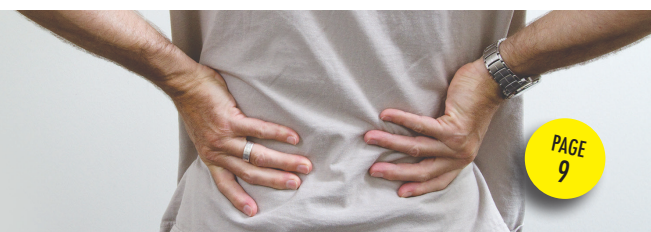


HEALTH: HAVING BACK PAIN AT WORK?
HERE ARE FIVE TIPS THAT CAN HELP



CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, OCTOBER 10, 2018

NO. 41

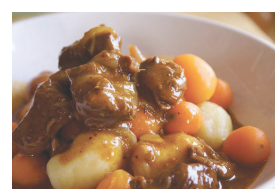
INSIDE YOUR FORUM

NEWS



MAC Applicants
Supervisor Nate Miley accepting applications for CV MAC board
Page 2

LIVING



Take It Slow
Let dinner cook while you're at work... Take the slow road to dinner
Page 6

NEWS



Fur Ball
Annual Black and White 'Fur' Ball pet adoption event is this Saturday
Page 16

INDEX

Classified Ads	12
Community Calendar ...	4
Crosswords	6
East Bay Living	6
Horoscope	15
Homes	10
Merchants	5
Obituaries	14
Sports	8
Weather	2

PHONE: (510) 537-1792



PHOTOS BY FRED ZEHNDER

THE RHYTHM CADETS, a new drumline program sponsored by the Alameda County Deputy Sheriffs' Activity League, at practice on Sunday at First Presbyterian Church in CV.

The Beat Goes On

Young people from 12 to 21 years of age, from beginners to experienced musicians, are eligible to participate in the "Rhythm Cadets," a new drumline program that is part of the Alameda County Deputy Sheriffs' Activities League.

"As the first music program offered by the league, the drumline emphasizes teamwork, commitment and leadership skills," said Rhythm Cadets director Rich Louie. "It is an experience that impacts young lives in a positive way and

that transcends all kinds of barriers they may face."

Competitive drumlines go beyond what was portrayed by Hollywood in the movie "Drumline," Louie explained. Usually a part of a drum-and-bugle corps or high school marching band, some drumlines compete and perform as their own entity during the band competition winter offseason.

In the '70s and '80s, the Bay Area had a number of drumlines, marching units, and drum-and-bu-

gle corps. Though many no longer exist, two of the biggest today are the seven-time world champion Santa Clara Vanguard Drum and Bugle Corps, and 18-time world champion Concord Blue Devils.

The Rhythm Cadets are seeking young participants who are both novice drummers just learning to hold on to sticks, and experienced drummers who have played in marching units or musical groups before.

see **BEAT** on page 15



Instructor Rich Louie, a veteran drummer himself, demonstrates his technique to students of the Rhythm Cadets Drumline, a new program of the Alameda County Deputy Sheriffs' Activity League. The drummers practice every Sunday afternoon in Castro Valley.

MAC Puts Off Chair's Term Limit Discussion

By Amy Sylvestri
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) continues to deal with the fallout from what should have been a routine chair election this summer.

At Monday night's meeting, a discussion of changes to the MAC's bylaws was on the agenda, but ultimately put off until next week's meeting.

Only four members of the MAC were present Monday night, with Shelia Cunha and Chuck Moore excused and the member Linda Tangren having decided to leave the board. A replacement for Tangren is being sought. Applications are available at www.acgov.org/clerk/apply.htm.

Though four members are enough for a quorum, the MAC decided to vote on only one of the items on the agenda this week, putting off votes on three others.

They unanimously approved an illuminated sign for the Southern

Comfort Kitchen restaurant and the restaurant's owners say they hope to open next week at their location at 3571 Castro Valley Boulevard.

The MAC continued another restaurant item – plans for exterior changes to the McDonald's on Grove Way.

A major pending issue for the MAC is the implementation of the Castro Valley General Plan. Because Cunha and Moore were absent, the MAC declined to review the plan this week, but did set up a tentative schedule of public meetings to happen over the next several weeks – likely twice a month on Thursday afternoons.

Once the MAC has reviewed the general plan, it will move on to the County Planning Commission and finally the Board of Supervisors.

Finally, the Mac put off discussion of its own rules and procedures to next Monday's meeting. The MAC is expected to vote to
see **MAC** on page 14

ENTRANTS SOUGHT

Annual Light Parade Just a Month Away

This year's Annual Community Light Parade on Castro Valley Boulevard is just a month away, on Saturday, Nov. 10, and you're invited to be part of it.

Because the parade falls on Veterans Day weekend, it will incorporate a veterans' tribute and entrants are urged to incorporate a patriotic or veterans theme, but to avoid political agendas.

The Boulevard will be closed at 2 p.m. and many local merchants will be participating in a pre-parade celebration, with live entertainment and music up and down the parade route, along with a Food Court area.

Back by popular demand will be a Red Carpet Meet and Greet Party with special guests of honor,

Mr. and Mrs. Santa Claus.

For those interested in entering the parade, an online registration system will be used to streamline the application process at cv-meetinthestreet.org/parade-entry.html.

Most school entries will be placed at the beginning of the parade queue so that the students will be able to participate early and then enjoy the rest of the parade after they reach the end of the parade route.

Entry into the parade is free. The only requirement is that your entry must "light up!"

For questions, email parade coordinator Mel Speed at TMCPProductions1089@gmail.com or by calling 510-537-9334.

State Voter Turnout Expected to be Big

Californians are registering to vote in record numbers for next month's midterm election.

More than 19 million are on the state's voting rolls, according to Secretary of State Alex Padilla. That's more than three-quarters of all eligible voters in the state and the highest number before a midterm election in state history.

Besides choosing a new gover-

nor, California voters are also be deciding on other statewide officials, a U.S. senator, 100 state legislators, 53 members of Congress, 11 ballot propositions and hundreds of local government officials.

The last day to register to vote is Monday, Oct. 22. If you need to register, or update your registration, visit www.RegisterToVote.ca.gov

Early Voting for the Nov. 6 General Election began Monday and will continue for Alameda County voters from 8:30 a.m. to 5 p.m., Monday - Friday at the Registrar of Voters' Office in Room G-1 at 1225 Fallon St. in Oakland.

The Vote-By-Mail period also began on Monday and will continue through Tuesday, Oct. 30.

see **VOTERS** on page 15

Castro Valley Weather October 10 - 14, 2018



Wednesday
Sunny
High 71° Low 54°



Thursday
Mostly Sunny
High 70° Low 52°



Friday
Sunny
High 77° Low 53°



Saturday
Sunny
High 78° Low 53°



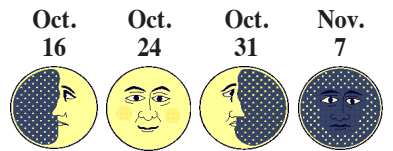
Sunday
Sunny
High 78° Low 53°

Almanac



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

Moon Phases



Sun sets at 6:38 p.m. today, rises at 7:15 a.m. Thursday.

Michele Markovich Antiques
20407 Santa Maria Ave. and 2510 San Carlos Ave.
michele.estatesales@gmail.com

ESTATE LIQUIDATION
Estate Sales & Consignments
Cell- 882-3242

CV MAC Accepting Applications

Supervisor Nate Miley is accepting applications for appointment to the Castro Valley Municipal Advisory Council. Applications will be accepted through Sunday, Nov. 4.

The Council consists of 7 members serving four-year terms. The council advises the Board of Supervisors on matters concerning the Castro Valley area, as defined within the boundaries established by the Castro Valley Specific Plan.

Meetings are generally held on the 2nd, 3rd and 4th Monday of the month at 6 p.m. at the Castro Valley Library. The 2nd and 4th Mondays are designated as a Land-Use meetings; the 3rd Mondays are designated as a General-Purpose meetings. The Council may hold special meetings at other times when necessary.

Appointees must be residents of Castro Valley or shall have owned/operated a business in Castro Val-

ley for a period of five years prior to their appointment. Council members receive a \$50 stipend per meeting.

Download the application at: www.acgov.org/clerk/forms/BoardCommApplication.pdf and return the completed form with a resumé to: Austin Bruckner at Austin.bruckner@acgov.org. For more about the council, contact Paul Sanftner at 510- 670-5967 or email: paul.sanftner@acgov.org

CLASSICS • HOT RODS • ANTIQUES • MUSCLE CARS • ROADSTERS • VINTAGE TRUCKS

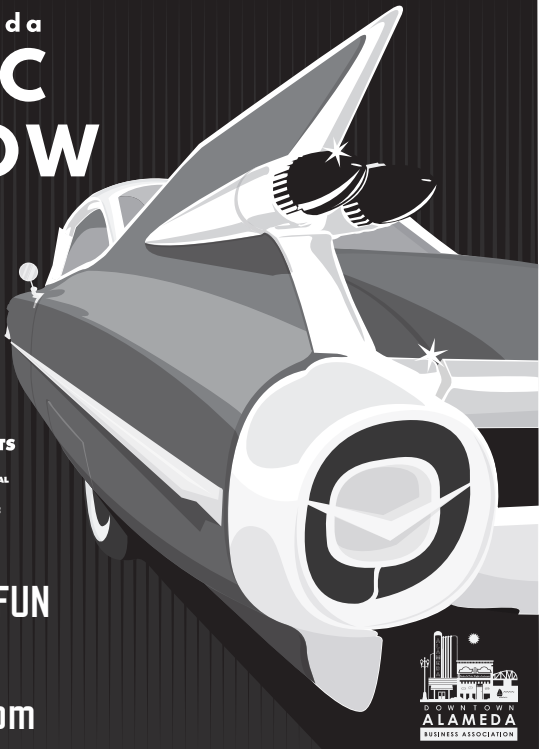
Downtown Alameda CLASSIC CAR SHOW

SATURDAY, OCTOBER 13
2018
10AM-4PM



Presented by
GENERAL AUTO PARTS
NAPA
NATIONAL AUTOMOTIVE PARTS ASSOCIATION
AUTO TRUCK INDUSTRIAL
FLEET IMPORT DOMESTIC

400 CARS AND FAMILY FUN
ON PARK STREET
DowntownAlameda.com



By Rob Rosas

IF YOU suffer from lower back pain and sciatica, you are among four out of five Americans who will suffer with

this crippling spinal condition.

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

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

New Treatment Discovery

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

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

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

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

Special CASTRO VALLEY FORUM Reader Offer

Got a Painful Nerve?

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

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

Personal Tailored Recovery Plan

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

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

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

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

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

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

Rossmoor News has teamed up with the spine therapy 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 examination with their advanced technology and a comprehensive easy to understand report on your state of health is call (925)255-5805.

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

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

Find out if Non-Surgical Re-Constructive Spinal Care can help you, book a consultation with Jerry, 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 a superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

Why Prolong Your Agony?

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

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

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

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



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

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

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

PAID ADVERTISEMENT

'Don't Dress for Dinner' Serves a Soufflé of Mix-Ups and Adultery

"Don't Dress for Dinner," a laugh-out-loud comedy by Marc Camoletti, opens next week at Chanticleers Theatre in Castro Valley.

A rush of adult-themed sexy shenanigans, mix-ups and wild coincidences keeps this farce moving from curtain up, as Jacqueline decides to visit her mother for a few days and husband Bernard sees an opportunity for a cozy weekend with his mistress.

He invites his friend Robert along as his alibi, and hires a Cordon Bleu cook to prepare gourmet delights.

One impossible situation leads to another as the hapless Robert finds himself the target of both amorous attention and wrathful vengeance, while Bernard tries desperately to salvage a scrap of illicit bliss from the wreckage of the weekend.

With a cook named Suzette, a lover named Suzanne, a confused friend and a suspicious wife, this show has all of the ingredients for a truly scrumptious comedic soufflé.

Directed by Randy Anger, Chanticleers' production of "Don't Dress for Dinner" opens Friday, Oct. 19, with a cast of veteran actors — Roger Caetano as Bernard, Rhonda Joy Taylor as Jacqueline, Jacqui Herrera as Suzette, John Vincent Burke as Robert, James Frankle as George and newcomer, Laura Zimmerman as Suzanne.



PHOTO BY BECKY DOYLE

From top, Rhonda Taylor as Jacqueline, John Vincent Burke as Robert, and Roger Caetano as Bernard, as they appear in Chanticleers' "Don't Dress for Dinner," opening Oct. 19.

Opening night features Chanticleers' traditional complimentary hors d'oeuvres, desserts and beverage gala. The show runs through Nov. 11. Curtain time for Friday and Saturday evening is 8 p.m. with Sunday matinees at 2 p.m. (no show on Oct. 21).

General admission is \$25; and \$20 for seniors and students. On Bargain Night, Oct. 20, all tickets are \$18. For tickets, call 510-733-5483 or visit chanticleers.org. Chanticleers Theatre is located in Castro Valley Community Park at 3683 Quail Ave. in Castro Valley.

Miley to Hold Town Hall on MAC Oct. 18

Alameda County Supervisor Nate Miley will hold a community meeting from 7 to 9 p.m. next Thursday, Oct. 18, on Municipal

Advisory Councils at the Castro Valley Library.

In a press statement, Miley said he would share his views and take

questions from the community during the Town Hall.

Call 510-670-5717 for info or email: paul.sanftner@acgov.org.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Senior Citizen With a Switchblade

Sunday, October 7: at 6:35 a.m., Sheriff's deputies arrested a 64-year-old man from Castro Valley on suspicion of possession of a switchblade knife, illegal narcotics, illegal drug paraphernalia, and violating the terms of his probation. The man was hanging outside a business on Castro Valley Boulevard near San Miguel Avenue when deputies stopped him for questioning and discovered his stash. The man was handcuffed and taken into custody.

He Fought the Law

Sunday, October 7: at 2:25 a.m., a 27-year-old man from Castro Valley was arrested on suspicion of resisting arrest. Deputies stopped the man for questioning in the parking lot of an apartment on Lake Chabot Road south of Castro Valley Boulevard. The man became belligerent with deputies during questioning and put up a fight. The man was subdued and taken into custody.

Shoplifter Caught

Saturday, October 6: at 10:23 a.m., deputies arrested a 38-year-old woman from Modesto (Stanislaus County) on suspicion of shoplifting from a drug store on Castro Valley Boulevard near Yeandle Avenue. Store security detained the woman after spotting her leaving with an unspecified amount of unpaid merchandise. Deputies took the woman to Santa Rita Jail pending \$5,000 in bail.

Assault with Death Threats

Friday, October 5: at 10:59 p.m., a 20-year-old man from San Leandro was arrested on suspicion of assaulting a person, issuing death threats, interfering with the flow of a business, and possession of illegal narcotics. Deputies were called to a convenience store on Center Street near Kelly Street to investigate a disturbance. There, they handcuffed the man and found he had multiple warrants for his capture. The man was taken to Santa Rita Jail pending \$37,500 in bail. The victim was treated at the scene.

Two Arrests in a Week

Friday, October 5: at 10:23 p.m., deputies arrested a 24-year-old man from Pittsburg (Contra Costa County) on suspicion of possession of illegal narcotics and violating the terms of his parole. The man was hanging outside a gas station on Castro Valley Boulevard near Redwood Road when deputies stopped him for questioning. The same man was arrested the day before outside a business on Castro Valley Boulevard near Park Way for possession of illegal narcotics and drug paraphernalia. The man was taken into custody.

Throwing Nachos

Friday, October 5: at 6:23 a.m., a 28-year-old man with no permanent address was arrested on suspicion of public intoxication. Deputies responded to a call about a disturbance at a convenience store on Redwood Road near Grove Way. A business owner called to complain the man was throwing nachos at him. The man also see **REPORTS** on back page

Tutoring Is Caring



Rediscover
the joy of
learning

- Math • Reading • Writing
- Study Skills • Confidence
- Learning Disabilities
- Children & Adults

Esther Nevarez • Castro Valley
510-733-0467



**DAYCARE + BOARDING
WALKING & ADVENTURE
HIKES**

20% OFF* Daycare
and Boarding
*First time clients only

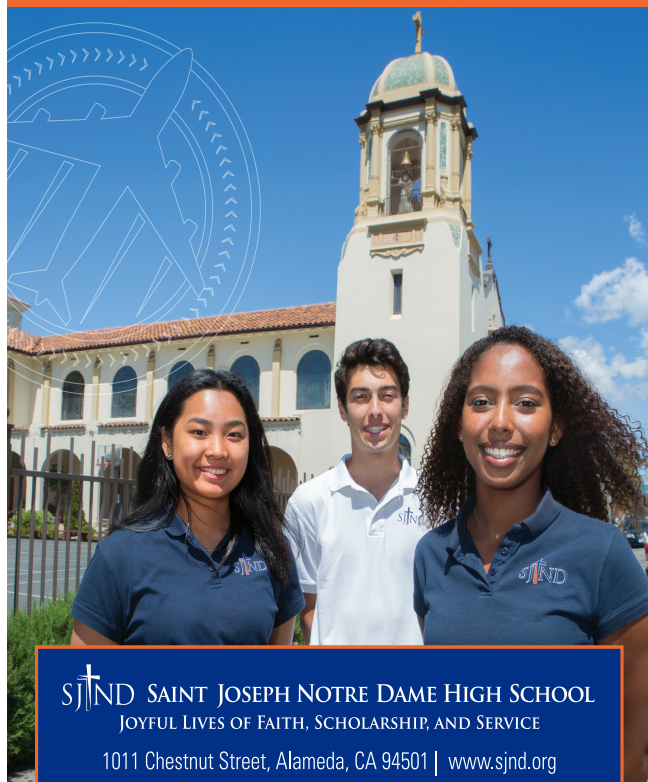
Where Play Is Serious Business!

(510) 733-6428 • 597 C Street, Hayward
www.workindoggz.com

Join Us for Open House!

October 21, 2018 | 3:00 to 5:30 p.m.

RSVP RECOMMENDED: www.sjnd.org/visit-sjnd or 510-995-9458.



SJND SAINT JOSEPH NOTRE DAME HIGH SCHOOL
JOYFUL LIVES OF FAITH, SCHOLARSHIP, AND SERVICE
1011 Chestnut Street, Alameda, CA 94501 | www.sjnd.org

Castro Valley Library is turning 100!

(Or 101. Or 102. Maybe 103.)

Saturday
October 27th
2:00-4:00 pm

Join us for:

Cake • Live Music • Crafts
• Games • Rubber Chickens
And a drawing to win a piece of
Castro Valley Library history!



Bay-O-Vista Voted Best Sports & Recreation Club in San Leandro! FIVE YEARS IN A ROW!

Full Gym • Over 40 Group-Exercise Classes
Lap Swim & Aquatic Classes Included
Plus much more!



3 Mo. Free Dues When You Join Early!

*Previous Members of 12 mo. or Less are not eligible for this promo.
Can't be combined with any other offers. Offer exp. 10/31/18

All Facilities Included in Dues

Initiation Fees:

Family of 6 = \$800

Monthly Dues \$207 Save \$700

Singles = \$400

Monthly Dues \$201 Save \$400

Bay-O-Vista
Where Everyone
Knows Your Name

See All the Club's
Features at:
WWW.BOVSWIM.COM



Bay-O-Vista

Private Family Fitness,
Gym, Swim & Tennis Club

1881 Astor Dr., San Leandro, Corner of Astor Dr. & Lake
510-357-8366 • email: swim@bovswim.com

The Week Ahead

● Wednesday, October 10: "Living with Your Whole Heart"

The Kenneth Aitken Senior Center is holding a new class titled *The Gift of Imperfection: Living with Your Whole Heart* today from 10 to 11:30 a.m. facilitated by Liz Breshears, PhD. The class is meeting for a one-day planning session for free. The class will explore what the science to happiness is and beyond. Please come and check it out.

● Thursday, October 11: Toddler Time: Halloween

Toddler Time from 10:30 to 11:30 a.m. tomorrow is a family program geared toward children ages 1-5 and their caregivers at HAHS Museum of History & Culture, 22380 Foothill Blvd., Hayward. Wear your costume and craft a spooky spider web. Join us for stories, songs, crafts, and fun! Older siblings are always welcome.

● Thursday, October 11: Redwood 4H Club Meeting

Redwood 4H, for boys and girls 5-18, will meet at 7 p.m. at Canyon Middle School tomorrow. Besides animal project, 4H has needle works, archery, gardening, photography, etc. For more information, visit www.redwood4h.com or call Karen at 510-566-3672. Come check us out!

● Thursday, October 11: 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/CVUSDBBoardMeetings

● Saturday, October 13: Black & White Pet Adoptions

The volunteers at the Hayward Animal Shelter, at 16 Barnes Court, will hold their "15th Annual Black and White 'Fur' Ball" Pet Adoptions from noon to 6 p.m. this Saturday, Oct. 13. Adoption fees will be reduced to \$20 for dogs, puppies, cats, kittens and bunnies, thanks to Santa Con Hayward. The fee includes spay or neuter, vaccinations and microchip (Hayward residents also pay a \$17 dog licensing fee). Hors d'oeuvres, non-alcoholic beverages, raffle prizes and music from 4 to 6 p.m. More info at www.facebook.com/haywardanimalshelter

● Saturday, October 13: Family Fest 5K Fun Run

Join us at the FamFest 5K Fun Run this Saturday at the Reach Ashland Youth Center, 16335 E. 14th St. in Ashland. The race starts at 9 a.m. Last year, we had over 2,000 participants, exhibitors, and volunteers. Join us for the inaugural event. Register now at www.acfamfest.org

● Saturday, October 13: America Needs Fatima

All are welcome from noon to 1 p.m. this Saturday to come and honor Mother Mary at the upper parking lot of The Church of the Transfiguration, 4000 E. Castro Valley Blvd. In remembrance of Fatima, worldwide rosaries will be recited, offering up prayers for faith based petitions. Please come and bring your family and friends. For further information, call Susan Groark 510-278-7755

● Saturday, October 13: Hayward Travel Club Meeting

The Hayward Area Travel Club, a local non-profit specializing in day trips for area residents, invites you to attend our meeting from 9 to 11 a.m. this Saturday, when we'll have a photo presentation of trips taken in 2018, and when you can learn more about our club. Meetings are at Jensen Hall at Faith Lutheran Church, 20080 Redwood Road in Castro Valley. For more info, visit HaywardAreaTravel@yahoo.com

● Saturday, October 13: Hearing Loss Association Meeting

Watch the screening of the fine video, "Can You Hear Me Now?" followed by an open discussion with questions, answers at the next meeting this Saturday. Refreshments at 9:30 a.m.; Program at 10: Oakland Kaiser Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. Parking garage on Howe is free on Saturday. info@hearinglosseb.org or 510-221-6080

● Saturday, October 13: Facing End-of-Life Issues

No matter how thoroughly one prepares for the death of a loved one, when the time comes, it still can be a shock. To help family caregivers plan for this time, Hope Hospice is offering a free class, "Facing End-of-Life Issues and Handling Grief and Loss", this Saturday, from 9:45 a.m. to noon at Hope Hospice, 6377 Clark Ave., Suite 100, Dublin (2nd floor conference room). Light refreshments will be served. Register online at HopeHospice.com or contact debe@hopehospice.com

● Saturday, October 13: 7 Reasons to Meditate Now

If you wonder what meditation is all about, join us for a free workshop, "7 Scientific Reasons to Meditate Now," with Dr. Manish Saggat, who will explore both psychological and traditional views of meditation's many benefits, share studies that show how meditation enhances brain function, and lead a meditation sitting, at 2 p.m. this Saturday in the Chabot Room of the Castro Valley Library. No reservations needed. Visit Events at www.aclibrary.org/branches/CSV for more info.

● Saturday, October 13: Amador Valley Quilters Meeting

Quilter Lyn Mann will present "Head for the Border," a lecture devoted to effective fabric borders that will fit any quilt size or shape, at this Saturday's meeting of Amador Valley Quilters from 1:30 to 4 p.m. at Pleasanton Middle School, 5001 Case Ave., Pleasanton. Guests are always welcome. Visit www.amadorvalleyquilters.org

● Saturday & Sunday, Oct. 13-14: Book Sale

Friends of the San Lorenzo Library will hold a weekend book sale this Saturday (10 to 4:30) and Sunday (1 to 4:30), at the library, 395 Paseo Grande. Lots of books, CDs and DVDs for sale. Most book prices range from 10 cents to \$1.00 with some specialty books priced individually. Free Admission. For more info, email kwebb1956@gmail.com. Funds from this sale benefit community programs at the Library.

● Saturday, October 13: Meet the Majestic Owls

Owls are often said to be majestic, regal, and filled with wisdom. Come experience their habitat and majesty, then meet Sulphur Creek's owls up close and learn about their natural history, from 6:30 to 8 p.m. this Saturday at Sulphur Creek Nature Center, 1801 D St. in Hayward. Wear your walking shoes for this very special adult-only nature program. To register (\$18), visit www.haywardrec.org or call 510-881-6700.

● Monday, October 15: Municipal Advisory Council Meeting

The Castro Valley MAC will hold a general purpose meeting at 6 p.m. on Monday at the Castro Valley Library. Among the topics are the Alameda County Office of Emergency Services, a followup on the wildfire hazards in Castro Valley, and proposed amendments to the MAC Rules of Procedures. Visit acgov.org/bc/cvmac for the complete agenda.

● Wednesday, October 17: Medicare & Open Enrollment

Be prepared for Medicare annual enrollment at a free presentation from 11 a.m. to noon on Oct. 17 at the Castro Valley Library, where seniors will learn about changes to Part D plans and Medicare Advantage (Part C) plans for 2019, and eligibility, costs and changes in Medicare Parts A and B. No registration is required.

● Wednesday, October 17: East Bay Rose Society Meeting

Master Rosarian Jolene Adams will speak on safety in the garden, covering common risks we all face when gardening, how we can be affected by what we use in the garden and our home, and how gardeners can check on various manufactured materials that are frequently used. The meeting is at 7:30 p.m. at the Lakeside Garden Center, 666 Bellevue, Oakland. More info at www.eastbayroses.org

● Wednesday, October 17: Women's Club: Daughtrey's Bldg.

Learn the latest up-to-date news about the Castro Valley Marketplace project and the 16 specialty stores coming to the Daughtrey's Building when Craig Semmelmeier speaks to the Castro Valley Women's Club at 1 p.m. on Oct. 17, at the clubhouse, 18330 Redwood Road. There will also be a question and answer session. The public is invited. Please let us know if you would like to join us by calling 510-461-7692. See Events at www.castrovalleywomensclub.weebly.com

● Thursday, October 18: Town Meeting on MACs

Alameda County Supervisor Nate Miley will hold a community meeting on Municipal Advisory Councils from 7 to 9 p.m. on Oct. 18, at the Castro Valley Library. Supervisor Miley will share his views and take questions from the community. For more information, call 510-670-5717 or email paul.sanftner@acgov.org

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.

● **Fall Preview Mini Concert** will be presented by the Castro Valley High School Music Department, featuring all performers from the school's Advanced Musical Ensemble at 7 p.m. tomorrow, Oct. 11. *For tickets, see above.*

● **Mark Mackay**, a blazing guitarist, evocative vocalist, and songwriter steeped in authenticity, will be presented by the Castro Valley Arts Foundation at 7:30 p.m. this Saturday night, October 13, at the Center for the Arts, 19501 Redwood Road. Mackay makes his stand at the crossroads of country music and rock-and-roll. Fronting a powerhouse band, Mackay rocks the room with rowdy charm and persuasive conviction. *For tickets, see above.*

● Castro Valley Arts Foundation 2018-2019 Series

From Country to Classics, tickets are on sale now for four additional concerts — **Pasquale Esposito**, **Vox Fortura**, **Johnny Cash Tribute** and **The Sun Kings**, plus the New Year's Eve Cabaret. Buy season tickets and save \$5 per ticket, free ticket exchange and best seat selection. *See ticket info above.*

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"Four Men in Paris,"** by Oakland Playwright Reginald Clay, will have its World Premiere by Plethos Productions in four performances, at 7 p.m. this Friday, Oct. 12; at 2 p.m. and 7 p.m. on Saturday; and at 7 p.m. on Sunday, all at The Douglas Morrisson Theatre, 22311 N. 3rd St. in Hayward. The show, based on actual events, follows the time these four men spent living and writing in Paris to escape injustice and societal pressure in the U.S. This timely presentation wrestles with issues Americans face today, with touching themes like race relations, equality, and national loyalty despite prejudice and rejection. Tickets are \$15 and selling fast at Plethos.org. Visit Instagram @PlethosProductions & Facebook @PlethosProductions

● **"Don't Dress for Dinner,"** a laugh-out-loud comedy that contains adult themes, a rush of sexy shenanigans, mix-ups and wild coincidences, opens Friday night, Oct. 19, with its traditional complimentary hors d'oeuvres 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. General admission is \$25; and \$20 for seniors and students. On Bargain Night, Oct. 20, all tickets are \$18. For tickets, call 510-733-5483 or visit chanticleers.org.

AT THE ART GALLERIES

● **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, sponsored by Hayward Arts Council. This year's exhibition presents all forms of ofrendas from our community members, from traditional altars to innovative sculptures.

CASTRO VALLEY FORUM

CASTROVALLEYFORUM.COM

ESTABLISHED: 1989 • CIRCULATION 22,500
© 2018 EASTBAY PUBLISHING CORPORATION - ALL RIGHTS RESERVED

Published every Wednesday by EastBay Publishing Corp.
2060 Washington Ave., San Leandro, CA 94577
Corporate Address: P.O. Box 2897, Alameda, CA 94501
Tel: 510-537-1792 • Fax: 510-814-9691

<p>Fred Zehnder, Editor & Publisher fredz@ebpublishing.com</p> <p>Howard Morrison, Assoc. Publisher howardm@ebpublishing.com</p> <p>Helen Burkett, Advertising Design Mgr. helenb@ebpublishing.com</p> <p>Moxie Morrison, Layout Design moxmore@yahoo.com</p> <p>Claudette E. Morrison, Business Mgr. cm@ebpublishing.com</p> <p>Patrick Vadnais, Classified Ads / Obituaries patrickv@ebpublishing.com</p> <p>Mary Florence, Advertising Sales 861-3270 Mpominville4582@aol.com</p> <p>Linda Nakhai, Advertising Sales 510-915-1513 lnakhai@comcast.net</p>	<p>Amy Sylvestri, News amys@ebpublishing.com 510-614-1561</p> <p>Jim Carrizo, Sports jimcvsports@gmail.com 510-967-3759</p> <p><i>Contributing Writers:</i></p> <p>Linda Sandsmark Michael Singer Gene Osofsky Carl Medford Terry Liebowitz Amy Ramos Linette Escobar Thomas Lorentzen Buzz Bertolero</p>
--	--



LOYAL AMERICANS

JAPANESE AMERICAN IMPRISONMENT DURING WORLD WAR II

On view through October 28
HAHS Museum of History & Culture
22380 Foothill Boulevard in Hayward
(510) 581-0223 www.HaywardAreaHistory.org

Health Day Spa

FACIAL\$40

HOT STONE
60 minutes....\$50

FOOT & BODY TREATMENT
70 minutes....\$40 • 90 minutes....\$45

510-889-0268 • 10am - 9:30pm Daily
20660 Redwood Rd., Castro Valley
(Wells Fargo Plaza)

Bring In Ad Get
\$5 Off
On All Services
over \$35
Cannot be combined
with any other
offers.
Exp. 10/16/18

Support Your Local **MERCHANTS**

Chabot Haircuts



Men's Hair Cuts \$14
Women's Hair Cuts \$17 & Up
Walk-ins Welcomed
No Appointment Necessary
Tues.-Fri: 9am-7pm • Sat & Sun: 9am-6pm
Closed Monday

510.582.2151
20392 Lake Chabot Rd.,
Castro Valley
Across from Eden Hospital & Professional Bldg.

Call me and
we will get
started on
selling your
home in
Castro Valley
TODAY!



Serean Kimmel Realtor®
510.512.2145
BRE# 01770629
www.sereankimmel.com



DAVE'S TAVERN TAXI SERVICE

Mon - Sat 7am - 7pm
Off Sunday
Airports & Amtrack Transportation
Open 24 Hours
With Prior Notice



TO OAKLAND AIRPORT ONLY \$30
TO OR FROM BART \$600 - \$12
TO SF or SJ AIRPORT \$60
510-303-3478

Upper Grove Way Auto Repair

Bring this ad in for
10% Off LABOR
For Services of \$100 or more.
CARMEN & JORGE ARE BACK!

• Brakes • Diagnostic • Check Engine Light
• Smog Test & Repairs

• Foreign and Domestic
• Complete Auto Repair
537-4438

2932 Grove Way, Castro Valley
Hours: Mon. - Fri. - 8 a.m. to 5 p.m.

R&J QUICK CLEAN CENTER

2522 CASTRO VALLEY BLVD • 510-581-9797

LARGE & CLEAN Laundromat with:

- 16Lb., 25Lb., 50Lb. & 65Lb. commercial washers (Great for Bedspreads, Sleeping Bags, & Blankets!)
- Attendants Present
- Monitored Surveillance
- Free Wifi Internet
- Self-Service Pressing Station

ANYTHING
Dry Cleanable
Clothes, Drapes
& More!

Washed & Dry Services
• Sleeping Bags
• Bedspreads
• Blankets

\$500
per lbs.
Same Day Service
When Available
NOW OPEN 7 DAYS! 8am-8pm

Rose Motorcars

AUTO DETAIL SPECIALS!

Starting At:
\$49 WAX & POLISH
\$99 EXPRESS DETAIL
\$49 ENGINE CLEANED
\$99 PAINT TOUCH-UP
\$49 CARPET SHAMPOO
\$149 MINI DETAIL
\$199 EXTERIOR PLUS DETAIL

510-400-6042
M-F: 10am-7pm/Sat: 10am-7pm • Sun: 11am-5pm
2806 Castro Valley Blvd., Castro Valley
www.RoseMotorcars.com

Lu Ann Boyce



Nail Care
Specialist
at Sola

- FEATURING:**
- ION Detoxifying Foot Cleanse
 - Premium Hygiene Pedicures
 - Complete Nail Care

Phone for Appointment: **510-918-7639**
luannboyce@yahoo.com
SOLA SALON STUDIOS
21060 Redwood Rd., Ste. #3
Castro Valley, CA

Established in 1952



DON'S Body Shop

- Insurance Specialists
- Free Estimates
- Lifetime Warranty
- Towing Available

FREE Headlamp Polish
With Repairs
(510) 581-2611
2944 Grove Way, Castro Valley
Hours Mon. - Fri: 8a.m. - 5p.m.



YOUR AD COULD BE HERE!
To Advertise Call
Mary Florence
510-861-3270 or
Linda Nakhai
510-915-1513

ABC MUSIC

WWW.ABCMUSICCASTROVALLEY.COM

- Sales, Rentals & Repairs For All Instruments
 - Private & Group Lessons For All Instruments, For All Ages
 - One FREE LESSON with the Purchase of Guitar or Ukulele
- 537-1861**
3145 Castro Valley Blvd.

ESCROW SERVICES

We are committed to offering our Clients the most comprehensive variety of Escrow Services available.

- For Sale by Owner
- Residential
- Refinance
- Private Financing
- Bulk Sale/Business Sale
- Liquor License Transfer
- Mobile/Manufactured Homes
- Document Preparation
- Notary & Recording Services

Call:
510-247-0741

19131 Redwood Rd.,
Ste. E & F, Castro Valley
www.redwoodescrow.net

Redwood Escrow Services, Inc.

Our Knit Knack's

20575 Santa Maria Ave.
510-901-7874

New Store in Castro Valley Featuring
Handmade Items from Local Crafters

- Knitted, Crocheted, & Sewing Items
 - Soap & Lotions
 - Novelty & Fine Jewelry
 - Home Decor & Furniture
 - Fabric, Trim, Ribbons & Buttons
- Former Bolts End Merchandise

Wanted - Vendors Who
Make Handmade Items

ST. FRANCIS URGENT CARE

510.780.9400
1649 INDUSTRIAL PARKWAY WEST
HAYWARD, CA 94544
WWW.STFRANCISURGENTCARE.COM

OPEN 7 DAYS A WEEK

HOURS
Mon. - Fri. 10am-8pm
Saturday 9am - 5pm
Sunday 10am-2pm

- PHYSICAL EXAMINATIONS (IMMIGRATION, DMV, EMPLOYMENT, SCHOOL, SPORTS)
- VACCINATIONS
- CARE FOR INJURIES (LACERATIONS, NECK & BACK, SPRAINS & FRACTURES, SPLINTING, ETC)
- INFECTION CARE (SINUS, EAR INFECTIONS, UTI) AND CARE FOR RESPIRATORY AILMENTS
- LAB TESTING/ SCREENINGS
- GENERAL MEDICAL CARE
- MINOR BURNS
- STD TESTING
- X-RAY SERVICES & EKG
- OCCUPATIONAL MEDICAL SERVICES
- WORKERS COMPENSATION

No Appointment Needed, Just Walk In
Walk-in services are available for adult and pediatric patients.

Majority of Insurances Accepted

Discount Pricing for Cash Pay Patients

Sayang Holidays Full Travel Services

Your Passport to the Loveliest Places on Earth

Promotion of the Month

8 Days/7 Nights — Thailand -
Samui and Phangan Islands
From **\$1,759** per person

Based on Double Occupancy

For more information
510-582-8800
Sales@SayangHolidays.com
visit our website www.sayangholidays.com

Expert TUNE & SMOG

Has Moved From
3889 Castro Valley Blvd.

To:
3343 Castro Valley Blvd.,
Across from Sharis
All Car Parking 20845 Wilbeam Ave.
Castro Valley
(510) 889-5982
We Sell Used Tires

Was the first official Castro Valley Library the converted chicken coop that opened in 1918? Or was it the library in the home of Mrs. M.J. Alves that opened in 1915? Is the Library 100 years old? Or 103?

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*

Introduction: 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.

The first library was established July 17, 1915, in the home of Mrs. M.J. Alves, somewhere around the entrance to Crow Canyon, and was named the Crow Canyon Branch of the Alameda County Free Library.

We do not know where exactly Mrs. Alves' home was, but we do know that her small branch had 54 books and 8 registered library cardholders.

A brief reference in the Oakland Tribune notes the new Crow Canyon Branch was one of two branches added to the Alameda County library system that year by Mary Barmby, the first county librarian.

The Crow Canyon Branch was short lived, and on August 1, 1916 the branch moved to the home of Kathryn Weaver. This little library was named Castro Hill Branch, in reference to the steep incline along

today's East Castro Valley Boulevard

Apparently Kathryn Weaver's house was a little bigger, with a reported collection of 200 books and 18 library cardholders, but the Library wouldn't remain in that location for long.

Sometime in 1918 the library moved to what is commonly thought of as the first Castro Valley Library — a building formerly used for chicken brooding. The “Brooder Branch,” as some called it, belonged to the aptly named Mrs. Emmarene Due.

This new incarnation of the Castro Hill Branch grew quickly under Mrs. Due's direction and included almost 400 books and 64 active patrons.

As successful as the branch was, there was a fair amount of hesitation on the part of Alameda County to approve the opening of a library in a chicken coop. Over time, however, Alameda County grew fond of its quirky little branch. A 1922 Oakland Tribune article titled "Chicken Coops for Libraries" explained:

"Alameda County is the only

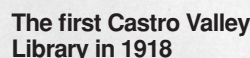


PHOTO COURTESY OF THE HAYWARD AREA HISTORICAL SOCIETY

all the county library branches.”

county in the United States which maintains a county library branch in a chicken coop, where the hens may regale themselves with succulent book titles and the roosters crow over newspapers and periodicals...Supervisors and county library officials were horrified at the suggestion [of using a former chicken coop], but at last consented to look it over...Today the 'brooder branch' is one of the most successful and generally used of

As the Castro Hill Branch's reputation grew, so did the number of visitors. Librarians came from across the state to experience the novelty of a library inside a shack — much to the dismay of Mrs. Due who told a reporter years later, “I never thought of it as a shack because we had so many wonderful books.”

Next week: "The Castro Hill Branch"

Join the staff of the Castro Valley Library for the 100th anniversary celebration on Saturday, Oct. 27 from 2 p.m. to 4 p.m. You can 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!

AL'S FOOD Market

ATHLETES OF THE WEEK



This week's Athletes of the Week are Tani and Tara Ng, a sophomore and senior at Castro Valley High School. Sophomore Tani (on left) and senior Tara, have led the Castro Valley High School's girls golf team to their current 17-1

record. Last week, Tani shot even-par 36 at Tilden Park Golf Course in a 213-278 victory over Berkeley, and Tara shot a 1-over score of 37 in a 220-276 victory over Bishop O'Dowd at Metropolitan Golf Course.

Sports Notes

Senior Softball League

The daytime Hayward Senior Softball league, sponsored by the Hayward Area Recreation District, is looking for new players for next year. The league consists of three levels — A fifties league that plays on Thursdays, a sixties league on Tuesdays, and a seventies league on Wednesdays. Games are played at the Alden E. Oliver Fields on Hesperian Blvd., in Hayward. The games start at 9:30 a.m. and end by noon. Practice will continue every Thursday through February at the Castro Valley Community Center on Lake Chabot Road beginning at 9:00 a.m. Potential players are welcome at the practice sessions. The next season will start in March of 2019. To find more information go to hardseniorsoftball.com.

Soroptimist Scholarship Opportunity

Soroptimist of the East Bay is announcing its "Live Your Dream" scholarship opportunity for women of the East Bay.

This \$1,000 scholarship is given annually to a woman pursuing education or training to better the life of her family and herself.

Applications are being accepted until November 15. Apply online at bit.ly/LYDA-apply or contact Donna Whitehouse by email at: rambosmom@comcast.net, or call (510) 999-2911 for more information.

Scholastic Roll Honor

Emerald L. Coupe, a Post Baccalaureate, Pre-Education student from Castro Valley, made the Scholastic Honor Roll Summer term 2018 at Oregon State University in Corvallis. She was one of 475 students who earned a 3.5 or better to make the listing.

CVHS SPORTS SCHEDULE

Girls Tennis

Thursday, October 11, 3:30 p.m. CVHS Varsity vs. Piedmont at CVHS
Thursday, October 11, 3:30 p.m. CVHS JV vs. Piedmont away
Tuesday, October 16, 3:30 p.m. CVHS All levels vs. San Leandro at CVHS

Cross Country

Saturday, October 13, 8:00 a.m. CVHS All levels participating in the Castro Valley Invitational at Canyon Middle School

Football

Friday, October 12, 4:00 p.m. CVHS JV vs. San Leandro at CVHS
Friday, October 12, 7:00 p.m. CVHS Varsity vs. San Leandro at CVHS

Girls Golf

Thursday, October 11, 3:00 p.m. CVHS All levels vs. Alameda and O'Dowd at Alameda G.C.

Monday, October 15, 8:00 a.m. CVHS All levels vs. teams from the West Alameda County Conference at Monarch Bay G.C.

Girls Volleyball

Thursday, October 11, 4:00 p.m. CVHS freshman vs. Alameda away
Thursday, October 11, 5:15 p.m. CVHS JV vs. Alameda away
Thursday, October 11, 6:30 p.m. CVHS Varsity vs. Alameda away
Tuesday, October 16, 4:00 p.m. CVHS freshman vs. San Leandro away
Tuesday, October 16, 5:15 p.m. CVHS JV vs. San Leandro away
Tuesday, October 16, 6:30 p.m. CVHS Varsity vs. San Leandro away

Water Polo

Tuesday, October 16, 4:00 p.m. CVHS girls Varsity vs. Alameda at CVHS
Tuesday, October 16, 5:00 p.m. CVHS boys Varsity vs. Alameda at CVHS
Tuesday, October 16, 6:00 p.m. CVHS girls JV vs. Alameda at CVHS
Tuesday, October 16, 7:00 p.m. CVHS boys JV vs. Alameda at CVHS

CVHS VARSITY TENNIS RESULTS

CV at Bishop O'Dowd on Thurs., Oct. 4 (CV 6, Bishop O'Dowd 1)

Singles

1. Elena Lottich (CV) - Amy Jayasuriya 6-0, 6-0
2. Anya Mortensen (CV) - Katie Bunn 6-1, 6-1
3. Gaby Madison (CV) - Madison Lenoir Irwin 6-2, 6-4
4. Lauren Leong (CV) - MaianneTaner 6-1, 6-3

Doubles

1. Hayden Senegal / Georgia Bunkers (BOD) - Victoria Vitton / Marissa Chan 6-4, 6-1
2. Kele Fong / Alex Tam (CV) - Lauren Murphy / Jenny Cheng 6-4, 6-1
3. Paige Cason / Sammie Lee (CV) - Ava Murphy / Lauryn Davis 3-6, 6-3, 7-5

Mt. Eden at CV on Tues., Oct. 2 (CV 7, Mt. Eden 0)

Singles

1. Karen Chen (CV) - Blanca Panganiban 6-4, 6-1
2. Harnael Mangat (CV) - Gaelle Garcia 6-2, 6-3
3. Rasberry Carpenter (CV) - Lisa Wang 6-0, 6-0
4. Hannah Pilgrim (CV) - Paola Martinez 6-0, 6-0

Doubles

1. Aneet Mangat / Komal Maharaj (CV) - Jennifer Lien / Maggie Chen 6-0, 6-3
2. Ashley Fang / Christine Xu (CV) - Scarlett Mason / Jeanette Apodaca 6-0, 6-0
3. Alisha Grewal / Levina La (CV) - Abby Manalaysay / Citlaly Ramos 6-2, 6-0

TIME TO: GET ROPED IN

Join today for \$10.95/month.

TRY US OUT BY 10/31 WITH THIS
3-day guest pass!

awesome classes • tons of weights • personal & group training
miles of cardio • tanning & HydroMassage® • #NOJUDGMENTS

177 Lewelling Blvd • San Lorenzo, CA
510.924.4200 • CrunchSanLorenzo.com



Offer valid at the specified location only and expires 10/31/2018. Amenities and pricing vary by membership level and location. Guest pass valid for 1st time guests with local ID and must be used for consecutive days. Additional fees and restrictions may apply. See club for details. © 2018 Crunch IP Holdings, LLC

Is Your Store
Empty when
Others are
Full?

Advertise in the
Castro Valley Forum

THE ONLY LOCALLY OWNED NEWSPAPER DELIVERED FREE
TO 99% OF HOMES AND BUSINESSES IN CASTRO VALLEY!

Call: Mary Florence: 861-3270 or Linda Nakhai: 915-1513

CASTRO VALLEY FORUM
www.castrovalleyforum.com

Back Killing You at Work? Five Tips That Can Help

Sitting all day at a computer takes a toll on our backs, yet for a large percentage of Americans, sitting in front of a computer sums up their job description.

And that work-related back pain that starts out minor can soon become severe, causing problems in all areas of your life.

"The longer you have a back problem, the more damage it will create, the more it will resist getting better, and the more time it will take to heal," says Bradford Butler, author of *The Blueprint for Back Pain Relief: The Essential Guide to Nonsurgical Solutions*. "So, the best course is to prevent back problems from happening to begin with."

Butler offers a few tips for those whose jobs require them to sit, sit and sit some more:

Watch how you sit. Most people are putting pressure on their backs, necks and shoulders because they don't work in an ergonomically correct position. To achieve the optimal position: Sit with your body no more than an arm's length from the computer and mouse, and don't lean your head and neck forward.

You should be able to rest your hand comfortably on the mouse with the elbow at the same height as the mouse pad. The monitor should be 2 or 3 inches above eye level.

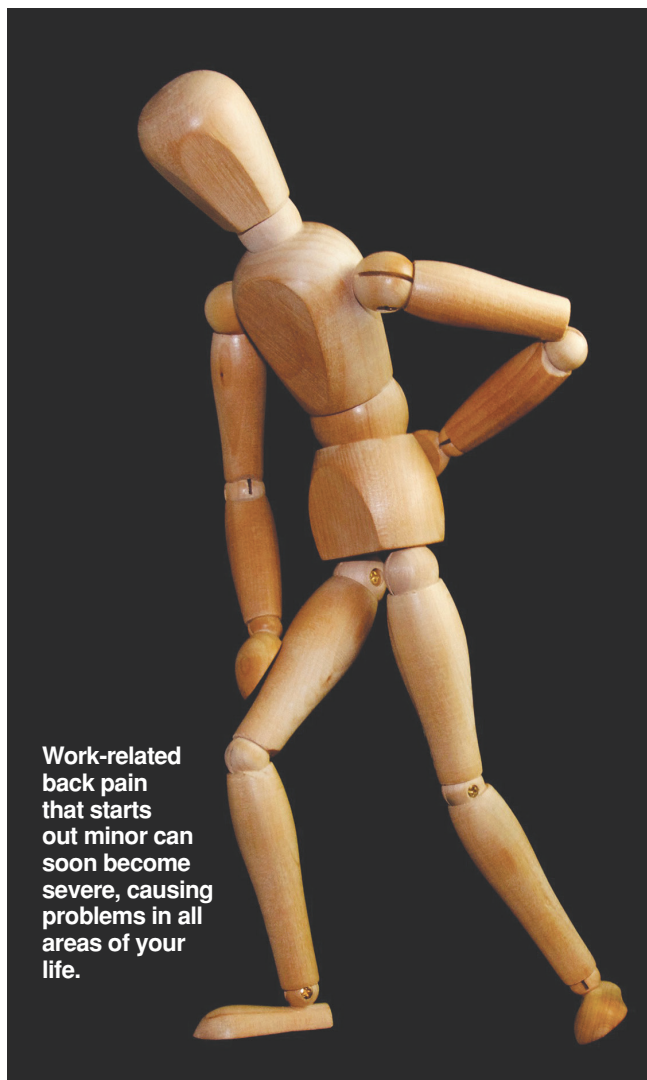
Choose the right chair. Ideally, you want a chair with lumbar support.

"If there is no lumbar support, you can place a pillow behind your lower spine," Butler says. Chairs that can tilt back also take pressure off the base of the spine and help prevent back pain.

But if back pain has already started, Butler suggests placing ice between the lumbar support and the back for 20 minutes to reduce inflammation.

Don't cradle your phone. Have you ever pinned your phone between your shoulder and your ear so you can type while you talk? Butler has a one-word piece of advice: Don't.

"The intense strain from holding the phone that way for more than a couple of minutes can have



Work-related back pain that starts out minor can soon become severe, causing problems in all areas of your life.

a lasting effect on your posture and add to your back and neck pain," he says.

Take a break. For about five minutes every hour, get up and move around. Take a walk, stretch or do anything that takes you away from the computer and lets your body escape all the sitting and staring you've been doing, Butler says.

Unload some baggage. Do you carry to work a bag or briefcase that's so heavy even an Olympic weightlifter would feel the strain? If it weighs more than 10 percent of your body weight, then it's putting too much of a strain on your back. Butler suggests you lighten the load or get a different bag, preferably one with

a long strap so it can be carried across your chest like a messenger bag. That can reduce the diagonal load on your back.

"It's important to understand that your spine was designed to move," Butler says. "If you are sitting for a good part of your day, you are effectively doing the opposite of what keeps your spine healthy."

"The old saying 'an ounce of prevention is worth a pound of cure' couldn't be truer, especially when it comes to your back. Prevention is a mindset. You probably already do it in other areas of your life. When it comes to your back, you just need some new thinking and new habits."

Importance Of a Routine Mammogram

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 still do not seek or receive an annual exam. One common reason is no insurance (or underinsurance).

In order 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 on Saturday, October 27th. 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.

Sutter Health is also working with Federally Qualified Health Centers (FQHCs) to develop culturally, and linguistically appropriate education on breast cancer screening for women of all races, ethnicities and languages spoken.

Medicare And Open Enrollment

Be prepared for Medicare annual enrollment at a free presentation from 11 a.m. to noon on Oct. 17 at the Castro Valley Library, where seniors will learn about:

- Changes to Prescription Drug (Part D) plans and Medicare Advantage (Part C) plans for 2019
- Eligibility, costs, benefits, and changes in Medicare Parts A and B
- Options for supplementing Medicare and getting help with medical costs (including the Extra Help Program)

No registration is required for this free educational program.



National Prescription Drug Take-Back Day October 27

Have unwanted or expired prescription medications? As part of the Drug Enforcement Administration's National Prescription Drug Take-Back Day, officers from the California Department of Public Health will be collecting unwanted medications at the Castro Valley Library from 10 a.m. to 2 p.m. on Saturday, October 27. Bring your unused or out-of-date medications, no questions asked.

Drop off potentially dangerous, expired, unused and unwanted prescription drugs and other medications for safe disposal and destruction. These drugs can be a source of supply for illegal use and an unacceptable risk to public health and safety.

This initiative addresses a vital public safety and public health issue. Many Americans are not aware that medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away – both potential safety and health hazards.

Call the Library: 510-667-7900, or see Events at www.aclibrary.org/branches/csv for more info.

On Sale in October!
**New Chapter
Vitamins**

**25%
OFF**

Add Life to Your Years
and Years to Your Life
at Health Unlimited



Since
1969

— NATURAL FOODS —
San Leandro
182 Pelton Center
(510) 483-3630

Castro Valley
3446 Village Dr.
(510) 581-0220

**40% OFF RETAIL
50% OFF SELECT ITEMS**

**New & Used
(Reconditioned)
Appliances**



- Ranges
- Cooktops
- Ventilation Units
- Washers & Dryers
- Dishwashers
- Refrigerators
- Freezers
- Microwave Ovens

**Excellent Service
Great Prices
Professional
& Friendly**

**ACTION HOME
APPLIANCE & TV'S** 510-756-3068

2851 Alvarado St., San Leandro

Open Mon. - Fri.: 9am-5pm

Sat.: 10am-3pm • Closed Sun.

www.actionhomeappliance.com



CVF
#002

Experience Health!
Pain relief!
Better Moods!

**Castro Valley
Acupuncture**

Nutritional Therapy
and Acupuncture
for emotional and
physical health

**Caryn
Goldman**

R.N., L.Ac. M.S./TCM
2881 Castro Valley Blvd.,
Ste. D, Castro Valley

510-727-1238

**Find More
Local News
in the Forum**



**To advertise call
Mary Florence: 510-861-3270 or
Linda Nakhai: 510-915-1513**

CASTRO VALLEY FORUM

PUBLISHED EVERY WEDNESDAY
DELIVERED TO OVER 20,000 HOMES

WWW.CASTROVALLEYFORUM.COM

Ahh...
Massage

The Healthiest Addiction
Career at Your Fingertips

**50% OFF
Every Massage**
with Intern Reg. \$70

510-886-0893
2881 Castro Valley Blvd, Ste. #3

School of
Healing Touch

REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Times

GUEST COMMENTARY



Prepare for the Future

One of the saddest situations I've encountered in real estate was an elderly individual who served our country in the Armed Forces, but died alone in his home and was subsequently not discovered for weeks.

Compounding the tragedy was the fact he had no will, trust or any record of any family or designated heirs.

Most of us do not want to face the inevitable fact we will not live forever. Consequently, many fail to plan for their death, leaving little or no instructions.

As a real estate team that has handled many estates, we see families struggling to cope not only with their loss, but the multitude of details related to the estate. Effective planning can make the process much easier.

Here are 4 recommendations:
Get a trust.

A trust makes the entire process easier because it clearly delineates who has the authority to make key decisions and administer the assets.

Make sure all your assets are in the trust, including prop-

erty(s), bank accounts, investment/retirement accounts, vehicles and the like. Keep it current.

While a properly written will is OK, a trust is much better and can also be used to manage estate taxes. Make sure that your trustee has a current copy.

Keep good records.

Keep good records for all bank accounts, assets, mortgages, loans and the like. Your heirs need to be able to quickly locate everything and be confident they have not missed anything.

Write a letter to your heirs.

Oftimes heirs are unclear of your wishes. A carefully crafted letter can explain your specific desires, including funeral preferences. Additionally, while most trusts state how the proceeds of the estate are to be distributed, a letter can provide more specific directions as to the disposition of key items.

I've seen families fight over who gets what: a letter can clarify everything and ensure your wishes are carried out.

Start allocating belongings now.

One of the hardest things for

families to deal with is the years of accumulated goods left when loved ones pass. Frequently items treasured years ago are no longer desirable to the heirs, and they feel guilty disposing of them.

Distribute items now while your family still appreciates them, and make the tough choices to reduce the amount of belongings you have. Your family will appreciate it.

Prepare now while you can: once you are gone, it is too late.

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.



Beautiful Sweeping Views from this custom updated 2,724 sq. ft., 4 bedroom, 2 bath home with oversized family room located in Proctor School District on a .30 acre lot. On the main level you will find an eat-in kitchen with new cabinets & counters, built-in gas stove, oven and microwave. Formal living and dining with gleaming hardwood floors, fireplace and picture window. 3 bedrooms and hall bath, recently remodeled with large stall shower.

Downstairs has oversized bedroom with double closets, remodeled bath with shower over jetted tub, family room with slider to deck and backyard, fireplace and a step up to attached room with large bar with sink, old fashioned phone booth and 2 different 88 sq. ft. storage rooms. On the side of the home there is a door to a 192 sq. ft. unfinished basement room. Beautifully landscaped yard and 2 large side yards. Features also include dual pane windows, 1 year old roof, new exterior paint and more!

Open House: Saturday & Sunday 1 to 4pm



17849 Parker Rd., Castro Valley • \$1,045,000



Cathy Brent Team

510-381-1065

Cathy@CathyBrent.com

DRE #01088138

www.cathybrent.com

Kathi Townsend: 510-333-9404 / kathi.townsend@BHSDrysdale.com / DRE #01409032

Wayne Licsak: 510-303-7765 / wayne.licsak@BHSDrysdale.com / DRE #01850870

Linda Neff: 510-557-9185 / linda@lindaneff.com / DRE #01495978



What to do When Your Garbage Disposal Jams

By Samantha Mazzotta
Special to the Forum

Food disposers are very reliable appliances, but if they're underpowered they may be prone to jamming or, when under a heavy load, will shut off.

Turn the disposal switch on the wall to the on position. Do you hear a humming sound, but no grinding? Or do you hear no sound at all?

If you hear a humming sound, it's likely that the grinder is jammed. Turn the switch off, and then turn off power to the disposal at the main circuit panel.

Now, open the sink cabinet and look underneath the disposer. You should see a small round hole or slot in the center of the unit. The slot is likely an access point for the



small round hole or slot in the center of the unit. The slot is likely an access point for the

impeller. It's accessed with a small handheld wrench (like the Allen wrench that often comes with assemble-yourself furniture), which hopefully is stored on or near the unit.

Insert the wrench into the impeller slot and turn it clockwise to try and unjam the unit.

To see if it worked, turn power to the unit back on at the circuit panel. Then climb under the cabinet again, locate the reset button and push it. Go up to the power switch and turn it on. The grinder should operate again.

What if you can't locate a

wrench or an access slot for the impeller? You could always try my mother's favorite fix. Turn off power at the circuit panel, then grab something with a wooden handle, like a broomstick or plunger. Insert the handle into the disposal from the top, place it against one of the blades, and try to turn it clockwise. Then reset the unit as above and test.

If neither method works, turn off power to the unit again and look inside the disposal to see if anything is blocking the blades, like a metal utensil or a large object like a bone or avocado seed. Carefully remove any such object and test again.

And if all else fails, you may need to replace the entire unit. If so, look for one that has a motor with at least 1/2 horsepower, overload protection and a self-reverse feature to reduce jamming.

Home Tip: To keep your disposal smelling clean, grind up a few lemon or lime peels in it periodically.

© 2018 King Features Synd., Inc.



Shamrock Realtors - Going Above and Beyond
James Esmeier, Broker Associate - DRE#01363681

(510) 909-8344

ATTENTION REALTORS...

5 Ways to Advertise in the
Castro Valley Forum

- Display Advertising
- Home of the Week
- Open Home Listings
- Agents in Action
- Classified Advertising

To
advertise
call



Mary Florence: 510-861-3270 or
Linda Nakhai: 510-915-1513

WWW.CASTROVALLEYFORUM.COM

PROPERTY MANAGEMENT

30 Years Experience
Castro Valley area
Residential & Commercial
(510) 915-2400

ABAK CORP

A Real Estate Corp.
Phil Hunt, Broker



BRE #00357375

OPEN HOMES

SATURDAY & SUNDAY
OCTOBER 13TH & 14TH

CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
A	1-3	—	1917 Pacific Ave.	\$628,000	3/1	Robert Jones & Assoc.	Matt Jones	510-357-0120
A	—	12-2	56 Haas Ave.	\$730,000	4/3	Robert Jones & Assoc.	Matt Jones	510-357-0120
A	—	1-4	13881 School St.	\$778,000	4/3	Coldwell Banker	Laurie Pfohl	510-851-3551
O	2-4:30	2-4:30	3045 Roxbury Ave.	\$797,390	3/2	Marvin Gardens RE	Greg Novak	510-472-4770
P	1-4	1-4	4879 Pipit Ct.	\$899,000	4/2	J. Rockcliff RE	Lisa Ferraris	925-251-2583
C	1-4	1-4	17849 Parker Rd.	\$1,045,000	4/2	Berkshire Hathaway	Cathy Brent	510-333-9404
A	—	2:30-4:30	393 Dowling Blvd.	\$1,288,000	5/3.5	Robert Jones & Assoc.	Matt Jones	510-357-0120

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.

UPS Workers Sought

UPS will be hiring some 2,200 people in the Bay Area as it gears up for the busy holiday shipping season, including more than 650 positions in the East Bay at its Oakland facility.

The local positions are a combination of seasonal and permanent jobs, and include 1,176 package handlers, 128 delivery drivers and 895 driver-helpers.

Seasonal and part-time jobs have long served as a foot in the door to a career at UPS. More than a third of the people UPS hired in the past three years for seasonal package handler jobs stayed with the company on a permanent basis after the holidays. More information and an online application are available at www.upsjobs.com.

Girls Firefighter Camp

Some 50 Bay Area high school girls will be participating in a free firefighting camp this weekend in Fremont.

NorCal Women in the Fire Service will host the inaugural event on Saturday and Sunday, Oct. 13-14, at the Fremont Fire Tactical Training Center where students will receive hands-on orientation and training with actual firefighting tools and equipment, as well as classroom instruction.

Camp staff will include both active and retired women firefighters from across the West Coast along with some 80 volunteers. The NorCal First Alarm Girls Fire Camp is a two-day program designed for participants ranging from grades 9-12. A number of Bay Area Fire Departments came together to help sponsor the camp with staffing of personnel, equipment and financial contributions.

Las Positas College Offering FAA Approved Drone Training Courses

The Federal Aviation Administration predicts there will be 7 million active drones in the US by 2020. Hobbyists, entrepreneurs, law enforcement and the military are already using them for everything from snapping photos of real estate listings to identifying hot spots in wildfires. Experts see boundless potential for drone use and drone-based businesses.

This fall, Las Positas College is offering one of the most complete and comprehensive Drone training courses available anywhere.

The classes exceed Federal Regulations Part 107 requirements and are FAA approved. The two-day course is designed to prepare you with all the information and training you will need to pass the FAA exam and fly your drone like a pro.

The first of two fall FAA licensing courses takes place on Saturday and Sunday, Oct. 20 and 21 from 9 a.m. to 6 p.m. at Las Positas College, 3000 Campus Hill Drive in Livermore.

Due to high demand, a second weekend is scheduled for November 17th and 18th.

Each course includes workbooks, log books, charts, drone flight simulators, Mavic drones and everything you will need to successfully pass the course. Maximum student enrollment is limited to 16 in each weekend class. For more info or to register, call: 916-416-1100 or 855-435-9828.



Las Positas College is offering one of the most complete and comprehensive Drone training courses available.

HARD Offers After-School Programs

The Hayward Area Rec District is offering After-School Programs at two sites through Friday, Dec. 21. The hours are 3-to-6:30 p.m. on Mondays, Tuesdays, Thursdays and Fridays, and 1-to-6:30 p.m. on Wednesdays.

The San Lorenzo Community Center, at 1970 Via Buena Vista, is for 6 to 12 year-olds; the Matt Jimenez Community Center at 28200 Ruus Road in Hayward is for 6 to 17 year-olds. A \$5 drop-in per day is available at both sites.

The centers provide a safe and fun environment where staff blends intentional programming with recreational games and activities to promote positive social interaction and encourage growth through adventure.

The supervised drop-in recreation program includes such activities as arts and crafts, computer games, board games, homework club, sports, and group games.

For more information, call 510-881-6700.



SHOP SMALL

CASTRO VALLEY MERCHANTS!

SMALL BUSINESS SATURDAY® NOV 24

GET YOUR NAME OUT THERE!
Advertise in the Castro Valley Forum or the San Leandro Times for Small Business Saturday®.
Call our Advertising Representatives Today!
Mary Florence: 861-3270 or Linda Nakhai: 915-1513





REQUEST A SPEAKER BY NOVEMBER 30th FOR 2019

CASTRO VALLEY SANITARY DISTRICT (CVSan) staff is available to speak to Castro Valley clubs and organizations. Complete the Community Group Outreach Request Form **by November 30, 2018 (for all presentations in 2019)** and tell us what you'd like to learn about. Here are some topics that were presented to community groups last year:

- CVSan's Center Street Property
- Wastewater and/or Fats, Oils, and Grease (FOG) programs
- Reduce, Reuse, Recycle & Rot – How to Practice the 4Rs in CV
- Commercial Recycling - How to Reduce Waste and your Bottom Line
- Food Scrap Recycling: From the Kitchen to Finished Compost
- Less Stuff, More of What's Meaningful
- What Goes Where?

Visit www.cvsan.org/CGO to complete the request form or call (510) 537-0757 to request a hard-copy application.

Requests will be reviewed on a first come, first served basis (excludes school refresher/staff presentations).

CASTRO VALLEY SANITARY DISTRICT
 Effective Environmental Services since 1939
 510-537-0757 | www.cvsan.org
 This ad was funded by WM Pub Ed





ADVERTISE WITH EAST BAY PUBLISHING AND REACH OVER 65,000

TO PLACE A CLASSIFIED AD

CALL 510-614-1558
FAX 510-483-4209
EMAIL Classifieds@ebpublishing.com
ONLINE www.ebpublishing.com

TO VIEW THE CLASSIFIED ADS

Visit our Websites 24 hours a day
www.sanleandrotimes.com
www.castrovalleyforum.com
2060 Washington Ave., San Leandro, CA 94577

CLASSIFIED AD DEADLINE

New ads, cancellations or ad changes:
MONDAY BY 5:00 P.M.
Call 510-614-1558 (Mon. - Fri., 9 a.m. - 5 p.m.)
VISA, MASTERCARD & DISCOVER ACCEPTED

AUTOS / TRUCKS

\$35 10 words
(3 weeks)

GARAGE SALES

\$30 10 words
(1 week)

HELP WANTED

\$35 10 words
(1 week)

MISC. FOR SALE

\$30 10 words
(3 weeks)

RENTALS

\$35 10 words
(1 week)

SERVICES

\$30 10 words
(1 week)

ALL CLASSIFIED ADS ALSO RUN FREE ONLINE! • AD MUST BE PREPAID WITH CASH, CHECK OR CREDIT CARD • ADDITIONAL WORDS ARE \$1.00 EACH

CLASSIFIED ADS RUN EVERY WEDNESDAY IN THE CASTRO VALLEY FORUM AND EVERY THURSDAY IN THE SAN LEANDRO TIMES

PLACE YOUR CLASSIFIED AD ON OUR WEBSITE AND SAVE \$5 PER WEEK OFF THE ABOVE PRICES!

ANNOUNCEMENTS

LANDLORDS - Advertise your units! A vacancy day is money lost forever ... R. Bowman

NEED - MUSIC LESSONS or **PIANO TUNING?**

Check the Classified Ads under "MUSICAL SERVICES" for help.

ANTIQUES WANTED

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

AUTOMOBILES/TRUCKS CYCLES/TRAVEL TRAILERS

1970 Corvette Roadster, Parts Car or Project. No Engine or Trans. \$3,500. Rob 510-798-4786.

AUTOMOBILES/TRUCKS CYCLES/TRAVEL TRAILERS

SELL YOUR CAR OR TRUCK with a Classified Ad
For more info or to place an ad call 510-614-1558

San Leandro Times/Castro Valley Forum

CONCRETE SERVICE

***AFFORDABLE CONCRETE.** Driveways, Walkways, Patios, Retaining Walls, etc. Lic.#868589. 510-575-1163

***MP CONCRETE.** Driveways, Patio, Retaining Walls, Stamped Concrete, Asphalt, Hauling. Lic.#1004427. Milo 510-502-9336.

CASTRO VALLEY CONCRETE. FREE Estimates. Excellent Quality Work. All Types. 25-years experience. Lic.#870781. 510-772-2537.

CONTRACTOR SERVICE

NOTICE TO READERS

California law requires that contractors taking jobs that total \$500 or more (labor or materials) be licensed by the Contractors State License Board. State Law also requires that contractors include their license number on all advertising. Advertisers appearing on this page without a license number indicate that the contractor is not licensed. You can check the status of your licensed contractor at www.cslb.ca.gov or (800) 321-2752. Unlicensed contractors taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

Need Contractor Service? Check our HOME SERVICE & CLASSIFIED ads for help! Castro Valley Forum/San Leandro Times

EMPLOYMENT WANTED

*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)

I do dog walking, yard work, house cleaning, deliveries, courier, etc. Call Matthew 510-582-3403.

FENCES/DECKS

A.T. WOOD FENCES & DECKS Fence, Concrete, Tree, Lawns, Painting, Cleanups. 510-507-1457/ 510-507-0968.

FENCES/DECKS

FENCE LEANING? Don't replace... repair and save! Call Randy 510-706-6189.

CLASSIFIED AD DEADLINE
MONDAY 5PM
510-614-1558

GARAGE SALES

*FALL CLEANUP!!!

Time to clean out your Attic, Garage, Basement (House)!!!
Get your items together and place a **GARAGE SALE** ad in the San Leandro Times and the Castro Valley Forum for as little as \$30.
To place an ad
Call 510-614-1558

GARAGE SALES



SAN LEANDRO

ESTATE SALE 10/13 and 10/14, 8am-4pm. Collectibles, Antiques and more! 888 Lasuen Dr., San Leandro.

GARDENING

***ANY YARD WORK.** Cleanups and Maintenance. Free Estimates. Call 510-798-1833.

HOME SERVICES DIRECTORY

Concrete

CONCRETE WARRIOR LOCAL CONCRETE

Driveways • Sidewalks
Bricks • Stamp • Fence
Drainage • Decks
Asphalt & More!



Prodeck
(510) 387-8276
Lic. #1024814

Construction

GOLDEN GATE ENTERPRISES, INC. GENERAL CONTRACTOR

Additions / Remodels
Kitchens / Baths • French Drains
Foundations / Dry Rot
Retaining Walls / Patios
Decks / Construction & Repair

(510) 909-8552
FREE ESTIMATES LIC. #818840
www.bayareacontractor.com

Fences/Decks

Fence Leaning? Don't Replace... Repair & Save!

*Reinforcement of existing fences is my only business, Rotted posts are my specialty.

FREE ESTIMATES!
510-706-6189
Randy McFarland

REACH OVER 60,000 READERS

Advertise your services in both of our newspapers... at one low price!

CASTRO VALLEY FORUM
San Leandro Times

HOME SERVICES DIRECTORY

For More Information, Call 614-1558



Gardening / Tree Service

PEREZ Gardening & Maintenance TREE SERVICE

Pruning, Topping, Removing, Synthetic Grass Installation, Planting, New Lawns & Lawn Care, Sprinkler Systems, Lots & Hill-sides Cleaned & Planted, Drainage/Gutters, Fences, Decks, Patios, Arbors, Concrete, etc.

CALL 510-385-2122

FREE ESTIMATES
EXCELLENT REFERENCES / SINCE 1994
INSURED / ALL WORK GUARANTEED / UNLICENSED

Thank-You...

Golden Gate Enterprises for
advertising with us for over 13 years!

GOLDEN GATE ENTERPRISES, INC. GENERAL CONTRACTOR

Additions / Remodels
Kitchens / Baths • French Drains
Foundations / Dry Rot
Retaining Walls / Patios
Decks / Construction & Repair

(510) 909-8552
FREE ESTIMATES LIC. #818840
www.bayareacontractor.com

HAVE SERVICES?



Advertise with us today in the
HOME SERVICES DIRECTORY

REACH OVER 60,000 READERS

Advertise your services in both of our newspapers... at one low price!

CASTRO VALLEY FORUM
San Leandro Times

HOME SERVICES DIRECTORY

For More Information, Call 614-1558

Painting



■ Residential & Commercial
■ Interior & Exterior Painting
■ Drywall
■ Home Restoration
■ Custom Finishes

510-919-7903
Coastbrushworks.com
Lic. #662915

Painting

Diego Painting

• Residential/Commercial
• Interior/Exterior
• Power Washing



FREE ESTIMATES
Lic. #855054 • diegopainting@comcast.net
www.diegopainting.com
(510) 331-6152

Plumbing

CAPELLI PLUMBING & DRAIN CLEANING

Compare Our Prices!

FREE ESTIMATES
24/7 SERVICE

BBB Military & Senior Discounts
Family Owned & Operated
510-969-4358
LIC. #904794

Roofing

Lic. #311818
K REED ROOFING
Complete Residential & Commercial Roof Systems
(510) 357-5116

Call Now For A Free Written Roof Analysis & Estimate
Serving San Leandro & The Entire Bay Area. For Those Who Demand Superior Personalized Attention.
SINCE 1975 / FULLY INSURED

Roofing

Wonderlin ROOFING SYSTEMS
Castro Valley Lic. #642517 Insured/Bonded



\$200.00 OFF
COMPLETE REROOFING WITH TEAR-OFF
One Coupon Per Customer Expires 10/31/18

(510) 538-1530

We Specialize in Residential Roofing

We truly appreciate all of our advertisers!

San Leandro Times / Castro Valley Forum

GARDENING

***BEAUTY GARDEN LANDSCAPING**
Design - Construction - Maintenance.
Cleanups, New Lawn, Artificial
Grass, Irrigation, Patios, Pathways,
Brick, Stone, Concrete Fence/
Decks. Free Estimates! Lic.#925130.
510-691-8852.

***NAVA'S COMPLETE GARDENING:**
Mowing, trees, cleanup/hauling.
FREE estimates. 510-512-5857

AL'S Keep It Green But Trim.
Yard Maintenance. Since 1995.
Great Rates. FREE Estimates. 510-
927-6663.

JAIME'S GARDENING
Maintenance, Trimming, Clean-
ups, Hauling, Sprinkler Repair/
Timers. FREE Estimates. Insured.
510-299-9583

Katsura Landscaping. Profession-
al hand pruning. Landscape de-
sign/ install/ consultation. Garden
clean-up and redesign. Call Mike
510-828-4854. Contr. Lic.#858145

LUIS GARDENING & HAULING
SERVICE. Maintenance, Mowing,
Weeding, Cleanups, Hauling, etc.
Insured. Unlicensed. 510-499-5453

NEED Gardening Service?
Check the advertisers in our
"Home Servic Directory" and
our "Classified Ads" for help!

GIVEAWAYS

FREE - Brown sofa & loveseat (fair
condition). Call Ray 510-303-6113.

GIVEAWAYS

VIEW the Classified Ads
Online at
sanleandrotimes.com or
castrovalleyforum.com
IT'S EASY!
For more info call
614-1558

HANDYMAN SERVICE

HANDY PEOPLE. Any type of job.
No job too small. 510-934-1251.

HOME IMPROVEMENT. FREE
Estimates. Residential Interior/
Exterior. Roofing, Painting,
Concrete, Sheetrock, Fencing,
Ceramic Tile, Texturing, Decks,
Siding Repair, Bathrooms/
Kitchens, Remodeling, Carpentry,
Power Washing, etc. Jose Cruz
510-294-9017.

IZZY'S HANDYMAN/ GARDENING.
Specializing in Animal Dwellings
and all types of Repairs, Cleanups,
Hauling, etc. Call 510-372-7630.

TORRES, A PERFECT HANDYMAN
•Honest •Dependable •Responsible
Painting, Plumbing, Retaining Walls,
Fences, Tiles, etc. FREE Estimates.
510-305-3205

HAULING SERVICE

HAULING: Small and Big Jobs.
Furniture, Concrete, Wood, Trash,
Metal, Demolition. Also house inside/
outside cleanups. 510-715-1578.

UNION HAULING SERVICE. Re-
move Concrete/ Dirt, Foundation
Demolition Excavation, Trees, Sheds,
Dumps, and Bobcat Service. FREE
Estimates. Danny 510-860-1011.

HELP WANTED

CONSTRUCTION

Murray Construction Services, Inc.
is a general contracting company
based in Hayward, Ca. primarily serv-
icing HOA communities, light com-
mercial and single-family residences.
We are currently seeking new team
members with (1) or more trade skills
in structural repair, window and door
installations, waterproofing, stucco
repairs, siding replacement, drywall,
and interior finish work. Please email
for application or send resume to:
michelle@murrayservice.com Office
510-581-4960.
George (español) #510-305-4108

GENERAL

**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 Wante-
d" 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)

WANTED: Someone familiar with
older movie theater's ventilation
systems (needs maintenance). Call
510-517-3351.

LANDLORDS - Advertise your units!

- A vacancy day is money lost forever -
R. Bowman

HELP WANTED

**HIRING SEASONAL PRODUC-
TION/ ASSEMBLY EMPLOYEES
FOR OUR COOKIE FACTORY**
Apply In Person - 3 Shifts Avail-
able. Too Good Gourmet, 2380
Grant Avenue, San Lorenzo.
510-317-8150
INFO@TOOGOODGOURMET.COM

Do you love helping people?
Carlton Senior Living is the place for
you! Now Hiring, various positions
and schedules. Walk-ins welcomed
1000 E.14th St. or visit our website
www.CarltonSeniorLiving.com
to apply online.

Carpenter/ Handyman part-time
for CV based Landscape company.
Decks/ arbors/ fencing. Must have
CDL, good driving record, tools. Call
Steve at 510-773-1003 or email
some info about yourself to Steve
at Hansen.steve@comcast.net

HOUSE CLEANING

***CONNIE'S NATURAL CLEANING**
Licensed/ Insured/ Bonded
Make Your Home a Pleasant
and Healthy Environment
www.conniesnatural.com
Call **510-506-5053**

Cristina House Cleaning, free
estimates, senior discount. Bus.-Lic.
#121121. 510-825-0459.

WALTON'S JANITORIAL
Licensed / Bonded / Local

For a **SPARKLE CLEAN**
OFFICE or Home

Windows • Floors
• Carpets • Restrooms

Phone 352-7948

Member of S.L. Chamber of Comm.

CLASSIFIED AD DEADLINE:

Monday 5:00 p.m.

LEGAL NOTICES

LEGAL NOTICE

**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

MISC. FOR SALE

AUTO PARTS

4 - 19" mag rims (off 2012 ML350).
\$500. 510-435-3355.

FURNITURE

Futon, solid wood, excellent condi-
tion. \$125. Call 510-710-1955.

MOBILE HOMES

Vintage Mobile Home, 2-bedroom,
1-bath. Needs work. \$20,000. Call
510-895-6817.

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.

"MISC. FOR SALE" ads
run **3 WEEKS** for the price
of 1 week. Call 614-1558.

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.

PAINTING SERVICE

NEED PAINTING WORK?
Check the **TIMES & FORUM**
Home Service ads for help. We
really appreciate our advertisers!
Patrick V.

REAL ESTATE AGENTS



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

**Would you like the help of a
Professional Agent?**

For assistance call ...

***SCOTT HARRISON** - Realtor
Coldwell Banker **510-388-4536**

RENTALS

APARTMENTS

Castro Valley 2-bedroom, 1-bath,
Walk to BART and Village. Gated,
laundry, pool, fitness. \$2,395. 510-
582-8389.
www.bartplazaapartments.com

Hayward 1-bedrooms \$1,425 -
\$1,525, 2-bedrooms \$1,695 - \$1,795
(check availability). Patios, balconies,
pool, ample parking, storage, spa-
cious. 510-887-6633.

Hayward spacious 1-bedroom
\$1,200+, 2-bedroom \$1,500+. Bal-
cony, patio, pool. 510-581-4702.

LANDLORDS - Advertise your
units! A vacancy day is money
lost forever ... R. Bowman

SERVICES

SELL YOUR CAR OR TRUCK
with a Classified Ad

**For more info or to place an ad
call 510-614-1558**

San Leandro Times/Castro Valley Forum

NEED - Handyman Service?
Check the Classified Ads under
"HANDYMAN SERVICE" for help.

TREE SERVICE

***A CAREFUL TREE SERVICE.**
Certified. Arborist. Lic.#694067. Trim-
ming, Removals. **FREE** Estimates.
Bonded. Call 510-581-7377.

YOUR INFO

Advertise your Home for rent in the
San Leandro Times & Castro Valley Forum

DON'T LET ANOTHER WEEK SLIP BY!
- A vacancy day is money lost forever -
To place an ad call **510-614-1558**

CLASSIFIED AD DEADLINE:

Monday 5:00 p.m.

LANDLORDS - Advertise your units!

- A vacancy day is money lost forever -
R. Bowman

**NEED - MUSIC LESSONS or
PIANO TUNING?**

Check the Classified Ads under
"MUSICAL SERVICES" for help.

**VIEW THE CLASSIFIED Ads
Online at**
sanleandrotimes.com or
castrovalleyforum.com
For help or for more info call
510-614-1558. E.B. Publishing

THANK-YOU
for supporting the Castro Valley
Forum and San Leandro Times!



We greatly appreciate our many
advertisers who make it possible for
us to publish these newspapers.

HOME SERVICES DIRECTORY

Gardening/Landscaping



**KATSURA
LANDSCAPING**

- Landscape Design/Install
- Professional Hand Pruning

ISA Certified Arborist | Contractor Lic. #858145

510-828-4854

www.arboristbayarea.com
mike@arboristbayarea.com

Serving the East Bay for Over 10 Years

Handyman

HANDYMAN SERVICES

*Serving Castro Valley &
San Leandro for 28 Years*

**Big or Small —
We Do It All!**
(925) 548-4202

Hardwood Flooring

**FERREIRA'S
HARDWOOD FLOORING**
Sand • Install • Refinish
Glist • Oil Base
25 Years Experience

FREE ESTIMATES
Call Jeff Today!
510-366-6491
Lic. #803455

House Cleaning

Tender Loving Care
House Cleaning Service
Family Owned Since 1980

WEEKLY • BI-WEEKLY • MONTHLY
EMPLOYEES
COVERED BY
WORKERS'
COMP. STATE
DISABILITY
INSURANCE
Specializing
in detailed
cleaning tailored
to your home
FREE ESTIMATES

Email: PATTYATTLIC@AOL.COM
www.tlc-housecleaning.com
510-481-9193
BONDED & INSURED • ALL TAXES PAID

Roofing

BANNER ROOFING CO.

★ New Roofs ★ Re-Roofs ★ Roof Repairs ★
— **RESIDENTIAL & COMMERCIAL** —

**WE CONTROL
YOUR RAIN!**

★★★★
**ALL TYPES OF
ROOF REPAIRS**

★★★★
**PROFESSIONAL
WORKMANSHIP**

★★★★
FREE ESTIMATES
SENIOR DISCOUNTS
LIC # 657692 BBB A+

**20%
OFF**
20% OFF ANY OF OUR ROOFING & GUTTER SERVICES
20% OFF ANY COMPLETE OR PARTIAL ROOFING JOB
20% OFF ANY COMPLETE OR PARTIAL GUTTER JOB
20% OFF ANY ROOFING OR GUTTER REPAIR JOB
— ONE DISCOUNT PER HOUSEHOLD —

LICENSED / BONDED / INSURED 2424 CLEMENT ST., ALAMEDA

510-895-4433

HOME SERVICES DIRECTORY

Utilize the best tool in your box...

Advertise!

Reach over 60,000 readers for one low price!

**CASTRO VALLEY FORUM
San Leandro Times**

For more
information
on how to
advertise in
this section,
call Patrick
at 614-1558.



LETTERS

TO THE EDITOR
FREDZ@EBPUBLISHING.COM



Red Alert in Castro Valley's Forest Fire Zone

Editor:

The Lake Chabot forest and consequently the adjoining housing now fall into the "Very High Fire Hazard Severity Zone." All areas of Castro Valley are in peril. Remember Santa Rosa.

The East Bay Parks Commission asked to return and lay out specific plans on how to address this critical Forest Fire Problem at the next MAC meeting on Monday, Oct. 15, at 6 p.m. at the Library.

Let's fill the room. Talk to neighbors, show out concerns, our fears. Demand action. The status Quo — doing nothing while the forest underbrush becomes more dense — is no longer acceptable.

We are moving this critical matter before the Board of Supervisors, CalFire, etc. Our members are very upset, some having received notification from Fire Insurance Carriers, indicating potential non-renewal.

This Ten Hills Trail needs to be cleared to at least 100 feet wide including, the present roadway. Presently, fire trucks have access at Redwood Road and at Grovener, but a few extra access locations are needed.

Water must be run from nearby street infrastructure at a few points to refill truck tanks. All of this is vital so that fire personnel can be deployed safely to take a stand at killing off a forest fire before housing is set ablaze.

—John Sullivan, Castro Valley

Eagle Scout Project Looking for Funds

Editor:

My Name is Declan Galli. I am a Boy Scout with troop 722. I am currently fundraising for my Boy Scout Eagle Project.

I will be refurbishing the planter space in front of the Castro Valley High School office. I will plant new plants in the area. These plants will be low water usage plants requiring only weekly watering. Some of these plants will be pollinator attracting plants.

I will be amending the soil to help the new plants grow. I will also cover the new space with bark in order to prevent weeds. I will remove most existing plants.

I am trying to raise \$500 for my project, I am collecting funds using a Gofundme page. It's link is [gofundme.com/DeclansEagle](https://www.gofundme.com/DeclansEagle)

—Declan Galli, Castro Valley

GOP Candidates Says Swalwell Broke His Promise

Editor:

A recent letter to the Forum absurdly tried to depict Rep. Swalwell as being superior to us in character, because of the hateful attack on our campaign booth at the Fall Festival. What the letter tried to do is called victim shaming.

Since the previous letter brought up Rep. Swalwell's character, let's take a look.

On Sept. 20, Rep. Swalwell mocked Senator Collins, a woman old

enough to be his mom, because she was frightened by obscene phone calls to her office. Boo, hoo, hoo, Rep. Swalwell tweeted.

On Sept. 7, Rep. Swalwell broke an early campaign promise. Back in 2012 he wanted to start immigration reform by deporting violent criminals. Now in 2018 he voted against the Community Safety and Security Act, which would close loopholes by naming the specific crimes eligible for deportation (murder, etc.).

On May 16, Rep. Swalwell wrote that he wanted conventional BART to Livermore. In July he took credit for the replacement "rail extension" to Tracy, which will be paid for in part with \$600 million of measure BB sales taxes and other money collected in Alameda County.

Altogether, Rep. Swalwell: (1) mocked women and seniors, (2) broke a promise, (3) was indecisive, and (4) let go of Alameda County funds to benefit San Joaquin County.

And we are supposed to be ashamed because the police charged somebody for attacking our campaign booth?

The real shame here will be if Rep. Swalwell gets re-elected.

—Rudy Peters

Candidate for Congressional District 15

—Joseph Grcar

Candidate for Assembly District 20

A List of Things to Consider A bout Trump Policies At Election Time

Editor:

Like Mary Fells (*Letters*, Oct. 3), I will also be considering the policies of Trump when I vote this November.

I will consider that one of his first acts as president was to ensure people with serious mental illnesses could purchase unlimited fire-arms. I will consider the trillion-dollar tax cut for the rich, as Congress debates slashing Social Security to pay for it. I will consider Trump removing anti-discrimination protection from gay and trans-gender federal employees.

I will consider tearing children, some too young to speak, from their parents and locking them in cages. I will consider putting the Environmental Protection Agency in the hands of the worst industrial polluters. I will consider Trump throwing paper towels at hurricane-ravaged Puerto Rico like souvenirs at a sporting event.

I will consider Trump calling Nazis "very fine people" and declaring he and Kim Jong Un are "in love" while calling journalists "enemies of the people" and black athletes "sons of bitches."

Above all I will consider Trump ridiculing a sexual assault survivor while his fans laughed and chanted "lock her up" as though reporting sexual assault was a crime, after sanctimoniously asking why she did not report when she was fifteen.

I will also remember Congressman Eric Swalwell's challenge to the Trump bigotry and corruption.

—Carol Sholin, Castro Valley

Says Liberals Can Whine and Cry But it Won't Change a Thing

Editor:

While I can certainly respect all opinions regarding Judge Kavanaugh, and liberals along with the media want to play on your emotions, it is facts and only the facts that (decided) his fate.

The stone cold hard fact is, we have no proof of Judge Kavanaugh doing anything illegal. Zero proof, zero due process. Democrats were

MAC: Chair Term Limits

continued from front page

modify its procedures, likely adding a condition that a chairperson cannot serve for longer than two consecutive years.

The issue came up after MAC Chair Marc Crawford was re-elected for another term as chair at a tense meeting this summer. Member Dave Sadoff originally suggested that member Ken Carbone take up the potion, but ultimately Carbone said he didn't have the time.

Sadoff's nomination of Carbone appeared to have angered Crawford, who publically questioned Sadoff's ability to serve on both the MAC and Castro Valley Sanitary District Board.

Sadoff said he felt Crawford was directly "retaliating" at him for suggesting Carbone become the Chair.

After weeks of meetings, including one where nearly a dozen members of the public chastised the council for their infighting, a review of the MAC's bylaws was suggested. That discussion will continue next week.

On Thursday, Oct. 18 from 7 p.m. to 9 p.m. Supervisor Nate Miley is hosting a town hall meeting at the Castro Valley Library on the topic of MACs in general, including the Castro Valley MAC, the Fairview MAC, and the potential creation of an Eden MAC in the San Lorenzo area.

not satisfied with six thorough background checks, so the FBI did yet a seventh investigation and found nothing new. It is simply a case of "he said, she said" and in this great country we are all still *innocent* until *proven guilty*.

Yes, Supreme Court Justice Kavanaugh will be hearing many cases that are crucial to our nation's future and liberals no doubt will be up in arms upset with his decisions. As Senator Lindsey Graham reminded those on the left, "you want to choose a judge, win an election."

That is the law. Period. And liberals can whine, cry and throw tantrums in the streets, but in the long run, it won't change a thing.

—Scott Thomasson, Castro Valley

Kavanaugh Confirmation Called a 'Desperate Attempt To Save Trump Presidency'

Editor:

I'm having a very hard time accepting the sham hearings and then confirmation of Judge Kavanaugh. It is fact that victims of sexual assault do not easily and willingly come forward. Kavanaugh apparently lied to Congress who did not want to investigate further and the hearings left grave doubts with a majority of Americans.

He is unfit to serve on America's highest court as over 1,700 law professionals declared. Trump stated how terrible and disgraceful and incompetent the FBI was in the Russiagate "witch hunt" but suddenly did a fantastic and exemplary investigation of Kavanaugh. Whatever happened to truth, morality and the Rule of Law?

Kavanaugh's appointment is a desperate attempt by the Republicans in Congress to save Trump's Presidency. His appointment is to provide a swing vote when the Supreme Court ultimately considers criminal indictments from Robert Mueller that are sure to come.

Just as they blocked the investigation of Kavanaugh, likewise Republicans have been blocking investigations of Trump who most Americans agree is also unfit to serve. Performing sham investigations of partisan judges, undermining law enforcement agencies, threatening America's national security and allowing perjury at the highest levels of government, is that Making America Great?

We need more honest Democrats like Congressman Eric Swalwell to continue to fight for justice, to expose corruption and criminal activities wherever it occurs. Please vote on November 6th as if the future of your family and nation and depends on it because it does.

—David Siegel, Castro Valley

Loved 'Cruise Night' and Has a Suggestion For Next Year's Event

Editor:

I agree completely with Bernice Nickel's letter, "Cruise Night Memories." That was one of the best cruise nights I have participated in. My young kids really enjoy seeing all of the classics. Good family fun for all.

I can't help but wonder if maybe it had been such a successful turnout due to The Goodguys car show that was taking place that Saturday. Seems a convenient turn off from Pleasanton to cruise through CV before heading onto 238/580.

I shall patiently wait for next years cruise and hope for a huge turnout although the date listed in the letter is a Tuesday. I would encourage you to consider a Saturday and if possible coordinate with a Goodguys Sat meet.

—Anthony Santos, 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.

HOROSCOPE by Salomé

© 2018 King Features Synd., Inc.



ARIES (March 21 to April 19) A colleague might offer to open a door for you professionally. But before you walk through it, be sure this "favor" isn't attached to an obligation you might find difficult to discharge.



TAURUS (April 20 to May 20) Your creativity, your persistence and your reliability could lead to a major career shift. Be sure to use that other Taurean trait, your practicality, when discussing what the job offers.



GEMINI (May 21 to June 20) A changing situation might require some adjustments you might not have been prepared to make. However, flexibility in this matter could be the best course to follow at this time.



CANCER (June 21 to July 22) You're in a period of fluctuating moods, which is not unusual for the Moon Child. Your emotions stabilize by the 26th. Meanwhile, try to hold off making major decisions until then.



LEO (July 23 to August 22) That keen sense of perception helps you hunt down those minute details that others overlook. And, of course, your Leonine ego will accept the expected praise with good grace.



VIRGO (August 23 to September 22) Be careful not to be confrontational when raising a work-related issue. Better to make a request than a demand. And, of course, be prepared to back up your case with facts.



LIBRA (September 23 to October 22) Your ego might be hurt when a colleague turns down your offer to help. But accept it as a rejection of your offer, not of you. A friend from the past could re-emerge by week's end.



SCORPIO (October 23 to November 21) A flow of positive energy turns a work project you didn't want to do into something you actually love doing. Now, take that attitude into your social, intimate life -- and enjoy what follows.



SAGITTARIUS (November 22 to December 21) Working hard to meet your professional goals is fine. But don't neglect your private life, especially where it concerns your more cherished relationships.



CAPRICORN (December 22 to January 19) "Patience" remains the key word in dealing with an emotionally sensitive situation involving a close friend or family member. Help comes your way by week's end.



AQUARIUS (January 20 to February 18) With new information coming in, it's a good time to rethink some of your goals without taking suggestions from others, no matter how well-meaning they might be.



PISCES (February 19 to March 20) Making progress on your project is relatively easy in the early part of the week. A problem could arise midweek. But all goes swimmingly once it's resolved.

Obituaries

Since 1965
Jess C. Spencer
Mortuary &
Crematory
21228 Redwood Rd.,
Castro Valley
581-9133

Offering
Personalized
Memorial and
Cremation
Services.



FD 1168 CR49

CASTRO VALLEY
FORUM
OBITUARIES
may be emailed to:
obits@ebpublishing.com
or faxed to 510-483-4209.
Include a phone number.
For help, call Patrick Vadnais
at 510-614-1558

SARA L. ENNOR
LAWYER

- Wills & Trusts
- Benefits, ERISA
- QDROs

510-633-9985

Beat: New Drumline

continued from front page

The program is designed to engage young people at an early age and help them grow through the experience, so they can pursue the activity at any level.

"The participants benefit from — and take pride in — the positive exposure to competition, leadership, performance and travel opportunities that they may never have otherwise," Louie said. "They also benefit from the physical conditioning developed through practices and performances."

"We now have 15 young people of diverse ethnicities, and we have a girl in our ranks who is so enthusiastic and catches on to rhythm so quickly that she'll give the guys a challenge to keep up with."

The Rhythm Cadets represent their community by participation in events such as parades, festivals and competitions. They will be playing at the Ashland Cherryland Fam Fest this Saturday, Oct. 13, from 8 to 11:30 a.m. (see *Community Calendar on page 4*).

Rehearsals are held Sundays at the First Presbyterian Church, 2490 Grove Way in Castro Valley.

For more information, contact director Rich Louie at rlouie@acdsal.org, or call 510-581-8393. To register, visit the Deputy Sheriffs' Activities League website at www.acdsal.org/drumline and click on Sign Up.



"Four Men in Paris" is a Civil Rights Movement drama where you meet the men behind the movement - James Baldwin, Richard Wright, Chester Himes and Oliver Harrington.

This Week at Smalltown

• **Thurs. – Sun., October 12-14: Four Men In Paris**

Local playwright and theatre podcaster Reg Clay's original historical drama centering around 4 key figures in the American Civil Rights movement - Ollie Harrington, James Baldwin, Chester Himes and Richard Wright. A Douglas Morrisson co-production with Plethos Productions. This show contains explicit language, and is recommended for ages 18 and older. Tickets just \$15 each at Plethos.org. This weekend only! The Douglas Morrisson Theatre is at 22311 N. Third Street, Hayward.

• **Sat., Oct. 13: Smalltown Society Art Sessions**

Join Smalltown and Pampas Cafe in the parking lot at Pampas, highlighting local art and the music of singer/songwriter Safiyah Hernandez. FREE 10 a.m.-1 p.m. Pampas Café 3483 Castro Valley Boulevard Castro Valley, CA, 94546

• **Sat., Oct. 13th: Smalltown Open Studio**

Come connect with other Eden area artists in a shared and informal studio environment. We provide tables and chairs, you bring your art to work on. FREE 2 p.m.-6 p.m.

FOR MORE DETAILS ON THESE EVENTS & OTHERS, PLEASE VISIT: WWW.SMALLTOWNSOCIETY.COM OR TEXT "SMALLTOWN" TO 797979. SMALLTOWN SOCIETY IS LOCATED AT 22222 REDWOOD ROAD, CASTRO

Eden Health Passes 'Stress Tests'

Eden Health District has passed two "stress tests" regarding its management of public funds and the value of services it provides to the community, according to results of a special study initiated by the Alameda Local Agency Formation Commission.

The study was commissioned after the district had come under fire from some county officials who claimed the district was redundant and that its functions could be better handled by the county.

In a press statement last week, officials of the District, formerly known as the Eden Township Healthcare District, said general business practices have been improved to ensure the agency is providing health-related services to the communities within its boundaries.

"A main accomplishment of the Eden Health District has been to refocus our attentions to the improvement of health outcomes to the communities we help serve," said Thomas Lorentzen, Vice Chair of the district's board of directors. "It is the flexibility of the Eden Health District to respond in diverse directions and with speed to address both health and medical resource needs for the Eden community. Other institutions cannot respond to new and emerging health needs with the flexibility and speed that the Eden Health District can provide."

Board of Directors Chair Roxann Lewis said the district is also in the process of reviewing its real estate holdings to determine the market value "so we can better assess the use of those assets."

Voters: Record Numbers

continued from page 2

Voters may request a Vote-By-Mail ballot through 5 p.m. on Oct. 30, by calling 510-272-6973 or by completing an online application at www.acvote.org/voting/ways-of-voting.

Only the registered voter may apply for a Vote-By-Mail ballot. An application for a Vote-By-Mail ballot that is made by any person

other than the registered voter is a criminal offense. If you need to check what name you're registered under or what political party you're registered with, check your status online at voterstatus.sos.ca.gov.

To find your polling place, visit: www.ACVote.org/app/pollinglist. For more information about voting, call 510-272-6973 or visit www.AlamedaCA.gov or acvote.org

Alan D. West

Attorney at Law

Specializing in Estate Planning

LIVING TRUSTS

...Avoid probate
...Eliminate or significantly reduce estate taxes

510-889-6692

19992 Redwood Rd., Castro Valley, CA 94546

CROSSWORD PUZZLE ANSWERS

D	A	B	P	O	N	D	M	A	G	I
E	G	O	A	V	O	W	A	B	U	T
B	O	T	S	W	A	N	A	C	A	R
T	O	N	E	R	R	A	T	U	M	
F	L	O	W	E	R	F	A	Q		
R	O	M	D	I	M	N	U	B	I	A
A	B	E	T	O	U	R	E	O	N	S
T	O	D	A	Y	M	O	M	T	O	E
		B	O	B		B	A	N	A	N
M	A	N	U	M	I	T	T	I	N	
A	W	O	L		B	O	T	U	L	I
D	A	D	A		L	I	A	R	S	U
E	Y	E	R		E	L	B	E		T

Keep your out-of-town friends and family informed with a subscription to the Castro Valley Forum!

■ Did you know that the Forum will mail the paper to anyone in the continental United States?

Call 614-1555 for details!

This issue of the Castro Valley Forum contains the East Bay Regional Park District Wildfire Insert.

Look inside for this Activity Guide

If your copy of the Forum does not include the EBRP Activity Guide, call 510-614-1555 or stop by the Forum office (2060 Washington Avenue, San Leandro, CA 94577) between 9:00 a.m. and 5:00 p.m. Monday through Friday to obtain one.

5-PIECE COASTER DINETTE SET

Chairs available in black or red

SPECIALLY PRICED AT \$399⁰⁰

SOLD AS SET ONLY

SAVINGS IN ALL DEPARTMENTS!

"Make your house a Dupree's home"

44 Years Experience

1900 E. 14th St. • San Leandro

357-3000

www.Duprees-Furniture.com

OPEN MONDAY-FRIDAY 10AM-6PM • SATURDAY 10AM-5PM • CLOSED SUNDAY

INTERO REAL ESTATE SPOTLIGHT

Castro Valley Small Business Of The Week

Deluxe Yogurt

510-397-0302

4065 E Castro Valley Blvd., Castro Valley

Please join me in supporting local small businesses

FULL SERVICE REALTOR

INTERO REAL ESTATE SERVICES

DAVID S. WILHITE

SERVING CASTRO VALLEY AND SURROUNDING COMMUNITIES FOR OVER 38 YEARS

510.886.1100

DRE#00759835

It Takes More than a Sign to Bring in Customers!

To Advertise in the Castro Valley Forum call

Mary Florence: 861-3270

Linda Nakhai: 510-915-1513

PUBLISHED EVERY WEDNESDAY
DELIVERED TO OVER 20,000 HOMES

WWW.CASTROVALLEYFORUM.COM

CASTRO VALLEY FORUM

Reports: CV

continued from page 3

smelled of alcohol and had a warrant issued for his capture. Deputies took the man to Santa Rita Jail pending \$2,500 in bail.

Two Arrests at Homeless Camp
Friday, October 5: at 9:52 a.m., deputies arrested two men with no permanent address as part of a sweep of a homeless camp on Grove Way near the Eastbound entrance to I-580. A 46-year-old man was charged with breaking into and occupying a property without the owner's consent. A 45-year-old man was charged with possession of narcotics. Deputies took the men to Santa Rita Jail pending bail.

Driving Drunk
Monday, October 1: at 11:47 a.m., a 33-year-old man from Fremont was arrested on suspicion of driving while under the influence of alcohol and possession of illegal drug paraphernalia. Deputies pulled the man over on Santa Maria Avenue near the Boulevard after observing him speeding in the area. The man failed his field sobriety test and was taken to Santa Rita Jail pending \$45,000 in bail.

ADOPT-A-PET



KOKO is sweet, active bunny who enjoys attention and is easy to handle. She loves greens, Timothy hay and an occasional piece of banana. Spayed. Hayward Shelter. (510) 293-7200.



WANDA is a spunky, 11 yrs young gal who loves walks. A bit timid at first, she soon realizes you are friends in the making. OK with older kids. Hayward Shelter. (510) 293-7200.



ZOEY is an affectionate, playful 4-month-old. She'd love to go home with a sibling or with another cat. Spayed, chipped and current on vaccines. Loveallpawzrescue@gmail.com.



NIX is a handsome, 6-month-old Abyssinian tabby mix. He's a friendly lap cat who loves to snuggle. Neutered, chipped and current on vaccines. Loveallpawzrescue@gmail.com.

Experience An Unusual Halloween

Join the fun at the Sulphur Creek Nature Center as we travel to the "second star on the right and straight on 'til morning" into the exciting world of Neverland! Find out about special Halloween creatures from Peter Pan and his pals.

Tinkerbell, the Lost Boys, and even Captain Hook will all be around as we explore Neverland. Enjoy the rest of the evening at the Halloween Carnival with crafts, storytelling, and campfire (no charge) and great Halloween games, night hikes, and tasty treats (small fee).

Passes into the Unhaunted House are for specific time slots, so be sure to sign up early.

Children under 12 must be accompanied by adult. Pass covers entry into Unhaunted House only; carnival tickets sold separately at the event. Get your Early Bird Discount, if registered by Oct. 18. Passes at the door are extremely limited and will be \$12 per person.

The Unhaunted House is located at 1801 D Street, Hayward Friday October 19, 6pm - 9pm and Sunday October 20, 4pm - 8pm. Tickets \$9 per person, children under 3 free. To register go to www.HaywardRec.org. For more information call 510-881-6700.



Guinness the dog is one of many pets that will be at this weekend's 'Fur Ball'

Black & White 'Fur Ball' This Saturday

The volunteers at the Hayward Animal Shelter, at 16 Barnes Court, will hold their 15th Annual Black and White 'Fur Ball' Pet Adoptions from noon to 6 p.m. this Saturday, Oct. 13. Adoption fees are being reduced to \$20 for dogs, puppies, cats, kittens and bunnies, thanks to SantaCon Hayward. The fee includes spay or neuter, vaccinations and microchip (Hayward residents also pay a \$17 dog licensing fee). Come out and enjoy hors d'oeuvres, non-alcoholic beverages, raffle prizes and music from 4 to 6 p.m. For more information, please visit: www.facebook.com/haywardanimalshelter and www.SantaConHayward.com

CVSAN STUDENT SCHOLARSHIP



Castro Valley Sanitary District (CVSan) is pleased to announce the 2018/19 CVSan Environmental Leader in Waste Reduction Scholarship for high school seniors. Up to two students who help their school reduce waste may each be awarded a \$1,000 scholarship.

Download the Scholarship Application from CVSan's website: www.cvsan.org/studentscholarship

Instructions are provided in the application. Applications must be received by **Friday, March 29, 2019 by 2:00 p.m.**, no exceptions. It's not too early to start your application!

REDUCE REUSE RECYCLE ROT

CASTRO VALLEY SANITARY DISTRICT

Effective Environmental Services since 1939

510-537-0757 | www.cvsan.org

This ad was paid for by Measure D



Re-Elect Frank Mellon for EBMUD Director



- President of the Board when our drought water supply was secured
- An effective President of the Board during the last drought
- Ensured that water quality and reliability is 1st priority
- While protecting the environment, watershed and the water-supported conservation and recycling
- Fully active resident and member of our community for 30+ years
- Reduced debt and increased spending on infrastructure improvement



Elect FRANK MELLON
Vote NOV 6th
EBMUD BOARD 2018

Paid for by: Neighbors to Elect Frank Mellon 2018 FPPC #941336
www.mellonforebmud.com

Facebook: Frank Mellon for East Bay MUD 2018