

BEGINS
FRIDAY

LEAVES ARE FALLING, **FALL** IS CALLING



CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 29

WEDNESDAY, SEPTEMBER 20, 2017

NO. 39

INSIDE YOUR FORUM

OUR TOWN



A Look Back

The Village has been the heart of the community for almost 70 years

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LIVING



Rosh Hashana

The Jewish New Year begins this week. Here's how to celebrate

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SENIORS



Ease Arthritis

Exercise is one of the best treatments to ease the pain of osteoarthritis

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PHONE: (510) 537-1792



PHOTO BY BRUCE ROBERTS

A BIG IDEA: Tom Flemming with one of his tiny houses in his Hayward back yard.

Tiny Homes, BIG Plans

By Bruce Roberts
SPECIAL TO THE FORUM

Tom Flemming has a mission in life.

Long bothered by the plight of the homeless, he has begun constructing — in his big back yard in Hayward — tiny but functional houses as a beginning solution to the world's homeless problem.

Noah built an ark; Tom builds tiny houses. Problem solving requires action, and to Tom Flemming, that means house-building.

In just 135 square feet, the first of these homes — set on something akin to a boat trailer — includes a fold-out bed, storage cabinets, a clothes closet, a sink and stove, a TV and a heater. In addition, the first edition also has

a working toilet and shower, with insulation in ceiling and walls.

Luxury — the small version.

As he perfects his art, subsequent editions will have less features, but be better suited to group gatherings of such homes. The plan could be for a central bathing house, thus no showers needed in each.

see TINY on page 6

MAC MEETING

Firefighters Set Goal of 2-Minute Response Time

By Amy Sylvestri
CASTRO VALLEY FORUM

Alameda County Fire Chief Dave Rocha gave the Castro Valley Municipal Advisory Council (MAC) an annual update on Monday night on what the fire department has been up to lately, including the number of calls for service and this year's budget.

The MAC also heard a bit from the county on an upcoming Eden Area signage project — always a popular topic of conversation in town ever since the “canoe sign” controversy some 20 years ago.

Rocha told the MAC that the Alameda County Fire Department covers approximately 394,000 residents in a service area of 508 square miles. They have 29 fire stations, including four in Castro Valley.

In addition to the unincorporated area, the ACFD covers the cities of San Leandro, Dublin, Emeryville, Newark, and Union City as well as the Lawrence Livermore Laboratory.

“We have to deal with everything from high-rises in Em-

eryville to grasslands at the Altamont Pass,” said Rocha.

The department has 442 full-time employees and 100 reserves; at any given time, 105 firefighters are on the clock and ready to respond to a call.

Rocha said that the department meets national standards for response times, but acknowledged that there is “room for improvement” in their “turnout time” — that means actually getting out the door of the fire station.

The goal set is 60 seconds which Rocha said was “unrealistic” and he said the average turnout time in Castro Valley is currently 2 minutes, 32 seconds, which he'd like to see reduced to 2 minutes. From the time a call is placed until the first firefighters arrive on the scene, the average response time is 7 minutes and 43 seconds.

Rocha says that “shot clocks” have been installed at the fire stations as a reminder of how many seconds are ticking away and everyone revives an email detailing their performance times after a call.

“As we start to hold people ac-

see MAC on page 2

'Traffic-Calming' To Cause Delays

Effective today, you can expect the drive to be much slower along Mission and Foothill boulevards as a result of a “traffic-calming” pilot project by the city of Hayward.

The three-month trial aims to reduce speeding by shortening traffic-signal cycle lengths and eliminating the ability of drivers to travel through multiple intersections without stopping.

All intersections in downtown Hayward on Mission and Foothill boulevards — from A Street to Industrial Parkway — are part of the so-called Adaptive Traffic Control System.

Responding to traffic-safety complaints in downtown Hayward, the shortened green-light cycles will result in longer travel time for drivers, but should make the roadways more conducive to pedestrians, cyclists and public transit, according to officials.

During the next few weeks, traffic engineers will be fine-tuning the cycles to smooth traffic flow and will gather data to assess whether the changes are achieving the goal of reduced speeding and improved safety.



33RD ANNUAL COASTAL CLEANUP DAY: Hundreds of volunteers descended on Crown Beach in Alameda on Saturday morning, joining thousands of other Californians who participated in the 33rd Annual Coastal Cleanup Day. More than 500,000 pounds of trash — mostly plastic — and millions of cigarette butts were collected from around the state's waterways during the three-hour event sponsored yearly by the California Coastal Commission.

Castro Valley Weather Sept. 20 - 24, 2017



Wednesday
Possible Shower
High 71° Low 55°



Thursday
Sunny
High 79° Low 63°



Friday
Sunny
High 70° Low 52°



Saturday
Sunny
High 75° Low 52°



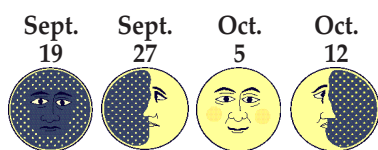
Sunday
Sunny
High 78° Low 56°

Almanac



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

Moon Phases



Sun sets at 7:08 p.m. today, rises at 6:57 a.m. Thursday.

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'Four Paesani' Wins Bocce Tournament

By Ken Martin
SPECIAL TO THE FORUM

The ancient game of Bocce is alive and well in Castro Valley as evidenced by the presence of eight teams for the 9th Annual Big Salami Shoot Bocce Tournament Sept. 9 at the Ken Martin Bocce Courts in Adobe Art Center Park.

Rather than trophies or cash, these teams were competing for various size salamis, the perennial

Italian sandwich meat favorite.

First place (and the biggest salamis) went to the "Four Paesani" consisting of Rich De Luca, Al Bronzini, Dick Dianda, and Bruce Tobia. Following in second place (and slightly smaller salamis) was "Three Gals and a Guy" with Nell Randisi, Alvin Ducharme, Dee Arena, and Eleanor Flatley on the roster.

Third place (and the smallest salamis) was won by "Friends of

Mary," a team formed to honor the memory of the late Mary Bronzini. Benita Labat, Joanne Dianda, Beverly De Luca, and Maureen Hay did the honors.

As the prizes would indicate, this is strictly a "for fun" tournament hosted annually by the Buon Tempo Italian American Club of Castro Valley. It is an open team tournament and anyone can play. Watch for next year's announcement.

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Sunday, Sept. 24 • 10am - 7pm

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PHOTO BY LARRY ROSA

CV Woman Helps to Build A Rock Solid Community

Can Painted Rocks build community? The Castro Valley Rock Lady thinks so. A resident of Castro Valley for 35 years, she personally "drops" hand-painted rocks about three times a week. Prompted by feeling sad and helpless about how much negativity there is in the world, she wanted to do something positive, random, and anonymous. The movement has grown and now there is a "Painted Rock Posse" dropping rocks almost everyday.

MAC: Eden Area Signage Plan Discussed

continued from front page

countable, we see the impact," said Rocha.

The Alameda County Fire Department received a total of 40,921 calls for aid during the 2016/2017 fiscal year and 15,520 were in the unincorporated areas. Of those, over 11,000 calls were for EMS or medical help, almost 400 were fires, and 550+ were false alarms.

The fire department's proposed annual budget for the 2017-2018 fiscal year annual budget is nearly \$139 million, with most of the revenue (46 percent or \$64 million) coming from the individual cities who pay for a contract for fire services. Unincorporated area property tax accounts for 26 percent or \$36.2 million.

Most of the budget is spend on salaries, pensions, healthcare and other benefits – a total of 82.6 percent (\$110 million)

Eden Area Signs

The MAC also heard from Jaime Orfanos of the Community Development Agency about the Eden Area signage plan.

The agency wants to make cohesive signs that highlight points of interest, give directions, and create a community identity. The idea would be for the signage in Castro Valley to coordinate with signs in San Lorenzo, Ashland, Cherryland, and Fairview.

No funding is yet in place for the project, but Orfanos said they are looking for funding and applying for grants.

Orfanos presented various prototypes for the signs. Castro Valley was represented by an icon of a bird in flight – similar birds are on the makers on Castro Valley Boulevard.

Well, the MAC wasn't too fond of the bird logo, with MAC member Ken Carbone saying it looks "like a little mustache" in some of the mocked up drawings.

Carbone and other MAC members said they'd prefer something symbolizing Lake Chabot or nature to represent Castro Valley.

Orfanos presented other designs for the unincorporated area that included an art deco look for San Lorenzo that was inspired by the vacant Lorenzo Theatre, the Meek Estate for Cherryland, ash tree leaves for Ashland, and hills for Fairview.

Since funding is not yet in place, any date for the actual installation of signs is not yet known, but they will be discussed next at the county's economic development forum on Oct. 11, at the Redevelopment Agency Office, 224 West Winton Avenue, Room No. 160, Hayward.



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An aerial view of the Castro Village, December 1950. Notice the size, the village would not expand into its current size until the 1960s and 1970s.

Castro Village: The Heart of the Community for Almost 70 Years

By John Christian
SPECIAL TO THE FORUM

When most people think of Castro Valley, Castro Village is often the first thing that comes to mind.

The Village has been the heart of the community for almost seven decades and most can't remember a time before it. The building of the Castro Village transitioned Castro

Valley from its agricultural roots to a modern suburb—literally.

Local real estate agent Arnold Anderson purchased a tomato field across from his office and made plans for the construction of a shopping center.

Anderson, along with developer Robert Nahas, started the Castro Village Association, making plans and enticing investors and

business owners. The group asked potential investors "Are you aware that Castro Valley is the greatest commercial 'sleeper' in Northern California?"

From the onset, the Castro Village was envisioned as a nearby shopping center that would keep retail dollars in Castro Valley, taking advantage of the growing suburban housing tracks that were beginning to cover what used to be farm land.

The project officially took off in April of 1950 with a survey of the original 4-1/2 acre property. On August 10 that same year, ground was officially broken on the \$600,000 Castro Village.

see **VILLAGE** on page 6

CVSan to Accept Proposals for New Garbage Pickup Contract

Castro Valley Sanitary District (CVSan) has issued a Request for Proposals for a new agreement on garbage collection for the years 2019 to 2029.

Later this year, the district will begin accepting proposals from companies that want to provide the collection and transfer of garbage

and the processing of recyclables, organics, and construction and demolition debris. The selected company will begin providing these services in CVSan starting on May 1, 2019.

The Request for Proposals may be viewed through a link on www.SpeakUpCVSan.org.

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SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



Noisy Neighbor

Sunday, September 17: at 11:25 p.m., Sheriff's deputies arrested a 30-year-old man on suspicion of violating the terms of his parole, possession of illegal amounts of marijuana, illegal drug paraphernalia and resisting arrest. Deputies were called to a home on Mountain Court near Mountain Lane after reports of loud music and other loud noises. The man was also wanted for his arrest. Deputies took the man to Santa Rita Jail and held without bail.

Drug Dealer Caught

Friday, September 15: at 9:43 a.m., a 44-year-old man with no permanent address was arrested on suspicion of possession of illegal narcotics for sale, methamphetamine drugs, and illegal drug paraphernalia. Deputies discovered his stash after they stopped the man for questioning as he was traveling on Strobridge Avenue near Gary Drive. The man was also wanted as part of a warrant for his capture. Deputies took the man to Santa Rita Jail pending \$25,000 in bail.

Burglar Arrested

Friday, September 15: at 9:49 a.m., deputies arrested a 30-year-old man from CV on suspicion of burglary at a home on Hayes Street near Massachusetts Ave. The man was prowling around the home when deputies were alerted to his presence by the home's security system. Deputies handcuffed the man and took him into custody.

Family Fight

Saturday, September 16: at 4:33 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Som-

erset Avenue near San Miguel Avenue. There, they arrested a 38-year-old man from Castro Valley on suspicion of assault on a family member. Deputies took the man into custody. The victim was treated at the scene.

Date Night Turns Ugly

Friday, September 15: at 3:39 a.m., deputies arrested two people from Hayward in connection with a couple's argument that started with a drunk-driving incident and ended in an assault with a deadly weapon. A 21-year-old woman was pulled over on East Castro Valley Boulevard outside the 580 Market Place shopping center. Deputies charged the woman with driving under the influence of alcohol and resisting arrest. The passenger, a 21-year-old man was charged with assault with a deadly weapon and assault on a family member. The couple was handcuffed and taken into custody.

Drug Paraphernalia

Thursday, September 14: at 12:45 p.m., a 33-year-old woman from Gustine (Merced County) was arrested on suspicion of possession of illegal drug paraphernalia while she was visiting Eden Medical Center on Lake Chabot Road. Deputies were called to the hospital after staff noticed the woman with the contraband in her bag. The woman was taken into custody.

Public Nuisance

Wednesday, September 13: at 7:51 a.m., deputies arrested a 40-year-old man from Hayward on suspicion of creating a public nuisance at the intersection of Redwood Road and the Boulevard. The man was engaged with an undisclosed type of behavior that interfered with traffic at the intersection. The man refused to curb his activity and was taken into custody.

see **REPORTS** on page 6

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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 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. today 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.

● **Wednesday, September 20: The Writings of Martin Luther**
Celebrate the 500th year of the Protestant Reformation by discovering how the thoughts of Martin Luther shape today's world as Faith Lutheran Church in Castro Valley offers a course on his writings this evening and upcoming Wednesdays at 7 p.m. For more info on this and other classes, visit www.flccv.org or call Angelina at 510-582-0818.

● **Thursday, September 21: Horse Racing at the Fairgrounds**
Horsing excitement returns to the Alameda County Fairgrounds in Pleasanton for two weekends – tomorrow through Sunday, and Sept. 29 through Oct. 1, with \$850,000 in prize money, including a \$75,000 stakes race. Post times are 1:45 p.m. tomorrow, Fridays at 2:15 p.m. and Saturdays and Sundays at 1:45 p.m. Admission is free.

● **Thursday, September 21: Fairview Fire Station Open House**
Fairview and Five Canyons residents will have a chance to meet their firefighters, see fire engines up close and receive safety information while enjoying food and maybe winning a raffle when the Fairview Fire Protection District hosts an open house at the Fire Station at 25862 Five Canyons Parkway from 3 to 7 p.m. tomorrow, Sept. 21. Children will have fun and will be able to go through a Fire Safety Trailer to learn how to react when a fire occurs in the home. Join us for this community event. For more info, visit fairviewfiredistrict.org

● **Friday, September 22: 25th Annual Cop Shop BBQ**
The Cop Shop BBQ with tri-tip, chicken, hot links, salad, beverage and a dessert bar, will be held from 5:30 to 9 p.m. this Friday, Sept. 22, at the First Presbyterian Church, 2490 Grove Way in Castro Valley. For tickets (\$12 in advance, \$15 at the door, kids 12 and under \$6), call 510-667-7770. Lots of great raffle prizes! All proceeds benefit the Alameda County Sheriff's Office Cop Shop programs and community events.

● **Saturday, September 23: Activism & Civic Engagement**
The public is invited to an Activism & Engagement Open House from 2-4 p.m. this Saturday at the Castro Valley Moose Lodge, 20835 Rutledge Road, hosted by the Eden Area Resister Sisters and offering information from Organizing for Action, Indivisible, Hayward Collective and Alameda County Democrats. Speakers include representatives of Congressmembers Eric Swalwell and Barbara Lee, and County Supervisor Nate Miley. RSVP at www.facebook.com/events/171683810043760/?ti=icl or at: edenarearesisters@gmail.com

● **Saturday, September 23: CHP Safety Seat Checks**
The Castro Valley Area CHP will be hosting a free Child Safety Seat event from 8 a.m. to 2 p.m. this Saturday 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.)

● **Saturday, September 23: Dinner & A Night of Entertainment**
Have a great night of entertainment from 6-10 p.m. this Saturday at the Bay East Foundation's Fundraising Dinner (gourmet food trucks), live music, dancing, wine, a live auction, a silent auction and dozens of prizes, at 3 Steves Winery, 5700 Greenville Road in Livermore. All proceeds go to the Bay East Scholarship Program which has donated over \$70,000 to deserving high school and college students. For tickets (\$50 or 2 for \$90), visit www.cheerstothefuture.eventbee.com. For questions or sponsorship opportunities call Jennifer Bourque at 925-321-4198.

● **Saturday & Sunday, Sep. 23-24: OLG Fall Festival 2017**
Our Lady of Grace Church at 3433 Somerset Ave. in Castro Valley will hold its annual Fall Festival with games, food, live music and entertainment, a chili cook-off, grand raffle and books from noon to 10 p.m. this Saturday and from 10 a.m. to 7 p.m. this Sunday. Enter on San Miguel for parking. For more info, visit www.olgfestival.com

● **Saturday, September 23: Soroptomist Garage Sale**
Soroptomist International of the East Bay is holding a garage sale from 8 a.m. to 4 p.m. this Saturday, Sept. 23, at 3841 Somerset Ave. in Castro Valley. Choose from bargains in baby clothes and items, home décor, clothing and accessories, records and yard items. For more information call 510-512-8220.

● **Monday, September 25: Eden Garden Club Meeting**
William Welch – “Bill the Bulb Baron” – will be the speaker at the next meeting of the Eden Garden Club at 9:30 a.m. Sept. 25, at the Moose Lodge, 20835 Rutledge Road in Castro Valley. Welch, a leading commercial grower, hybridizer and authority on drought-resistant, animal-proof, easy-to-grow bulbs, will be sharing his expertise and offering a variety of bulbs for sale. Meetings are free and guests are always welcome. Please call 510 397-1268 for further information.

● **Tuesday, September 26: Paranormal Investigations**
The Castro Valley Library will host a discussion on paranormal activity at local historic houses from 6:30 to 7:30 p.m. on Tuesday, Sept. 26. Paranormal research groups have investigated Hayward's Meek Mansion and the McConaghy House and found them to be very active sites for paranormal activity. Greta Stimson of the Hayward Area Historical Society will share collected evidence, including electronic voice phenomena, cold spots, touches and apparitions, and will explain how you can get involved. No registration is necessary for this free event.

● **Tuesday, September 26: Castro Valley Toastmasters' 66th**
Castro Valley Toastmasters is celebrating 66 years of helping people in the community become better public speakers at a special meeting beginning with a potluck at 6:45 p.m. on Sept. 26 at Baywood Court Retirement Community, 21966 Dolores St. in Castro Valley. It's free and all are welcome. For info, visit: 961.toastmastersclubs.org/

...and Beyond

● **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 Oct. 11. An orientation will be held next Wednesday, Sept. 27 from 4 to 5 p.m. to sign up. For more info, call Teri Biondi 510-581-6203 ext. 211.

● **Saturday, September 30: San Leandro High Reunion**
The San Leandro High School Class of 1957 will have its 60th class reunion on Saturday, Sept. 30, at the San Ramon Marriott. For more information, contact Isabel Polvorosa at 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. on Oct. 1 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.

● **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.

Arts & Entertainment

THEATRICAL & MUSICAL PERFORMANCES

● **4th Annual Afternoon of Cabaret & Desserts**, presented by The Silver Lining and Chanticleers Theatre, will be held at 2 p.m. this Sunday, Sept. 24 at the theatre, 3583 Quail Ave. in Castro Valley. It's an afternoon of entertainment and the main fundraiser for The Leukemia & Lymphoma Society's “Light the Night Walk” held each fall to build awareness of blood cancers and to raise money for research and support of patients. Purchase tickets (\$30) at tinyurl.com/SilverLining-Cabaret. Each ticket includes the show, unlimited decadent desserts and a free \$1 raffle ticket.

● **“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

● **“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 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** will open this Saturday, Sept. 23, with a reception from 1 to 3 p.m. at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. The exhibit will 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 for info.

● **“Blue Planet,”** featuring the works by members of Sun Gallery, will be exhibited through this Friday 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.

● **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), a reception from 4-7 p.m. and a pop-up show from 1-7 p.m. Info at 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.

REGULAR GOVERNMENT MEETINGS

• Castro Valley Municipal Advisory Council (MAC) meets on land-use issues on the 2nd and 4th Mondays of the month, and holds general purpose meetings on most 3rd Mondays. Meetings are at 6 p.m. at the Castro Valley Library Chabot Room, 3600 Norbridge Avenue.

• Castro Valley School Board usually meets at 7 p.m. on the second and fourth Thursdays of the month at 4400 Alma Ave.

• Castro Valley Sanitary District (CVSan) meets at 6:30 p.m. on the first Tuesday of the month at the District Headquarters, 21040 Marshall St.

• Alameda County Board of Supervisors meets every Tuesday at 10:45 a.m. in the Supervisors Chambers in Oakland.

CASTRO VALLEY FORUM

CASTROVALLEYFORUM.COM

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Reports: Domestic Assault; Drug Pipes

continued from page 3

Domestic Assault

Wednesday, September 13: at 12:02 p.m., a 26-year-old man from Castro Valley was arrested on suspicion of assault on a family member. Deputies responded to an anonymous call about a loud and aggressive-sounding argument at an apartment on Anita Avenue near Witcher Street. The man was also wanted as part of a warrant issued for his capture. The man was taken to Santa Rita Jail pending \$50,000 in bail. The victim was treated at the scene.

Illegal Marijuana Possession

Tuesday, September 12: at 1:28 p.m., deputies arrested a 30-year-old man from Castro Valley on suspicion of possession of an illegal amount of marijuana drugs. The man was at a home on Greenacre Road near Marshall Street when deputies approached him and discovered his stash. The man was handcuffed and taken into custody.

Drug Pipes in Backpack

Monday, September 11: at 10:02 p.m., a 52-year-old woman from

Hayward was arrested on suspicion of possession of illegal amounts of narcotic drugs and illegal drug paraphernalia while she was shopping at a drug store on Castro Valley Boulevard near Yeandle Avenue. Deputies responded to an emergency call by store management to help with a customer wandering around the store in a stupor. The woman was found with illegal narcotics and two pipes used for smoking drugs in her backpack. The woman was taken into custody.

Violated Parole and Drug Paraphernalia

Monday, September 11: at 9:05 a.m., deputies arrested a 49-year-old woman with no permanent address on suspicion of possession of illegal drug paraphernalia and violating the terms of her parole. The woman was traveling on Norbridge Avenue near Castro Valley Boulevard when deputies approached her and discovered her stash. The woman was taken into custody.

Assault on Family Member

Monday, September 11: at 1:00 p.m., a 31-year-old man from Castro Valley was arrested on suspicion of two felony counts of assault on a family member. The man was also wanted as part of a court-issued warrant for the same offenses. Deputies responded to an emergency call about a domestic disturbance at an apartment on Center Street near Grove Way. The man was taken to Santa Rita Jail and held without bail. The victims were treated at the scene.

Tiny: In Hope of Changing The Lives of the Homeless

continued from front page

The expensive trailer will likely be replaced by skids, or some adaptation whereby the home could be set directly on the ground. Reduced costs would make such homes more attractive to non-profit organizations and city governments.

There is much talk today that all people matter, and that is the motivation here. Tom understands that if people are allowed off the street, given a safe place where they can retreat and live, given a sense of community, and that they're not alone, then their problems can be calmed down, and worked on.

His homes even include a 9 foot vaulted ceiling so no one feels claustrophobic.

Non-profits such as Abode Services, the Family Emergency Shelter Coalition, and the Hayward

DownTown Streets Team, as well as local city governments, are all interested in helping the homeless.

Just banning them, or making them move on, says Tom, is not the answer. Thus he proposes the gathering of tiny homes on vacant lots, operated by a city, or a non-profit group, so that homeless people have a chance to be safe, and recover some dignity in their lives.

Tom Flemming is a public-spirited inspiration. He doesn't have to build these tiny masterpieces. He does it because of concern for the plight of his fellow man (and woman).

Noah only accepted passengers on the ark two by two. Thomas wants to change the lives of as many homeless as he can, as soon as he can.

With public support, it could happen.



Long before emails and Twitter, people bought postcards wherever they were going on vacation to let friends and loved ones know how and where they were. This one, postmarked January 2, 1965, was sent from the Castro Valley post office to Whitefield, Maine, and describes the weather as "wonderful." It shows how Castro Village looked a few years after its Grand Opening when it boasted 48 stores.

Village: In The Heart Of Town

continued from page 3

Arnold Anderson noted at the ceremony that 10 of the 28 planned stores were leased out before construction even started. A newspaper noted that the "architecture will feature modern California design, tile roofs, incense cedar walls, and landscaped areas."

The advertising agency for the new village remarked "as late as two years ago Castro Valley was still very much a country town" and that the new Castro Village "was a part of the transformation to a progressive community".

Less than four months later, the Castro Village celebrated its grand opening on Thursday, November 30, 1950. The event featured a variety of celebrations including a square dancing performance by the "Dip and Divers" and "Teen Swingers" dance troupes.

For children, they brought in the "Children's Daylight train" which took children around in a circle in what is today the Starbucks's parking lot area—an estimated 1,200 children road the train on opening weekend.

Other events included raffle prizes, featuring a 19-inch Packard Bell television set.

The large crowds helped the new stores to do a brisk business. Lee Brother's Grocery store, Loupy's Bakery, Hamilton Bros. Shoes, Ashby's Furniture, and Fit-Rite Maternity were just some of the shops who took advantage of opening festivities.

Ideally located in the heart of town, the Castro Village has been at the center of it all ever since.

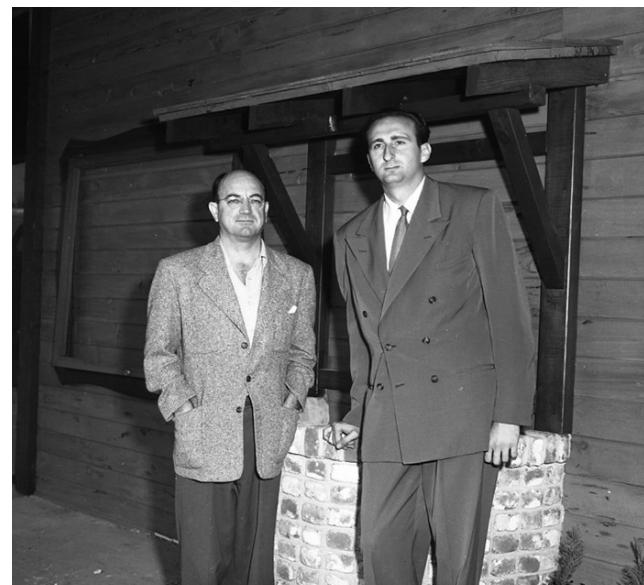
If you are interested in researching local history please visit the Hayward Area Historical Society at 22380 Foothill Boulevard in downtown Hayward. Visit our website haywardareahistory.org or call 510-581-0223 for more info.

John Christian is Associate Archivist of the Hayward Area Historical Society.



PHOTO COURTESY OF RANDY NAHAS

Castro Village touted 28 stores on it's opening day, November 30, 1950.



HAYWARD AREA HISTORICAL SOCIETY

Arnold Anderson (left) and Robert Nahas pose together near a newly constructed building in the Village. Together they oversaw the design and development of the Castro Village.



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PHOTO COURTESY OF DR. JENNIFER TOMITA

Palomares Elementary's Kindergarten class helped cut the ribbon to open the school's new track, field and amphitheater.

Palomares Elementary Opens New Facilities

By Linda Sandsmark
CASTRO VALLEY FORUM

Palomares Elementary School officially opened its new track, field and outdoor amphitheater on Sept. 8 with a ribbon-cutting ceremony, songs, and treats for all.

State Senator Bob Wieckowski, Castro Valley School District Superintendent Parvin Ahmadi, Asst. Superintendent Dr. Candi Clark and Palomares Parent Club

President Lisa May attended the event, along with Palomares students, parents and many other guests. The Priem Family Foundation provided funding for the new facilities.

"The Palomares community is extremely grateful to the Priem Family Foundation for the amazing additions to our school. Students and families recently enjoyed the field for our Welcome Back Family Picnic, and the am-

phitheater is being used weekly for our Friday Flag assemblies," said Dr. Jennifer Tomita, Palomares Elementary principal. "Our students, families and staff will enjoy and utilize the field and amphitheater for years to come."

Superintendent Ahmadi agreed, saying the donation "has provided our students, staff and families at Palomares with such great outdoor space for sports and many other activities."

Palomares Kindergarteners helped cut the official ribbon, and the student body joined in singing the Palomares School song. Knudsen's Ice Creamery and Jen's Cupcakes provided treats for the event.

Increase Accuracy of Short Distance Putts

By Andy Morris
SPECIAL TO THE FORUM

One of the fastest ways to shave a couple of strokes off your round is to make more 4-foot to 6-foot putts.

Why? Because the average golfer will have putts from this distance an average of two to eight times per round but will only make 40% of them.

Learning to hole a few more putts from this critical distance is an easy way to lower your scores and boost confidence in your game.

The key factor to keep in mind on short putts is that direction is everything. The ball will go wherever your putter face is aimed, so learning how to get your putter face square at impact should be your primary objective.

Here are three ways we work with students to help them make square contact.

1. Start with a square face. Stud-

ies show that the average golfer is aimed incorrectly 80% of the time in their set-up. It's awfully difficult to get the face square at impact if it doesn't start square!

We like to use a string line suspended between chopsticks about 4 inches over the green, with one end placed 12 inches in back of the hole and the other end stretched 8 feet from the cup. With the string bisecting the hole students have a great visual for a true, straight line.

Since most putters have an alignment line on top of the club head it is easy to see if their putter alignment matches the string line.

2. Keep your head steady. It's tempting to peek too soon – a major fault on short putts. If your head moves it changes your body angles and your face angle.

see INSIDER on page 8



EDEN HEALTH DISTRICT PRESENTS Take Charge in Managing Diabetes

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

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- 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
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- How to dine out and still enjoy those little indulgences
- How to create your personal strategy for success

Diabetic complications not only affect your blood sugar, but also vital organs such as kidneys, pancreas, skin, eyes and feet. People with diabetes are also two times at higher risk for heart disease and stroke. Take charge of your life and take the first step. Light refreshments served.

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For more information about Eden Health District, visit ethd.org.



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Insider: Start Square, Make Square Impact for Best Putt

continued from page 7

Here's an easy drill: after you hit your putt count three blades of grass directly under the spot where your ball was before you look up.

3. Make square impact. Since face angle accounts for 85% of the ball's direction you must be able to square up your putter at impact.

Here's an easy drill for square impact: hit two balls at once. Put the balls side-by-side and learn how to hit them both at the same time. A heel-shot where the inside ball is hit first means an open club face at impact and is the most common fault.

This is a fun drill because the feedback is immediate, and most golfers figure out how to square the club face within 10 to 15 putts. Start square, keep your head steady, and make square contact and you will make more putts.

Andy Morris is the instructional program manager at Eric Jones Golf, specializing in helping new golfers. Eric Jones is the Northern California PGA Teacher of the Year and coach at Stanford University with a Masters degree in Sport Psychology. The Eric Jones Golf Academy is located at Redwood Canyon Golf Course in Castro Valley.

Elected to Honors Council

Ace Spitzer, a 2013 graduate of Castro Valley High School, has been elected Secretary of the Student Honors Council at Northern Colorado University in Greeley. Spitzer is a microbiology major with a minor in statistical biology. He served as a general member of the honors council for the 2016-17 school year and becomes an officer for the fall term.



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DMV PHOTO

DMV self-service terminals are available in Hayward and San Leandro among other East Bay locations.

DMV Self-Service Kiosks in East Bay

East Bay motorists can now instantly renew their vehicle registration at select grocery stores. Department of Motor Vehicles Self-Service Terminals are available at two nearby locations – the Safeway supermarket at 22280 Foothill Blvd. in Hayward and the Pak 'N Save at 555 Floresta Blvd. in San Leandro.

The self-service terminals are designed for customers who need their vehicle registration card and license plate tag immediately. The terminals located inside the stores are available during regular business hours.

To complete a transaction, customers will need their vehicle registration renewal notice or their most recent vehicle registration card. The touch screen machine offers instructions in English and Spanish and accepts credit and debit cards.

The kiosk can also be used by those who decide not to drive their vehicle and want to file for planned non-operation status.

Since the first DMV terminal was installed in Southern California in 2010, more than six million vehicle registration renewal transactions have been completed using the kiosks.

To see how to renew your vehicle registration with the DMV Now SST, visit youtu.be/Sw4kHw8zOn4.

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SENIORS

Stay Young (in Spirit) When You're Retired

By Ann Vanderslice
SPECIAL TO THE FORUM

Mohr Keet of South Africa bungee jumped when he was 96, landing himself in the Guinness Board of World Records.

Yuichiro Miura of Japan climbed Mount Everest when he was 80.

Not everyone in the golden years of life will attempt and accomplish such extraordinary feats, but most people can take steps to keep themselves young – at least in spirit – when they reach retirement.

Unfortunately, for many people retirement planning remains fixated on finances, so when the big day arrives they're not quite ready to segue into life's new chapter.

After you've planned for the money, there is still anxiety about retirement. You don't know what it's like to not work and so there is that emotional part of retirement you need to manage. Sometimes people aren't ready in any way, shape or form.

A few ways to hang onto a little youthful exuberance while aging gracefully in retirement include:

- Be a lifelong learner. Making the effort to learn about new things keeps our brains young. Read something you wouldn't normally read. Sit in on a lecture that a college opens to the public.

Some of my clients mention they took classes in philosophy or in a foreign language. It's proven that those who are lifelong learners have a greater sense of optimism and a lower chance of dementia."

- See the world – or at least some

of it. There are no doubt plenty of places you haven't ventured out to, some close by and others far away.

Traveling and enjoying new experiences is a great way to keep you feeling young and enthusiastic about life, whether you head to a state park just an hour's drive away or you board a plane bound for Paris. Part of the fun of traveling is deciding where you want to go. The sky should be the limit.

Don't eliminate anything from your initial list just because of expense. You might be able to find bargains, and because you're retired you can travel any time you want, which allows you go in the off season when prices are lower.

- Remember your doctor's advice. Activities such as enrolling in a college class can help keep you mentally young, but you want your body to cooperate, too. We're always looking for that magic bullet, the easy and quick way to feeling younger.

The truth is that those things your doctor tells you – exercise, eat a healthy diet, get the appropriate amount of sleep – are about as close to a magic bullet as you're going to get."

People think that money is the most important aspect of retirement, but it's really No. 2. You can have more than enough money, but if you aren't healthy or doing the things you enjoy, the money won't matter."

Ann Vanderslice (www.ann-vanderslice.com) is president and CEO of Retirement Planning Strategies, which specializes in advising federal workers about their benefits.

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Many people who have arthritis believe that exercise will worsen their condition, but that's not true. Exercise is actually one of the best treatments for osteoarthritis.

How Exercise Can Ease Arthritis Pain, Stiffness

What exercises are best suited for seniors with arthritis? I have osteoarthritis in my neck, back, hip and knee and have read that exercises can help ease the pain and stiffness, but I don't know where to start, and I certainly don't want to aggravate it.

By Jim Miller
SPECIAL TO THE FORUM

Many people who have arthritis believe that exercise will worsen their condition, but that's not true. Exercise is actually one of the best treatments for osteoarthritis.

Proper and careful exercises can help reduce joint pain and stiffness, strengthen muscles around the joints and increase flexibility.

It also helps manage other chronic conditions that are common among seniors with arthritis, such as diabetes, heart disease and obesity. Here are some tips to help you get started.

Recommended Exercises

Determining exactly which types of exercises that are best for you depends on the form and severity of your arthritis, and which joints are involved.

It's best to work with your doc-

tor or a physical therapist to help you develop a personalized exercise program. The different types of exercises that are most often recommended to seniors with arthritis include:

- Range-of-motion exercises: These are gentle stretching exercises that can relieve stiffness as well as improve your ability to move your joints through their normal range of motion. These exercises should be done daily.

- Strengthening exercise: Calisthenics, weight training and working with resistance bands are recommended (two or more days a week) to maintain and improve your muscle strength, which helps support and protect your joints.

- Aerobic exercises: Low-impact activities like walking, cycling, swimming or water aerobics are all recommended three to five times per week to help improve cardiovascular health, control weight, and improve your overall function.

It's also important to keep in mind that when you first start exercising, you need to go slow to give your body time to adjust. If you push yourself too hard you can aggravate your joint pain. However, some muscle soreness or joint ach-

iness in the beginning is normal.

To help you manage your pain start by warming up with some simple stretches or range of motion exercises for five to 10 minutes before you move on to strengthening or aerobic exercises.

Another tip is to apply heat to the joints you'll be working before you exercise, and use cold packs after exercising to reduce inflammation.

If you're experiencing a lot of pain while you exercise, you may need to modify the frequency, duration, or intensity of your exercises until the pain improves. Or you may need to try a different activity, for example, switching from walking to water aerobics. But if you're having severe, sharp or constant pain, or large increases in swelling or your joints feel hot or red, you need to stop and see your doctor.

see EXERCISE on page 15

SENIOR Q&A

Leaving IRA to Grandchildren? Beware of Special 'Kiddie Tax'

I was thinking about naming my minor grandchildren as beneficiaries of my IRA, to inherit upon my demise. But I heard something about the "Kiddie Tax" that might apply here. Can you share any thoughts about this?

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

Yes, the so-called "Kiddie Tax" is essentially a special tax that was adopted years ago to limit the tax benefit of gifting income-generating assets to minor children or grandchildren in order to reduce the family's overall tax burden.

This rule needs to be considered when leaving IRA's and other income generating assets to minors, whether they be children or grandchildren.

Here's the way the Kiddie Tax works:

For 2017, the first \$1,050 of unearned income to the minor is tax-free, and the next \$1,050 is taxed at the child's own (usually, lower) tax rate.

But here's the catch: Any additional income is taxed at the parent's rate, which could be as high as 35 percent.

The Kiddie Tax applies to the following youngsters: individuals under age 18, individuals who are age 18 (but not yet 19) and have earned income that is less than or equal to half their support for the year, and individuals who are age 19 to 23 and full-time students.

Grandparents may be tempted to leave an IRA to a grandchild because children have a low tax rate, but the "kiddie tax" could make this strategy less beneficial.

Before doing so, the grandparent should run the numbers and determine whether the income generated by the IRA, as well as any other unearned investment income of the

child, will likely put the youngster over the exemption of \$2,100 (for 2017), and thereby – at least partially – defeat the income-shifting purpose. While an IRA can be a great gift, consider the following:

On the "plus" side: A young person who inherits an IRA still has to take Required Minimum Distributions ("RMD's"), but because these distributions are based on the beneficiary's longer life expectancy, the youngster's RMD's each year will likely be small and thus allow the bulk of the IRA to continue to grow, tax deferred, over a longer period.

So, if the RMD's payable to the grand child, combined with his other unearned income, are projected to be less than \$2,100 per year (2017) during the time he is subject to the "Kiddie Tax," naming a grandchild as your beneficiary might be a good plan.

On the "minus" side: If the grandchild's unearned income is expected to be greater than \$2,100

per year (in 2017) during the time he is subject to the "Kiddie Tax", the excess will be taxed at the child's parent's rate, which would usually be much higher and could be as high as 35%.

Note: In addition to income from IRAs, the kiddie tax applies to other investments that generate unearned income to the youngster, such as earnings from cash, stocks, bonds, mutual funds, and real estate.

If grandparents wish to leave investments to their grandchildren, they might consider leaving investments that appreciate in value, but do not generate income until the investment is sold, when the child is likely to be older. Another alternative is to leave them a Roth IRA, because the distributions are tax-free.

My suggestion is that you meet with your tax advisor and evaluate whether your proposed gift makes sense. In the right situation, an IRA can be a great gift to a grandchild.

Gene L. Osofsky is an Elder Law and Estate Planning attorney in Hayward. Visit his website at www.LawyerForSeniors.com.

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Molzen Named Coach of the Week

Denny Molzen, from Castro Valley High School, was named the Tom Flores High School Coach of the Week, after the Trojans' football team defeated Mt. Eden High School, in dominating fashion, with a 49-12 victory on Friday, September 1. PICTURED BELOW: Raider alumnus Charlie Smith and the Raiderettes paid a visit to Castro Valley High School to congratulate Coach Molzen and his team. The Trojans have started the season with a 2-2 record. Come support the Trojans this Friday, as they take on the El Cerrito Gauchos in a non-conference game. This game has been designated as a TAC (see SPORTS NOTE).

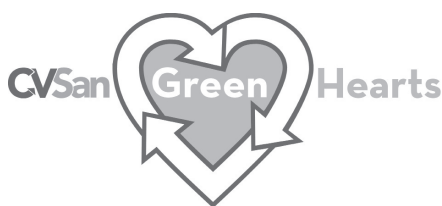
THANK YOU GREEN HEARTS!

Great Job CVSan Green Hearts Team!



CVSan's Green Hearts Team of 49 volunteers monitored recycling and composting stations during the two-day 2017 Castro Valley Fall Festival. With their help, CVSan recycled and composted over 6,000 gallons of materials from the event. Great job and thank you volunteers and event attendees!

For information on becoming a Green Hearts Team Member, please visit www.cvsan.org/greenhearts or email contact@cvsan.org.



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ATHLETES OF THE WEEK



This week's Athletes of the Week are the members of the Redwood Canyon Jr. PGA league team.

Under the direction of Coach Eric Jones, they capped their undefeated 6-0 summer season by winning the Jr. Professional Golf Association's Warrior league title, narrowly defeating the Alameda team.

It was their second consecutive year winning the league title, competing against teams from Hayward, San Leandro and Alameda.

Team members were Anthony Guimar, Nicole Dong, John Maza, Sydney Silva, Gwen Sullivan, Carlo Toliver and Zigao Zheng. Not pictured: Madison Jones, Matthew Meza, Lia Toyama, Kaylen Tu and Haley Wong.

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CVHS VARSITY TENNIS RESULTS

**BISHOP O'DOWD AT CVHS
ON THURSDAY, SEPT. 14
CV: 5, BISHOP O'DOWD: 4**

SINGLES

1. Rachel Dong (CV) defeated Milan McCroden (BOD) 6-1, 6-2
2. Evian Jiang (BOD) defeated Lauren Leong (CV) 6-2, 7-5
3. Gabby Madison (CV) defeated Kate Cherrylumes (BOD) 6-2, 6-4
4. Sammie (10) Lee (CV) defeated Annika Ditzler (BOD) 3-6, 6-2, 7-7 (4)

DOUBLES

1. Alexis Giltkin / Aerielle Brackett (BOD) defeated Victoria Vitton / Riley Powers (CV) 2-6, 7-6 (7), 6-4
2. Kele Fong / Paige Cason (CV) defeated Katie Bunn / Sabela Ralston (BOD) 6-3, 6-3
3. Georgia Bunkers / Hayden Senegal (BOD) defeated Alexandra Tam / Samantha Cheung (CV) 6-4, 6-4

**SAN LEANDRO AT CVHS
ON TUESDAY, SEPT. 12
CV: 7, SAN LEANDRO: 0**

SINGLES

1. Elena Lottich (CV) - Jenna Dizon 6-4, 6-1
2. Rachel Dong (CV) - Sophie David 6-0, 6-0
3. Lauren Leong (CV) - Laila Thompson 6-2, 6-0
4. Gaby Madison (CV) - Angela Pratt 6-0, 6-1

DOUBLES

1. Victoria Vitton / Riley Powers (CV) - Hannah Ly / Jeb Francisco 6-3, 6-1
2. Kele Fong / Alex Tam (CV) - Natalie Tsubamoto / Michelle Tat 3-6, 6-2, 6-3
3. Paige Cason / Samantha Cheung (CV) - 6-0, 6-0

SPORTS NOTE

Touchdowns Against Cancer (TAC)
During September, high school football teams across America are raising funds to help St. Jude Children's Research Hospital fight childhood cancer with every touchdown scored.



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Leave Chimney Sweeping to the Pros

By Samantha Mazzotta
Special to the Forum

The chimney-cleaning industry, like other contractor services, has suffered in recent years from scams.

Unscrupulous scammers often target new homeowners or seniors, advertising unbelievably low prices for a chimney cleaning. They then sock the homeowner, after a cursory (or even no) inspection of their chimney, with a huge cleaning and repair bill.

Still, if you want to safely use your fireplace, an annual cleaning and inspection is extremely important. Contact more than one chimney cleaning service (three or more if possible) and get a price quote. Don't agree to any work until you've seen estimates from a few services. Don't be pressured into a sale you're not ready for.

Your home's furnace is another item that should get a check-up from a heating professional. Again, if the contractor inspecting your furnace says repair work needs to be done, get multiple estimates before agreeing to anything.

Those concerns aside, you can do some basic inspection and maintenance tasks yourself. These don't replace the contractor, but help you get familiar with your house's heating systems.

You can visually inspect the

firebox and damper, and check the bottom part of the chimney flue. Open the damper and use a flashlight to look up the flue, checking for debris like leaves or nests, as well as creosote buildup. This black, sticky gunk is extremely flammable and is one of the things professional sweeps take care of. It's also difficult to remove without the right equipment.

Clean the damper and firebox

by removing ashes and unburnt wood (when they're fully cooled) and brushing ashes and residue from the visible parts of the fireplace.

Get ready to turn on the heating system now, as well. Buy replacement filters and schedule the furnace's annual inspection. Clean dust and debris from the registers and the air intake cover.

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Mortgage Rates Hold at 2017 Low

Average mortgage rates remained largely unchanged last week from the previous week's year-to-date low, according to Freddie Mac's weekly survey.

The 30-year fixed-rate mortgage averaged 3.78 percent last week, the same as the week before. A year ago at this time, the 30-year rate averaged 3.50 percent.

Fifteen-year loan rates averaged 3.08 percent, the same as a week earlier. And, five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.13 percent last week, down from 3.15 percent.



Current Listing
3617 Christensen Ln.,
Castro Valley



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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Who Pays for Inspection Reports?

Over the years, real estate customs morph based on market conditions.

An example would be the purchase of inspection reports. Historically, buyers have secured and paid for the reports. However, in the current overheated market, many sellers have elected to provide and pay for the reports up front, knowing that reports-in-hand increase the likelihood of "as-is" offers.

We recently listed a home and, as per current practices, secured property, termite and roof inspections. The property report showed foundation cracks and recommended a report by a licensed foundation specialist.

Foundation cracks are a common issue in Alameda County and our normal response, based on the types, locations and severity of the cracks, is to discuss it with the seller and, if we think the cracks might be problematic to a sale, get an additional foundation inspection report.

Foundation inspection can range between \$450 to upwards of \$1,000 and, in this case, the seller, having already spent approximately \$750 on the existing reports, opted to forgo the additional costs.

Offers came in and, true to form, were all written "as-is." A winner was selected and we entered escrow. Two days later, the buyer's agent approached us with concerns about the foundation.

"You don't have a foundation report," he stated. We clarified that it has been customary in Alameda County for buyers to order and pay for any additional inspection reports they felt necessary.

The buyer's agent listened and then asked, "How much will the foundation repairs cost?" "We

don't know," we informed, "the only way to know the costs will be for your buyers to get a foundation inspection."

The agent took the message back to the buyers, who immediately cancelled the deal, stating that with no repair estimates, they would not proceed. Their offer included a 12-day inspection contingency, so they had plenty of time to order a foundation inspection and get repair costs. When we requested a further explanation, they stated, "We don't want to pay for the report."

How times have changed!

Although it's still customary

for buyers to pay for inspections, many now expect sellers to provide them — especially when it comes to supplemental inspections.

Truth is, transactions typically go much smoother when sellers obtain reports up front and they normally get better offers as well.

Do buyer responses signal a permanent change in customs? We're not sure. However, in our opinion, it would be a welcome change.

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

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2334 Bentley Court	94546	\$775,000	2 BD - 1,262 SF - 1960
5159 Cunningham Court	94546	\$775,000	3 BD - 1,412 SF - 1960
4406 Gem Avenue	94546	\$480,000	2 BD - 827 SF - 1949
19099 Helton Street	94546	\$800,000	4 BD - 2,121 SF - 1976
4772 Mira Loma Street	94546	\$645,000	3 BD - 1,092 SF - 1954
4380 Moreland Drive	94546	\$699,000	3 BD - 1,025 SF - 1950
3743 September Court	94546	\$1,199,000	6 BD - 3,749 SF - 1958
5649 Boulder Canyon Dr	94552	\$1,350,000	4 BD - 2,672 SF - 1996
5604 Cold Water Drive	94552	\$750,000	3 BD - 1,504 SF - 1965
20450 Crow Creek Road	94552	\$920,000	4 BD - 2,655 SF - 1995
22144 East Lyndon Loop	94552	\$870,000	3 BD - 2,328 SF - 1998
21502 Timco Way	94552	\$855,000	3 BD - 1,952 SF - 2006

TOTAL SALES: 13
LOWEST AMOUNT: \$480,000
HIGHEST AMOUNT: \$1,350,000
MEDIAN AMOUNT: \$775,000
AVERAGE AMOUNT: \$825,231

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C	1-3	—	5812 Jensen Road	\$1,900,000	5/4.5	J. Rockcliff Realtors	Peixoto Team	925-251-2536

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September 16, 2017
Trisagion
Wed., Sept. 20, at 7 pm
Funeral Service
Thurs., Sept. 21, at 11 am
Greek Orthodox Church
of the Resurrection,
Castro Valley
Burial
to follow at Lone Tree
Cemetery, Hayward
FD 1168 CR49

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Hope Hospice Offers Bereavement Support

To help those who have lost loved ones share their grief experiences and support one another through their bereavement journey, Hope Hospice offers a drop-in bereavement support group.

These ongoing drop-in support groups are held the first and third Wednesdays of each month from 4:30 to 6:00 p.m. at Hope Hospice, 6377 Clark Avenue, Dublin.

"There is no single correct way to grieve," says Joe Lumello, Hope's Bereavement Services manager. He explains that group members are encouraged to participate at their own pace and in their own way.

Participants may attend as frequently as needed or desired. All members of the community ages 18 or older are welcome to attend this program. It is offered free of charge although donations are accepted.

Please contact Hope Hospice's Bereavement Services at 925-829-8770 between 9 a.m. and 5 p.m., Monday through Friday or email: griefservices@hopehospice.com for additional information.

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): Your ideas earn you the respect of your colleagues. But you'll have to present some hard facts and figures if you hope to persuade those who make the big decisions to support you.



TAURUS (April 20 - May 20): Keep those bright Bull's eyes focused on the project at hand. Avoid distractions. There'll be lots of time for fun and games later. Expect to get welcome news this weekend.



GEMINI (May 21 - June 20): You soon might have to decide about moving a relationship from its current status to another level. Don't let anyone influence your decision. It must be yours and yours alone.



CANCER (June 21 - July 22): You finally can get off that emotional roller coaster and get back to focusing on your goals without interruptions through the rest of the week. A nice change is due by the weekend.



LEO (July 23 - August 22): Trying to make an impression on some people runs into a bit of a snag at first, but it all works out. An old and almost forgotten personal matter once again needs attention.



VIRGO (August 23 - Sept. 22): A rise in your energy level helps you finish an especially demanding task. Take some time now to spend with family and friends before starting a new project.



LIBRA (Sept. 23 - October 22): This is a good time to re-establish contact with trusted former associates who might be able to offer good advice regarding that career change you've been contemplating.



SCORPIO (October 23 - November 21): Your resourcefulness combined with a calm, cool approach help you work your way out of a knotty situation and avoid a potentially serious misunderstanding.



SAGITTARIUS (Nov. 22 - Dec. 21): A calm, quiet period allows you to recharge your energies. But you'll soon be ready to saddle up and gallop off in pursuit of your goals.



CAPRICORN (Dec. 22 - Jan. 19): Family matters need your 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): It's a good time to take a stand and show as much passion on your own behalf as you do when arguing for the rights of others. You might be happily surprised by the reaction.



PISCES (Feb. 19 - March 20): You bring sense and sensitivity to a confusing situation. Things soon settle down, leaving you free to enjoy a weekend of fun and relaxation with friends and family.

LETTERS TO THE EDITOR

FREDZ@EBPUBLISHING.COM

Calls "Cheerleader" Letter Writer 'Ill-Informed'

Editor:

I found the letter by Maria Kubitz ("Wonders Why CV Cheerleading Squad Looks So White," *Letters*, Sept. 13) regarding the CVHS Spirit Squad being "very white" to be ill-informed at the very least.

In fact, I find it offensive, sexist and just more identity politics; politics that divide both our community and our nation.

My daughter cheered on the CVHS Spirit Squad for 4 years and the teams were formed just like every other "sport" at the school. Yes, contrary to what many people believe, high school cheerleading is a sport in the state of California with the passage in 2015 of AB949, signed into law by Jerry Brown.

Spirit Squad tryouts are held every year and are open to all races and any gender at the school. Athletes are picked based on ability and a minimum GPA, and remember it also matters that they want to try out for this particular sport. This is no different than other sports such as football, basketball, softball, baseball and so on.

Maybe the real question you should be asking yourself is why it matters what race or gender the athlete is. Putting the best athletes on the field regardless of their race or gender is never quote "unfortunate" in any sport.

—Monica Moore, Castro Valley

Says the Rule is 'Anyone Can Be a Cheerleader'

Editor:

White Cheerleaders? How can you tell? Do you know their parents?

Twenty-five years ago the rules were anyone — that is *anyone* — can be a cheerleader, a rule of the school. My Daughter was a cheerleader. The cheerleaders were of varied nationalities and covered the whole color spectrum end to end. They were all friends, and a team. That is what was important to them. Also they were not considered important enough for the school to buy their uniforms. Parents bought the uniforms yearly.

Football players? School bought their uniforms *and* the school provided transportation to the varied events. Parents brought the cheerleaders to the events.

Don't ask how to change this. Go yourself, get permission, use a school official to escort you to the tryouts and the practices.

Bring the students to the games, bring along a chaperon, meet the parents, get educated.

I did all this and never regretted it. These are wonderful young people. They don't see any differences, not till someone points them out.

Editor, use a little sense when selecting articles for print.

—Phil Filippi, Castro Valley

THE FORUM CROSSWORD

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- 7 Riches
- 11 Chick's sound
- 13 ___ Perignon
- 14 Frost
- 15 Western state
- 16 One of the Seven Dwarfs
- 17 Race place, for short
- 18 Line on a letter
- 20 Authentic
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- 28 Very ornate
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- 46 "Jaws" villain
- 50 Have on
- 53 Two fives
- 55 Screen symbol
- 56 Therefore
- 57 Old French coin
- 58 "The King ___"
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- 1 Piece of work
- 2 Rose of baseball
- 3 Burn somewhat
- 4 Do sums
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- 12 Popular houseplant
- 19 Online help page
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- 26 Rise high
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- 28 Island near Java
- 29 Culture medium
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- 31 Finish
- 35 Plaything
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- 40 ___ Vegas
- 42 Old-fashioned
- 45 Erte's art style
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- 49 Make a scarf, maybe
- 50 Charlotte's creation
- 51 Before
- 52 Khan title
- 54 Sister

ANSWERS ON PAGE 8

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Senior Scribes Writing Club: Write to Exercise Your Brain

By Coralyn K. McGregor
SPECIAL TO THE FORUM

Have you been thinking about recording family history for your children, grandchildren, or nieces and nephews?

Do you have a plot humming in your head that you've wanted to develop into a short story or a novel?

Have you thought about writing poetry? Or a play? How about composing essays, where you can express your opinions or philosophical ruminations?

If you join Senior Scribes, you'll be motivated to fulfill those dreams, and while you're at it, you will be exercising your brain.

Writing will pump up your brain by causing more blood to be directed that way. You can flex your memory, stretch your imagination, clean and snatch the best sentence, buff your vocabulary, and stretch your reach for appropriate metaphors.

You can feel the burn by toning your skills using nothing more than a home computer or a pencil and paper.

At the weekly meetings of Senior Scribes, we each read a piece we've written. Then, the others act as spotters to give as much or as little commentary as the reader wants. We achieve, we learn, and we have a good time.

The Fall session of Senior

Scribes started on Thursday, September 7, 2017, and continues every Thursday through December 14 (with a break for Thanksgiving).

Meetings run from 10 a.m. until 12 noon and are held at the Aitken Senior and Community Center, a Hayward Area Recreation District facility at 17800 Redwood Road in Castro Valley. The \$14 enrollment fee for this class (No. 44841) can be paid at the reception desk after you decide to join.

To learn more about the group, please come to our next meeting tomorrow morning, Sept. 21, and see for yourself. We hope you'll be there!

Coralyn K. McGregor is a long-time member of the Senior Scribes.

Exercise: Ease Pain Of Arthritis

continued from page 9
Exercising Aids

To help you exercise at home, the Arthritis Foundation offers a variety of free online videos (see Arthritis.org/living-with-arthritis/exercise/videos) to guide you through a variety of exercises.

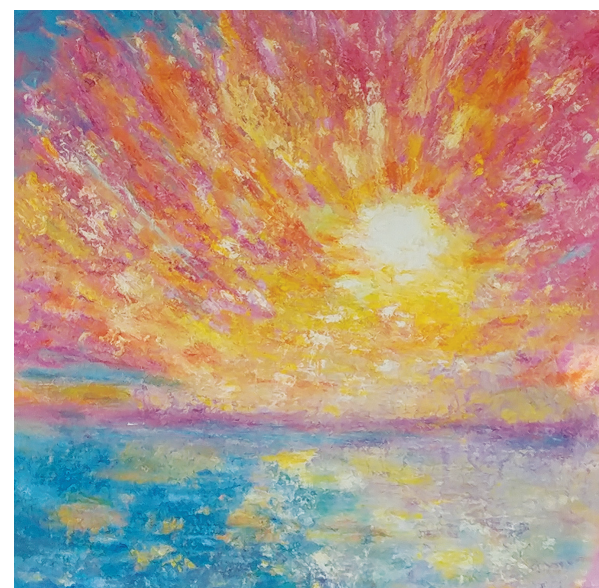
Or there are arthritis exercise DVDs you can purchase for a few dollars through Collage Video (CollageVideo.com, 800-819-7111) or the Arthritis Foundation Store (AFstore.org).

Also, you can visit the website: Go4life.nia.nih.gov (or call 800-222-2225), a National Institute on Aging resource that offers a free exercise guide that provides illustrated examples of different exercises.

If you need some motivation or don't like exercising alone, ask your doctor about exercise programs in your area for people with arthritis. Hospitals and clinics sometimes offer special programs, as do local health clubs and senior centers.

The Arthritis Foundation also conducts exercise and aquatic programs for people with arthritis in many communities throughout the U.S. Contact your local branch (see Arthritis.org/local-offices, or call 800-283-7800 for contact information) to find out what may be available near you.

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



Celebrating Women

"CUBAN SUNRISE" – mixed media by CV artist Winnie Thompson – will be part of the exhibit "Celebrate Women!" opening on October 2 at John O'Lague Galleria in Hayward City Hall. It features outstanding works from 60 accomplished artists, writers and musicians, who are members of the Northern California Pen Women organization. Gallery hours are Monday - Friday, 9 a.m. to 5 p.m. An artists' reception, open to the public, will be held from 5:30 to 7:30 p.m. on Friday, October 6.

New Fire Chief for East Bay Park District

Richard "Rick" Seal is the new Fire Chief of the East Bay Regional Park District where he began his duties last month, succeeding Dan McCormick who retired in April.

Seal is a 25-year veteran of the San Jose Fire Department. He was promoted to Fire Captain in 1996 and to battalion chief of special operations in 2011, overseeing the San Jose Airport, Urban Search and Rescue, and hazmat operations.

He was awarded a Class A Medal of Valor, the San Jose Fire Department's highest award in 1998.

"Chief Seal is a great fit for the

District and has significant experience with fire protection in an urban interface," said East Bay Regional Park District General Manager Robert Doyle.

Chief Seal joins the District with multi-faceted duties including life-guard services, fire hazard reduction, and management of full time and on-call emergency responders.

He is a member of the State Bar of California and the International Association of Fire Chiefs.

The East Bay Regional Park District is a 120,000-acre system of 65 parks and more than a thousand miles of hiking and biking trails.



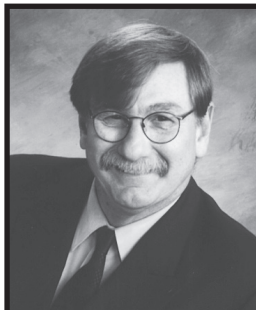
Richard Seal, the new Fire Chief of the East Bay Regional Park District.

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Person of the Year Award

Eden Health District is accepting nominations for its "Person of the Year 2017" award to honor members of the community who make significant contributions in improving the health of people in Castro Valley, Hayward, San Leandro, San Lorenzo, and the Ashland/Cherryland areas.

Some 360,000 people live within the district and many of these citizens are "unsung heroes" who go above and beyond expectations in helping others with health-related issues.

The Eden Health District Person of the Year Award is open to anyone serving district residents. If you know someone who reaches out to those with such chronic health conditions as diabetes, heart disease, or cancer, you are invited to nominate that person.

Applications are available at ethd.org. The deadline is Nov. 1.

The Eden Health District provides community grants to organizations that support health and wellness efforts that help keep people out of hospitals and emergency departments.

ADOPT-A-PET



BLUEBELL is a friendly and energetic pup who loves being close to her person. BB loves playing with rope toys. OK with kids 13 yrs +. Info: Hayward Animal Shelter. (510) 293-7200.



VANILLA BEAN is a sweet 5 month old Lilac Point Siamese kitten who's a little cross-eyed. He's a friendly boy who loves greeting people. Info: Hayward Animal Shelter. (510) 293-7200.



GRACIE is a white kitten with black tabby patches, one of which looks like a heart. She is outgoing and very athletic and playful with the other kittens. Visit: dustypawsrescue.org



HARLEY is a sweet, medium-sized German Shepherd mix, around 2 years of age and 50 lbs. Harley is playful, active and loves people. For more info., visit: dustypawsrescue.org

Nobody's Perfekt: Saving Dogs That Are Running Out of Time

By Amy Sylvestri
CASTRO VALLEY FORUM

Nobody's Perfekt Dog Rescue, an adoption center for some of the area's most needy shelter dogs, recently opened in Bayfair Mall in San Leandro.

Rick Hollander, director of the non-profit, says that he got the idea for Nobody's Perfekt after years of rescuing and fostering dogs.

Hollander and his volunteers work closely with local shelters to bring dogs into foster care who are scheduled to be euthanized because they've been up for adoption for too long or perhaps they are older or have a medical issue that makes them difficult to adopt out.

"These are the dogs who were running out of time," said Hollander.

The thing that makes Hollander's rescue center special and different from a shelter is that the dogs are out of their cages at the space and people can come and hang out with them.

Prospective pet owners can come have a coffee and get to know the animal in a more casual setting to see if their personalities mesh, Hollander says. People can pet the dogs, feed them treats, and hopefully find a new best friend.



PHOTO COURTESY OF RICK HOLLANDER

Nobody's Perfekt Dog Rescue volunteer Danielle Harrell with "Keana" at the recently opened facility in San Leandro.

"We've had an overwhelmingly positive response," said Hollander, who opened the storefront in July.

When not at the adoption center, the dogs are in foster homes and Hollander says he has a group of about 70 volunteers who care for the dogs.

Adopting a dog from Nobody's Perfekt costs about \$125 to cover

medical and dental fees and spaying or neutering the dog.

Nobody's Perfekt Dog Rescue is open weekends only from noon to 4 p.m. at Bayfair Mall, 15555 East 14th Street in San Leandro, near Entrance 2.

For more information and to see adoptable dogs, visit www.nobodysperfektdogs.org.

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While you may have a cleanout—installed outside the foundation of your house, the addition of a BPD prevents sewage from flowing back into a building should there be a blockage in the service lateral or in the public sewer main line.

If you have already installed a BPD, check to see if it is functioning properly. Remove any debris or obstructions. Annual maintenance can ensure your entire BPS is operating properly when needed most.

In Castro Valley, BPS are required on all new structures and are installed when laterals are repaired. A CVSan repair permit is required for installation. If you have questions, contact our Engineering Department at 510-537-0757, ext. 127.

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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.



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