 a.m.–5:00 p.m.  
Saturday & Sunday, by appointment only

**Weekly Open House:**  
Fridays, 10:00 a.m.–3:00 p.m.

**SUNRISE SENIOR LIVING**  
PLEASANTON

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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 13: Daughtrey Building Update

Castro Valley Matters will hold a community focus group this evening on the progress of Main Street Properties' development of the long-vacant Daughtrey building. Community members and local merchants are invited to share their thoughts during the meeting which will include wine and desserts, at 7 p.m. at Smalltown Society, 22222 Redwood Road, next to Trader Joe's. For info, email jdicator@gmail.com

### ● Wednesday, September 13: Workshop: Cancer-Related Fatigue

Eden Medical Center presents a workshop "Recovering from Cancer Related Fatigue" on the physiological responses to stress, strategies to deal with stress, fatigue and sleep disturbances, this evening from 6 to 8 p.m. on the 2nd floor of the Eden Medical Office Building, 20400 Lake Chabot Road in Castro Valley.

### ● Thursday, September 14: 4-H Club Open House & Info Night

Learn about 4-H and its programs at an open house and information night at 7 p.m. tomorrow in the Canyon Middle School cafeteria. Boys and girls, ages 5-18, are welcome.

## CASTRO VALLEY FORUM

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2060 Washington Ave., San Leandro, CA 94577  
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Tel: 510-537-1792 • Fax: 510-814-9691

**Fred Zehnder, Editor & Publisher**  
fredz@ebpublishing.com

**Howard Morrison, Assoc. Publisher**  
howardm@ebpublishing.com

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

**Moxie Morrison, Layout Design**  
moxmore@yahoo.com

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

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

**Mary Florence, Advertising Sales**  
861-3270 Mpominville4582@aol.com

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

**Larry Rosa, Photo Editor**  
larryrosaphoto@gmail.com

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

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

Reporters & Writers:

**Linda Sandsmark**

**Michael Singer**

**Gene Osofsky**

**Carl Medford**

**Terry Liebowitz**

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### ● Friday, September 15: Hayward Mariachi Festival

Attend the 8th Annual Mariachi Festival featuring three bands, dancing, vendors and a taco-eating contest at the Hayward City Hall Plaza at B Street and Watkins, from 4:30 to 9 p.m. this Friday. Free admission.

### ● Saturday, September 16: Coastal Cleanup Day in CV

Join Clean Water Volunteers and Friends of San Lorenzo Creek for a cleanup of Castro Valley Creek and the trail between the Castro Valley Library and Boulevard from 9 a.m. to noon this Saturday. Meet at the Castro Valley Library. For ages 10 and up (ages 10-14 must be with parent). To register, contact amy.evans@acrcd.org or 925-453-3862.

### ● Saturday, September 16: Family Pancake Breakfast

The Hayward-Castro Valley Kiwanis Club invites you to a fun Family Pancake Breakfast with pancakes, eggs, sausage, juice and coffee from 8:30 to 11 a.m. this Saturday at the Hayward Area Senior Center, 22325 North Third Street. Buy tickets (\$5 adults, \$3 children) at the door. Sulphur Creek Nature Center will be there to share some wild critters from 10 to 11 a.m. For more info, call 881-6766.

### ● Saturday, September 16: 5th Annual Interfaith Picnic

The Muslim Community Center - East Bay is taking part in the Tri-Valley's Interfaith Interconnect Annual Peace Picnic at the Church of Jesus Christ of Latter-day Saints, 1501 Hillcrest Ave. in Livermore from 3 to 7 p.m. this Saturday. The annual picnic is held in recognition of U.N. Day of Peace. MCC will be facilitating a halal BBQ.

### ● Saturday, September 16: Community Dialogue on Race

Eden Area Interfaith Council and Castro Valley Library offer a free, multi-faith forum on Race in America and how we can achieve justice, from 2 to 4 p.m. this Saturday at the library. Refreshments will be served.

### ● Saturday, September 16: Eden Area Village Coffee

Join Eden Area Village at its next coffee meeting at 9 a.m. this Saturday at the Cannery Cafe in the Hayward Area Historical Society (22380 Foothill Blvd.) and learn how we are working together to help seniors remain active and engaged in our community. For more info, visit edenareavillage.org or send an email to info@edenareavillage.org

### ● Saturday, September 16: History of Wild Salmon

Discover the unexpected natural history of our wild native salmon and which local creeks and rivers are available for spawning at a special adults-only presentation by Naturalist Mike Moran of the East Bay Regional Park District, from 2 to 3:30 p.m. this Saturday at the Sulphur Creek Nature Center, 1801 D St. in Hayward. To register (required) online (\$20) visit www.haywardrec.org or call 510-881-6700.

### ● Sunday, September 17: La Honda Music Camp Benefit

The Hayward La Honda Music Camp and the Hayward Oddfellows Lodge are sponsoring a free concert at Hayward Memorial Park from 1-5 p.m. this Sunday with the Full Swing Big Band and the La Honda Jazz combo. BBQ chicken and hot dogs available. Donations go to the scholarship fund that helps low income students attend camp. Visit www.lahondamusiccamp.org for more information.

### ● Sunday, September 17: Avoid Scams That Target Seniors

The Castro Valley Library invites you to a free informational program with tips for seniors to avoid financial exploitation, from 1:30 to 3 p.m. this Sunday, with Alameda County Deputy District Attorney Cheryl Poncini. Learn how to avoid becoming a victim.

### ● Monday, September 18: Municipal Advisory Council

The Castro Valley Municipal Advisory Council will hold a general purpose meeting at 6 p.m. Sept. 18 at the Castro Valley Library. For the complete agenda, visit acgov.org/uninc/

### ● Tuesday, September 19: Bioinformatics to Solve Cancer

Learn about advancements in cancer research including the applications of bioinformatics in a presentation from UC Santa Cruz, from 6 to 7 p.m. Sept. 19 at the Castro Valley Library. More info at 510-745-1401.

### ● Wednesday, September 20: East Bay Rose Society Meeting

Renowned hybridizer Tom Carruth will be speaker at the East Bay Rose Society's meeting at 7:30 p.m. on Sept. 20 at the Lakeside Garden Center, 666 Bellevue, Oakland. He will present a detailed look at his hybridizing work, tracing the results of generations of crosses. Come and enjoy snacks, meet people who talk roses, and enjoy the show. For more info, visit: www.eastbayroses.org.

## 53 Years Serving the Jewish Community



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**Celebrate Rosh Hashanah With Us**

Wednesday, Sept. 20, Evening Service 7:30 p.m.

Rosh Hashanah Morning Service

Thursday Sept. 21, 10 a.m.

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## Arts & Entertainment

### CASTRO VALLEY CENTER FOR THE ARTS

*Tickets for Center for the Arts events listed below are available online at www.cvcfa.com; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. (phone 889-8961), or at the Castro Valley Adult School, 4430 Alma Avenue.*

● **"The Spouse Whisperer"** – Spend an evening with comedian Mark Cordes as he takes a hilarious peek into the world of relationships, at 7:30 p.m. this Saturday, Sept. 16. The journey starts with "love at first sight" till "death do us part" and all of the funny stuff that happens in between. Always charming and congenial, the Spouse Whisperer entertains with acerbic observations and a great comedic rapport with his audience. *For tickets (\$26-\$32), see above.*

### THEATRICAL & MUSICAL PERFORMANCES

● **"Arsenic and Old Lace,"** Joseph Kesselring's classic dark farce, will be presented by Douglas Morrisson Theatre, 22311 N. Third St., Hayward, through Sept. 17. Showtimes are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. For information or tickets (\$29) visit www.dmtonline.org or call 510-881-6777. Discounts for seniors and students.

● **"The Addams Family,"** a magnificently macabre musical comedy, will be presented by Chanticleers Theatre, opening 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. Chanticleers is in Castro Valley Community Park at 3583 Quail Avenue.

### AT THE GALLERIES

● **Art Fest,** an outdoor show and sale of original artwork, small pieces, matted work and cards created by local artists, will be held from 10 a.m. to 3 p.m. this Friday, Sept. 15, and from 10 a.m. to 4 p.m. on Saturday in the San Leandro Library Courtyard at 300 Estudillo Ave. Artwork by students from Elementary Schools will be in the show as well as art demonstrations. Selected art will be on display thru Sept. 26 in the Library Gallery. Art Fest, sponsored by the San Leandro Art Association, is free and open to the public, and there is ample free parking.

● **"Arts & Letters,"** an exhibition sponsored by the Hayward Arts Council and featuring 135 works from 55 local artists, is on display until Sept. 10 at the new location of the Foothill Gallery at the Hayward Area Historical Society Museum of History and Culture, 22380 Foothill Blvd. Gallery hours are Wednesday to Sunday, 10 a.m. to 4 p.m.

● **"Blue Planet,"** featuring the works by members of Sun Gallery, will be exhibited until Sept. 29 at the John O'Lague Galleria in Hayward City Hall, 777 B Street. Gallery hours are 9 a.m. to 5 p.m. Monday through Friday.

● **The 40th Area Artists Annual** will open Saturday, Sept. 23, with a reception at the Adobe Art Gallery. The exhibit will continue until November 11. Entries are due September 9. Submit online at adobegallery.org.

● **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 to 4 p.m. (RSVP to evite.me/2ZwWCKgVCm), a reception will be held 4-7 p.m. and a pop-up show will be held 1-7 p.m. For complete info, visit www.photocentral.org/

### SAN LEANDRO ART ASSOCIATION ART FEST

**Festival Dates:** Friday, Sept. 15, 10 a.m. to 3 p.m. & Saturday, Sept. 16, 10 a.m. to 3 p.m.

**Location:** Main Library, 300 Estudillo Avenue, San Leandro

**Free Event:** Original Art / Arts & Crafts / Artist Demonstrations

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## Celebrating 70 Years

Congratulations to Clare and Ed Fisch of Castro Valley who will celebrate 70 years of marriage on Sept. 27. They met at St. Vincent Parish in Los Angeles, where they wed in 1947. Coincidentally, they were born in the same year and the same month, with Ed being only six days older than Clare. From their three children, Alan (1948-2014), John and Jennifer, they have five grandchildren and four great-grandchildren. The secret to their long marriage Clare and Ed said: "Our faith and "perseverance."

## 'The Basics' at Castro Valley Adult School

By Linette Escobar  
SPECIAL TO THE FORUM

Do you ever sit down with your kid to do their homework and find you just can't remember how to do basic math? Do you know someone who wants to learn to read but is embarrassed and at a loss about where to begin? Do you want to get a high school diploma or GED but aren't confident you are at the high school level right now?

There are many reasons why adults need a basic education. Castro Valley Adult & Career Education is one of the few places where an adult can take an "Adult Basic Education" class.

The teachers in the Adult Basic Education program – Stacie Annear, Beverly Dahlstedt, and Ray Villegas – all have k-12 teaching experience that makes them both knowledgeable and nurturing.

They have the patience and ability to break down concepts into something easy to understand. They also know what children are learning at school if your personal



PHOTO COURTESY OF CV ADULT SCHOOL

Stacie Annear, Beverly Dahlstedt and Ray Villegas teach Adult Basic Education at CV Adult & Career Education.

goal is to help your children with homework.

"Some adults find a gap in their math and reading embarrassing, but it doesn't have to be," said Susie Passeggi, Director. "It's normal to feel rusty after being out of school for many years or if your education was interrupted."

Passeggi recalled a student who had a difficult childhood and was not sent to school. She sat in the back of her class and was ashamed to be counting on her fingers.

With the support of the teachers at the adult school, she is now studying for her high school diploma and planning to go to col-

lege. It was the small class size, personal attention and care of her teachers that put her on the road to success.

"I'm proud we can offer this class to the community," said Passeggi. "This is a safe place to become confident in reading, writing and math skills, and we will meet you at whatever level you are at."

Classes are offered in both the mornings and evenings. If you want to try the classes and see if they are right for you, come to any "open house" class on September 14, 19, and 21.

Go to the Adult School office and you will be shown to the room. Stay for a little while, or for the whole class. Math and Reading is offered Tuesday and Thursday from 9 a.m.-noon. Math only is offered Tuesday from 6-8:30 p.m. Reading only is offered Thursdays from 6-8:30 PM.

For more information call 510-886-1000.

Linette Escobar is Marketing Chair for Castro Valley Adult & Career Education.

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## Red Cross Is Seeking Volunteers

As the single largest supplier of blood products to hospitals in the U.S., the American Red Cross is seeking volunteers to help deliver lifesaving blood products to hospitals for patients in need.

These transportation volunteers help to make sure that blood products are available when and where they are needed for patients with serious medical conditions.

The Red Cross delivers blood to 37 Northern California hospitals and transfusion centers for accident and burn victims, heart surgery patients, organ transplant patients, and those receiving treatment for leukemia, cancer or sickle cell disease.

"Transporting blood products is an integral part of fulfilling the lifesaving mission of the Red Cross," said Julie Mucilli, Red Cross volunteer coordinator.

Volunteer shifts will originate in Oakland and include travel around the region. Training and use of Red Cross vehicles will be provided.

Volunteers must meet the following minimum requirements:

- Have a valid driver's license with a minimum of three years driving experience
- Be able to lift boxes of life-saving blood products of up to 45 pounds for hospital deliveries
- Be available to volunteer for two to four shifts per month (flexible schedules available)

Those interested in learning more or applying can contact Julie Mucilli at 510-421-4527 or Julie.Mucilli@redcross.org, or visit [crss.org/driver](http://crss.org/driver).



## WHAT TO EAT & WHAT TO AVOID

If people ate less salt and meat and ate more nuts, fruits and vegetables, they could greatly lower their own risk of heart disease, according to researchers at Tufts Friedman School of Nutrition Science and Policy in Massachusetts.

Tufts researchers developed their lists of what to eat and what to avoid from national surveys covering 16,000 people from 1999-2012. Volunteers filled out food diaries in real time, and were followed for years after to see what happened to their health.

The six foods which play a role in reducing the risks for heart disease, type 2 diabetes and stroke are: Nuts, Fish rich in omega-3, fatty acids, Vegetables, Fruits, Whole grains, Polyunsaturated fats (such as soybean oil, corn oil, walnuts and flaxseed oil)

The four foods to eat less of are: sodium, processed meats, sugar-sweetened beverages, red meat (such as steak or pork chops) (318,656 due to heart disease, stroke, and type 2 diabetes) were associated with suboptimal intakes of the 10 dietary factors," they wrote in their report in the Journal of the American Medical Association.

## Paying Out of Pocket? Safely Cut Cost of Elective Medical Expenses

By Nathaniel Sillin  
SPECIAL TO THE FORUM

Whether it's a matter of comfort, appearance or safety, there are many medical procedures that you may want or need, but your health insurance won't cover.

Laser eye surgery may fall into the want category for most people and it can be a hefty investment with each eye costing several thousand dollars.

For those wanting to start a family, infertility treatments, which can cost over \$10,000, may be closer to a need. Yet most states don't require health insurance to cover treatments.

Considering the lasting impact that these and other procedures can have on your life, you may not want to seek out the least expensive option. However, that doesn't mean you should forgo attempts to save altogether.

From tax-advantaged accounts to comparison shopping doctors, there are many approaches to safely cutting costs.

See if you could get a tax break. Although tax breaks don't lower a medical procedure's price, tax deductions can decrease your taxable income and by using a tax-advantaged account you may be able to pay for some medical procedures with income-tax-free money.

Take a medical expense tax deduction. If you itemize your tax deductions, you can get a deduction for your qualified medical expenses that exceed 10 percent of your adjusted gross income.

Laser eye surgery and some fertility enhancement treatments may qualify. However, cosmetic surgery doesn't unless it's related to a congenital abnormality, disfiguring disease or an injury resulting from trauma or an accident.



Use an employer-sponsored flexible spending account (FSA). Some employers offer FSAs as an employee benefit. You can make tax-deductible contributions to the account each year and withdraw the money tax-free to pay for qualified medical expenses, including health insurance deductibles and copayments. However, this approach could require planning as you may forfeit remaining FSA money at the end of each year.

Enroll in health insurance with a health savings account (HSA). An HSA account is similar to an FSA in that you can contribute pre-tax money and withdraw funds to pay for eligible medical expenses tax-free.

HSAs don't have the use-it-or-lose-it requirement, but to qualify for an HSA account, you need to enroll in a High Deductible Health Plan (HDHP) and can't be eligible for Medicare.

Ask your health insurance company about discounts. Even when a health insurance provider doesn't cover a procedure, members may still be able to save money by going through their insurance.

For example, health insurance generally won't cover the cost of Laser eye surgery, but your pro-

vider may offer a 5 to 15 percent discount if you get the surgery at partner eye care centers.

Compare costs from different providers. Varying medical costs sometimes make headlines when patients find out that a \$3,000 medical procedure at a hospital could cost several hundred at a nearby clinic. If it's not an emergency, there are websites that you can use to comparison shop nearby medical centers and get estimates.

Some people also look for savings in other countries. Medical tourism is a growing industry, and millions of people travel outside their home countries seeking lower costs, higher-quality services, treatments that aren't available at home, a relaxing environment to recover in or a combination of several of these factors.

While the U.S. is a destination for some medical tourists, Canada, Southeast Asia, Latin America and parts of Europe are also popular.

Bottom line: Although you may not be able to convince your health insurance company to cover what it considers an elective procedure; you can turn to other methods to save money.

Nathaniel Sillin directs Visa's financial education programs.

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## Two Ways to Get Your Medicare Benefits

By Greg Dill  
SPECIAL TO THE FORUM

At a family reunion last month, my Aunt Abby and Uncle Glen got into a squabble over the best way to get their Medicare benefits.

Uncle Glen is an Original Medicare man, and has been for nearly a decade. Aunt Abby prefers Medicare Advantage, which is similar to a health plan she had before enrolling in Medicare last spring.

When they turned to me, asking me to referee and declare which form of Medicare is better, I gave them a big smile and said, "Well, it depends."

Original Medicare and Medicare Advantage have different benefits and costs that you should consider based on your personal needs. So grab a cool drink and I'll go over some of the differences.

Medicare open enrollment season runs from Oct. 15 to Dec. 7, and it's a good idea to know how the two types of Medicare work before you select one.

With Original Medicare, you can choose any doctor, hospital, or other healthcare provider you want, as long as they accept Medicare. When you receive medical services or goods, Medicare pays the provider directly. About 70 percent of all people with Medicare have Original Medicare.

The other way to get your benefits is Medicare Advantage, which is a form of managed care, like an HMO or PPO. Medicare Advantage is provided by private insurance companies approved by Medicare. If you're in Medicare Advantage, you generally must go to doctors and other providers in the company's network.

If you go outside the network, you may have to pay more.



**OPEN ENROLLMENT  
BEGINS OCTOBER 15**

On the other hand, Medicare Advantage plans may offer some services – such as dental, hearing, vision, and prescription drug coverage – that Original Medicare doesn't.

Most people with Original Medicare pay a monthly premium. If you're in Medicare Advantage, you may pay an additional monthly premium to the private insurer that covers you.

With Original Medicare, you or your supplemental insurance must pay deductibles, co-pays, and co-insurance.

To cover these "gaps" in Medicare, some people buy a type of supplemental insurance called Medigap. If you have a Medigap policy, Medicare pays its share of the covered costs, and then your Medigap policy pays its share.

Original Medicare doesn't cover prescription drugs. If you want drug coverage, you can buy a Medicare Part D plan. Such plans are sold through private companies approved by Medicare. You have to pay an additional monthly premium for Part D.

Medicare Advantage companies must cover all of the services that Original Medicare covers. (However, Original Medicare covers hospice care, some new Medicare benefits, and some costs for clinical research studies, even if you're in a Medicare Advantage plan.) In all types of Medicare Advantage plans, you're always covered for emergency and urgent care.

You can join a Medicare Advantage plan even if you have a pre-existing condition – except for End-Stage Renal Disease. People with ESRD usually are covered through Original Medicare.

Keep in mind that Medicare Advantage plans can charge different out-of-pocket amounts and have different rules for how you get service.



### FREE CHILD SAFETY SEAT CHECKUP

The California Highway Patrol will be hosting a free Child Safety Seat event from 8 a.m. to 2 p.m. on Saturday, Sept. 23, at the Castro Valley CHP Office, 21020 Redwood Road. CHP Officers will be available to check child seats for proper securement and functionality. Officers will also discuss age, height, legal requirements and turnaround times for children. For more information on this event or to make an appointment, please call the Castro Valley CHP Area at 510-581-9028. Appointments will be honored before walk ins.

EDEN HEALTH DISTRICT PRESENTS

## Take Charge in Managing Diabetes

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According to the American Diabetes Association, the cost of medical-related expenses for diabetes in the U.S. cost \$176 billion each year. It is a growing epidemic in our own local community impacting people of all ages.

Learn how you can take control by managing your condition to lower medical costs, reduce health complications, and increase longevity through lifestyle modifications.

**This FREE informative two-part series taught by Diabetic Educator Evelina McDowall, will help you understand:**

- The risk factors and signs of diabetes
- How to check and manage your blood sugar correctly
- The types and roles of medication and how to use them properly
- Why counting carbs are important
- How to plan healthy meals that are enjoyable and satisfying
- How to dine out and still enjoy those little indulgences
- How to create your personal strategy for success

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For more information about Eden Health District, visit [ethd.org](http://ethd.org).



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## ATHLETES OF THE WEEK



Back row from left, Coaches Alfredo Gudino, Devon Hilliard, Nate Clay, Anthony Solis and Nalor Alejandro; middle row, Bear Hilliard, Colin Sutedja, Ryan Ko, Jalen Owens, Dame Alejandro and Shawn Smith; front row, Matthew Cormier, Anthony Solis, Arinjay Singh, Mekhi James, Aaron Gudino and Jonah Pitcher.

### CV's Extreme-Solis Baseball 13u Team

This week's Athletes of the Week are the members of Castro Valley's Extreme-Solis baseball 13u team who have won four straight tournaments, in Hayward, Fremont, Manteca and Carson City, Nevada.

The most recent tournament was the 12th Annual "King of The Dirt Classic" in Carson City, Nevada, on Sept. 2-3. Sixteen teams from all over Northern California and Northern Nevada competed in the 13-year-old Division.

The tournament started Saturday, when Extreme lost the first game to the San Jose Heat 13-8. They then marched through pool play, defeating Santa Cruz's Surf City Seals 8-7, the Reno Mustangs 10-2, and the Lake Tahoe Avalanche 11-1.

Sunday saw Extreme facing off against the Carson City Capitals, in a semi-finals game, which CV won 7-3. That win placed them into the Championship Game against the Heat from San Jose.

This time, Extreme jumped out to a 5-0 lead in the first inning, but the heat found a way to match the 5 runs. A solo home run by Jalen Owens in the sixth inning was the run CV needed in the game, then Shawn Smith took the mound to get the save, with a final score of 6-5.

Extreme 13u is currently ranked No. 1 in California for All World Baseball and No. 2 in California's USSSA, boasting a 23-2 record, for the Summer.

## Shield: CV Plays Central Role in Event

*continued from page 3*

SWAT response scenarios. This year, teams from South Korea and Norway have joined in the local exercises.

The event has not gone without its share of criticism. Increased scrutiny of police interactions and fears of a militarized law enforcement have put pressure on Urban Shield coordinators to focus on all aspects of emergency response. Anti-Urban Shield protests were staged in Oakland and Berkeley.

Sheriff Ahern points to Urban Shield's de-escalation training and field medical training as addressing concerns that the annual event is merely a "gun show." As a result of past Urban Shield event assessments, Alameda County deputies now carry a small tourniquet kit on their belt holsters to help stop severe bleeding until medical teams arrive.

"We are sworn to protect the public, but we are also responsible for protecting our officers as well as the suspects who may have been injured as well," Sheriff Ahern said.

As an additional community outreach, Alameda County Sheriff's Department and Urban Shield sponsored a half-day education fair at 3 Crosses Church. The public event focused on emergency preparedness. About 750 people stopped by to pick up medical kits and other items to protect their families.



PHOTO COURTESY OF MICHAEL IGLESIAS

## Flexen Goes Headfirst To the Major Leagues

**HEADFIRST ALUMNUS CHRIS FLEXEN** is the latest player from the Headfirst Academy enjoying success in the Major Leagues. The former Headfirst pitcher was called up by the New York Mets in July and is currently a starter, with a 3-2 record, after a strong outing against the Arizona Diamondbacks. Flexen trained for six years in the Castro Valley academy and as a Bercovich player. Flexen was one of the hardest workers, on and off of the field. That hard work paid off as he committed to Arizona State in 2012. He, then, was selected in the fourteenth round of the 2012 Major League Baseball draft and chose to pursue a professional career. Flexen will be back to visit the academy during the off season.

## CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

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www.CVSPORTSLEAGUE.org

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PHOTO COURTESY OF SHIRLEY DONG

## CV Crushers 9U Team Win the World Summer Sizzler Tourney

The Castro Valley Crushers 9U team played 4 games and won the Championship game at the All World Summer Sizzler tournament, held at the Fremont Sports Complex. The team members are Alex Mascio, Arthur Sims, Travis Dong, CJ Jones, Danylen Dove, Isaia Porter, Lincoln Smith, Lukas Montero, Nolan Cormier, Shae Marten, Toby Gonzalez and Yovanni Moreno. Not pictured are Gavin Fanucchi, Joshua Joseph, Rock Bucklin and Sebastian Jensen and Head Coach Eric Cormier.

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# REAL ESTATE GALLERY

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



### The High Cost of NO Flood Insurance

**H**urricanes Harvey and Irma have come and gone, but the devastation in Texas and Florida remains.

Along with the questions about how rebuilding will occur, an even larger issue hangs in the air like the Sword of Damocles: "Who will foot the bill?"

Estimates suggest that approximately 80 percent of the affected homes had no flood insurance. With no coverage, homeowners are on the hook to cover repairs. While those affected may receive federal grants, the amounts are small and any federal loans received must be repaid.

There are a number of reasons so many homeowners had no insurance.

First, any buyer obtaining a home with a federally-insured mortgage must purchase flood in-

surance if their home is in a high-risk flood zone.

Flood zone maps are drawn by FEMA (Federal Emergency Management Agency) and are based on historical flood data. Most people whose homes fall outside a designated flood zone choose *not* to purchase flood insurance due to its cost.

Additionally, anyone owning a home without a loan (paid off, cash purchase, inherited, etc.) is not mandated to obtain insurance.

Flood map boundaries are controversial: while FEMA wants more extensive coverage, homeowner and business owner groups lobby to have their areas removed from the maps due to the high cost of insurance.

Many areas affected by Harvey were in low-risk zones, so most chose not to carry insurance.

In the aftermath of this disaster, count on extensive federal discussions concerning reassessing map boundaries.

Compounding the issue is the fact that the National Flood Insurance Program (NFIP) which provides the majority of flood insurance is currently more than \$25-billion in debt.

Second, homeowners frequently have misconceptions about flood insurance and consequently choose not to have coverage.

Many assume nothing will ever happen to them because they are not in a designated flood zone. Others assume that in the event of a disaster, the government will come in and cover all the costs. Some believe that their current standard homeowner policies cover floods. "It won't happen here," is the mantra of others.

All four groups are wrong.

February 1998 saw widespread devastation here in the Bay Area as intense El Niño rains pounded the region. I-880 in Fremont was closed for days due to flooding south of Thornton Avenue, record mudslides devastated approximately 2,000 homes, creeks and rivers overflowed flooding nearby homes.

Think flood insurance is expensive? Time to consider the cost of NO insurance.

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

## HOME of the WEEK



545 LaGrange Lane, Livermore  
Offered at \$1,525,000

A beautifully remodeled 3,418 sq. ft. home on an over 1/2 acre park like yard with pool, spa, outdoor kitchen and more. Lots of off street parking and huge side yard with access for parking a motor home, boats or cars. Inside boasts hardwood flooring, formal living and dining room, kitchen with granite, stainless appliances and recessed lighting that opens to dining area and family room with wall of windows, office and guest bath. Upstairs to large landing with master suite, gorgeous bath with jetted tub and large shower, 3 additional bedrooms, hall bath and laundry. All this and so much more!



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### Join the Arbor Day Foundation

Everyone who joins the Arbor Day Foundation in September will receive 10 free trees as part of the "Trees for America" program.

Everyone joining this month will receive one of the following tree packages based on their location: 10 Arizona Cypress, 10 Live Oak or 10 Mix trees including eastern redbud, white pine, sugar maple, white flowering dogwood, pin oak, red maple, river birch, silver maple, northern red oak, and Colorado blue spruce.

The trees will be shipped postpaid at the right time for planting between Oct. 15 and Dec.10. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge. Easy-to-follow planting instructions are enclosed with each shipment of trees.

New members of the Arbor Day Foundation will also receive The Tree Book, which includes information about tree planting and care.

To receive the 10 free trees, send a \$10 membership contribution to Ten Trees, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, by Sept. 30, or join online at [arborday.org/september](http://arborday.org/september).

### Long-term Rates Hit Another Low

The 30-year fixed mortgage rate dropped last week to a year-to-date low for the third consecutive week, according to Freddie Mac's weekly nationwide survey.

The 30-year fixed-rate averaged 3.78 percent, down from 3.82 percent the previous week. A year ago at this time, the 30-year rate averaged 3.44 percent.

Fifteen-year loan rates averaged 3.08 percent, down from 3.12.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.15 percent last week, up from 3.14.

## WEEKEND GARDENER

### Flowers

Cut back Shasta daisies now that their blooming season is winding down. Trim bearded iris foliage to fans 8 inches from the rhizomes. Sow sweet peas now for glorious spring color. Continue feeding chrysanthemums every three weeks until their buds show color. Switch to a 0-10-10 fertilizer for azaleas, camellias, gardenias and rhododendrons to encourage spring buds.

### Watering

Continue to water shallow-rooted plants such as azaleas, baby's tears, begonias, camellias, ferns, fuchsias and rhododendrons frequently while the weather is hot this month and next month.

## RECENT HOME SALES

### Castro Valley

19060 Clemans Drive	94546	\$815,000	3 BD - 1,507 SF - 1953
2505 Miramar Ave #115	94546	\$420,000	2 BD - 986 SF - 1988
2505 Miramar Ave #139	94546	\$425,000	2 BD - 871 SF - 1988
19959 Redwood Road	94546	\$749,000	3 BD - 1,462 SF - 1952
17300 Robey Drive	94546	\$587,000	3 BD - 1,215 SF - 1953
18752 Sandy Road	94546	\$910,000	3 BD - 2,046 SF - 1949
18969 Thornbury Avenue	94546	\$770,000	3 BD - 1,336 SF - 1956
20111 West Ridge Court	94546	\$515,000	2 BD - 1,467 SF - 1977
5592 Crow Canyon Road	94552	\$725,000	2 BD - 1,220 SF - 1920
22014 East Lyndon Loop	94552	\$830,000	3 BD - 2,328 SF - 1998
5722 Greenridge Road	94552	\$1,010,000	4 BD - 1,842 SF - 1960

TOTAL SALES: 11

LOWEST AMOUNT: \$420,000 MEDIAN AMOUNT: \$749,000

HIGHEST AMOUNT: \$1,010,000 AVERAGE AMOUNT: \$705,091

### San Leandro

121 Chumalia Street	94577	\$530,000	3 BD - 1,271 SF - 1925
14533 Doolittle Drive	94577	\$395,000	2 BD - 865 SF - 1979
901 Fulton Avenue	94577	\$682,500	3 BD - 1,334 SF - 1953
970 San Jose Street	94577	\$870,000	4 BD - 1,749 SF - 1939
1616 Vistagrand Drive	94577	\$612,000	3 BD - 1,864 SF - 1959
1187 139th Avenue	94578	\$575,000	3 BD - 1,090 SF - 1947
1291 147th Avenue	94578	\$396,100	2 BD - 1,236 SF - 1951
1742 150th Avenue	94578	\$521,000	2 BD - 1,197 SF - 1977
2010 167th Avenue	94578	\$489,000	2 BD - 992 SF - 1952
16308 Bevil Way	94578	\$515,000	2 BD - 1,059 SF - 1947
1041 Dillo Street	94578	\$702,000	2 BD - 1,784 SF - 1946
3583 Figueroa Drive	94578	\$560,000	3 BD - 1,156 SF - 1954
16558 Hannah Drive	94578	\$651,000	3 BD - 1,500 SF - 1968
405 Lloyd Avenue	94578	\$635,000	3 BD - 1,299 SF - 1952
16640 Los Banos Street	94578	\$600,000	2 BD - 1,176 SF - 1947
2324 Prosperity Way	94578	\$661,000	3 BD - 1,631 SF - 1954
1670 Burkhart Avenue	94579	\$632,000	3 BD - 1,107 SF - 1957
15008 Costela Street	94579	\$625,500	3 BD - 1,114 SF - 1951
690 Fargo Avenue #14	94579	\$365,000	2 BD - 1,020 SF - 1965
14312 Hemlock Street	94579	\$500,000	3 BD - 1,076 SF - 1952
15437 Jutland Street	94579	\$630,000	3 BD - 1,117 SF - 1955
1519 Sayre Street	94579	\$680,000	3 BD - 1,190 SF - 1956

TOTAL SALES: 22

LOWEST AMOUNT: \$365,000 MEDIAN AMOUNT: \$606,000

HIGHEST AMOUNT: \$870,000 AVERAGE AMOUNT: \$583,050

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B	—	2-5	1660 Via Ventana	\$499,000	3/2.5	The Highland Partners	Michael Stephens	510-816-9693
A	1-4	—	3881 Carmel Way	\$615,000	3/1	J. Rockcliff Realtors	Nancy Valett	925-251-2536
A	—	1-4	2456 Driftwood Way	\$697,800	5/2	Re/Max Accord	Lovewell Team	510-351-5555
A	—	1-4	760 Estudillo Avenue	\$789,000	3/1.5	Varos Real Estate	Terry Martinez	510-772-3746
Z	2-4:30	2-4:30	1 Egret Court	\$848,000	4/2.5	Wells & Bennett	Tess Blengino	510-485-7249
C	—	1-3	35600 Palomares Road	\$1,259,000	4/3	J. Rockcliff Realtors	Peixoto Team	925-251-2536
C	—	1-4	5812 Jensen Road	\$1,900,000	5/4.5	J. Rockcliff Realtors	Peixoto Team	925-251-2536
D	—	1-4	5655 Bruce Drive	\$2,999,888	5/3.5	J. Rockcliff Realtors	Debra Allen	925-251-2536

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**COMMUNITY WIDE YARD SALE** at 5 Canyons Parkway, Sat. 9/16 and Sun. 9/17, 8:00am-4:00pm. Rain or Shine. Over 900 homes - 5 Canyons Parkway, Castro Valley. For a listing of participating homes please go to: www.fivecanyonshoa.org

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**GARAGE SALE** Sunday 9/17, 10am-3pm. 3471 Northwood Drive, Castro Valley.

## SAN LEANDRO

**MOVING SALE** 9/16 & 9/17, 7am-4pm. Housewares, Baby Items, Clothes, and much more!! 1871 Washington Avenue, San Leandro.

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## SAN LORENZO

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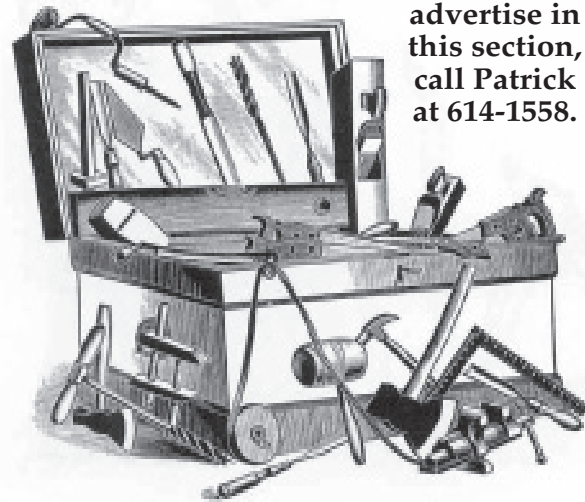
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# LETTERS TO THE EDITOR

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## Obituaries

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## George A. Cumming, Jr.

George A. Cumming, Jr. passed away in August 2017, after a long battle with cancer.

George was born in Washington D.C. in 1942 and moved to California as a young child. In 1963, he married Linda Harder. They enjoyed 53 years of marriage. In 1967, he graduated from UC Berkeley, School of Law and soon became a practicing attorney, of which he still practiced up until his death.

A longtime resident of Castro Valley, throughout the years, George had been involved in many community organizations such as soccer, baseball and scouting. George was an active member of model railroad clubs, old-time car groups and the Danish Lodge of Northern California.

George is survived by his wife, Linda; son, Andrew (Jodi) Cumming; and brother, Bruce (Rhonda) Cumming. His daughter, Mary, preceded him in death. George will also be missed by his two fine grandsons, AJ and Brody Cumming, as well as being an uncle to four.

Friends and family are welcome to celebrate George's life on Sunday, Sept. 17, at 1 p.m. at the Eden United Church of Christ in Hayward.

## Carrie Louise (Jardin) Segotta

Carrie was born on St. Patrick's Day in 1970 to Sherry (Styles) Thomas and was later adopted by her father, Frank Jardin. On September 7, 2017, Carrie passed away at home with her husband and her cherished puppies by her side.

Carrie graduated from Castro Valley High School in 1988. She found her passion working as a Police and Fire 9-1-1 Dispatcher for East Bay Regional Park District, where she met the love of her life, Anthony Segotta. They made their home in Castro Valley after being married in 2002.

Family has always been very important to Carrie, whether it was just visiting or playing cards or board games for hours on end.

Carrie not only loved sharing holiday marathon movie nights with her husband but most of all their special trips to Disneyland, where they could leave their cares behind and truly find their happy place with Mickey and Minnie during those special times.

Carrie is survived by her devoted husband and soul mate, Anthony Segotta; mother, Sherry Thomas; father, Frank (Lillian) Jardin; brother, Jaymie (Keelin) Jardin; grandmother, Lucille Mathews; aunt, Robin (Dan) Rankin; adored nephews, Kaiden Jardin and Zephann Wood; great aunts, Lori Holloway and Mori Swoboda; her forever best friend, Kelly Keith (who has always been by her side); and many other aunts, uncles, cousins and friends who truly adored her. She will remain in the hearts of those who loved her and will be forever missed.

In honor of Carrie's love and compassion for animals, she requested that in lieu of sending flowers, donations be made in her name to the Tony La Russa Animal Rescue Foundation (ARF) through her GoFundMe account at [www.gofundme.com/DonationFromCarrie](http://www.gofundme.com/DonationFromCarrie).

A celebration of Carrie's life will be announced at a later date.



## Collecting Supplies for a Texas Senior Center That Lost Everything During Hurricane Harvey

Editor:

My name is Beth Olander and I will be taking anything for Hurricane Harvey victims to Beaumont, Texas. I will be collecting supplies at my home through Sept. 17. Please drop off donations to 22145 Earl Drive in Castro Valley.

I am sponsoring a senior center. They were all rescued by helicopter and need everything. Anything will be accepted. Thank you very much and God Bless.

—Beth Olander, Castro Valley

## Young Children Using Inappropriate Workout Equipment

Editor:

My wife and I, being retired and on a fixed income, like to walk to Chabot Lake and use the workout equipment by the boat dock area.

There are signs that this equipment is for people 14 and above, yet every time we are there, there are young children using the equipment.

I realize that some people can't or don't read the signs, yet even if we bring it to their attention, the kids still use it. These machines could be harmful to a small child and they could get hurt.

We love using the equipment, but would hate to have someone file a lawsuit if their child gets hurt. The parks department may then be forced to remove the equipment. P

Please obey the signs so that others may continue to enjoy the equipment.

—Martie and David Warmuth, Castro Valley

## Wonders Why CV Cheerleading Squad Looks So White

Editor:

We have lived in Castro Valley for 18 years now and have 4 kids going to school here.

Every year we go to football games and enjoy the games, but every year we take a look at the cheerleading squad and see nothing but a very "white" looking squad.

As you know, Castro Valley is very diverse and it's something I hope everyone supports and celebrates. How is this squad formed and how are tryouts determined and who picks the team?

It is very disturbing and truthfully very embracing to bring anyone from out of town to the games. When they see the cheerleading squad, they always remark that it is unfortunate. Can you give us some insight and let us know what we could do to change this.

—Maria Kubitz, Castro Valley

## Liberals' Treatment of Feinstein Shows 'Demos are Clueless'

Editor:

I find it amazing how the liberal establishment and their media constituents have turned on Senator Diane Feinstein.

How dare she offer hope and bipartisanship by wishing President Trump to do well in office. By all the attention this got you would have thought Senator Feinstein just announced she's a Republican.

Obviously the good Senator forgot the democratic game plan: Dump on Trump at every opportunity possible.

No, Senator Feinstein actually put the good of the country first and ignored the political ramifications.

This truly makes it crystal clear that the democratic party is clueless, leaderless and cannot deliver a positive message of their own making. Liberals are so desperate for attention they have turned into cannibals with the very well respected Senator Feinstein getting roasted..

And they question President Trumps sanity?

—Frank Riccelli, Hayward

## Planned Deportation of Young Mexicans Called 'Idiotic'

Editor:

I truly had believed that President Donald Trump would do a lot of good things for America! Boy oh boy was I wrong!

I admit there has been good, but also a lot of bad. As an example, he now wants to send nearly 800,000 young men and women who were brought into this nation of ours by their parents when they were babies from Mexico! Now he wants them deported!

What a stupid and idiotic move that is. I am beginning to believe that he does not like Mexico/Mexican people. I also am beginning to believe that President Trump is for himself and family *only*!

These young boys and girls have grown up in our nation. They have been educated and taught how to live free. It is well known that most people living in Mexico do not trust their government or local police.

These youngsters have now, mostly, graduated from college and are a valuable part of the corporate America. Deport them? *No!* They are just as proud of this nation, for the most part, as those of us born here!

Every person born in the U.S. has a family history from every part of this world. These young people are of all races and colors.

God Bless America, the Home of the Free!

—Richard "Dick" Purdee, Castro Valley

## HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** You might not like the sudden setback in your plans. But keep that headstrong Arian temperament in check and wait for explanations. Things will begin to clear up by week's end.



**TAURUS (April 20 - May 20):** Enjoy the respite from your recent hectic schedule, but be ready to plunge into a new round of social activities. A new contact holds much potential for the future.



**GEMINI (May 21 - June 20):** A trusted colleague has news that could change your perception of a current workplace situation. What had seemed unfair might prove to be highly favorable after all.



**CANCER (June 21 - July 22):** You still need to watch what you say and how you say it. What you assert as honesty, others might perceive as Crabbiness. Be patient. This difficult period clears up by the weekend.



**LEO (July 23 - August 22):** Your Royallness needs time away from the limelight to catch up on things, from tidying your desk to making those calls you've put off. You're back in the center of things by the weekend.



**VIRGO (August 23 - Sept. 22):** Honesty is the best policy, of course. But you'll do better at achieving your goals if you can be less aggressive and more circumspect in how you phrase your comments.



**LIBRA (Sept. 23 - October 22):** Your ability to maintain your balance in confusing situations continues to work for you. Stay on the steady course, one step at a time. The weekend shows improvement.



**SCORPIO (October 23 - November 21):** Your indecisiveness could simply be your keen Scorpion sense warning you to be wary of making a commitment. Take this time to do a more thorough investigation.



**SAGITTARIUS (Nov. 22 - Dec. 21):** Good news: New information comes your way to help you make a more informed decision on how to deal with the opportunity that has opened up for you.



**CAPRICORN (Dec. 22 - Jan. 19):** This is a good time to reinforce your self-confidence by acknowledging your good qualities to yourself. A lull in your social life ends by the weekend. Have fun.



**AQUARIUS (Jan. 20 - Feb. 18):** It's a good time to let those recently pent-up emotions flow more freely. Why not start by letting the people you care for know how you really feel about them?



**PISCES (Feb. 19 - March 20):** Resist offers, no matter how well-intentioned, to help with a personal decision. Only you know what must be done, and you have the emotional strength to follow through.

## THE FORUM CROSSWORD

	1	2	3	4	5		6	7	8	9	10	
11							12					13
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39					40		41		42			
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47			48				49		50			
51							52					
	53						54					

### ACROSS

- 1 Fragrant wood
- 6 Construction piece
- 11 "Seinfeld" role
- 12 Had to have
- 14 Eden, for one
- 15 Look
- 16 Card player's call
- 17 Barbecue brand
- 19 Guitar's cousin
- 20 Dunkable treat
- 22 Very long time
- 23 Off-torn knee parts, briefly
- 24 Bold
- 26 Block and tackle parts
- 28 Listener
- 30 Moray, e.g.
- 31 Epicure
- 35 Takes to the links
- 39 Unseat
- 40 Moving truck
- 42 Turnpike payment
- 43 Multipurpose truck
- 44 Picture puzzle
- 46 "Gosh!"
- 47 Risk
- 49 Roamed freely
- 51 Reps
- 52 Emotionless people
- 53 Chopin piece
- 54 Try

### DOWN

- 1 Danes or Forlani
- 2 Breadwinner
- 3 Accomplished
- 4 From the beginning
- 5 Actress Zellweger
- 6 Naive girl, theatrically
- 7 Tolerate
- 8 "Hallow" ending
- 9 Offer as example
- 10 In a submissive way
- 11 Incite
- 13 Frock
- 18 Jazzy style
- 21 Open to view
- 23 Apportion
- 25 Thanksgiving veggie
- 27 Journey segment
- 29 One of P-R-N-D-L
- 31 Cheese choice
- 32 Power failure
- 33 Early online forum
- 34 Bill
- 36 Actor Robert of "Big"
- 37 Like some winter coats
- 38 Coasters
- 41 Hospital employee
- 44 On pension (Abbr.)
- 45 H.S. hurdles
- 48 Wildebeest
- 50 Phone bk. data

**ANSWERS ON PAGE 10**





Castro Valley artist James Sayre with painting "Faithful Old Steed," one of his original paintings currently on exhibit at the Aitken Community Center. Sayre began painting in the mid '70s. His main interests are Abstract and Impressionism art. Walk and talk with Sayre about his work at 10:30 a.m. on Tuesday, Sept. 19. Meet in the lobby at 17800 Redwood Road. Call 510-538-3569 for more information.

## CHANTICLEERS THEATRE

# Annual 'Afternoon Of Cabaret and Desserts' Sept. 24

**T**HE SILVER LINING AND CHANTICLEERS THEATRE PRESENT the 4th Annual "Afternoon of Cabaret & Desserts" on Sunday, Sept. 24, the main fundraiser for The Leukemia & Lymphoma Society's "Light the Night Walk."

The Walk, held every fall, is to build awareness of blood cancers as well as raise money for research and support of patients and their families.

The Silver Lining, an all-female a cappella group, was formed as a fund-raising journey over six years ago by Lisa Silver after a close friend was diagnosed with a rare form of cancer. Over those years, the group has raised close to \$80,000 and continues to sing in the hope that "someday" will be "today," and the word "cancer"

can be eradicated from our vocabulary all together.

The public is invited to Chanticleers Theatre, 3683 Quail Ave. in Castro Valley at 2 p.m. on Sept. 24 for an afternoon of incredible entertainment, including vocalists, dancers, comedians, impersonators and a phenomenal R&B act called Project4Band.

Tickets (\$30) can be purchased at [tinyurl.com/SilverLining-Cabaret](http://tinyurl.com/SilverLining-Cabaret). Each ticket includes the show, unlimited decadent desserts and a free \$1 raffle ticket for a chance to win an exciting prize (must be present to win).

Raffle tickets for a Grand Prize two-night Disneyland package are \$5 each.

More information about the Walk can be found at [www.lightthenight.org](http://www.lightthenight.org).



Martha McDowell, Marti Muldoon, Joan Evans, Lisa Silver and Marsha Howard invite you to an Afternoon of Cabaret & Desserts at Chanticleers Theatre on September 24.

## Reports: Joy Ride; Robbery; Prostitution

*continued from page 3*

The man was reportedly wearing blue hospital surgeon "scrubs." Deputies report the man failed his field-sobriety test with a blood-alcohol content more than twice the legal limit and was taken into custody.

### One Drink Too Many

Wednesday, September 6: at 11:08 p.m., deputies arrested a 30-year-old man on suspicion of public intoxication. The man was found outside an apartment on John Drive and Regent Way when deputies arrived on scene. The man was also wanted as part of a warrant issued for his arrest. Deputies took the man to Santa Rita Jail pending \$2,500 in bail.

### Reckless Driver

Wednesday, September 6: at 9:31 p.m., a 41-year-old woman from Fremont was arrested on suspicion of driving under the influence of drugs and reckless driving. Deputies pulled the woman over into the Castro Village Shopping Center on Castro Valley Boulevard after observing the woman driving erratically in the neighborhood. The woman also had an outstanding warrant issued for her arrest. Deputies took the woman to Santa Rita Jail pending \$40,000 in bail.

### Joy Ride

Wednesday, September 6: at 12:48 p.m., deputies arrested a 30-year-old man on suspicion of possession of and driving a stolen vehicle as well as violating a court-issued restraining order. The man also had an outstanding warrant for his capture. Deputies pulled the man over on Lake Chabot Road near Congress Way and identified his warrant. The man was taken to Santa Rita Jail and held without bail.

### Domestic Dispute

Tuesday, September 5: at 4:12 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Somerset Ave. near San Miguel Ave. There, they arrested a 38-year-old man from CV on suspicion of assault on a family member. Deputies took the man into custody.

### BART Robbery

Monday, September 4: at 9:31 p.m., deputies arrested two men in connection with a robbery outside the Castro Valley BART station parking lot. The men were spotted fleeing the parking area after a commuter reported being robbed. Deputies followed the men to a grocery store on Redwood Road near Castro Valley Boulevard. A 21-year-old man from Pittsburg

(Contra Costa County) and an 18-year-old man from CV was positively identified and taken into custody. The younger man also had a warrant issued for his capture. He was transferred to Santa Rita Jail pending \$100,000 in bail.

### Charged with Prostitution

Monday, September 4: at 5:08 p.m., deputies arrested a 29-year-old woman with no permanent address on suspicion of loitering with the intent of committing prostitution, soliciting prostitution, and resisting arrest. The woman was spotted outside a fast food restaurant on Strobbridge Avenue near Castro Valley Boulevard. The woman also had a warrant issued for her arrest. Deputies took the woman to Santa Rita Jail pending \$2,500 in bail.



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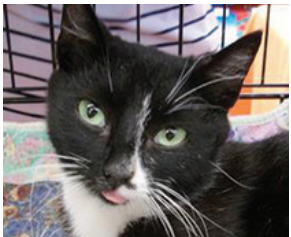
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**SOPHIE** is a sweet, 7-month-old black and white tuxedo kitten with green eyes. She came to Dusty Paws as a tame abandoned stray from Hayward. Visit: [www.dustypawsrescue.org](http://www.dustypawsrescue.org)



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## Pen: Women

*continued from page 2*

Valle and Wilma Chan in appreciation of their support for the arts.

Pen Women began in 1897 when three well known women writers were shunned by their male counterparts in Washington, DC. The disgruntled ladies formed the National League of American Pen Women to promote women writers, artists and musicians. It now has a nationwide membership of more than 1,300 in 73 branches.

"Celebrate Women!" features such well-known artists as Jill Adler of Stockton, Debbie Patrick - chosen as Artist of the Year at the Marin County Fair this summer, and Charlotte Severin, Pleasanton watercolorist and teacher.

The show is sponsored by Hayward Arts Council, which stimulates community interest in visual and performing arts, promotes opportunities for artists to exhibit, and encourages public participation in free art demonstrations.

Winifred Thompson is President of the Diablo/Alameda Pen Women Branch and Board Member of Hayward Arts Council. Visit [www.haywardartscouncil.org](http://www.haywardartscouncil.org) for more on Pen Women, visit: [nlapw.org](http://nlapw.org)



## Patriot's Day: Heroes Honored With Special Assembly at RCS

Firefighters, law enforcement and all first responders, as well as veterans and active members of the Army, Navy, Air Force, Coast Guard, and the Marines were honored as heroes during a special Patriot's Day assembly held Friday at Redwood Christian Elementary School. Police officers from Oakland, the Alameda County Sheriff's Office and members of the Oakland and Alameda County fire departments also attended and were recognized for their dedication and service to the community.

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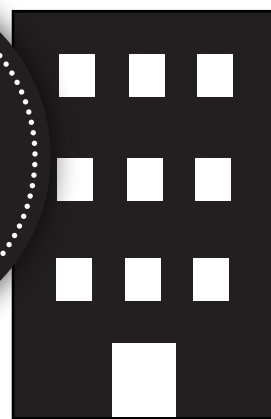
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