

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, OCTOBER 24, 2018

NO. 43

INSIDE YOUR FORUM

NEWS



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PHOTOS BY FRED ZEHNDER

CV Golf Course Preps for A Potentially Wet Winter

By Michael Singer
CASTRO VALLEY FORUM

Managers at Castro Valley's Redwood Canyon Public Golf Course are preparing now for another wet winter in hopes of avoiding widespread flooding that wreaked havoc on the greens and disrupted patrons back in 2017.

At a joint meeting last Thursday, October 18, the East Bay Regional Park District and East Bay Municipal Utility District reported teams will be dispatched to remove wood and brush in runoff streams before the end of the year as a preventative measure.

The staff report cautioned that another wet winter could create conditions for severe flooding.

Heavy rains in early 2017 flooded the course and blocked access in and out of the 130-acre grounds. At one point, emergency crews evacuated 22 people including more than a dozen people attending a retired teachers luncheon.

The public course is downstream from San Leandro Creek and floods when the reservoir must release water. Last year's runoff came down at a rate of at least 70 cubic feet per second.

Large-scale sediment removal was recommended at the meeting, but the California Department

of Fish and Wildlife limits the amount of dirt removal each season so removing vegetation at this stage was agreed upon.

Meanwhile, several golfers are concerned that preventing flooding is just the first step in improving the aging course.

Letters to the Castro Valley Forum recommend some areas on certain greens should be roped off and repaired including the 2nd green, 7th green, 13th green and 17th green. Additionally, regular golfers report fairways are showing dryness and dirt patches, some tee boxes could be repaired, and a bridge still needs replacing.

Since 2015, Touchstone Golf of Berkeley has managed the course facilities. And while the letters to the Forum were generally positive about the changes to the facilities, Manager Steve Harker knows the golf course has come a long way with a long way to go.

"We understand that we have older irrigation pipes that were installed when the golf course opened up back in the 1950s," Harker says adding he's hoping upkeep will be at a minimum to avoid having to raise greens fees, which at peak times of \$38 are currently among the lowest in the East Bay.

see GOLF on page 8



MAC Nixes Center Street Liquor Store

By Amy Sylvestri
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) approved two new land uses at their meeting on Monday evening.

One was a project consisting of seven condo units at the southwest corner of Miramonte and Saratoga avenues. The other was a request to subdivide one 12,000-square-foot parcel into two for a pair of homes.

The MAC also unanimously denied a conditional use permit to allow the operation of a liquor store at 22058 Center Street.

That application has been in front of the MAC in the past, with the board telling the owners they needed to clean up blight on their property before any further consideration could be made.

The owners told the MAC they'd had issues with bad tenants

and other personal complications and so they'd been unable to do so. The MAC said they were sympathetic, but had to look out for the community's best interest, so the permit was denied.

"Look, how many years it has taken to do nothing, I mean — paint it," said MAC member Ken Carbone. "I felt bad, but you can't make land use decisions based on that."

MAC Member Chuck Moore said he's been by the property many times and no clean-up or progress is being made.

MAC Chair Marc Crawford said he was similarly frustrated with the owners' lack of effort and said he was worried that if the board granted the permit with the owners' promise of future improvements, that would never actually happen and Code Enforcement would have to go to the store.

see MAC on page 5

Nate Miley Hosts MACs Town Hall

By Linda Sandsmark
CASTRO VALLEY FORUM

Alameda County Supervisor Nate Miley hosted a town-hall-style meeting last Thursday on the topic of Municipal Advisory Councils, or MACs.

County Planning Director Albert Lopez described the current governance structure for our unincorporated area, and alternative governance options were presented by County Counsel Heather Littlejohn.

The meeting was called in response to issues regarding electing (rather than appointing) Castro Valley MAC members, the code of conduct during meetings, transparency, conflict of interest, length of terms, and rotation of the council members.

Currently, Miley appoints all Castro Valley MAC members. The Council meets regularly to review a variety of local concerns, including land use permits. However, Miley said he does not interfere with what they do.

"I will not tell the MAC to do it this way or that way," he said.

As Miley, Lopez and Littlejohn all pointed out, MACs have only advisory powers, not approval.

"I don't think an elected MAC gets you anything besides getting to vote for a MAC," said Miley.

Although electing MAC members is a possibility, Miley added that the Registrar of Voters estimates the cost of conducting a Castro Valley MAC election would be about \$139,616.

Lopez said that while MACs are considered advisory to the Board of Supervisors and Planning Department, "We try to be on the same page as the MAC." He noted that the councils are "closest to the ground" with firsthand knowledge of their community.

Sunol and Fairview also have MACs, and an Eden Area MAC is in the works.

Alternatives for such councils include incorporation, Community Service Districts and Local Area Planning Commissions.

see MILEY on page 15



PHOTO COURTESY OF DAVID SCHOLZ

OLG STUDENTS LEND FOOD BANK A HAND: Ivania Edens (left) works alongside her son, Sean, and his Our Lady of Grace School classmates, Joaquin Harder, and Caitlin Lucett, in bagging apples Oct. 9 at the Alameda County Community Food Bank. Students and parent chaperones also toured its facility and learned other ways the Food Bank is actively addressing hunger needs in communities around the county. The October 9 visit by the 5th grade class to the Food Bank's warehouse in Oakland followed a successful school-wide canned food collection drive in September.

Eden Interfaith Holding Annual Meeting

The public is invited to attend the annual meeting of the 15-member congregations of the Eden Area Interfaith Council this Sunday, Oct. 28, in Hayward.

The Council, comprising Christian, Jewish, Muslim, Sikh, Hindu faiths and unaffiliated individuals,

will gather from 2 to 4 p.m. in Oliver Hall at Eden United Church of Christ, 21455 Birch St. at Grove Way in Hayward, where a short business meeting will include the election of officers for the coming year. Afterwards, attendees will take part in interfaith dialogues

over a vegetarian potluck.

This past year, members have marched for immigrant rights; assisted in member congregations' warming shelters and food banks; held educational forums, and worked to promote good will in the community.

Castro Valley Weather Oct. 24 - 28, 2018



Wednesday
Clouds then Sun
High 69° Low 52°



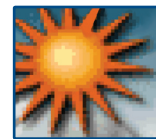
Thursday
Mostly Sunny
High 73° Low 52°



Friday
Partly Sunny
High 77 Low 54°



Saturday
Partly Sunny
High 78° Low 54°



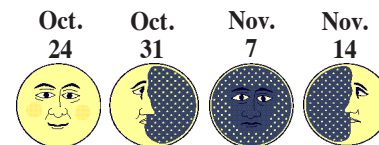
Sunday
Clouds then Sun
High 71° Low 57°

Almanac



Past Week's Rain: 00.00
Season To Date: 00.05
Normal To Date: 00.06
Season Average: 21.22

Moon Phases



Sun sets at 6:19 p.m. today, rises at 7:28 a.m. Thursday.

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Free Mattress Recycling on Saturday

The Mattress Recycling Council's "Bye Bye Mattress" program is again teaming up with Supervisor Nate Miley for a free mattress collection event this Saturday, Oct. 27, in Hayward.

Foam, steel, wood, cotton and other fibers can be recycled and turned into everyday products such as appliances, carpet padding, biomass fuel and more.

Since it began in 2016, Bye Bye Mattress has recycled more than

2.5 million mattresses resulting in 70 million pounds of materials being diverted from state landfills.

Saturday's mattress collection will take place from 9 a.m. to 1 p.m. at 20265 Mission Blvd. in Hayward. Bulky items like furniture or appliances will not be accepted.

Operated by the non-profit Mattress Recycling Council, the Bye Bye Mattress Program uses a recycling fee collected on each

mattress and box spring sold in the state.

The fee is used to establish free drop-off locations and collection events throughout the state like the one in Hayward on Saturday. The mattresses are transported to companies that dismantle old mattresses, and recycle the materials.

Visit ByeByeMattress.com or call 1-855-700-9973 for more information or connect with us on Facebook or Twitter.



BY ROBERT ROSAS

If YOU suffer from low back pain, according to National Institutes of Health, you are among

four out of five Americans who will suffer from disabling back pain during their lifetimes.

Shooting, stabbing and burning pains from the low back, sometimes with additional pain through the buttocks and down the legs are all symptoms of a pinched nerves often called "sciatica".

In severe cases, it can lead to muscle wasting, numbness and 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.

That is, until now...

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. With success rates as high as 90% some back surgeons recommending their patients try this treatment first before having back surgery.

In Pleasanton, you can try Non-

THE CASTRO VALLEY FORUM Special Reader Offer

Breakthrough Relief for Back Pain and Sciatica

Surgical Re-Constructive Spinal Care at Intero Chiropractic – the office of low back pain and sciatica relief expert Dr. Jerry Hsieh, D.C.

Dr. Hsieh, D.C. and his team have helped numerous patients find relief from their agonizing back pain and sciatica.

According to Dr. Hsieh, D.C. "We use a combination of ultra-advanced technology not found elsewhere in the Tri-Valley Area, for precisely diagnosing the cause of your low back pain and sciatica; and a unique program for reconstructing the damaged area causing the pain; this means superior long-term results for most people."

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

Your invitation for a comprehensive consultation and evaluation to pinpoint the cause of your low back pain and sciatica...

Pleasanton Weekly has teamed up with the spine therapy team 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 evaluation with the most advanced technology in the world and a comprehensive easy to understand report on your state of health is **call (925)255-5805**.

Mention this article (CODE: BOS37SCID5) and Dr. Jerry Hsieh, D.C. will happily reduce his usual consultation fee of \$100 to just \$20. But hurry, due to obvious reasons – this is a time limited offer – with 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 Dr. Jerry Hsieh, D.C. 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 superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

Call them now and get a full and thorough evaluation to pinpoint the cause of your problem for just \$20, the normal cost of such an exam is \$100 so you will save \$80!

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 now and take it to your appointment. You'll be entitled to a comprehensive evaluation to diagnose the cause of your problem – and you'll be on your way to safe, lasting relief! Don't



delay your important diagnosis and treatment another moment!

You can even call on the weekend and leave a message to secure your spot as they promise to return all calls; and during the week they are very busy, so if they don't pick up right away, please leave a message.

PAID ADVERTISEMENT



PHOTO BY JIM KNOWLES

Officials from the Oro Loma and Castro Valley sanitation districts broke ground on a \$19 million state-of-the-art treatment plant in San Lorenzo last Tuesday.

\$19 Million Sewer Plant Upgrade

By Jim Knowles
CASTRO VALLEY FORUM

Good news for San Francisco Bay: the sewer water from around here that flows into the bay will be even cleaner in the near future.

They're taking the Oro Loma treatment plant to another level. A \$19 million upgrade will remove more nitrogen and phosphorus, improving water quality and the health of the bay.

To mark the occasion, officials from Oro Loma and the Castro Valley sanitary districts picked up shovels for a groundbreaking ceremony last Tuesday at the treatment plant at the end of Grant Avenue in San Lorenzo.

"I think the bay will ultimately thank this team for making this project happen," said Jason Warner, general manager of the Oro Loma Sanitary District.

The way Warner sees it, this is one of the milestones in Oro Loma history. In 1910, they built a pipe to take sewage to the bay. In 1948, they started disinfecting the flow. In 1968, the plant was brought up

to the meet the standards (a few years early) of the Clean Water Act of 1972.

And now, in 2018, construction begins on a treatment tank to eliminate nutrients, such as nitrogen and phosphorus.

Keeping the nutrients out of the bay is important now because the bay is getting clearer, allowing in more sunlight. Light, nutrients and water make the algae grow.

Though algae is fine, too much of it is bad for the bay, explained Ralph Johnson, board member of the Castro Valley Sanitation District, which owns 25 percent of the Oro Loma treatment plant.

Since the Gold Rush, the bay has contained a lot of sediment — it's been light inhibited for the past 100 years, Johnson said. Now that it's a little clearer, the ingredients that cause algae bloom need to be reduced.

The addition to the treatment tank is the latest thing, and this is the first district in the East Bay to have it, Warner said.

It works with something called "fine bubble aeration." Panels at

the bottom of the treatment tank emit super-fine bubbles that bring in oxygen, which helps the bugs work, the bacteria that cleans the sewage.

The bugs also convert ammonia to nitrate, which becomes nitrogen after another step in the process. Nitrogen is harmless, since it makes up 78% of the atmosphere.

Fine bubble aeration also uses far less energy than the older method, surface aerators, which whip up the surface of the water to bring in oxygen, Warner said.

Oro Loma is one of the 37 districts that discharges into San Francisco Bay. Installing the new treatment plants at all the districts is a total project of \$8 to \$10 billion, Warner said.

The districts also contribute to the San Francisco Estuary Institute's study of the bay. The results of that \$2.2 million study in another six years will tell whether there needs to be more or less nutrients flowing into the bay.

"So we're helping fund scientific study to improve the bay," Warner said.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Finders, But Not Keepers

Thursday, October 18: at 10:45 a.m., Sheriff's deputies arrested a 47-year-old man from San Francisco on suspicion of theft. The man was hanging outside the Castro Valley BART station when deputies stopped him for questioning. The man was seen walking away with an unspecified object that the man claimed that he found, but was reportedly stolen. Deputies took the man into custody.

Street Fighting Man

Wednesday, October 17: at 10:43 p.m., a 34-year-old man from Castro Valley was arrested on suspicion of fighting in public, resisting arrest, possession of il-

legal narcotics, illegal drug paraphernalia, violating the terms of a restraining order, and violating the terms of his parole. Deputies were called to the intersection of Castro Valley Boulevard and San Miguel Avenue following reports of an altercation. The man was questioned but became aggressive with deputies. The man was handcuffed and taken into custody. The victim was treated at the scene.

Deadly Weapon

Wednesday, October 17: at 8:10 a.m., deputies arrested a 46-year-old man from Newark on suspicion of possession of a deadly weapon, possession of illegal narcotics, and illegal drug par-

aphernalia. The man was hanging outside a business on Castro Valley Boulevard near Marshall Street when deputies stopped him for questioning and discovered his stash and the unspecified weapon. He was taken into custody.

Busted for Drugs

Wednesday, October 17: at 10:06 p.m., a 53-year-old man who refused to give his home address was arrested on suspicion of possession of illegal narcotics and violating the terms of his probation. Deputies spotted the man at the intersection of the Boulevard and Chester Street and stopped him for questioning. The man was handcuffed and taken into custody.

Annual Celebration of the Arts November 9

By Winda I. Shimizu
SPECIAL TO THE FORUM

The Hayward Arts Council will "Celebrate the Arts" at its big annual fundraiser in the Hayward City Hall Rotunda on Friday, Nov. 9.

The three-hour celebration begins at 5:30 p.m. with ticket holders enjoying a hosted wine and beer happy hour, a special gourmet buffet, a live auction and an evening of entertainment.

Tickets (\$50 if purchased before next Wednesday, \$65 after) available at: haywardartscouncil.org.

Auction prizes include tickets to Disneyland, Golden State Warriors' and Oakland Raiders' games, a full box at an Oakland A's game, and a stay at a Lake Tahoe vacation home. Luxurious baskets will be raffled including donated prizes from local businesses.

Auctioneer will be Randy Wright, Anna May will emcee.

Entertainment includes the Mt. Eden String Ensemble throughout the evening.

The John O'Lague Galleria will be open for viewing during the event, featuring the Celebrate Heritage Art exhibit, with works by 30 artists members of Hayward Arts Council, A.R.T., Inc., and Sun Gallery.

Proceeds from Celebrate the Arts will be used to support the Hayward Arts Council, which encourages interest and participation

in arts of all kinds. The Council maintains five galleries—Sunset Gallery at Hayward Center/Adult School, John O'Lague Galleria in the City Hall, Chamber of Commerce offices, Hayward Area Senior Center, and Elmwood Gallery at the Hayward 21st Century Library and Learning Center, opening on Saturday, Oct. 27.

see ARTS on back page

Get Your Free Mini Pumpkin

The Castro Valley Farmers' Market (in the BART parking lot on Redwood Road) will be giving away 100 free mini-pumpkins to kids in costumes from 10 a.m. to 2 p.m. on Saturday, Oct. 27, while supplies last.

In addition, there will be a chance to win a \$100 market bas-

ket full of groceries. Simply take photos of the haunted festivities at the Farmers' Market and tag your favorites on Instagram with @urbanvillage #CastroValleyFarmersMarket to be automatically entered to win! Best picture wins. The basket can be picked up the following week.

NEW ON THE MARKET

Don't Miss Out On This Lovely Remodeled Home!



3 bedroom, 2 bath home for sale with 1632 sq. ft., Bay views, and Castro Valley schools. Offered at \$849,500

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This 5-piece living room set is tailored to perfection and dressed to impress with button-less tufting on the back cushions — a richly subtle accent. Sleek, flared armrests enhance the clean-lined profile. The 5 pieces include: sofa, loveseat and three tables.



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The Week Ahead

● Wednesday, October 24: Family Halloween Party

Bring your kids to a family Halloween Party at Faith Lutheran Church at 20080 Redwood Road from 6:30 to 8:30 this evening where there'll be prizes, games, snacks, trick-or-treating, and a costume contest for kids in costume! For more information, call 510-582-0818 or visit www.flccv.org/TrickOrTreat

● Wednesday, October 24: Genealogy Workshop

If you have interest in researching your past, the Aitken Senior Center at 17800 Redwood Road is offering a "Starting Your Genealogy Research Workshop" from 2 to 3:55 p.m. today in the center's library. join this workshop. If there is enough interest, classes will be held monthly. Call 510-881-6738 to reserve your spot.

● Thursday, October 25: Seminar on Reverse Mortgages

Reverse Mortgage Specialist Lori Reisfelt will present a seminar "The Truth About Reverse Mortgages" to help you understand how Reverse Mortgages really work, at 1:30 tomorrow at the Aitken Senior Center, 17800 Redwood Road, Castro Valley. Attorney Alan D. West will join in answering questions. To reserve your seat, call 510-881-6738.

● Thursday, October 25: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting at 7 p.m. tomorrow in the boardroom at 4400 Alma Avenue. For the agenda and board packet, visit bit.ly/CVUSDBoardMeetings

● Saturday, October 27: Halloween at the Farmers' Market

The Castro Valley Farmers' Market (BART parking lot) will be giving away 100 free mini-pumpkins to kids in costumes from 10 a.m. to 2 p.m. this Saturday, while supplies last. There will also be a chance to win a \$100 market basket full of groceries. Simply take photos of the haunted festivities at the Farmers' Market and tag your favorites on Instagram with @urbanvillage #CastroValleyFarmersMarket to be automatically entered to win! Best pic wins.

● Saturday, October 27: Faultline Chorus

Enjoy a Cappella? The Faultline Chorus, quartets including Easy Winners, and crooner Jeff Cleary, will bring you "Jukebox Saturday Night" at 2 p.m. and 7 p.m. Saturday, at First Presbyterian Church of Burlingame, 1500 Easton Ave. Visit www.FaultLineChorus.org for tickets.

● Saturday, October 27: Fall Potluck & Trunk-or-Treat

Castro Valley 1st Ward of The Church of Jesus Christ of Latter-day Saints Fall Potluck and Trunk-or-Treat begins at 6 p.m. this Saturday at 3900 Seven Hills Road. Bring a dish of chili, cornbread, or a kid-friendly side dish, and don't forget something extra for the trunk-or-treat. Wear costumes! Please no masks, weapons, blood, or gore. All are welcome!

● Saturday, October 27: CV Library Celebrates 100 Years

Join us for the 100th anniversary celebration of the Castro Valley Library from 2 p.m. to 4 p.m. this Saturday. Enjoy live music from rock and folk band Misner & Smith plus crafts, games, birthday cake, rubber chickens, and a special drawing to win a piece of library history. Fun for the whole family! We'll also be handing out copies of the recently completed history of the Library written by John Christian of the Hayward Area Historical Society. This program is free and no advanced registration is required. Just drop by!

● Saturday, October 27: Drug Take-Back Day

The California Department of Public Health will be collecting unwanted medications at the Castro Valley Library from 10 a.m. to 2 p.m. this Saturday, Oct. 27. Drop off potentially dangerous, expired, unused and unwanted prescription drugs and other medications for safe disposal and destruction, no questions asked.

● Saturday, October 27: Kiwanis Pasta Dinner

The Kiwanis Club of Hayward-Castro Valley invites you to a pasta dinner with Lisa's famous red meat sauce, chicken Alfredo & pesto, salad, dessert and beverage from 5:30 to 8 p.m. this Saturday at the Aitken Senior Center, 17800 Redwood Road in Castro Valley. Adults \$25, Children (10-16) \$10. For info, contact Gerry Cockrill at 510-889-5885 or Dave Wilhite at 510-886-1100.

● Saturday, October 27: Meals on Wheels Fall Festival

Join SOS Meals on Wheels' 5th Annual Boutique Fundraiser at the Hill and Valley Women's Club, 1808 B St., Hayward from 10 a.m. to 4 p.m. this Saturday, where you'll find great handmade items and a "Pick Your Prize" raffle (need not be present to win). Or, just enjoy the food prepared by our Chef (takeout also). Help us serve local seniors an average 1,200 meals per day. For more info call Gerry at 483-8156, or if you would like to donate send your donations to SOS Meals on Wheels, 2235 Polvorosa #260, San Leandro, CA 94577.

● Saturday, October 27: Breast Screening Event

Despite the fact that a yearly mammogram is recommended for all women over the age of 40, many women still do not seek or receive an annual exam. One common reason is lack of insurance. To overcome this barrier, funding from Sutter Health and the Carol Ann Read Breast Health Program will ensure, those who qualify, will have access to this important screening. Eden Medical Center is hosting a Breast Screening Event this Saturday, Oct. 27. Mammogram appointments are available from 10 a.m. to 3 p.m. but *must* be scheduled in advance. Please call 510-727-8499 to register.

● Tuesday, October 30: Barks & Boo's

Join the fun from 5 to 9 p.m. on Oct. 30 at the Annual Barks & Boo's event, with Halloween games, costume contests, a pet costume contest, trick-or-treating and the final Food Truck "Street Eats" of the year, all at the Adobe Art Park, 20395 San Miguel Avenue, sponsored by the Castro Valley/Eden Area Chamber of Commerce. Lots of games and prizes!

● Tuesday, October 30: Castro Valley Rotary Meeting

Julie Menack of 21st Century Solutions will discuss geriatric care management and fiduciary responsibilities at the next buffet lunch meeting, from noon to 1:30 p.m. on Oct. 30 at Redwood Canyon Golf Course, 17007 Redwood Road, Castro Valley. The cost of lunch is \$15 and reservations must be made by 9 p.m. on Sunday, Oct. 28, by contacting Rotary at cvrotary@iCloud.com or 510-402-5123. More info available at castrovalleyrotary.org

● Wednesday, October 31: Free Harvest Festival

New Life Bible Church will hold a Free Harvest Festival from 6:30 to 8:30 p.m. on Halloween, featuring a live dramatic presentation of "The Greatest Story Ever Told," to provide the community with another fun place to stop on their trick-or-treating route. There will be free goodie bags and carnival type games for the kids and refreshments for the adults, at Calvary Community Christian Center, 20613 Stanton Ave. in Castro Valley.

● Wednesday, October 31: Trunk or Treat Halloween Night

The San Leandro Church of Christ at 601 MacArthur Blvd. will hosting a free "Trunk or Treat" event Halloween night in the back parking lot. off of Lewis Avenue where there will be a bounce house, a petting zoo, Halloween-themed music, and treats distributed from church members' decorated car trunks. Stop by anytime from 6 to 8:30 p.m.

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.

● **Vox Fortura**, an exceptionally talented classical singing group and semi-finalists on *Britain's Got Talent 2016*, will perform at 7:30 p.m. on Saturday, Nov. 3 at the Center for the Arts. Featuring 4 male a capella singers, the group combine a classical crossover operatic style with cover of iconic songs that audiences can sing along to. Described by fans as "the next Il Divo," they are bringing classical vocals back into the mainstream. *For tickets (\$36-\$40) see above.*

● **Fall Concert**, will be presented at 2 p.m. on Sunday, Nov. 4, by the Castro Valley Adult School Orchestra at the Center for the Arts, 19501 Redwood Road. The Orchestra will feature "Brahms Symphony No 1 in C minor," Arthur Breur: "Dance of the Monsters under the Bed" and "Mozart Horn Concerto No 2 in Eb." This special performance will be conducted by Josh Cohen and feature Adrienne Chambers on French Horn. Buy advance tickets \$10 adults, \$5 children/Seniors at www.cvarsfoundation.org or at Castro Valley Adult and Career Education (or at the door \$12 and \$7).

● **Oakland Youth Orchestra** will present a free concert at the Center for the Arts at 2 p.m. on Sunday, Nov. 18.

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"Don't Dress for Dinner,"** a laugh-out-loud comedy that contains adult themes, a rush of sexy shenanigans, mix-ups and wild coincidences, continues through Sunday, Nov. 11, at Chanticleers Theatre, 3683 Quail Ave., Castro Valley. When Jacqueline decides to visit her mother for a few days, husband Bernard sees an opportunity for a cozy weekend with his mistress, then one impossible situation leads to another. Curtain time on Friday and Saturday evening is 8 p.m. with Sunday matinees at 2 p.m. General admission is \$25; and \$20 for seniors and students. For tickets, call 510-733-5483 or visit chanticleers.org.

AT THE ART GALLERIES

● **41st Area Artists Annual Juried Exhibition**, a competitive exhibit which features artwork from 41 selected local artists reflecting the world as they see it, will be presented through Dec. 8 at the Adobe Art Gallery, 20395 San Miguel Ave., Castro Valley. The exhibit includes a variety of media — acrylic, oil, watermedia and ink, pastel, video, embroidery thread on found paper, archival pigment prints, gum dichromate photography, denim, cardboard, watercolor, wool felting, digital and giclee prints, monotype prints and acrylic-painted rocks. Visit www.adobegallery.org

● **Celebrating Day of the Dead**, in Room H-2 at Hayward Adult School, 22100 Princeton Street, from 10 a.m. to 4 p.m. Wednesday-Friday through Nov. 30, featuring works by members of the Hayward Arts Council. Open house on Friday, Nov. 2, 10 a.m. to 3 p.m.

● **Celebrate Heritage**, an exhibition featuring members of A.R.T., Inc., Hayward Arts Council, and Sun Gallery at John O'Lague Galleria at Hayward City Hall, 777 B Street, until Dec. 13. Hours: Monday-Friday, 9 a.m.-5 p.m. Visit www.haywardartscouncil.org/ for more events and exhibits.

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Auto

Hyundai's Ioniq Plug-in Hybrid Completes Trifecta

By Steve Schaefer
CASTRO VALLEY FORUM

With the arrival of the plug-in hybrid for 2018, Hyundai's Ioniq now offers three green models—hybrid, plug-in hybrid (PHEV), and all-electric. This provides complete flexibility for your lifestyle and travel needs. Plug-in hybrid vehicles eliminate any real or perceived limitations of electric-only cars while providing the advantages of local all-electric motoring. With an 8.9 kWh lithium-ion polymer bat-

tery tucked under the rear seat driving a 45 kw (60 hp) motor, the Ioniq PHEV provides 29 miles of pure electric motoring—enough for most commutes and errand-running. However, if you need to drive farther, the 1.6-liter, 104-horsepower Atkinson-cycle four-cylinder engine kicks in, giving the Ioniq PHEV a range of more than 650 miles. Combined system horsepower is 139.

The EPA fuel economy numbers are 119 MPGe with electricity and gasoline, and 52 mpg when driven as a hybrid alone. The Green scores are laudable 7 for

Smog and a perfect 10 for Greenhouse Gas.

My Ceramic White test vehicle proved perfect for the way I drive and live. With an 18-mile commute each way, I charged at home and at work, so I used essentially no gasoline during the work week. Over 328.9 miles, I averaged a spectacular 130 miles per gallon, accounting for the few times when I drove farther than my commute distance.

When the battery is depleted, the engine kicks in, but it's not very obtrusive. And, because the Ioniq features a six-speed dual-clutch transmission instead of the continuously-variable one found in most other hybrids, it's more engaging to drive and natural sounding. I heard the engine come on a few times when the battery still had some juice in it, although I was hoping for all-electric driving as much as possible.

EV charging is generally slow, but in a PHEV, the battery is much smaller than a pure EV. Official charging times are 2 hours and 18 minutes for Level 2 (240-volt) chargers and under 9 hours for Level 1 household current. I filled the battery by 11 a.m. at work on Level 2 and at home overnight on Level 1.

You can choose Sport or Eco with the touch of a button. Sport holds the gears longer for quicker acceleration, but I avoided it in my goal of attempting to achieve the best possible fuel economy score for the week.

It's natural to compare the Ioniq to the long-established Toyota Prius. It's about the same size and configuration, but while the Prius offers the original hybrid model plus a plug-in Prime model, there is no all-electric version. In



Ioniq Hybrid and Plug-in Hybrid feature a sophisticated multi-link rear suspension system with dual lower control arms for agile ride and handling.

addition, the most recent Prius's styling is extreme and polarizing, while the Ioniq is a much more normal-looking vehicle.

The Ioniq's clean exterior earns a stellar 0.24 cd, meaning it moves through the air more cleanly than most other cars on the road. Some aluminum is used in areas such as the hood for weight reduction. Other parts of the car are carefully "lightweighted" for efficiency's sake as well.

The interior is pleasant to be in. The door panels and dash look more traditional than the Prius and feel substantial. The 7-inch center screen is especially easy and intuitive to use. My Apple CarPlay loaded immediately, and the audio system delivered high-quality sound and effortless selection and favorite storage.

The instrument panel provides traditional gauge information and also the usual EV feedback—Charge, Eco, and Power—to help you manage your driving. You can watch the energy flow in the larger center screen or as a small image right behind the steering wheel.

For an ecological touch, the interior door panels combine powdered wood and volcanic stone with the plastic, and the headliner and carpet contain some materials derived from the sugar cane plant. These may be more significant for their marketing value, but it's still something. The exterior paint uses some soybean oil to complete the picture.

Choose from two models of the Korea-built Ioniq—base and Limited. The latter includes strategically placed leather on the inside

and blind-spot detection with rear cross-traffic alert for extra safety. The Limited weighs 100 pounds more than the base car at 3,417 pounds. It also offers the Ultimate Package, with a long list of safety and convenience features (\$3,750). My tester had it, and it was packed with things like a sunroof, smart cruise control, and headlamps with the "Dynamic Bending Light Function."

The base Ioniq PHEV starts at \$25,835, and the Limited's price is \$29,135; both include shipping. My tester, with the option package and floor mats, came to \$33,080.

One of the biggest actions you can take to help the climate is driving an electric car. Hyundai's Ioniq line gives you three options for whatever level of commitment you choose to make.

MAC: Utility Box Art Update

continued from front page

"I'm not willing to give an inch," said Crawford. "We as a community have had to look at that blight. If there was an effort made because of the concerns brought up last time, I could see trying to work it out, but I don't see anything."

The MAC also continued discussion of a proposal to allow subdivision of a property at 4779 Heyer Ave. into two properties, one of which would be used as Bay Gospel Hall church. There were issues with the size of the setbacks from the street and the owner was asked to come back with redrawn plans.

The board also put off the approval of changes to the exterior, signage, and drive-thru for the McDonald's at 2905 Grove Way. The colors the restaurant plans on using apparently did not look right on the copies of the staff report the council received; what was supposed to be "darker khaki" looked green.

Crawford chastised staff for not having a color board with paint samples available for them to look at in person.

Without the color board, Crawford said the presentation was "a complete waste of time for the applicant and the board."

The MAC also heard an update from Alameda County Arts Commission Director Rachel Osajima, who told them that artists have submitted their proposals for the utility box art program and the samples are online for public comment at: acgove.org/arts/. The deadline for comment is Nov. 5.

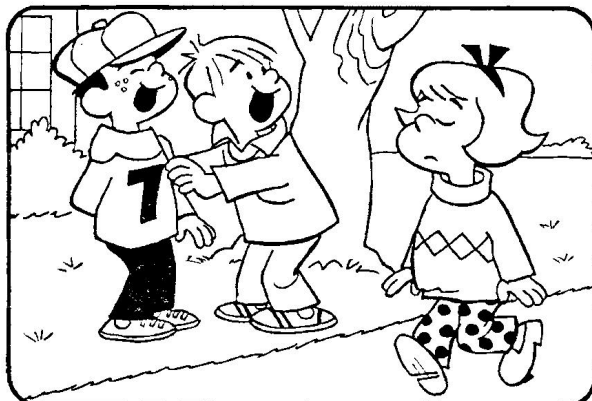
Osajima also told the MAC that her office has had to do a lot of back-and-forth with Caltrans regarding the community identifier murals proposed for I-580 overpasses. Getting everything settled took longer than anticipated and delayed the painting. Now that the winter rainy season is coming, Osajima said she doesn't think the murals will begin until spring or summer.

HOCUS-FOCUS

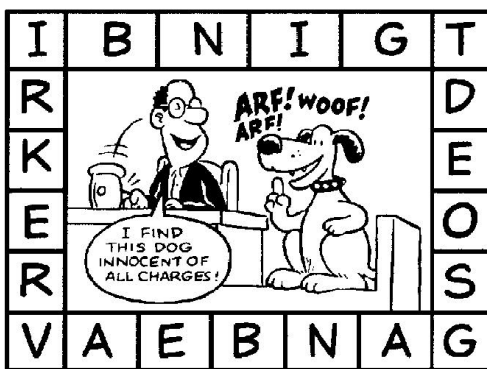
BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



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JUDGMENT FOR THE DEFENDANT! Hidden in the above frame is a famous old saying. You can find it by reading every other letter as you go around it clockwise. The trick is finding the right first letter

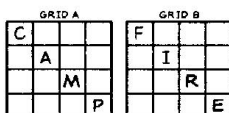
Answer: Starting with the "A" in the bottom right corner, "A barking dog never bites."

A SUPERHERO PROBLEM! Replace the letters in the spotlight with the digits 1, 2, 3, 4, 5, 6, 7 and 8, so that you have a correct addition problem. The same letters get the same digits. You have 3 minutes.

Our Answer: B=7, A=2, T=3, M=9, N=5, H=1, E=6, R=4, O=8, 723+925=1648

THIS PUZZLE SHOULD WARM YOU UP! Below are two puzzle grids for you to fill in. Hints are given for each word. The words in Grid B contain the same letters as the corresponding words in Grid A.

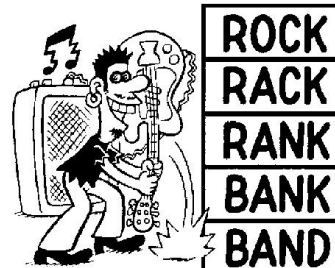
1. A coffee house.
2. Part of a fence.
3. Type of ice.
4. A type of year.



Answers: 1. Cafe-face. 2. Rail-lar. 3. Rime-mire. 4. Leap-pale.



SHAKE, RATTLE AND SOLVE!



In this type of puzzle you are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word so as to form a new word. In our example, we changed ROCK to BAND in four moves. See if you can change the following five words in four moves.

1. PUTT to SINK
2. BANK to ROLL
3. MILK to WEED
4. MAKE to WORK
5. CHAT to ROOM

Illustrated by David Coulson



1. What the guilty try to save.
2. A stranger to the truth.
3. To sink in mud.
4. Weak lighting.

Answers:
1. PUTT, PUNT, PUNK, SUNK, SINK.
2. BANK, BALK, BALL, BOLL, ROLL.
3. MILK, MILD, MELD, WEED.
4. MAKE, MARE, WARE, WORE, WORK.
5. CHAT, COAT, COOT, FOOT, ROOM.

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CVHS Varsity Girls Tennis Results

BERKELEY AT CVHS ON THURS., OCT. 18
BERKELEY 6, CASTRO VALLEY 1

SINGLES:

1. Sasha Turchak (B) - Elena Lottich 6-3, 4-6, 10-7
2. Solia Valentine (B) - Gaby Madison (CV) - 6-0, 6-0
3. Cigna Valentine (B) - Lauren Leong 6-1, 6-2
4. Maya Curry (B) - Marissa Chan 3-6, 6-4, 6-2

DOUBLES:

1. Sarah Bruno / Maya Ng-Yu (B) - Kele Fong / Alex Tam 6-4, 6-4
2. Zo Pancoat / Leah Wildmann (B) - Victoria Vitton / Helena Liu 4-6, 7-5, 6-4
3. Sammie Lee / Paige Cason (CV) - Isabelle Ingersoll / Isa Labra 6-0, 7-5

SAN LEANDRO AT CVHS ON TUES., OCT. 16
CASTRO VALLEY 7, SAN LEANDRO 0

SINGLES:

1. Gaby Madison (CV) - Laila Thompson 6-4, 6-1
2. Marissa Chan (CV) - Natalie Tsubamoto 6-3, 6-1
3. Kele Fong (CV) - Michelle Tat 6-3, 6-2
4. Alex Tam (CV) - Hannah Ly 6-0, 6-1

DOUBLES:

1. Paige Cason / Helena Liu (CV) - Jasmine Le / Gleana Agustin 6-1, 6-1
2. Tania Beringer / Camile Camoro (CV) - Yahkirah Nunn / Anna Fang 6-2, 6-1
3. Karen Chen / Ashley Fang (CV) - Monserrat Padilla / Trinh Vo 6-3, 6-4

Golf: Issues

continued from front page

In addition to concerns about irrigation and drainage, other golfers cite issues with the golf course's food service.

"Despite the nice sign on Redwood Road by the access road, the restaurant seems to be totally dead," Bob Maddow told the Castro Valley Forum. "Every time we have tried to go there in the past six months, it was either dark or empty."

"The employees in the bar always offer excuses, but only once has one of them said that the restaurant was closed. On a recent Saturday, we tried to get food in the bar, on an afternoon when there had been a wedding outside and there was a reception in the banquet room (tables were set for dinner), but the person in the bar said we could not get any food because the cook had gone home," Maddow said.

Touchstone's Harker took note of the restaurant issue and said he would evaluate the current schedules to provide broader service. Anyone interested in the course or facilities is asked to visit: www.redwoodcanyon.org.

ATHLETES OF THE WEEK



CVHS JV Girls Water Polo Team

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

The girls captured the WACC JV girls League Championship over the weekend at Encinal High, becoming the first CVHS Water Polo team in the program's third season to win a league championship.

Seeded second entering the 8-team tournament, after a 5-1 regular season, the JV girls won their first round game over San Leandro 13-1. They won their semi-final game 4-1 over Alameda, putting them into the Championship game against #1 seed Bishop O'Dowd.

The girls saved their best performance of the season for the title game, defeating O'Dowd 10-4 to become WACC Champions. The Trojans tremendous defense held their opponents to only 2 goals per game for the tournament.

Led by, Head Coach, Nicole Manley, the CVHS JV girls water polo team players are: No. 1 Mia Sklut, No. 2 Francesca Cotroneo, No. 3 Lucy Ryken, No. 4 Alyssa Gilman-Chun, No. 5 Lexie Sanders, No. 6 Jane Garcia, No. 7 Sarah Livingston, No. 8 Analise Wehner, No. 9 Sarah Schmidt, No. 10 Zaria Maloof, No. 14 Lola Janks, No. 15 Jessica Sage, No. 16 Alicia Mariscal and No. 17 Camila Sacramento.

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PHOTO COURTESY OF WINA BURNAMA

THE CVHS GIRLS VARSITY VOLLEYBALL TEAM, coached by Eric Unti (Head coach) and Joe Mirabal (Asst. Coach), ended their season on Thursday, October 18, following a loss to Piedmont in the fifth set and the most heartfelt Senior Night event in honor of their six seniors, from left, Jessi Obeso, Kira Chen, Kellie Jordan, Megan Curtin, Sydney Burnama and Cecilia Sevilla. They express their thanks for the support from Jo Sevilla, Wayne and Lena Yoshida and family), Renee Unti, Ngo family, Our Lady of Grace CYO Sports program, Eden Bicycles, Habit Burger, Rita's Ice, Mod Pizza, Aroma Cuisine of India, and Chipotle.

SPORTS NOTE

NorCal Top Gun Girls Volleyball Club

NorCal Top Gun Girls Volleyball Club will hold 2019 club season tryouts for the U13 Premier team from 9:30 to 11 a.m. on the Saturdays of Nov. 3 and 10. Tryouts for the U14, U15, and U16

Power teams will be on the same Saturdays, from 8-9:30 a.m. Try-out fee is \$20 per player. No open gym scheduled for Top Gun. For online registration and tryout location, please visit norcaltopgun.com or contact Kathy Yao at bg-yao@meiyao.net.

CVHS FOOTBALL

Varsity lost to Bishop O'Dowd 49-13 Friday, Oct. 19, away

JV won against Bishop O'Dowd 36-27 Friday, Oct. 19, away

Senior Driver Safety

By Pamela Stoker
SPECIAL TO THE FORUM

Seniors are among the safest drivers; but when a car crash occurs, seniors have a higher risk of injury or death than other age groups.

Eden Medical Center, a Level II Trauma Center, treats patients who have sustained life-threatening injuries in motor vehicle crashes.

The California Highway Patrol is out on our roads providing the highest level of safety, service, and security to drivers. Both organizations are committed to helping seniors drive safely.

California Highway Patrol Public Information Officer, Gabriel Walters, sat down with Eden Medical Center's Trauma Injury Prevention Specialist, Pamela Stoker, to discuss the importance of the Age Well Drive Smart senior driving class, coming up on November 8 from 1:30 p.m. to 3:30 p.m. at Eden Medical Center, 20101 Lake Chabot Road, 2nd floor, CV. Call 510-727-8485 to register.

Q: Why do you suggest people attend an Age Well Drive Smart class?

A: As you age, it is an undeniable fact that the body changes. By carefully monitoring changes in vision or reflexes you have the ability to change driving habits or take other corrective steps to stay safe while driving. Learning ways to adjust to changes is a big part of the class.

Q: What do you feel is the biggest challenge older adults face while driving?

A: I think the biggest challenge is the self-realization that their reaction time is diminishing. Additionally, they may be on medications that can influence them. These issues don't necessarily make them a risk, but they need to be aware and know the signs so they can stay safe.

Q: When is the right time for older adults to stop driving?

A: Anytime a medical condition, medication, or physical ability keep them from driving safely. It is a known fact that as we age

see SENIOR on back page

BREAST CANCER AWARENESS MONTH



3 Breast Cancer Support Classes

October is Breast Cancer Awareness Month, an annual observance to increase awareness while offering help and hope. Eden Medical Center is offering the following support classes to the community on the following dates:

Wednesday, Oct. 24:

Cancer Related Fatigue

Fatigue that comes with cancer is different from normal tiredness because it persists and often doesn't get better even after rest.

Eden Medical Center is hosting a free class on Combating Cancer-Related Fatigue this evening from 6 to 8 p.m. at 20101 Lake Chabot Road in Castro Valley in the 2nd Floor Conference Center.

Participants will learn how to track fatigue levels and prioritize daily living activities to boost stamina. Attendees will also be led through exercise, yoga and mindfulness practices that can reduce cancer related fatigue.

This class is designed for cancer survivors and those still going through treatment. Register by calling 925-933-0107.

see CLASSES on back page

Open Enrollment: Shopping for Medicare Health & Drug Plans

By Greg Dill
SPECIAL TO THE FORUM

When you shop for a new car or truck, you don't just buy the first one you see, do you?

Probably not. You shop around, looking for the best deal you can get on a vehicle that fits your driving needs as well as your pocketbook.

Well, it's the time of year when you can shop for a Medicare health or drug plan.

Medicare's open enrollment period began Oct. 15 and runs through Dec. 7.

If you have Original Medicare, meaning that you can choose any doctor or hospital that accepts Medicare, you don't need to think about open enrollment.

But if you have a Medicare Advantage (Part C) health plan, or a Medicare (Part D) prescription drug plan, you may want to see whether there's another plan on

the market that would be a better match for you, at a lower price.

If you're enrolled in a plan and you're happy with it, you don't need to do anything.

But Medicare health and drug plans — run by private insurers approved by Medicare — can change from year to year. A plan can raise its monthly premium or drop a medicine that you need.

So it makes good sense to review your coverage each year. Make sure your plan still is a good fit for you in terms of cost, coverage, and quality.

If it isn't, look for another plan.

During open enrollment, you can sign up for a Medicare Advantage health plan or Part D prescription drug plan, or switch from one plan to another. Your new coverage will take effect Jan. 1, 2019.

How do you shop for a new plan?

One way is the "Medicare & You" handbook, mailed each fall

to every Medicare household in the country. This booklet lists all the Medicare health and drug plans available where you live, along with basic information such as premiums, deductibles, and contacts.

There's also the Medicare Plan Finder, at www.Medicare.gov.

Look for a green button that says, "Find health & drug plans." Click on that, plug in your zip code, and you'll see all of the Medicare Advantage and Part D plans available in your area.

You can compare them based on benefits, premiums, co-pays, and estimated out-of-pocket costs. Contact information for the plans is listed.

The Medicare.gov website also can help you decide whether Original Medicare or Medicare Advantage is better for you, and can help estimate your out-of-pocket costs with either type of coverage.

see ENROLLMENT on back page



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R	U	B	O	D	I	E	H	I	V	E
O	R	E	B	I	N	S	A	P	E	S
W	A	L	K	I	N	G	P	A	P	E
C	Y	C	L	E	S	I	P	A	G	E
R	O	U	E	J	A	R	T	H	A	T
Y	U	P	L	I	D	L	H	A	S	A
T	A	L	K	I	N	G	P	O	I	N
E	S	A	U	E	L	I	N	A	R	C
S	I	G	N	Y	E	T	I	V	I	A
T	A	S	K	S	E	E	D	Y	O	N

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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



The Most Bizarre Rule In The Universe

Talking to a homeowner wannabe the other day, I asked, "With prices down, why are you not jumping in?" He responded, "I have my eye on a few," and then clarified, "I'm waiting for their prices to drop before I do anything."

"How's that working out for you?" I queried. "Funny you should ask," he responded, "Just when it looks like I might have a shot, they disappear. It happens all the time."

Funny indeed. I call it "The Most Bizarre Rule in the Universe," and I've seen it happen so frequently I believe it is a universal constant.

Buyers will follow homes that have been sitting on the market long enough for the agents on the signs to grow beards. They follow them a while, visit a time or two and then, one day, call to have me write an offer. And here

is where it gets weird: the listing agent – more times than I can remember – says, "Funny you should call – we just accepted an offer 3 hours ago!"

Consequently, the principle I have learned over the years is this: If you become serious about any property on the face of the earth, you can count on someone else being interested as well.

Interested enough to write an offer just when you do. Regardless of how long the property has been out there. Don't ask me how it happens, but it does. So frequently, in fact, that I now warn my clients that this may in fact happen to them. And they stand there with mouths wide open when it actually does. And say things like, "If only we'd written an offer last week..." Well ... you didn't.

So ... my recommendation.

If you like a property, write on

it immediately. While there are many homes out there right now, chances are there are not many you love. Do not fool around trying to lowball the seller or double-guess the market. Write a decent offer quickly before someone else beats you to it.

With sellers currently hungry for offers, it is a great time to negotiate and solidify a deal before someone else beats you to the home you love.

Once someone else has beaten you to the draw, that opportunity is gone and you've missed out. The next time you see a home you really like, avoid having fate hit you upside the head a second time.

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

HOME of the WEEK Just Listed!



22209 Princeton Pl., Castro Valley

Plenty of natural light in this Prestigious Palomares Hills home. This lovingly maintained 4-bedroom, 2.5 bath home features a bright, open floor plan, see-through gas fireplace, air conditioning, security system and spacious living and dining areas. Cheerful kitchen with newer stainless appliances including gas stove. Spacious master suite with double closets, large bathroom and gorgeous canyon views. Community amenities include Olympic sized pool, walking trails, park, tennis and basketball courts, and private security. Award winning Castro Valley school district. Offered at \$998,000



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OPEN HOMES

SATURDAY & SUNDAY
OCTOBER 27TH & 28TH

CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
H	—	1-4	1229 C St.	\$578,000	2/1	Re/Max Accord	Lovewell Team	510-351-5555
S	2-4:30	2-4:30	3050 Roxbury Ave.	N/A	3/2.5	Marvin Gardens RE	Greg Novak	510-472-4770
B	1-4	1-4	16147 Via Sonora	\$675,000	4/1.5	J. Rockcliff RE	Lisa Ferraris	925-251-2583
A	12-2	—	56 Haas Ave.	\$708,000	4/3	Robert Jones & Assoc.	Matt Jones	510-357-0120
C	12-3	12-3	19141 Crest Ave.	\$849,500	3/2	Berg Properties	Tom Dias	510-828-4962
C	1-4	1-4	18668 Capricorn Ct.	\$949,000	3/2	Berkshire Hathaway RE	Cathy Brent	510-381-1065
SR	1-4	1-4	3239 El Suyo Dr.	\$995,000	4/2	Berkshire Hathaway RE	Cathy Brent	510-381-1065
C	1-4	1-4	17849 Parker Rd.	\$1,045,000	4/2	Berkshire Hathaway RE	Cathy Brent	510-381-1065
F	1-4	1-4	5141 Waller Ave.	\$1,098,950	3/2	Re/Max Accord	Lovewell Team	510-351-5555

CITY GUIDE

A = SAN LEANDRO • B = SAN LORENZO • C = CASTRO VALLEY • D = DANVILLE • F = FREMONT • H = HAYWARD • K = CONCORD
L = LIVERMORE • M = MODESTO • O = OAKLAND • P = PLEASANTON • S = SHEFFIELD VILLAGE • SR = SAN RAMON

All real estate advertised in the Castro Valley Forum is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination because of race, color, religion, sex, handicap, marital status, national origin, or intention to make any such preference, limitation or discrimination. The Castro Valley Forum will not knowingly accept any advertisement for real estate that is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

4431 Cristy Way, Castro Valley • Asking \$949,000
Open House: Saturday & Sunday, 1-4 pm



Beautiful and spacious 4 bedroom, 2.5 bath, 2,227 sq. ft. home in quiet upper Castro Valley hills. Its both your entertainer's delight and your serenity place with big gourmet kitchen and gorgeous outdoor deck. Its great for entertaining or just relaxing. Sit out on the deck and you'll forget you live the central hub of the Bay. Its where birds chirp and squirrels play all the while with easy access to award winning schools, BART, freeway and shops. Proctor Elementary school district.



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RECENT HOME SALES

Castro Valley

3157 Brent Court	94546: \$815,000	3 BD - 1,648 SF - 1968
19227 Carlton Avenue	94546: \$1,200,000	4 BD - 2,918 SF - 2005
2867 Ceekay Court	94546: \$535,000	3 BD - 1,294 SF - 1978
17854 Kingston Way	94546: \$985,000	3 BD - 1,599 SF - 1953
2280 Lobert Street	94546: \$690,000	3 BD - 1,008 SF - 1985
3851 Mabel Avenue	94546: \$810,000	4 BD - 1,671 SF - 1948
4014 Mabel Avenue	94546: \$650,000	3 BD - 1,450 SF - 1950
17550 Parker Road	94546: \$965,000	N/ABD-1,646SF-1951
19541 Vaughn Avenue	94546: \$780,000	3 BD - 1,256 SF - 1953
17569 Vineyard Road	94546: \$928,000	2 BD - 1,468 SF - 1944
20563 Yeandle Avenue	94546: \$485,000	2 BD - 1,259 SF - 1977
18990 Buren Place	94552: \$910,000	3 BD - 1,785 SF - 2002
5569 Cold Water Drive	94552: \$1,100,000	5 BD - 2,372 SF - 1967
5777 Greenridge Road	94552: \$1,350,000	4 BD - 3,073 SF - 1960
7884 Pineville Circle	94552: \$1,260,000	5 BD - 2,535 SF - 1997
TOTAL SALES:	15	
LOWEST AMOUNT:	\$485,000	MEDIAN AMOUNT: \$910,000
HIGHEST AMOUNT:	\$1,350,000	AVERAGE AMOUNT: \$897,533

WEEKEND GARDENER

Vegetables

Harvest winter squash and pumpkins when the vines are dry and the rinds are hard. Cut the stems rather than breaking or tearing them, and leave 2 inches of stem attached to the squash. Let them cure in a dry, well-ventilated area at room temperature for two weeks. Squash and pumpkins should keep for about six months.

Transplant artichokes, Brussels sprouts, cabbage, cauliflower, ornamental cabbage, rhubarb and established herbs such as comfrey, sage and thyme. All of these should mature before the first frost and will overwinter nicely.

Ground Cover

Now is the time to plant new ground covers from six-packs or flats. The root systems will become established over the fall and winter months allowing growth to accelerate in spring.

Flowers

Most perennials can be transplanted, or divided and replanted. To divide, use a spade or sharp knife to separate the large clumps. Discard the old, unproductive sections. Trim the foliage of young growth to 4 or 6 inches. Dig in compost, replant and water to settle the soil.

Cool Weather Jobs

Use nitrogen in your compost pile to keep it working the lower fall temperatures. Snails and slugs are in abundance after drizzly damp days. Hand pick them from plants, using a flashlight at dusk.

History of the CV Library: 100th Anniversary Celebration Saturday

The Castro Valley library will hold its 100th anniversary celebration this Saturday, October 27, from 2 to 4 p.m. In preparation for the big event, the Forum begins a 4-part series on the library's history by John Christian, Archivist of the Hayward Area Historical Society.

By John Christian
SPECIAL TO THE FORUM

For more than 100 years, Castro Valley's residents have enjoyed access to a free public library. The Library's exact origins, however, are a little murky. The valley has seen three distinct libraries come and go, before culminating in the construction of today's Castro Valley Library.

In that time, the Castro Valley Library has transformed from a few books in old farm buildings to the grand community space we enjoy today.

MGertrude Booth passed away in April 1964, having lived long enough to see the opening of the new Castro Valley Library on Redwood Road.

Part 3 The Castro Valley Library On Redwood Road

The Castro Valley Library on Redwood Road traces its origins back to a meeting in late November 1956.

The Castro Valley Recreation Council called a meeting to discuss a proposal to improve library facilities in the valley. The campaign quickly took off with state and local government, advised by the newly established Castro Valley Library Advisory Committee, approving the plans for a new facility.

In September 1958, Alameda County purchased the Redwood Road site for \$32,000. In late 1960, the Hayward architectural firm Wahamaki and Corey was commissioned to design the new building. Castro Valley contractor Wallace Webb & Son was chosen as the builder.

There was something very different about this new Castro Valley Library. Any residents hoping for a converted barn or windmill were out of luck.

For the first time in the commu-



nity's history, the library facility would be purpose-built and designed with the input of the county's librarians. Construction began in December of 1960.

On February 13, 1962, Castro Valley residents were invited to the grand opening of their striking, mid-century modern library. At over 10,000 square feet, the new building felt like a cathedral

to knowledge compared to the cramped "brooder branch" of Castro Hill or the tank house of Mrs. Booth.

While impressive, the new Redwood Road site got off to a rocky start. Due to a lack of funding, the new branch lacked the selection offered by some other local libraries, opening with only about 23,000 books.

Soon though, the library's collection was growing at a furious pace, and by 1967, it had jumped to more than 43,000 available volumes.

The new facility also offered expanded programming.

Storytime, magicians, and puppeteers were staple programs as the Castro Valley Library moved into the 1970s. Catering to all ages,

the library added comic books to its collection in 1975, as well as local history books in 1977 in a partnership with the Friends of the Castro Valley Library.

Heading into the 1980s, the library enjoyed a bit of a facelift. New carpet replaced linoleum tiles, the teen section expanded, and the Castro Valley Women's Club improved the landscaping.

The library also held its first "Computer Day" in December 1982, giving many local residents their first opportunity to use a computer.

As time passed, a familiar problem emerged. The Redwood Road site was becoming too small for the community.

In July of 1990, the Alameda County Board of Supervisors began to plan for the future of the Castro Valley Library.

In the meantime, the Redwood Road branch would soldier on. At the time of its closure in Fall 2009, the once seemingly endless space was crammed with books but lacked needed computer stations. After 47 years, Castro Valley was ready for another library.

Trick-or-Treat at the Village!



Wednesday, October 31
3:00 - 6:00 p.m.

Children's Concert
with
Lori & RJ Cotton Candy
Express Music!

Concert is located near Lime Leaf Thai.

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(3 weeks)

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\$30 10 words
(1 week)

HELP WANTED

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(1 week)

MISC. FOR SALE

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(3 weeks)

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\$35 10 words
(1 week)

SERVICES

\$30 10 words
(1 week)

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San Leandro Times/Castro Valley Forum

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Castro Valley Forum/San Leandro Times

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*LOOKING FOR WORK?

Check the **Help Wanted** ads on the next page of this newspaper.
Also: **Limited Time Offer!** You can run a FREE 15 word "Employment Wanted" ad. Ad runs in the San Leandro Times & Castro Valley Forum. Call 510-614-1558 to place an ad or for more info. (Some restrictions may apply)

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Licensed Nurse available for medication, hygiene, doctor visits, shopping, house keeping, etc. Call 510-472-3139.

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GARAGE SALES



CASTRO VALLEY

NEIGHBORHOOD ESTATE GARAGE SALE - PARSONS ESTATES
10/27 & 10/28, 8am- 4478 Belmont Way, Castro Valley.

SAN LEANDRO

YARD SALE Sun. 10/28, 10am-4pm. Make me an offer! 16317 Panoramic Way, San Leandro.

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Do you need some help at your business?

To place an Help Wanted ad call **510-614-1558**
Your ad will run in and the Castro Valley Forum on Wednesday and the San Leandro Times on Thursday. **Find help and support your local newspaper at the same time!**
- Thank you -

*LOOKING FOR WORK?

Check the **Help Wanted** ads in this newspaper.
Also: Limited Time Offer! If you are looking for a job you can run a FREE 15 word "Employment Wanted" ad. Ad runs in the San Leandro Times & Castro Valley Forum. Call **510-614-1558** to place an ad or for more info.
(Some restrictions may apply)

HELP WANTED

SOS/Meals on Wheels - Kitchen Helper: Tue-Sat 5am-11am. Assist on the tray line meal assembly & bagging of side food items. Good attendance, strong math skills & speed. Apply at: 2235 Polvorosa Ave., #280, San Leandro.

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LEGAL NOTICES

NOTICE OF MOTION-PETITION TO ESTABLISH THE CASTRO VALLEY FORUM AS A NEWSPAPER OF GENERAL CIRCULATION (GOVERNMENT CODE SECTION 6020)
Case No: RG18907379
Date: 12-13-18
Time: 9:00 a.m.
Dept: 511
SUPERIOR COURT OF CALIFORNIA COUNTY OF ALAMEDA UNLIMITED CIVIL JURISDICTION

by the **EAST BAY PUBLISHING CORPORATION** a California Corporation dba "THE CASTRO VALLEY FORUM" has filed in the above entitled Court a Verified Petition requesting that the Court adjudge that "THE CASTRO VALLEY FORUM" is a newspaper of general circulation.

You are further notified that Petitioner has alleged in its Petition that it is the owner and publisher of "THE CASTRO FORUM", and that it has been established and published at regular intervals in the unincorporated community of Castro Valley since 1989 in excess of the statutory requirement of one (1) year (see Government Code Section 6000) preceding the filing of the Petition.

You are further notified that Petitioner has further alleged that the newspaper is one of general circulation, published for dissemination of local and wire-service news of a general character, and that the newspaper has a bona fide subscription list of paying subscribers. You are further notified that on the filing of the Petition, the above entitled Court directed that notice be given by publication for successive days in "THE CASTRO VALLEY FORUM" and the "INTER-CITY EXPRESS" together with a Notice of the time when the Petition would be heard.

You are further notified that on December 13, 2018 at 9:00 a.m. Petitioner will apply to the above-entitled Court 24405 Amador St., Hayward, CA 94544, for the Order and relief requested in the petition.

Respectfully submitted
DIANA REDDING LAW
DATED: September 18, 2018

By:
/s/DIANA REDDING, Attorney for EAST BAY PUBLISHING CORPORATION, a California Corporation dba THE CASTRO VALLEY FORUM
DIANA REDDING, ESQ., CSB #232027
DIANA REDDING LAW
2500 Santa Clara Avenue
Alameda, CA 94501
Telephone (510) 426-8744
Facsimile (510) 523-9516
Attorney for EAST BAY PUBLISHING CORPORATION, a California corporation dba THE CASTRO VALLEY FORUM 10/3, 10/10, 10/17, 10/24, 10/31, 11/7 11/14, 11/21, 11/28, 12/5/18

LOST & FOUND

LOST - Verizon cell phone on 10/11/18 at KFC in San Lorenzo. REWARD. Call 510-909-6182.

MISC. FOR SALE

FURNITURE

DbI-size futon convertible \$20; rod-iron glass top coffee table \$25. 510-581-4018.

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Razor Ripstik Caster Board with lighted wheels, black with orange, in excellent condition. \$35. Call Patrick 510-517-3351.

STORAGE

10'x8' shed (new, unassembled). Paid \$1,700, make offer. Call 510-567-3504.

VARIOUS ITEMS

Rubbermaid used storage cabinet, excellent quality, 73"Hx29"Dx52"W", gray. \$75. (415)960-8516.

All private party ads are prepaid (paid in advance). Use your M/C, VISA or DISCOVER card, mail in your payment, or stop by our office to place an ad.

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MISC. WANTED

WANTED: Used reel to reel tapes (for tape recorder). Call Patrick 510-517-3351.

MUSICAL SERVICES LESSONS

EAST BAY MUSICIAN - Lessons, Good with Kids. Call 510-427-3955.

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Are you interested in buying or selling a home or property?

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For assistance call ...

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RENTALS

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LETTERS to the Editor

Says 'Community is Blessed to Have Frank Mellon'

Editor:

I was surprised to read Mr. Kintz's account of Frank Mellon (Letters, Oct. 17). This is not the Frank Mellon I know, I have observed Mr. Mellon fully participating in any function he is at. He interacts with everyone, including going out of his way to speak with people he has never met. I have personally attended many community benefits where I have observed Frank giving his time, sponsorship, and donations.

Frank Mellon has been a continued supporter of an annual golf tournament that benefits the Veterans of Foreign Wars Post 9601 and American Legion Post 649, both which are in Castro Valley. Again assisting during the event, sponsoring and donating. Our community is blessed to have a Frank Mellon and all he does!

—Cal Sakamoto
Castro Valley

Effort by HARD Needed to Eliminate Two Rodeo Events

Editor:

Many thanks to all who have written in and taken action to stop the cruelty regularly perpetrated at Rowell Ranch Rodeo (RRR) and others throughout California. The issues with their letters are available on-line.

In addition to all of the very valid reasons to eliminate the rodeos altogether (a long list of respected DVM's and animal behaviorists list the specific atrocities), there are two particularly cruel events that should be immediately eliminated: "Wild Cow

Milking" and "Mutton Busting."

Maggie Rowell's Trust allowed H.A.R.D. to purchase the property, with the provision that they continue the tradition of the Rodeo. There are therefore obvious financial reasons that H.A.R.D. continues to support RRR. However, Maggie Rowell's Trust did *not* list either of these events as required to be included in order for H.A.R.D. to purchase the property!

There are *no* programs from previous RRR's, dating as far back as the printed programs show, well before Harry Rowell's passing (1969) and Maggie Rowell's passing (1975) that include "Mutton Busting!"

Not one program archived at the Hayward Area Historical Society lists "Mutton Busting," until it was recently introduced by the current RRR Chairman for his own personal political agenda.

Furthermore, neither "Wild Cow Milking," nor "Mutton Busting" are sanctioned by the Professional Rodeo Cowboys Association, and are indeed outlawed in many countries around the world, including New Zealand. Let us evolve as a community to a better way of treating animals, a better use of this beautiful land. This can be accomplished legally with a little bit of willingness and effort by H.A.R.D.

—Marcy Sullivan
Castro Valley

Letters to the Editor

must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. Email Letters to: fredz@ebpublishing.com or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

Obituaries

Raymond Michael Buti

July 2, 1942 – October 3, 2018

On October 3, 2018, Raymond Michael Buti, at age 76, passed away due to ALS. Ray was born on July 2, 1942, in Hayward, California, to his parents Armano and Elvira (Mancini) Buti. Ray is survived by his wife, Debbie; son, Raymond, Jr.; daughter, Renee Wallis (Don); daughter, Erin Reis; son, Matthew Soares (Jenna); in addition to his grandchildren, Zachary Wallis; Isaac Toledo; Alexis Souto; Joclynn Souto and Madelynn Soares.

Ray graduated from Castro Valley High in 1960. In February 1961, Ray joined the Navy and served four years. Afterward, he became a carpenter by trade. After retiring from carpentry, Ray created and marketed many gambling games back in the MS.Dos era. He had a passion for and was very skillful at the game of poker. In his younger years, Ray was an excellent guitar player and instructor. He also had a love of photography and developing his own black and whites back in the day of "dark rooms." Ray had a wonderful sense of humor that will hopefully keep us smiling... even in his absence.

Funeral services were held at the Chapel of the Chimes in Hayward on October 11, 2018, at 12:00 p.m.



- Raymond Michael Buti
- Ada Aldena Justino
- Douglas A. van Elk

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Ada Aldena Justino

June 1924 – October 2018

Born in Elwood, Indiana, her parents Lewis Pursley and Aulta moved to Mountain View, Missouri when she was five years old with her three sisters: Dorothy Wilson, Waneda Brooks, Melba Cotton and a brother Jr. Arthur Lewis.

She and her husband, Vern Campbell, ran Cardinal Acres on the Jack's Fork River for twenty years, having to give it up to the federal government when it began the making of the Ozark Scenic River ways. Widowed in 1975, fate would land her in San Leandro, California. There she met John Justino and they married in 1983. She inherited three wonderful daughters, Nikki, Lynne, and Jessica who have been a godsend to her, bringing much happiness. She enjoyed her two sons-in-law, Jack and Bill, and three beautiful grandchildren Carly, Tori, and Justine, whom she adored.

Her life in California was most rewarding in the remaining years of her life. God was most gracious to her all her years and many friends and relatives in both Missouri and California will miss her. May she rest in peace in the most high place.



Douglas A. van Eck

Sept. 19, 1948 - Sept. 11, 2018

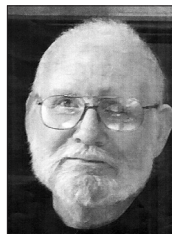
Resident of Newark, California

Doug passed away with complications from surgery. He graduated from Castro Valley High School in 1966. He joined the Marines, was wounded in the Vietnam War, receiving a Purple Heart.

Doug is survived by his wife Terry (Brown), of 45 years; daughter Wendy Gonzales and her partner Carrie Gunderson; granddaughter Sierra Gonzales and many other family members.

There will be a Celebration of Doug's Life at the Niles Veterans Hall, 37154 2nd St., Fremont, CA 94536, at 1 p.m. on Sunday, October 28. A LUNCH BUFFET will be served.

The family requests no flowers be sent. Donations can be made to: The Castro Valley Veterans Memorial Wall located at 3683 Quail Avenue, Unit 94546, Castro Valley, California, 94546. Donations can be mailed in or made directly on their web site: www.cvvm.info.



HOROSCOPE by Salomé

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ARIES (March 21 to April 19) You enjoy the attention early in the week, but it might be a good idea to opt for some privacy by week's end so that you can have more time to consider an upcoming decision.



TAURUS (April 20 to May 20) You unearth some surprising facts. Now you need to consider how to use them to your advantage. Meanwhile, it might be best to keep what you've learned secret for now.



GEMINI (May 21 to June 20) A comment by a colleague piques your curiosity to know more. Best advice: You'll find people more likely to offer information if you're discreet when making your inquiries.



CANCER (June 21 to July 22) Your energy levels begin to rise by midweek. This allows you to catch up with your heavy workload and still have plenty of get-up-and-go to go out on the town this weekend.



LEO (July 23 to August 22) You're probably roaring your head off about a perceived slight from a longtime critic. Ignore it. That person might just be trying to goad you into doing something you might later regret.



VIRGO (August 23 to September 22) The early part of the week is open to spontaneity. Then it's time to settle into your usual routine to get all your tasks done. A personal situation could require more attention from you.



LIBRA (September 23 to October 22) A meeting of the minds on a workplace project might well develop into something more personal for Librans looking for romance. Aspects also are favorable for platonic relationships.



SCORPIO (October 23 to November 21) A more-positive mood might be difficult to assume in light of a recent problem involving the health of someone special. But by week's end, your emotional barometer should start to rise.



SAGITTARIUS (November 22 to December 21) Look for a changed attitude from a former adversary once he or she realizes you have your colleagues' full support. Now you can refocus your energies on that workplace project.



CAPRICORN (December 22 to January 19) This time, a difference of opinion might not be resolved in your favor. But be patient. It could all ultimately work out to your advantage, as new information begins to develop.



AQUARIUS (January 20 to February 18) A tug of war develops between the artistic Aquarian's creative aspect and his or her practical side. Best advice: Prioritize your schedule so you can give appropriate time to both.



PISCES (February 19 to March 20) You could be entering a career phase awash with job-related demands. But avoid being swamped by the overflow and, instead, keep treading water as you deal with demands one by one.

THE FORUM CROSSWORD

1	2	3	4	5	6	7	8	9	10	11
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ACROSS

- Sheepish remark
- Temperate
- Pull an all-nighter
- Abrade
- Garfield's pal
- Apiary structure
- Galena or cinnabar
- Cribs
- Tarzan's clique
- Dismissal
- Chicken-king link
- Donkey
- Recurring sequence of events
- Try the tea
- Time of your life?
- Libertine
- It holds the mayo
- Just one of those things
- "Uh-huh"
- Cover
- apso
- Collection
- The Red or the Black
- Subjects of discussion
- Birthright barterer
- Tiger Woods' ex
- Curved path
- Autograph
- Bigfoot's cousin
- By way of
- To-do list entry
- Kernel
- Way off

DOWN

- Forehead
- Atmosphere
- First victim
- Alabama city
- Menzel of Broadway
- TV journalist Lisa
- Woe
- Cowboy wear
- Mature
- State
- Disarray
- Hardy cabbage
- Venomous viper
- Weep
- Thee
- Coffee container
- Blue
- "Eureka!"
- Petrol
- Greek H
- Small buses
- Siamese, today
- Mainlander's memento
- Nikita's successor
- Polecat
- Malice
- Criterion
- Largest of the seven
- Trails the pack
- Merriment
- Almost black
- Small combo
- Read bar codes

ANSWERS ON PAGE 9



PHOTO BY LINDA SANDSMARK

County Supervisor Nate Miley hosted a town hall meeting on Municipal Advisory Councils at the CV Library last week.

Miley: Town Hall on MACs

continued from front page

Past efforts to incorporate Castro Valley have been unsuccessful, and Littlejohn said that the process is challenging and requires revenue neutrality within counties and cities – in other words, an incorporated city requires a tax base to support it.

Community members spoke after the presentation, some advocating electing MAC members for more direct representation, some supporting the current appointment process. Others hinted at “bullying” during meetings, and some stated that they felt neither the MAC nor County officials voted as their constituents desired.

Miley said that he’d like to sur-

vey Castro Valley residents, using a professional pollster, to see if they prefer elected or appointed MAC members.

“An election doesn’t necessarily guarantee the result you want,” he added.

There is presently a vacancy on the seven-person Castro Valley MAC. Deadline to apply is Nov. 4. Go to www.acgov.org/clerk/forms/BoardCommApplication.pdf to download an application, or call Paul Sanftner at 670-5967 for more information.

Miley thanked past and present MAC members for their service.

“I get paid to take abuse and go to a lot of meetings. These folks volunteer to take abuse,” he said.

Fire Training Center Plan

An agreement has been reached to develop a new regional center for firefighter, paramedic, rescue, and emergency-response training in Hayward.

The new \$60 million Regional Fire Training Center would be constructed at the Hayward Executive Airport as a campus with classrooms, offices, a training tower and other facilities for urban search and rescue, and other types of emergency response.

At a time when firefighting personnel are being stretched thin across California, the project was designed to put Hayward and Chabot College on the forefront of creating the next generation of first responders.

“This is a landmark partnership between a college and city,” said Chabot College President Dr. Susan Sperling.

The training center will become the new home of Chabot’s fire academy in a facility that will foster cooperation between a fire department, college faculty, and students.

As part of the partnership, Hayward Fire Department will add both a world-class training facility and a new fire station that can serve Hayward Executive Airport, surrounding neighborhoods and industrial areas west of Interstate 880.

Currently in its design phase, the project is expected to take approximately 18 months to complete once construction begins.



COME WEARING YOUR MOST RIDICULOUS COSTUME: Wilson Wong & the Dudes will be performing at the Smalltown Gathering & Costume Party on October 26, 2018.

THIS WEEK AT SMALLTOWN

• Thursday, October 25: Open Door

Every Thursday night Smalltown Society opens the door to “THE SPACE.” Occasionally there’s a film, a workshop, or planned discussions, more often there are unplanned connections and creations. A free and open workspace, a place to kick up your feet, a place to build a better narrative. Free Wi-Fi. Bring some food, drink, a project you’re working on, a book your reading, or a thought to share. Anyone is welcome. Free 7-9 p.m.

• Friday, October 26: October Gathering & Costume Party

Connect with your community, hear from local artists and advocates, and experience the developing narratives of your neighborhood. Come wearing your most ridiculous costume! The music of Wil-

son Wong & the Dudes, the art of Julie Barrett, and the Work of Mandela Marketplace. Free (suggested contribution \$10) 7:30 p.m. – 10 p.m. Doors open at 7:00 p.m.

• Saturday, November 3: Writer’s Workshop The Power of Words

In a techno-consumer culture obsessed by the latest gadgets, we can forget that content matters, that words—in all their infinite arrangements—have power. Local author Mark Cotta Vaz invites you to join his free 2018 writer’s workshop series at the Smalltown Society community center in Castro Valley. The program is open to any interest, whether it’s forging a writing career, increasing one’s communication skills at work, or writing the family memoir. Free 10 a.m.-12 noon.

For more details on these events and others visit: www.smalltownsociety.com or text “Smalltown” to 797979. Smalltown Society is located at 22222 Redwood Road, CV

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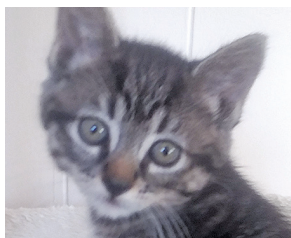
MARMADUKE is a sweet, affectionate 7-years-young boy who loves being the center of attention. Neutered and ready to go to a loving home. Hayward Shelter: (510) 293-7200.



BILLY is a sweet, 3-year-old tuxedo who loves chin, cheek, and behind-the-ear scratches and has tons of love to give. Neutered and vaccinated. Hayward Shelter: (510) 293-7200.



LILLY is an affectionate 1-year-old Lilac Point Siamese mix who loves attention. Spayed, microchipped and current on vaccinations. Loveall-pawzrescue@gmail.com.



HENRIETTA was born with a bent tail but that doesn't slow this cute, big-eyed tabby down. Spayed, microchipped and current on vaccinations. Loveall-pawzrescue@gmail.com.

Arts: Benefit

continued from page 3

This December a new gallery will be opened at 808 A, a Senior Apartment Community at Mission and A Street in downtown Hayward.

The Hayward Arts Council provides scholarships to the Hayward La Honda Music Camp and awards to local high school and college students as well as providing support for the Band and Orchestra Festival, the Hayward Unified School District Visual and Performing Arts Plan, the Art IS Education exhibit, and exhibits with Cal State, Chabot College, and local high schools.

The council collaborates with many other organizations including Sun Gallery, Hayward Area Historical Society, A.R.T., Inc., Photo Phantom, Rotary, the Hayward Animal Shelter and Literacy Plus.

Join us to keep the arts alive in the Hayward area by attending our Celebrate the Arts benefit. Visit www.haywardartscouncil.org, call 510-538-2787 or email hac@haywardartscouncil.org.

Winda I. Shimizu is Executive Director of Hayward Arts Council.

A WARM 'SOCKTOBER' FOR THE HOMELESS



PHOTO COURTESY OF DAVID SCHOLZ

Ms. Clara Castillo (far right) and her second grade class from Our Lady of Grace School gather around bins of donated socks. The hope is this amount doubles by the end of October to culminate class' school-wide Socktober project to benefit area homeless.

Enrollment: Medicare Health, Drug Plans

continued from page 9

Each Medicare health and drug plan has been assigned a star rating of from one to five stars, with five stars being the best in terms of quality.

If you don't have access to a computer, call 1-800-MEDICARE (1-800-633-4227). Our customer service representatives can help you with questions about Medicare health and drug plans. The call is free.

Another terrific resource is the State Health Insurance and Counseling Program.

SHIP is an independent, non-profit organization that provides free, personalized counseling to people with Medicare. You can

make an appointment to speak with a SHIP counselor in-person or over the phone.

SHIP counselors are well-trained volunteers who often are enrolled in Medicare themselves, so they know the issues. They can help you sort through different health and drug plans and find one that's right for you. They're not salespeople and they won't try to sell you a specific plan.

To contact your local SHIP office, go to www.shiptacenter.org.

If you're enrolled in a Medicare Advantage plan as of Jan. 1, 2019 but you're not satisfied with it, you have a 3-month window to disenroll.

Between Jan. 1 and March 31,

2019, you can drop your plan and return to Original Medicare (and join a standalone Medicare prescription drug plan).

Having trouble paying for your Part D plan? You may be eligible for the Extra Help program, which helps cover your premiums, deductibles, and co-pays. Medicare beneficiaries typically save about \$4,000 annually with Extra Help.

For more information about Extra help, go to www.SSA.gov/prescriptionhelp.

Greg Dill is Medicare's regional administrator for California and other western states. You can always get answers to your Medicare questions by calling 1-800-633-4227.

Classes: Breast Health Event on Saturday

continued from page 9

Saturday, Oct. 27:

Breast Cancer Screening Health Event

Routine mammograms save lives because they help doctors find breast cancer early; when it's easier to treat and easier to beat.

Despite the fact that a yearly mammogram is recommended for all women over the age of 40, many women do not have insurance (or are underinsured) or may not have a primary care physician to refer them for their mammogram.

Eden Medical Center is hosting a Breast Health Event on Saturday, Oct. 27 for those women who need assistance in obtaining their screening mammogram.

Mammogram appointments will be available from 10 a.m. to 3 p.m. at 20103 Lake Chabot Road in Castro Valley. You may be eligible for a low-cost or no-cost mammogram but you *must* call in advance to schedule at 510-727-8499.

Thursday, Nov. 1:
Autumn Sounds of Nature To Alleviate Stress

Revive and connect with the healing sounds of nature. Certified Sound Healer and Acupressure Practitioner, R. Consuelo Inez will lead a sound healing session using Tibetan bowls and Native drums.

Sound healing is a tool that can be used during treatment and recovery from any health condition to reduce anxiety and stress.

Eden Medical Center is hosting this event on Nov. 1 for all patients and caregivers regardless of diagnosis, at 20101 Lake Chabot Road in Castro Valley in the 2nd Floor Conference Center. Workshop will run from 6 to 8 p.m. Call 925-933-0107 to register.

Senior: Driver Safety Class

continued from page 9

our body doesn't perform as when we were younger. The goal is not to take someone's license, but inform them of how to recognize when it may be time to turn-in the keys.

Final thoughts... Be excited for this class! Getting older does not mean you are a bad driver. By be-

Every Month:

Cancer Support Groups

Most people face some degree of depression, anxiety, fear or distress when cancer becomes part of their lives. A support group offers a safe and supportive environment for people to ask questions and get emotional support to help them with their cancer journey.

Eden Medical Center hosts a cancer support group every 1st and 3rd Wednesday of the month from 6-8 p.m. at 20101 Lake Chabot Road in CV in the 2nd Floor Conference Center. No registration required but those with questions are welcome to call 925-933-0107.

Pamela Stoker is Trauma Injury Prevention Specialist at Eden Medical Center in Castro Valley.

DONATE TREE FRUIT OR GARDEN SURPLUS

FIGHT HUNGER BY GLEANING!

Do you or your neighbors have excess tree fruit or a garden surplus that needs a home? If so, please don't waste it; glean and donate it instead!



Gleaning is the time-honored tradition (from ancient text) of harvesting extra fruit and vegetables for those in need. Gleaners can use **FallingFruit.org**, a database of neighborhood trees and food-bearing plants designed to help share extra food. The Falling Fruit 'edible map' is opensource so look up your neighborhood and consider joining the community.

Once you've gleaned or saved your extra produce, you can use **AmpleHarvest.org** which connects those with extra fruit and veggies to food pantries that will take it, liability free.

Another great option to reduce home-grown food waste is to share it with friends, family, and co-workers! Visit

www.cvsan.org/Reduce for more tips on reducing food waste.

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