

# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

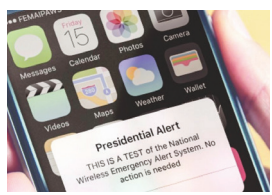
YEAR 30

WEDNESDAY, SEPTEMBER 26, 2018

NO. 39

## INSIDE YOUR FORUM

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#### Go Nuts!

...Coconuts, that is! Let coconut add a tropical flair to your desserts

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### H&F



#### Guided Imagery

Promote relaxation and relieve stress by using the power of your mind  
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PHONE: (510) 537-1792



PHOTO BY FRED ZEHLDER

## 26th Annual Cop Shop BBQ

Hundreds of residents turned out Friday for the 26th Annual Cop Shop BBQ, hosted by the Alameda County Sheriff's Office at First Presbyterian Church in Castro Valley. Along with the grilled tri-tip, hot links and chicken, families had a chance to chat with deputies and check out the Sheriff's Office investigation equipment. The popular annual event helps pay the rent for the Sheriff's community policing satellite office in Ashland as well as many other community programs.

## International Day of Peace

The Eden Area Interfaith Council in conjunction with the East Bay Regional Park District hosted a gathering of some 70 people Friday evening at the Cove Picnic Area at Lake Chabot to celebrate The International Day of Peace with song, word and prayer. The Council was founded shortly after September 11, 2001, and re-ignited in December 2015 following an attack on a Muslim man at Lake Chabot Park in Castro Valley. The International Day of Peace, established by the United Nations, is observed around the world to promote a world of peace in spite of cultural and religious differences.



PHOTO BY FRED ZEHLDER

## New MAC Guidelines In the Works

By Amy Sylvestri  
CASTRO VALLEY FORUM

After being roundly criticized by the public last month for acting unprofessionally during a recent internal reorganization, the Castro Valley Municipal Advisory Council (MAC) is considering adopting new bylaws.

In June, MAC member Dave Sadoff suggested that MAC member Ken Carbone take over as Chair of the committee from Marc Crawford. Crawford then said that he would not continue his ongoing work on several projects if he was no longer Chair.

At a meeting weeks later, Carbone withdrew his name from consideration for the Chair's position, saying he couldn't commit the same amount of time to all of those projects as Crawford does, so Crawford was reappointed.

Moments later, Crawford publicly questioned the legality of Sadoff's position as a MAC member because Sadoff is also a member of the Castro Valley Sanitary District Board of Directors.

That is legal and Sadoff has held both positions for years, so Sadoff responded that he felt Crawford's words were a direct retaliation for suggesting that someone other than Crawford be Chair.

At the next meeting, speaker after speaker told the MAC that the situation was poorly handled.

Because the guidelines about appointing a new Chair and several other MAC bylaws haven't been updated in more than a decade, the MAC discussed new rules and regulations for over an hour at Monday night's meeting. Ultimately, they directed county staff to organize their suggestions into clear bylaws for possible approval at their Oct. 8 meeting.

Among the new bylaws will likely be a rule that the Chair and Vice Chair positions are rotated after a maximum of two years. The MAC is also considering voting via private ballot if two or more members are seeking the Chair's position.

*see MAC on page 15*

THIS FRIDAY

## CVHS Annual Homecoming

Castro Valley High School celebrates its Annual Homecoming this Friday, Sept. 28, beginning with the popular parade at 1 p.m. from Santa Maria Ave. to Wilson Ave. to Redwood Road to Mabel Ave.

This year's homecoming theme is "Castro Valley Goes Pixar."

An assembly will follow at about 2 p.m., with the junior varsity football game against the Encinal (Alameda) Jets at 4:30 p.m. in Trojan Stadium and the varsity game at 7 p.m.



## Castro Valley Weather Sept. 26 - 30, 2018



Wednesday  
Partly Cloud  
High 86° Low 54°



Thursday  
Partly Sunny  
High 83° Low 56°



Friday  
Partly Cloudy  
High 71 Low 58°



Saturday  
Clouds then Sun  
High 72° Low 56°



Sunday  
Mostly Cloudy  
High 72° Low 56°

### Almanac



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

Sun sets at 6:59 p.m. today, rises at 7:02 a.m. Thursday.

### Moon Phases



Oct.  
2



Oct.  
8



Oct.  
16



Oct.  
24

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## Crab Feed Fundraiser October 6

If you love Dungeness crab, you're sure to get your fill on Saturday, Oct. 6, as the Buon Tempo Italian American Club holds an all-you-can-eat Crab Feed, with all proceeds going to the George Mark Children's House in San Leandro.

The dinner will be held at Transfiguration Church, 4000 E. Castro Valley Blvd. beginning with a no-host happy hour from 5 to 6 p.m. followed by the dinner with Alaskan Dungeness crab, salad and

pasta, all for \$45 per person.

There will also be a raffle for gift baskets and a silent auction (cash) for some very delicious deserts.

For more information, or if you would like to donate a dessert, a basket, or a check please call the dinner line at 510-483-6929 press option 3, or you can visit: [www.buontempoclub.org](http://www.buontempoclub.org) (events).

Reservations must be prepaid

and received before Thursday, Oct. 4. To reserve your place, send your check made out to Buon Tempo to Rick Martens, P.O. Box 2625, Fremont, CA 94536. Be sure your name, address, phone number, and the number of tickets requested are on the check. Check-in will be at the door.

For more information about the George Mark Children's House, a pediatric palliative care facility, visit [www.georgemark.org](http://www.georgemark.org).

## Nationwide Test of the Emergency Alert Systems Scheduled for Oct. 3

The federal government is set to conduct the first-ever test of a nationwide system to send emergency alerts to almost all cellphones in the country next Wednesday, Oct. 3.

FEMA, in coordination with the Federal Communications Commission, will conduct tests of the Wireless Emergency Alert (WEA) System at 11:18 a.m. PDT Wednesday followed by a test of the Emergency Alert System (EAS) at 11:20 a.m. PDT.

The system uses the same wireless alerts smartphone users receive for missing children or severe weather warnings, but allows the president, or another authorized official, to send simultaneous warnings to almost every smartphone in the country at the same time.

The EAS test is scheduled to last approximately one minute and is made available to radio and TV

stations, cable systems, satellite radio and television providers, and wired video providers.

The test message will be similar to regular monthly EAS test messages with which the public is familiar, including, "This is a test

of the National Emergency Alert System. No action is needed."

The test will assess the operational readiness of the infrastructure to deliver urgent alerts and warnings to the public in times of an emergency or disaster.

## CVHS Class of 1963 to Hold 55-Year Reunion Next Week

The Castro Valley High School Spartan Class of 1963 is holding a 55-year reunion over the three-day weekend of October 5-7.

On Friday evening, Oct. 5, a no-host gathering will take place at Krayon's Gallery, 3477 Castro Valley Blvd. that will be highlighted by a film presentation on Castro Valley history by Randy Vanderbilt.

A dinner is scheduled for Saturday evening, October 6th, at the

Pleasanton Marriott, 11950 Dublin Canyon Road.

Then, on Sunday morning, classmates are invited to an informal gathering at Rudy's Donuts on the Boulevard for coffee, memories and friendship.

Classmates from neighboring years at Castro Valley High are also invited to attend.

For more information, contact Tom Lorentzen at 510-538-7570 or at [tomlorentzen@att.net](mailto:tomlorentzen@att.net).

## PG&E Bills Could Reflect 2017 Fire Costs

Gov. Jerry Brown signed legislation late last week that will enable PG&E and other utility companies to pass on to customers some costs from fires like last fall's devastating North Bay fire storm.

"Wildfires in California aren't going away, and we have to do everything possible to prevent

them," Brown said in a statement on Senate Bill 901. "This bill is complex and requires investment, but it's absolutely necessary."

PG&E faces up to a reported \$15 billion in potential liability in property damages from last year's fires that the company's equipment was found to be partly re-

sponsible for.

The bill allows the California Public Utilities Commission to split costs between customers and a utility's shareholders when assessing damages. It emerged from fears that PG&E could be forced into bankruptcy by its legal responsibilities.

# FINALLY - Straight talk About Sciatica

Are you suffering from back pain or sciatica? Then it's likely your biggest problem is pain. But there's another major problem: bad information.

To end sciatica misery, you must have the right information. Pay close attention because I'm going to destroy sciatica myths and give you the facts.

**MYTH:** Sciatica will just "go away" with some rest.

**FACT:** If you are dealing with back pain, buttock pain or leg pain, then you must seek help from a sciatica care provider immediately. Left untreated, sciatica can lead to permanent nerve damage - and lifelong pain.

**MYTH:** Pain is the only problem associated with sciatica.

**FACT:** In severe cases, sciatica can be associated with inability to control your bowels or bladder - leading to embarrassing situations.

**MYTH:** You must take pain medications to deal with sciatica.

**FACT:** Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure the root cause of sciatica.

**MYTH:** "I must have done something wrong to get sciatica."

**FACT:** Physical work or simply sitting at a desk for long periods can lead to sciatica. Accidents and trauma can also be the culprits. Pregnancy can cause sciatica. Sciatica can affect anyone - including

super-fit celebrities like Tiger Woods, Sylvester Stallone, and British Olympic medalist Ian Wynne.

**MYTH:** Stop exercising and get several weeks of bed rest to overcome sciatica.

**FACT:** Staying active can help to relieve sciatic pain and prevent the pain getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

**MYTH:** Sciatica requires surgery.

**FACT: NO! There's been a huge breakthrough in the treatment of sciatica and lower back pain. It's a procedure called Non-Surgical Re-Constructive Spinal Care. The excellent results from this treatment have been published in major medical journals. Success rates are up to 90%.**

**MYTH:** "There's nothing anyone can really do. I'm just stuck with this for the rest of my life."

**FACT:** With the correct treatment from a healthcare professional who specializes in sciatica, you can find relief from the core cause - and the symptoms.

**MYTH:** Getting sciatica properly diagnosed is expensive.

**FACT:** Not true. Intero Chiropractic in Pleasanton is currently offering an initial consultation for **Just \$20.**

**Dr. Jerry Hsieh, D.C. and his team of fully-trained spinal care team have helped numerous patients find relief from agonizing back pain and sciatica.**

He's one of the first professionals in the U.S. to use Non-Surgical Re-Constructive Spinal Care.

This procedure does not require a hospital stay and in most cases you'll be able to continue with your normal daily activities with little interruption. The focus is on finding - and correcting - the original cause of the back pain and sciatica.

According to Hsieh, D.C., "We use a combination of ultra-advanced technology, not found elsewhere in the region, for precisely diagnosing the cause of your low back pain and sciatica. This means superior long-term results for most people."

### Almost Immediate Relief From Pain

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

Patient Narae S. from San Leandro says, "I had pinched nerves and pain in my back and neck. It hurt so much that I couldn't reach up or reach down without sharp pain and walking was hard on my back as well. I attempted to take pain relievers but they did not help. I tell people that Dr. Jerry, D.C. is a magician. Right after the first treatment my pain was drastically reduced and each time I came with a sore back, the treatments have been really helpful."

Take the Next Step - END the Suffering... Initial Consultation Just \$20

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The first step is to secure a thorough examination with one of the spinal care team at Intero Chiropractic.

Call (925)255-5805 to schedule your appointment. Mention this article (CODE: TC20SCSM12h) and Intero will happily reduce their usual consultation fee of \$100 to just \$20!

**Only 100 reader consultations are available at this exclusively discounted rate.**

**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 so you will save \$80!**

**Call them now at (925)255-5805 and cut out or tear off this valuable article and take it to your appointment. You'll be on your way to safe, lasting relief!**

You can even call on the weekend and leave a message to secure your spot and they promise to return all calls. During the week staff can be very busy helping patients so if they don't pick up straight away, do leave a message.

**Call (925)255-5805 NOW.** If it's the weekend or they're away from the phone - they promise they will get back to you. So call now at (925)255-5805 and quote this special discount code: TC20SCSM12h.





## Hayward Airport Open House

Helicopters got a lot of attention at Sunday's "Wings and Wheels" Open House at Hayward Executive Airport on Sunday.

The popular annual attraction brought out thousands of spectators to view displays of vintage aircraft, sleek jets, police and rescue vehicles, custom cars and trucks, and tours of the FAA control tower.

Free airplane rides for youth were provided through the Vintage Aircraft Association Chapter 29 Young Eagles Program.

The airport was originally built in 1942 during World War II as

see **AIRPORT** on page 15



PHOTOS BY FRED ZEHLER

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Aggressive Boyfriend

Sunday, September 23: at 11:05 p.m., Sheriff's deputies arrested a 26-year-old man from San Lorenzo on suspicion of assault on his longtime girlfriend. The man had taken his girlfriend to the hospital to seek treatment for injuries to her nose. Deputies were called to investigate after the woman claimed the man had caused the injuries. The man was determined to be the aggressor in the conflict and taken into custody. The woman was treated at the scene.

aggressive-sounding argument sent deputies to a mobile home park on Castro Valley Boulevard near Forrest Avenue. There, they arrested a 60-year-old man from Castro Valle on suspicion of assaulting his spouse. The man was taken into custody. The victim was treated at the scene.

### Rental Car Disagreement

Friday, September 21: at 9:29 a.m., deputies pulled over and arrested a 24-year-old woman from Antioch (Contra Costa County) on suspicion of driving in a rental vehicle with an expired agreement and driving a vehicle under false pretenses. The woman was traveling on Castro Valley Boulevard near

Yeandle Avenue when deputies stopped her for questioning. The woman was also wanted as part of a warrant issued for her capture. Deputies took the woman into custody and impounded the vehicle.

### Wanted Woman

Friday, September 21: at 12:11 p.m., a 26-year-old woman from San Francisco was arrested on suspicion of possession of stolen property and illegal drug paraphernalia. Deputies report the woman was also wanted as part of a court-issued warrant for her arrest for illegal possession of stolen goods and illegal narcotics. The woman was stopped for question-  
see **REPORTS** on page 10

### Smartphone Store Shoplifter

Saturday, September 22: at 4:43 p.m., a 25-year-old man with no permanent address was arrested on suspicion of shoplifting from a mobile phone retailer on Redwood Road near the Boulevard. Deputies questioned the man after store security stopped him leaving with an unspecified amount of unpaid merchandise. The man was also found in possession of illegal narcotics, drug paraphernalia, and in violation of his parole. Deputies took the man into custody.

### Spousal Assault

Friday, September 21: at 8:28 a.m., a 911 call about a loud and ag-

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[www.villagebarbershop.com](http://www.villagebarbershop.com)

## Our Lady of Grace Festival 2018

3433 Somerset Ave., Castro Valley (Enter on San Miguel for parking)

**Saturday, Sept. 29 • 12pm - 10pm**

**Sunday, Sept. 30 • 10am - 7pm**

Live Entertainment • Carnival Games • Snack Shack  
Gourmet Food • Flea Market • Beer, Wine & Margaritas

Join Us for the **CHILI COOK OFF & POKER TOURNAMENT**  
**Pancake Breakfast - Sunday, Sept. 30 • 8:30 am - 11 am**

For more information: [www.olgfestival.com](http://www.olgfestival.com)



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## Eden Health District presents



## CVSF RUN 4 SPORTS

2018 5K/10K TRAIL RUN  
21 October 2018

With the support of Eden Health District and other local sponsors, Castro Valley Sports Foundation invites you to join the Run 4 Sports fundraiser. All proceeds go directly to our grant program that provides charitable assistance for youth sports and athletics in our community. Support a great cause!

🌲 Location: Chabot Staging Area (CV Christmas Tree Farm)  
7000 Miller Road, Castro Valley, CA 94546

🌲 Race Start: 5K/10K at 8:30am, 21 Oct 2018.  
Bib pick-up and race day registration at 7:30

🌲 Pre-register online at <https://runsignup.com/run4sports>

🌲 Registration Fee: 5K = \$35 | 10K = \$45 before October 5th, 2018  
and be guaranteed a t-shirt. Finisher medals to all. Placement  
medals for the top 3 finishers in each 10-year age division

🌲 Course: 5K: Flat & Fast | 10K: Hill climb up to the turnaround

Challenge local businesses to support our cause and sponsor the  
event. Email [teamlunt07@gmail.com](mailto:teamlunt07@gmail.com) for details. **SPONSOR TODAY!**





## The Week Ahead

### ● Wednesday, September 26: Flu Shots Offered

Flu Shots will be offered from 1 to 3 p.m. today at the Aitken Senior & Community Center, 17800 Redwood Road. The vaccinations, provided by Sutter Care at Home Nurses, are \$5. There is no cost for those covered by Medicare Part B if it is your primary source of insurance. Sutter Care will bill Medicare and verify coverage by checking Medicare Cards, but it cannot bill other insurance companies. Numbers will be passed out at 10 a.m. You must be here when your number is called or you will be given a new number. More info at 510-881-6738.

### ● Wednesday, September 26: Stress Reduction

Guided imagery can be used to manage anxiety and contribute to a greater sense of well-being. Hear about the science behind this practice and experience a guided imagery session at a free event from 6 - 8 p.m. this evening at Eden Medical Center Office Building, 2nd floor, at 20101 Lake Chabot Road. RSVP at 925-933-0107.

### ● Thursday, September 27: 'Relabeled' Fashion Show

Join the Davis Street Family Resource Center and Stepping Stones for an evening of fashion and fun at the 1st Annual Fashion Show fundraiser "Relabeled" from 5:30 to 7:30 p.m. tomorrow, Sept. 27 at the

Fairview Metropolitan, 10051 Doolittle Drive in Oakland. The fashion show will raise critically needed funds to support more than 300 consumers annually across many programs. For tickets (\$100), contact Kaitlin Howell at 510-568-3331 ext. 2660 or visit [khowell@steppingstonesgrowth.org](mailto:khowell@steppingstonesgrowth.org)

### ● Thursday, September 27: 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](http://bit.ly/CVUSDBBoardMeetings)

### ● Friday, September 28: CVHS Homecoming Events

Castro Valley High School will hold its annual Homecoming this Friday, with a parade from Santa Maria to Wilson to Redwood to Mabel — at 1 p.m., Homecoming Assembly at 2 p.m., JV Football (vs Encinal High) at 4:30 p.m. and Trojans Varsity Football (vs Encinal High Jets) at 7 p.m.

### ● Saturday, September 29: HERS 5k Walk, 10k Run

Registration is now open for HERS Breast Cancer Foundation's 19th annual 5k Walk, 5k/10k Run and Community Expo fundraiser on Sept. 29 at Quarry Lakes Regional Recreation Area in Fremont. Proceeds benefit services for local breast cancer survivors. For info or to register, visit [hersbreastcancerfoundation.org/walk-run/](http://hersbreastcancerfoundation.org/walk-run/)

### ● Sunday, September 30: Free 'Tot Talk' Program

Congregation Shir Ami, a small, friendly, Reform synagogue at 4529 Malabar Ave. off Redwood Road, invites you to its free monthly Tot Talk program for children up to age 4 and their parents/caregivers. Learn about being Jewish, socialize, and have fun, from 11:30 a.m. to 12:30 p.m. Sept. 30 as we play in, and decorate, our own home-made Tot Talk Sukkah. RSVP at [bonnie@congshirami.org](mailto:bonnie@congshirami.org) if you would like to attend. Visit [www.congshirami.org](http://www.congshirami.org) or [www.facebook.com/CongShirAmi](https://www.facebook.com/CongShirAmi)

### ● Tuesday, October 2: Ohlone Audubon Meeting

Alvaro Jaramillo will speak on Birding Winter Wonderland at the next meeting of Ohlone Audubon at 7:30 p.m. on Oct. 2 at Niles Discovery Church, 36600 Niles Blvd. in Fremont. Experience some of what you could see in the Land of the Rising Sun — Japan, its culture, people and birding spectacles! For more info, visit [www.ohloneaudubon.org](http://www.ohloneaudubon.org)

### ● Monday, October 1: Supervisors Forum on ICE Information

The Alameda County Board of Supervisors will hold a public community forum next week to provide information about access to individuals provided to the federal Immigration and Customs Enforcement (ICE) agency by law enforcement departments under the Board's jurisdiction in calendar year 2017. The forum will be held at 1 p.m. on Oct. 1, in the Board Chambers, 5th Floor, 1221 Oak Street, Oakland.

### ● Tuesday, October 2: Buon Tempo Family Dinner

Everyone is welcome to the Buon Tempo Italian American Club family dinner at 7 p.m. on Oct. 2 at Mt. Tabor Hall, Transfiguration Church, 4000 E. Castro Valley Blvd., featuring Chef Paul Grazzini's five-course chicken cacciatore dinner, with red and white wine and soda included. Happy hour at 6:30. The dinner is \$15 for members, \$20 for non-members. Make reservations by Friday, Sept. 28, by calling the dinner line at 510-483-6929 (option 1). For more info visit [www.buontempo.org](http://www.buontempo.org)

### ● Friday-Sunday, Oct. 5-7: CVHS Class of 1963 Reunion

The Castro Valley High School Spartan Class of 1963 will hold its 55-year reunion the weekend of October 5-7, including a no-host

gathering on the evening of Oct. 5 at Krayon's Gallery that will feature a film presentation on CV history by Randy Vanderbilt. The main event will be a dinner on Oct. 6 at the Pleasanton Marriott. On the morning of Sunday, Oct. 7, classmates are invited to gather at Rudy's Donut Shop for coffee, memories and friendship. For more information, contact Tom Lorentzen at 510-538-7570 or at [tomlorentzen@att.net](mailto:tomlorentzen@att.net). Classmates from neighboring years at CV High are also invited to attend.

### ● Saturday, October 6: Crab Feed Fundraiser

The Buon Tempo Club will hold an all-you-can-eat Crab Feed to raise funds for the George Mark Children's House on Oct. 6 at Transfiguration Church, 4000 E. Castro Valley Blvd. No-host happy hour 5-6 p.m., dinner at 6. This is a pre-paid event. To reserve your place, send your check (\$45 per person) made out to Buon Tempo Club and send to Rick Martens, PO Box 2625, Fremont, CA 94536. Checks must arrive before Oct. 4. For more info call the Buon Tempo dinner line: 510-483-6929 press option 3, or go to [www.buontempoclub.org](http://www.buontempoclub.org) (events).

### ● Saturday, October 6: 'Raspberry Jam' at the Library

Interested in computer coding? Want to know what a Raspberry Pi is? Then check out our Raspberry Jam from 1 to 4 p.m. on Oct. 6 at the Castro Valley Library. A Raspberry Jam is a gathering of people who have a common interest — learning more about the Raspberry Pi, a powerful "micro-computer" used for coding that involves tinkering, coding, electronics and all-around fun! Some equipment will be provided, but feel free to bring your own Pi or project to use or share. To register for this event (required), visit [www.aclibrary.org](http://www.aclibrary.org) or call 510-667-7900.

## Arts & Entertainment

### CASTRO VALLEY CENTER FOR THE ARTS

*Tickets for Center for the Arts events listed below are available online at [www.cvcfa.com](http://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. on Thursday, 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. on 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

● **"Once Upon a Mattress,"** the comic retelling of the classic Hans Christian Andersen story, *The Princess and the Pea*, runs through Sept. 30 at the Douglas Morrison Theatre, 22311 N. Third St., Hayward. Showtimes are Fridays and Saturdays at 8, and Sundays at 2, with two shows — at 2 p.m. and 8 p.m. — on Sept. 29. For tickets (\$29, \$10 preview night), call 510-881-6777 or visit [www.dmtonline.org](http://www.dmtonline.org)

### AT THE GALLERIES

● **"Paint & UnWINEd"** — a new and unique fundraiser for the Adobe Art Gallery, will be presented from 6:30 to 9:30 p.m. on Sept. 28 and 30 at the San Felipe Community Center, 2058 D St., Hayward, featuring complimentary hors d'oeuvres, wine tasting, a raffle and surprise entertainment. Artist Tracy Vinzant will provide step-by-step of your own custom art work — no experience necessary. For tickets (\$55), call 510-888-0111 or visit [haywardrec.org/1828/Paint-UnWINEd](http://haywardrec.org/1828/Paint-UnWINEd). For more info, call 510-760-4289

● **Loyal Americans: Japanese American Imprisonment During World War II**, an exhibition of artifacts and stories of people whose civil rights were violated, continues in the Special Gallery at the HAHS Museum of History & Culture through Oct. 28, at 22380 at Foothill Blvd in Hayward.

### CASTRO VALLEY FORUM CASTROVALLEYFORUM.COM

ESTABLISHED: 1989 • CIRCULATION 22,500  
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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

Fred Zehnder, Editor & Publisher  
[fredz@ebpublishing.com](mailto:fredz@ebpublishing.com)

Howard Morrison, Assoc. Publisher  
[howardm@ebpublishing.com](mailto:howardm@ebpublishing.com)

Helen Burkett, Advertising Design Mgr.  
[helenb@ebpublishing.com](mailto:helenb@ebpublishing.com)

Moxie Morrison, Layout Design  
[moxmore@yahoo.com](mailto:moxmore@yahoo.com)

Claudette E. Morrison, Business Mgr.  
[cm@ebpublishing.com](mailto:cm@ebpublishing.com)

Patrick Vadnais, Classified Ads / Obituaries  
[patrickv@ebpublishing.com](mailto:patrickv@ebpublishing.com)

Mary Florence, Advertising Sales  
861-3270 [Mpominville4582@aol.com](mailto:Mpominville4582@aol.com)

Linda Nakhai, Advertising Sales  
510-915-1513 [lnakhai@comcast.net](mailto:lnakhai@comcast.net)

Amy Sylvestri, News  
[amys@ebpublishing.com](mailto:amys@ebpublishing.com)  
510-614-1561

Jim Carrizo, Sports  
[jimcvsports@gmail.com](mailto:jimcvsports@gmail.com)  
510-967-3759

#### Contributing Writers:

Linda Sandsmark

Michael Singer

Gene Osofsky

Carl Medford

Terry Liebowitz

Amy Ramos

Linette Escobar

Thomas Lorentzen

Buzz Bertolero

### HOROSCOPE by Salomé

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**ARIES (March 21 to April 19)** Your Aries charm helps persuade others to listen to your proposal. But it's still a long way from acceptance, unless you can stand up to the tough questions that are set to follow.



**TAURUS (April 20 to May 20)** Plan to share a weekend getaway from all the pressures of your hectic workaday world with a very special someone. You could be pleasantly surprised at what develops.



**GEMINI (May 21 to June 20)** Your keen insight once again helps you handle a challenging situation with a clearer perception of what it's really all about. What you learn helps you make a difficult decision.



**CANCER (June 21 to July 22)** If you want to steer clear of getting involved in a new family dispute, say so. Your stand might cause hurt feelings for some, but overall, you'll be respected for your honesty.



**LEO (July 23 to August 22)** Expect recognition for your efforts in getting a project into operation. Besides the more practical rewards, your Lion's heart will be warmed by the admiration of your colleagues.



**VIRGO (August 23 to September 22)** Set aside time to rid yourself of clutter that might well be drawing down your creative energies. Consider asking someone to help you decide what stays and what goes.



**LIBRA (September 23 to October 22)** A colleague could make a request that might place you in an awkward position with co-workers. Best advice: Share your concerns with an associate you can trust.



**SCORPIO (October 23 to November 21)** Your energy levels are way up, allowing you to take on the added challenge of a task you've been hoping to secure. Expect this move to lead to an important opportunity.



**SAGITTARIUS (November 22 to December 21)** Your continuing sense of confidence in what you've set out to do gives encouragement to others. Expect to see more people asking to add their efforts to yours.



**CAPRICORN (December 22 to January 19)** You might think it would be best to reject a suggestion that others insist would be unworkable. But you might be surprised by what you find if you give it a chance.



**AQUARIUS (January 20 to February 18)** Changing a decision might disappoint some people, but the important thing is that you be honest with yourself. Don't go ahead with anything you have doubts about.



**PISCES (February 19 to March 20)** There could be some fallout from an emotional confrontation that you really should deal with before moving on. Best to start fresh with a clean, clear slate.

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## Fall Home Checklist

Most small jobs are well within the ability of a do-it-yourselfer, but save major repairs for experienced hands.

✓ Inspect and clean gutters and downspouts. Your roof's drainage system annually diverts thousands of gallons of water from your house's exterior and foundation walls.

At the same time, inspect your roof for damaged or curled shingles, corroded flashing, or leaky vents. Few homeowner problems are more vexing than a leaky roof. Once the dripping starts, finding the source can be time-consuming.

Use binoculars if necessary. Check ridge shingles for cracks and wind damage.

If you have an old-style TV antenna that hasn't been used in years, consider having it removed.

After cleaning, have your gutters covered with mesh guards to keep debris from returning. Run water from a garden hose to make  
*see CHECKLIST on page 7*



**CLEANING GUTTERS AND DOWNSPOUTS is an essential part of fall home maintenance. During a downpour, a clogged roof gutter sends hundreds of gallons of water down the side of your house that can damage your foundation and lead to thousands of dollars of exterior damage.**

## Fire Prevention: Cause for Alarm

They look like small, plastic boxes, round or square, stuck up on the wall or the ceiling—but they could save your life. They're smoke alarms and carbon monoxide detectors.

On average, eight people die in a home fire each day in the U.S.—almost 3,000 people every year. While working smoke alarms cut the chance of dying in a fire nearly in half, roughly two-thirds of all home fire deaths occur in homes without working smoke alarms, according to the National Fire Protection Association.

As for carbon monoxide detectors, more than 200 people die from carbon monoxide (CO) poisoning in the U.S. annually. Several thousand more are treated in hospital emergency rooms for CO poisoning. Yet an estimated 70 percent of U.S. homes are not protected by a working CO alarm.

CO is created when common fuels such as natural gas, oil, wood or coal burn incompletely. This odorless, colorless, tasteless gas is often called the "silent killer" because it is virtually undetectable without the use of proper technology.

You can be poisoned by a small amount of CO over a longer time as well as by a large amount over a shorter time.



**TEST ALARMS every month by pressing the TEST button.**

### What You Need To Know

For the best protection, smoke alarms should be interconnected, so that they all sound if one sounds. Manufacturers are now producing battery-operated alarms that are interconnected by wireless technology.

Combination smoke alarms that include both ionization and photoelectric alarms offer the most comprehensive protection. An ionization alarm is more responsive to flames, while a photoelectric alarm is more responsive to a smoldering fire.

Hardwired smoke alarms with battery backups are considered to be more reliable than those operated solely by batteries.

### What You Need To Do

- Install smoke alarms in every bedroom, outside each sleeping area, and on every level of the home including in hallways and the basement.

- Choose alarms that bear the label of a nationally recognized testing laboratory.

- Install smoke alarms at least 10 feet from cooking appliances to reduce the possibility of false alarms.

- If possible, alarms should be mounted in the center of a ceiling. If mounted on a wall, they should be six to 12 inches below ceiling.

- Avoid locating alarms near bathrooms, heating appliances, windows or ceiling fans.

- Test your alarms every month by pressing the TEST button.

- Replace the batteries at least once a year. If an alarm "chirps" or "beeps" to indicate low batteries, replace them immediately.

- Occasionally dust or lightly vacuum the exterior of the alarm.

- Replace alarms in accordance with the manufacturer's instructions, but at least every 10 years.

*see FIRE on page 7*

IS YOUR HOME  
PREPARED FOR  
WET WEATHER?

Don't forget your sewer lateral as part of your process. Preparing your home is important to mitigate and prevent property damage.

One step that can help is a Backflow Prevention System (BPS), consisting of a two-way cleanout and a back flow prevention (BPD) device.

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

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

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

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## Checklist: Keep Family Safe at Home

*continued from previous page*

sure all gutters and downspouts are flowing freely and that there are no leaks where water is running down the exterior wall.

✓ Seal gaps and cracks around windows and doors with weather-stripping and caulk. A home with air leaks around windows and doors is like a coat left unbuttoned. Gaps in caulk and weather-stripping can account for a 10% of your heating bills, according to the U.S. Department of Energy.

Weather-stripping is easily the most cost-effective way to rein in heating and cooling costs. This humble material also reduces drafts and keeps your home more comfortable year-round. Because weather stripping can deteriorate over time, it is important to inspect it periodically.

If you suspect a problem with weather stripping, close a door or window on a strip of paper; if the paper slides easily, your weather-stripping isn't doing its job.

Also check for missing or

damaged caulk around windows, doors, and entry points for electrical, cable, phone, gas, and so. Seal any gaps with a suitable caulk.

✓ Repair damaged sidewalks, driveways, and steps. Fixing problems in the fall is also critical to preventing little problems from becoming expensive headaches. Look for cracks more than 1/8-inch wide, uneven sections, and loose railings on steps.

✓ If you plan to use your fireplace this winter, it should be checked for soot or creosote buildup. Schedule a visit from a reputable chimney sweep.

Check your chimney for damage. Make certain that the flue cap (the screen or baffle covering the top of the chimney) is in place. Inspect brick chimneys for loose or broken joints.

✓ Clean or replace dirty furnace filters. These filters trap dust that would otherwise circulate into your home's air and be deposited on your furniture and woodwork. Clogged filters make it hard to

keep your home at a comfortable temperature, and can serious increase your utility bills.

Disposable filters can be vacuumed once before replacement. Foam filters can also be vacuumed, but they don't need to be replaced unless they are damaged. If the filter is metal or electrostatic, remove and wash it with a firm water spray.

A monthly cleaning is all it takes to keep these filters breathing free and clear. Have a professional inspect your entire heating system if that hasn't been done in awhile.

✓ Keep your family safe at home. A home safety check should be an annual ritual in every household. Test smoke and carbon monoxide monitors by pressing the test button or holding a smoke source (like a blown-out candle) near the unit, then vacuum them with a soft brush attachment. Replace the batteries in each detector.

Inspect fire extinguishers. Every home should have at least one rated for all fire types (look for an A-B-C rating on the label). At a minimum, keep one near the kitchen.

Review fire escape plans, and rid your garage or basement of old newspapers, other fire hazards and leftover hazardous household chemicals. Care for trees and shrubs. If you have trees on your property, consider hiring an arborist to care for them — these pros can spot signs of poor health early on to prevent tree loss, and know how to prune properly to avoid falling limbs in winter storms.



## DIRTY DUCTS?

If your home is like most, it's got a dirty little secret: your air ducts. Through normal occupation, houses pick up an awful lot of contaminants and air pollutants, such as dander, dust and chemicals. These get pulled into the HVAC system and recirculated five to seven times a day, on average. Over time, this causes a buildup of contaminants in the ductwork.

While dirty ducts don't necessarily mean unhealthy air, they can contribute to health issues, especially for people with respiratory health conditions, autoimmune disorders or allergies.

If your air ducts look dirty, they probably are, and that dirty HVAC systems should be inspected by a reputable, certified HVAC professional.

That can not only help you breathe easier, it could save you money. When an HVAC system is clean, it doesn't have to work as hard to maintain the temperature you desire. As a result, less energy is used, leading to improved cost effectiveness.

Get more information from NADCA's free "Homeowner's Guide to Air Duct Cleaning" at [www.BreathingClean.com](http://www.BreathingClean.com).

—North American Precip Synd, Inc.

## Fire: Alarms

*continued from previous page*

- Never paint over an alarm.
- If you have difficulty hearing, you can get alarms with low-pitched sounds or vibrations.

### Learn More About Fire Prevention

For further facts and tips on how to stay safe from fire, by the experts at Electrical Safety Foundation International, the premier nonprofit organization dedicated exclusively to promoting electrical safety at home and in the workplace, visit [www.esfi.org](http://www.esfi.org).

—North American Precip Synd, Inc.

## County Grants for Repairs

The Alameda County Healthy Homes Department is now accepting new applicants and providing grant funding for home repairs.

Minor Home Repair Grants are available for qualifying homeowners in the unincorporated areas of Castro Valley, Ashland, Cherryland, Hillcrest Knolls, Fairview, San Lorenzo, and Sunol for repairs such as plumbing, carpentry, electrical, railings, grab bars, toilets, water heaters, furnaces, doors and locks and more!

Lead Hazard Repair Grants up to \$10,000 per unit, plus a healthy-housing grant for properties that test positive for lead hazards are available throughout Alameda County for owner-occupied and rental properties that are occupied by low-income families, to address lead hazards for homes built before 1978, (priority for pre-1960 properties). Testing for lead risk is free.

Call 510-567-8280 for more information or visit: [www.achhd.org](http://www.achhd.org)

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## ATHLETES OF THE WEEK



Back row from left: Jesse Smith, Cody Sandal, Zach Serrao, Jordan Darbo, Lane Gonsalves, Dan Galvan, David LeRette, Marcus Pereira, Nick Lievre Front row: Brandon Carrizo, Luke Kincaid, Tj Howard.

### N.A.S.T. Men's Slow-Pitch Softball Team

This week's Athletes of the Week are the members of the N.A.S.T. (Not A Softball Team) men's slow-pitch softball team, that beat the Oaktown Sluggers 18-12, to win the Hayward Area Recreation and Park District's slow pitch softball Summer League, last Wednesday evening at the Alden E. Oliver Sports Park, in Hayward.

This softball team consisted of twelve former Castro Valley High School students that put their team together to play some softball and have some fun. N.A.S.T. started the evening as the third seed in the two game playoffs and beat the second seeded team 17-6, to advance to the Championship game.

In the Championship game, N.A.S.T. were heavy underdogs to the, undefeated, Oaktown Sluggers, so they played as if they had nothing to lose, which resulted in their best game of the season.

The teams went back and fourth with exciting plays from both sides, 2 ties and 5 lead changes, but in the later innings, CV stayed loose, played like a team, and gained momentum, while the Sluggers were in shock and began to fall apart.

The Oaktown Sluggers were up 10-7, then CV tied it 10-10 in the fifth inning, N.A.S.T. broke the game open in the sixth and seventh innings to give the Oaktown Sluggers their first loss, 18-12, and win the league Championship.



The Castro Valley High School girls golf team.

PHOTO COURTESY OF COACH DARRELL LAVIN

## CVHS Girls Golf Team

The Castro Valley High School girls golf team won at the Redwood Canyon Golf Course last Thursday. The girls achieved the lowest score they have had in the past eight years, scoring 211 in a tri-match against league opponent, Arroyo High School (293) and non-league opponent, Mission San Jose (238).

The team is now 11-0 overall and 4-0 in league play.

Despite a minor injury that forced Annika Huston to withdraw from the match, the remaining five golfers performed exceptionally.

Leanna Mac led the way. She carded two birdies on her way to a low score of 40. Tara Ng, also birdied the last hole to shoot a strong 41 for the day. Jessica Silva and Emily Wan each finished 7 over par with a score of 43.

Wrapping up the scoring was

Tani Ng, who shot even par over the last four holes, including a birdie on the last hole, to come in at an 8 over par for a score of 44.

The girls have been working exceptionally hard to improve their skills as they prepare for more difficult competition ahead, including an appearance at the Granada High School's Invitational Golf Tournament at Poppy Ridge Golf Course, in Livermore on Monday.

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### CVHS VARSITY GIRLS TENNIS RESULTS

#### CV AT BERKELEY ON THURSDAY, SEPT. 20 BERKELEY 5, CASTRO VALLEY 2

##### SINGLES

1. SASHA TURCHAK (B) - ELENA LOTTICH 2-6, 6-2, 6-4
2. SOLIA VALENTINE (B) - ANYA MORTENSEN 6-0, 6-0
3. CIGAN VALENTINE (B) - GABY MADISON 6-0, 6-2
4. MAYA CURRY (B) - HELENA LIU 6-4, 6-2

##### DOUBLES

1. SARAH BRUNO / MAYA NG-YA (B) - VICTORIA VITTON / MARISSA CHAN 6-4, 7-5
2. KELE FONG / ALEX TAM (CV) - MAGDA FRIGO / LEAH WILDMANN 6-2, 6-0
3. PAIGE CASON / SAMMIE LEE (CV) - ANDREA MORALES- MENDOZA / ISABEL LABRA 6-1, 6-1

#### ARROYO AT CV ON TUESDAY, SEPT. 18 CASTRO VALLEY 7, ARROYO 0

##### SINGLES

1. MARISSA CHAN (CV) - CLARA MARTINEZ 7-6 (6), 6-2
2. HELENA LIU (CV) - REBECCA MARTINEZ 6-1, 6-1
3. SAMMIE LEE (CV) - ASHLEY FLORES 6-1, 6-0
4. SKY KIM (CV) - DORTHY HOANG 6-0, 6-1

##### DOUBLES

1. KELE FONG / ALEX TAM (CV) - NANCY ZHENG / MIN NGUYEN 6-0, 6-0
2. VICTORIA VITTON / PAIGE CASON (CV) - ANGELINA TRAN / JAKERIYA BEAN 6-0, 6-1
3. CAMILE CAMORO / TANIA BERINGER (CV) - JENNIFER HUANG / MARIA DUENAS-BILSER 6-1, 6-1



### Castro Valley Girls Softball

2019 Spring  
Registration  
Starts on 9/27/18

#### 2019 DIVISIONS

Juniors (Ages 5 & 6) • Mini Minor (Ages 7 & 8)  
Minor (Ages 10 & 11) • Major (Ages 11-13)  
Senior (Ages 14-18)

Ages = Players' ages on December 31, 2018  
Fees: Juniors: \$95 Mini Minors \$150 • All other divisions, \$170  
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PRACTICES START IN FEBRUARY

Register online at [www.castrovalleysoftball.com](http://www.castrovalleysoftball.com)

## CV Community Alliance Events

The Castro Valley Community Alliance was formed in 2017 to advocate for inclusion and compassion and support our evolving and diverse community.

Last year, the Alliance planned and organized many activities, such as the Social Justice Film Series, Season of Service, Period of Peace, as well as other activities throughout the year.

This year, it will continue the Social Justice Film Series, with its first film at 2:00 p.m. on Sunday, Oct. 7 at the Castro Valley Library featuring a documentary, *Lives Worth Living*, discussing disability rights movement followed by a panel discussion and community conversation.

The Social Justice Film Series will continue in 2019 on Jan. 13, March 10 and April 13.

Mark your calendar for the following dates to attend the Community Alliance Social Justice Film Series and the following two upcoming activities.

Nov. 14 — Unity Poetry Slam

Nov. 15 — Unity Walk

For more details, visit [bit.ly/CastroValleyCommunityAlliance](http://bit.ly/CastroValleyCommunityAlliance).

## FRESHMAN FOOTBALL

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## Is It Just An Ankle Sprain?

By Suneel K. Basra  
SPECIAL TO THE FORUM

As a foot and ankle surgeon, I often hear "It's just a sprain, no big deal."

Sometimes, however, a sprain can be, or become, serious. Sprained ankles are painful and can temporarily limit a patient's ability to walk normally, so accurate diagnosis and treatment are necessary for proper healing.

When a foot and ankle surgeon examines your ankle, he or she can determine the location and severity of the sprain, if the ligament is partially or fully torn, and if there is a broken bone or dislocation of the joint. All this affects treatment and recovery. A bone typically heals in six to eight weeks; a ligament sprain can take three to six months.

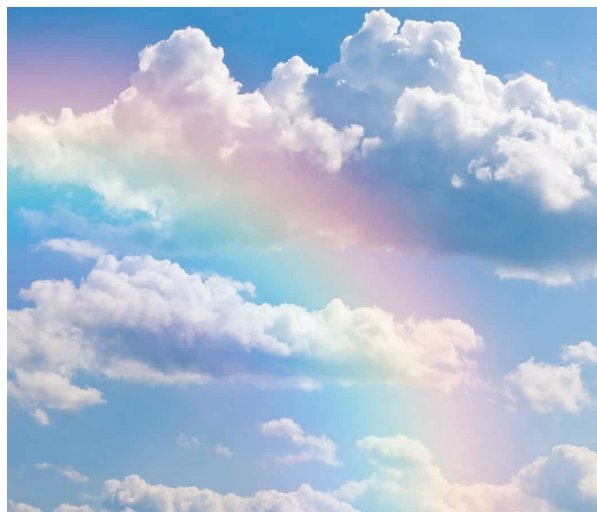
Most ankle injuries—roughly 80 percent—require no surgical intervention. If just the outer ligament is injured, we can typically reduce pain and swelling with a combination of ice, wraps and rest to lessen the chance of further tearing of the ligament.

The other 20 percent of patients might not have sought immediate care, and what began as a less severe sprain may have turned more severe, possibly requiring surgery.

Sprains not adequately rehabilitated or repeat injuries can cause chronic ankle instability—marked by persistent discomfort and a giving way of the ankle from stretched or torn ligaments. Proper rehabilitation and treatment can strengthen the muscles around the ankle and retrain the tissues within the ankle that affect balance to help prevent further sprains or injuries. Surgery is sometimes also needed.

For more information or to find a foot and ankle surgeon near you, visit [www.FootHealthFacts.org](http://www.FootHealthFacts.org), the American College of Foot and Ankle Surgeons' patient education website.

Dr. Suneel Basra is a board-certified foot and ankle surgeon and Fellow Member of the American College of Foot and Ankle Surgeons.



**PEACE OF MIND:** Experience a guided imagery session at an upcoming free workshop at Eden Medical Center this evening, September 26, from 6-8 p.m.

## Guided Imagery to Relieve Your Stress

By Joanne Sexton  
SPECIAL TO THE FORUM

**G**uided Imagery is a kind of "directed daydreaming" which uses your own imagination to create calm, peaceful images in your mind, promoting relaxation and relief from stress or anxiety.

Guided imagery, sometimes called guided meditation or visualization, is a gentle but powerful technique that focuses your mind on a relaxing scene.

The scene should include details for all of your senses; for example sitting by a fire in a secluded snow cabin, deep in the woods, sipping hot cocoa while wrapped in a plush blanket.

As you imagine your "happy place" you become less stressed and more receptive to healing. At this point, if you are working with a guide, they can help you imagine what it would be like to travel into your body and direct your own muscles and cells to repair and regenerate.

For example people in treatment for cancer might imagine their immune system attacking the tumor cells in a particular part of their body.

### Everyone's Needs are Different

There is no single "right" way to use guided imagery for stress relief and healing; as the technique has been shown to work across a variety of illness and ailments.

see **IMAGERY** on back page

## Preparing for a Troubled Teen's Return from a Treatment Center

Raising a teenager can be a challenge under the best circumstances.

But when a teenager's addictions, learning disabilities, or emotional and behavioral issues become more than parents can bear, the young people often are placed in residential or wilderness treatment programs where professionals help them work through their issues.

Success can quickly unravel when the child returns home, though, if parents aren't ready with a game plan to help with the transition.

"Parents often fear that their son or daughter is going to relapse into old, unhealthy or dangerous patterns," says Dr. Tim Thayne, a marriage and family therapist and author of *Not by Chance: How Parents Boost Their Teen's Success In and After Treatment* ([www.drthimthayne.com](http://www.drthimthayne.com)).

"They have fears about how their child will connect socially with other people and whether they will find the right friends. They fear their teen will fall further behind in academics."

Thayne suggests a few ways to help parents ease the transition:

- Identify natural mentors

for your teen. A natural mentor—such as a neighbor, teacher, relative or coach—is typically more effective than an officially assigned mentor.

"Studies suggest that most formal mentoring relationships last less than a year," Thayne says. "In contrast, natural mentoring relationships, which come from the church, school, family and neighborhood, are far more durable, with the average lasting nine years."

- Know when and how to grant back privileges and freedoms. Don't let your teen pressure you into promising the return of certain privileges.

Long before they come home, teens in treatment often begin asking what they are going to be able to do and how soon.

"They want back the freedoms they once had, such as cell phone and car use, sleepovers, computer time, dating, time with friends and so forth," Thayne says. "If there is ever a time not to buckle under pressure from your teen, it's now while they are still in the program. If your teen is going to be angry, let the program deal with the fallout."

When they do come home, don't make a rule you aren't willing to back up. Consistency is key. Over time, as your trust grows, be ready to hand out rewards before being asked, but this doesn't have to be done all at once. Things can be handed out for a weekend trial, or at a level of 50 percent of what your child initially pushed for, Thayne says.

- Find someone to talk with. "Parents should have someone they can open up to about their emotions," Thayne says. He suggests finding a therapist or a coach who has experience working with parents in this situation.

"That counselor will be better equipped to help you through this transition," he says. "Nothing will surprise them; not your fears, not your questions, not your situation."

In addition to an expert coach, Thayne says, it also helps to have a trusted friend you can vent to as well.

"Long-term success doesn't come about by chance, by hoping or simply because you shelled out a lot of money and sent your child away to get help," Thayne says. "It requires work and changes on your part, and it takes a concrete plan."

**EDEN HEALTH DISTRICT**  
presents...

## Remembering for Life

**TUESDAY, October 2, 2018**

**6:00 - 7:30pm**

San Lorenzo Library

395 Paseo Grande, San Lorenzo

**FREE!**



Presented by Micheal Pope  
CEO & Executive Director  
Alzheimer's Services of the East Bay



Can't remember where you left the house keys? Where you parked the car? Are you concerned about loved ones and their memory lapses?

Forgetfulness is a common complaint we often hear of. Decline in memory function is a normal part of the aging process, but it may also be a result from a pathological condition caused by Alzheimer's Disease.

**Join us as we discuss these conditions and by the end of the evening you will have a better understanding about:**

- The difference between normal memory loss and Alzheimer's Disease
- The warning signs of Alzheimer's Disease
- How to stay mentally sharp!

**Seating for the program is limited. To register call (510) 538-2035**

Eden Health District is a not-for-profit agency originally established in 1948 by the residents of Castro Valley, Hayward, San Leandro and San Lorenzo. The District not only invests its resources in providing grants to local non-profit organizations, enabling them to provide much-needed health care services to those in need, but provides free community education programs such as this program to improve the health of the communities we serve.

Partner in Health

Alzheimer's Services of the East Bay

To learn more about Eden Health District go to [www.ethd.org](http://www.ethd.org).

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F	A	C	E	T		M	E	M	E	
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N	U	N	K	U	D	O	S	L	O	O
D	E	C	A	N	T	E	R	W	E	R
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Exp. 10/2/18

Cannot be combined with any other offers.



## Reports: Burglar Tools; Public Intoxication

*continued from page 3*

ing outside a fast food restaurant on Castro Valley Boulevard near Wilbeam Avenue. Deputies took the woman to Santa Rita Jail pending \$5,000 in bail.

### Burglar Tools

Friday, September 21: at 2:51 p.m., deputies arrested a 32-year-old man who refused to give an address on suspicion of possession of burglar tools and illegal narcotics. The man was traveling on Chester Street near the Boulevard when deputies stopped him and discovered his stash. Deputies took the man into custody.

### Thirty-Somethings Arrested

Thursday, September 20: at 11:58 a.m., a 30-year-old couple from Castro Valley were arrested as part of a parole check at a home on Greenacre Road near Marshal Street. Deputies handcuffed a man on suspicion of violating his parole and a woman for illegal possession of drugs prepared for sale. The pair were taken into custody.

Stealing Medical Supplies  
Thursday, September 20: at 12:10 p.m., deputies arrested a 57-year-old man with no permanent address on suspicion of stealing medical supplies from Eden Medical Center on Lake Chabot Road. The man was seeking treatment when nurses noticed the man was stuffing his pockets. Deputies were called in to intervene. The man was handcuffed and taken into custody.

### Can't Stay Away

Wednesday, September 19: at 1:46 p.m., a 29-year-old man from San Ramon was arrested on suspicion of violating the terms of a restraining order. Deputies were called to a home on Crow Canyon Road near Norris Canyon Road following a report of a suspicious person in the area. The man fitting that description was taken into custody.

### Assault and Battery

Thursday, September 20: at 1:32 a.m., deputies arrested a 40-year-old man with no permanent ad-

dress on suspicion of assault and battery with intent to do bodily harm. The man was also wanted as part of a warrant issued for his capture. Deputies were called to a storefront on Castro Valley Boulevard near Redwood Road after reports of an altercation. The suspect was taken to Santa Rita Jail pending \$35,000 in bail.

### Stepmother in Hot Water For Public Intoxication

Tuesday, September 18: at 11:59 p.m., a 38-year-old woman from San Francisco was arrested on suspicion of public intoxication. Deputies were called to an apartment on Strobbridge Avenue and Gary Drive after reports of a verbal confrontation between a woman and her stepdaughter. Deputies reported the woman was "extremely intoxicated" and disoriented. She was handcuffed and booked into Santa Rita Jail.

### Suspicious Person Turns Out Intoxicated

Wednesday, September 19: at 5:18 a.m., deputies arrested a 33-year-old woman from Tracy (San Joaquin County) on suspicion of public intoxication. The woman was seen wearing all dark clothing and looking in and out of vehicles in the parking lot of a grocery store on Redwood Road near Castro Valley Boulevard. Deputies questioned the woman and determined that she had been drinking. The woman was found with blood-alcohol content more than twice the legal limit. She was taken into custody.



THIS FRIDAY AND SUNDAY

## Paint & UnWINEd

Unleash your inner Van Gough as the Hayward Area Rec District Foundation presents Paint & UnWINEd this coming Friday and Sunday, Sept. 28 and 30 at the San Felipe Community Center in Hayward.

This new and unique fundraiser, from 6:30 to 9:30 p.m. on Friday and 1 to 4 p.m. on Sunday, will begin with complimentary hors d'oeuvres, wine tasting and a raffle.

Guests will also enjoy surprise

entertainment before artist Tracy Vinzant begins her step-by-step instruction of your own custom art work. No experience necessary, just a willingness to sip, snack, meet people and try your hand at painting!

Ticket prices for Paint & UnWINEd are \$55 per person. All proceeds from the event benefit the Adobe Art Gallery in Castro Valley, including interior upgrades, new mobile walls and additional lighting for exhibiting artists.

The San Felipe Community Center is located at 2058 D St. in Hayward. To purchase tickets, call 510-888-0111 or visit haywardrec.org/1828/Paint-UnWINEd. For additional information, call 510-760-4289.

The Adobe Art Gallery is a public fine art gallery, committed to promoting and encouraging visual arts within the Hayward Area Recreation and Park District.

—Leah Virsik

## Bad Roads Are Costing CV Drivers

Roads and bridges that are deteriorated, congested or that lack some desirable safety features cost each East Bay driver \$2,992 per year — a total of \$61 billion statewide — due to higher vehicle operating costs, traffic crashes and congestion-related delays.

According to a new report released by TRIP, a Washington, DC based national transportation research organization, adequate investment in transportation improvements at the local, state and federal levels is needed to relieve traffic congestion, improve road, bridge and transit conditions, boost safety, and support long-term economic growth in California.

The report, "San Francisco-Oakland Transportation by the Numbers" finds that throughout California, more than two-thirds of major locally and state-maintained roads are in poor or mediocre condition and 1,603 of 25,657 locally and state-maintained bridges (20 feet or longer) are structurally deficient. The report also finds that California's major urban roads are becoming increasingly congested, causing significant delays and choking commuting and commerce.

Driving on Bay Area area roads costs the average driver \$2,992 annually in extra vehicle operating costs as a result of driving on roads in need of repair, lost time and fuel due to congestion-related delays, and the costs of traffic crashes in which roadway features likely were a contributing factor.

### CVS Pharmacy Now Accepting Meds, Needles

CVS Pharmacy, at 3667 Castro Valley Blvd. is now accepting unwanted and expired medications and also sharps (needles) as a free service.

## This Week at Smalltown

### •Friday, September 28th: Songwriter's Showcase

Eden Area songwriters Kate Lamont, Ted Gould, Paul Keim, and Safiyah Hernandez invite you to an intimate night of songs and storytelling, surrounded by the art of Carter Nguyen, and highlighting the work of Eden Area Food Alliance & Affinity Aquaponix. Free (suggested contribution \$10) 7:30– 10 p.m. Doors open at 7:00 p.m.

More details on these events and others visit [www.smalltown-society.com](http://www.smalltown-society.com) or text "Smalltown" to 797979. Smalltown Society is located at 22222 Redwood Road, Castro Valley



Fri, Sept 28, 8pm  
Sat, Sept 29, 6pm  
Sun, Sept 30, 3pm

Dee Coco & Mixx Company  
Mr. Chin's Hot Sauce  
Blues Bottle Band

Fri, Oct 5, 8pm  
Sat, Oct 6, 6pm  
Sun, Oct 7, 3pm

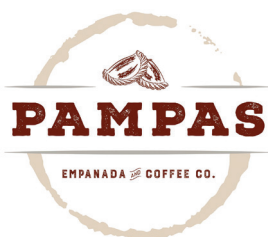
AJ Crawdaddy  
The Touch of Class  
Bobby Reed & Surprise Band

Fri, Oct 12, 8pm  
Sat, Oct 13, 6pm  
Sun, Oct 14, 3pm

Latin Rhythm Boys  
Mark Banning  
Golden Gate Blues Society



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# REAL ESTATE GALLERY



## HOME of the WEEK Coming Soon!

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Entertaining will be a pleasure in the combo kitchen/family room with stone counters, gas stove and breakfast bar. Fresh paint throughout, easy to care for laminate floors downstairs, wood burning fireplace in living room, air conditioning, Nest system, indoor, upstairs laundry and attached, two car garage are just a few of the many amenities of this home. Great location - close to shopping, parks, award winning schools, freeways and BART. Scheduled to come on the market October 2.



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RE/MAX Accord

## Voles in the Periwinkle the Likely Cause of Chewed Branches

By Buzz Bertolero  
The Dirt Gardener

After removing a thick layer of periwinkle around my navel orange, I discovered that the trunk and lower branches had been gnawed at.

I believe snails or slugs caused the damage, as the ground cover was full of them. What should I do to protect the damaged areas or will they heal themselves?

It's not unusual to find a large population of snails and slugs in ground covers such as periwinkle (vinca). The moist, dark location is a perfect breeding ground for them. However, the damage you describe is not typical of snails and slugs as they don't have teeth, so they can't chew on bark and other hard surfaces.

The primary suspect for this type of damage is a rodent, like rats or voles. Rodents have teeth perfect for gnawing. Rabbits and ground squirrels could also do this type of damage, but not in this case.

Voles are mouse-like rodents that are sometimes referred to as field mice. When fully grown, they can measure five to eight inches long, including the tail. They feed on a full spectrum of plants from grasses to woody ornamentals.

They are poor climbers, so you would only find them at ground level. Thick ground covers provide a perfect habitat for rats and voles as it allows for food and protection from predators and environmental stress.

The most effective method of



detering rodents is to make the habitat less suitable for them. This is accomplished by removing the ground cover around the desirable plants. With vinca, ivy, African daisies and others, you can severely trim them in the spring of the year reducing the protective covering.

Traditional traps and poison baits should be avoided because of the problems they create with domestic animals and kids.

I'd let the damaged plants heal themselves. But, if this was new damage, you could seal the open wounds with Tree-Seal or similar product.

Buzz Bertolero is an Advance California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener.com and questions can be sent by email to buzz@dirtgardener.com or on Facebook at Facebook.com/BuzzBertolero

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## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## Buy Weather-Wise This Fall - Top Nine Tips

As days grow shorter, cooler temperatures warn of winter's approach. In addition to due diligence when purchasing a home, buyers looking at this time of year should pay extra attention to items that might hamper a comfortable winter in your new home. Here are 9 important items to check.

Ensure the furnace is working correctly.

Start by obtaining a Home Inspection from a knowledgeable inspection company. If questions remain, you can contact PG&E to inspect the furnace for no charge.

Look for a programmable thermostat.

While numerous options are available, thermostats such as NEST devices allow you to not only program your heating system for optimum savings, but provide remote monitoring and control capabilities and comprehensive reports.

Confirm the roof is in good condition.

A Roof Inspection will detail the current condition of the roof and, in most cases, provide estimates for required repairs. Many inspection companies offer limited warranties after repairs have been completed.

Check the condition of the gutters.

Leaking and/or plugged gutters prevent water from draining correctly and may cause damage by allowing water to pool and leak into the home. They may also let water spill towards the house instead of directing it out and away.

Verify that water drains away from the house.

If the property grade slopes towards the home, rainwater runoff can penetrate the crawlspace or, even worse, the living areas. Grade should be corrected when possible and downspouts ought to have diverters or extensions to direct water away from the home.

Check for insulation.

While younger homes have insulation as required by the building codes when the home was built, many older homes have little or none. Your Home Inspection should provide information on the

level of insulation in the property.

Examine the weather stripping. Weather seals should be installed around all the doors to ensure there are no drafts. If you can see light at any edge of the door, the weather stripping is inadequate and needs to be upgraded.

Check for vegetation touching the house.

Ensure that vegetation is not touching the home and confirm that no tree branches rub against the walls or roof.

Examine the windows.

Newer dual-pane windows provide good weather protection, while older windows do not. Check for drafts and loose fitting or broken windows.

Be weather-wise when buying a home - don't get left in the cold.

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.

## RECENT HOME SALES

### Castro Valley

5295 Camino Alta Mira	94546: \$975,000	4 BD - 2,200 SF - 1966
19035 Carlton Avenue	94546: \$662,000	2 BD - 860 SF - 1935
18824 Crest Avenue	94546: \$1,150,000	4 BD - 3,537 SF - 1946
2419 Irma Way	94546: \$1,399,000	N/A BD - N/A SF - N/A
3261 Keith Avenue	94546: \$1,120,000	4 BD - 2,861 SF - 1947
4348 Omega Avenue	94546: \$680,000	2 BD - 1,080 SF - 1947
21433 Rizzo Avenue	94546: \$520,000	3 BD - 834 SF - 1942
18950 Santa Maria Ave.	94546: \$758,000	4 BD - 1,348 SF - 1948
3193 Terry Court	94546: \$950,000	3 BD - 1,675 SF - 1961
5746 Cold Water Drive	94552: \$990,100	3 BD - 1,944 SF - 1966
18875 Edwin Markham Dr.	94552: \$1,250,000	4 BD - 2,623 SF - 1985
35680 Palomares Road	94552: \$1,400,000	N/A BD - 1,712 SF - N/A
<b>TOTAL SALES:</b>	<b>12</b>	
<b>LOWEST AMOUNT:</b>	<b>\$520,000</b>	<b>MEDIAN AMOUNT:</b> <b>\$982,550</b>
<b>HIGHEST AMOUNT:</b>	<b>\$1,400,000</b>	<b>AVERAGE AMOUNT:</b> <b>\$987,842</b>

### San Leandro

2642 Darius Way	94577: \$850,000	3 BD - 1,763 SF - 1959
2418 Fairway Drive	94577: \$520,000	3 BD - 1,296 SF - 1972
284 Lorraine Boulevard	94577: \$755,000	2 BD - 1,205 SF - 1940
1119 Melcher Street	94577: \$425,000	3 BD - 1,039 SF - 1944
725 Midway Avenue	94577: \$670,000	2 BD - 1,470 SF - 1942
2032 Thomas Avenue	94577: \$565,000	3 BD - 1,388 SF - 1944
14578 Tiburon Road	94577: \$700,000	3 BD - 1,196 SF - 1963
575 Warwick Avenue	94577: \$792,600	3 BD - 1,109 SF - 1927
1890 Washington Avenue	94577: \$3,190,909	2 BD - 1,113 SF - 1930
13710 Bancroft Avenue	94578: \$440,000	2 BD - 811 SF - 1948
16129 Carolyn Street	94578: \$745,000	3 BD - 1,718 SF - 1949
16162 Carolyn Street	94578: \$610,000	3 BD - 1,431 SF - 1947
3689 Figueroa Drive	94578: \$635,000	3 BD - 1,108 SF - 1954
1593 Fir Avenue	94578: \$665,000	2 BD - 1,120 SF - 1948
1140 Grace Street	94578: \$615,000	2 BD - 1,340 SF - 1948
1709 Halsey Avenue	94578: \$655,000	2 BD - 1,280 SF - 1945
16525 Page Street	94578: \$439,000	4 BD - 2,300 SF - 1974
16405 Saratoga Street	94578: \$360,000	2 BD - 1,022 SF - 1981
1269 Terra Avenue	94578: \$698,000	4 BD - 1,505 SF - 1953
1273 Breckenridge Street	94579: \$645,000	3 BD - 1,207 SF - 1958
<b>TOTAL SALES:</b>	<b>27</b>	
<b>LOWEST AMOUNT:</b>	<b>\$360,000</b>	<b>MEDIAN AMOUNT:</b> <b>\$645,000</b>
<b>HIGHEST AMOUNT:</b>	<b>\$4,025,455</b>	<b>AVERAGE AMOUNT:</b> <b>\$850,665</b>

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## OPEN HOMES

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M	—	1-3	3601 E. Orangeburg Ave.	\$299,000	3/2	J. Rockcliff RE	Kristy Peixoto Team	925-251-2536
A	—	1-4	445 Lewis Ave.	\$679,000	2/1	Varos RE	Terry Martinez	510-772-3746

One-Line Open Home Listings run Wednesdays in the Castro Valley Forum (22,500 circ.) and Thursdays in the San Leandro Times (38,500 circ.) for \$25. For more information and a listing form, Call 614-1558. DEADLINE: TUESDAY AT NOON.

## 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.



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 (Some restrictions may apply)

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### GARAGE SALES

#### CASTRO VALLEY

**ESTATE/ GARAGE SALE** 9/29 &  
 9/30, 8am-3pm. Tools Clothes  
 Household Items Furniture. 3779  
 Somerset Avenue, Castro Valley

#### SAN LEANDRO

**YARD SALE** 9/29-30, 8am-3pm.  
 Everything must go! 2255 W. Ave.  
 133rd, San Leandro.

**ESTATE SALE** Daily, by ap-  
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# LETTERS

TO THE EDITOR  
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## Blame Management of Cannabis on the Voters

Editor:

This is to address the concerns of Monica Shieman ("Blames Miley for 'Botched Management of Cannabis'," Letters, Sept. 19) if that's your real name.

Cannabis may be addictive to some, but certainly not to all. And it isn't or is understood by the general public. Many people have no knowledge of this plant.

Under Prop. 64, any person over 21 can grow up to 6 plants and can store as much dried product.

Illegal growers and sellers will always be there as well as other illegal items. With the risk and cost of transporting pot across state lines with different laws, I find it unbelievable that pot sellers would risk a marginal profit to sell their product in Alameda county.

You speak of a problem, but I still see no facts to support your claims. And even though I don't care for Supervisor Miley, the laws were made in Sacramento with the support of Jerry Brown.

If you want to throw blame, I suggest you try Sacramento and the voters.

—David Warmuth, Castro Valley

## Calls CVSan's Board Vote on Bonds 'Unprecedented, Irresponsible and Contrary' to their Promises

Editor:

The Castro Valley Sewage Department (CVSan) is full of it! I attended the Sept. 4 Board Meeting. Without any public no-

tice, the Board approved (5-0) a Resolution to sell the first of two 30-year bonds for \$7.8MM each.

The cost to issue this first bond is \$275,000. The debt service is \$450,000 per year for the next 30 years for a total of \$13.5MM. The already high sewer service rates would have to increase considerably to repay these bonds.

The stated purpose for this first bond is for CVSan's portion to upgrade the capacity of the Oro Loma Sanitary District Treatment Plant (5MM). CVSan is currently repaying a \$4.3MM dollar loan for 20 years at an average debt service of \$215,000 per year.

CVSan has never had a problem paying for capital improvement projects, including upgrades to the treatment plant. CVSan's Reserve Fund Policy provides that reserve fund accounts can be used to fund capital improvements to the wastewater treatment plant.

CVSan's recently adopted Debt Management Policy provides that "CVSan shall have a preference to finance capital improvements using pay-as-you-go financing. Debt financing shall be used only to finance capital improvements that cannot be readily financed from current revenues and available reserves."

Instead of issuing bonds, CVSan could have simply written a check for the treatment plant upgrade from its \$13MM cash reserve account. The \$450,000 yearly debt service could have gone a long way to helping owners repair their defective house laterals under the recently adopted Inspection-Upon-Sale program.

For the Board of Directors to saddle the ratepayers with 30 years of debt payments is unprecedented, irresponsible, and contrary to their campaign promises to keep rates as low as possible. CVSan's mantra should be pay-as-you-borrow, not pay-as-you-go.

—Ken Owen, Castro Valley

## 'Imperative that We Turn Away from the Noise and the Misdirection Fueled by Tribal Political Identities'

Editor:

The incident at the Republican Party booth at the Fall Festival was a sad and disturbing blemish on what was an otherwise positive community gathering that the Chamber of Commerce and countless volunteers made happen.

With acts of indiscriminate violence in our schools, communities, and public spaces, we are right to be concerned about what could of happened, and grateful for what didn't happen.

When we shout, when we yell expletives, when our engagements with others devolve into street scrimmages in the middle of Castro Valley Blvd., we are right to ask, "How did we get here? How can we do better?"

If you believe the noise on social media, based in half-truths, partisan drivel, and xenophobia, then you're being distracted. Our community and our nation deserve a better conversation. And we need better strategies to help us find common understanding and to handle fundamental difference.

Martin Luther King Jr. provided a radical vision to guide us to a more inclusive community and a template for us to find a better way to communicate with each other.

He observed, "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." To "respond to hate with a reciprocal hate," King said, "I do nothing but intensify the cleavages of a broken community."

In a time when we are rightly concerned about the rhetoric and acts of hate that many of us have united against, it is imperative

that we turn away from the noise and the misdirection fueled by tribal political identities and social media echo chambers. We must seek a civil discourse in the public square.

Avoid reacting to the noise and discover strength and understanding in reflection. Consider not making that social media comment. Don't share that snarky meme. Be critical about your sources of information. Have genuine conversations with your neighbors and people you wouldn't necessarily think agree with you.

As Dr. King noted, we must seek to defeat unjust ideologies, not people. In doing this, we are able to defend with a clear heart and conscience those in our community who need our support.

—Michael Kusiak, Castro Valley

## Says Swalwell Would Have De-escalated Confrontation At Fall Festival

Editor:

It was interesting to see in the Forum that Mr. Peters, who is running for Congress against Eric Swalwell, had a physical confrontation with a young man.

As a public figure one is often confronted with a verbal confrontation. A skilled politician knows how to de-escalate this type of incident. Instead, Mr. Peters assaulted the young man. Think carefully before you support Mr. Peters for Congress. It doesn't appear to me he has the skills for the office. Eric Swalwell doesn't assault opponents. He has the skill to de-escalate this type of situation. Vote for Eric Swalwell for Congress.

—Sonya Stone Howes, Castro Valley

## Concerned Over Treatment at Healthy Living Festival At the Oakland Zoo

Editor:

On Thursday, September 13, my wife and I attended the Healthy Living Festival at the Oakland zoo. The Festival was organized by United Seniors of Oakland and Alameda County.

We arrived shortly before 11:30 in the morning. We were required to take a shuttle to go to the festival site. The shuttle was a van, with first come first serve, open seating.

We lined up in the waiting area for the van. There was a young African American man outside of the van, helping people getting on the van. The young African American man wore a volunteer vest, so I will call him an "assistant."

When we got on the van, there were three empty seats in the back row (one young African American lady was already in that row); two empty seats in the row in front of the back row; and an empty seat in the front, beside the driver.

My wife and I took the two seats in the row in front of the back row. We thought that was in accordance with the sequence while waiting. A few minutes after we sat down, two African American ladies, with normal mobility, approached the van. When these two ladies were ready to board the van, the assistant ordered us to yield our seats by moving to the back-row seats, without giving us any reason.

We moved to the back-row seats.

I wonder if we were African Americans or whites, instead of Asian-Americans, would the assistant ask us to yield our seats?

—Wunan Lin, Castro Valley

## Need Some Productive Exercise? Call the Adopt-a-Spot And Help Keep Lake Chabot Roadside Clean

Editor:

For more than 12 years I was the "Concerned Citizen" on the Adopt-a-Spot sign at the intersection with Fairmont Avenue. During that time I cleaned that Lake Chabot roadside to the San Leandro border every month or two.

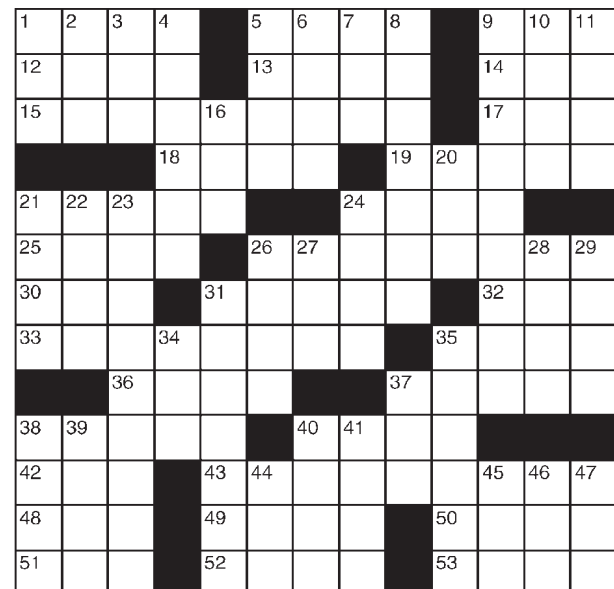
There are 3 agencies with overlapping responsibilities there: Alameda County Public Works, HARD, and EBMUD. I walked down one side and back the other, then left the trash bags by the stop sign at Fairmont. Usually HARD guys would pick them up there.

It was my observation that the cleaner you keep it, the less likely someone will mess it up.

If you would like to get some productive exercise, call the Adopt-a-Spot program and sign up.

—Dennis O'Reilly, Castro Valley

## THE FORUM CROSSWORD



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- 7 Compass pt.
- 8 Firetruck gear
- 9 Skin-tone cosmetic
- 10 Operatic solo
- 11 Credit card user's problem
- 16 Parcel of land
- 20 Coal diggers' org.
- 21 Ward (off)
- 22 Chills and fever
- 23 Open area at a terminal
- 24 Othello, for one
- 26 Responsibility
- 27 Praise in verse
- 28 Days gone by
- 29 Drunkards
- 31 Patella
- 34 Jimmy Kimmel's network
- 35 Tusked mammal
- 37 Buddy
- 38 Party-game pin-on
- 39 Go by train
- 40 Son of Seth
- 41 Pimples
- 44 Yoko of music
- 45 "CSI" evidence
- 46 \$ dispenser
- 47 Pirouette pivot

ANSWERS ON PAGE 9

## Obituaries

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## LETTERS TO THE EDITOR

must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. We do not withhold names or publish unsigned letters.

Email letters to: fredz@ebpublishing.com  
or mail to: The Forum  
P.O. Box 2897,  
Alameda, CA 94501.



## New Cars Lose Up to \$3k in Value Yearly

Owning and operating a new vehicle this year will cost a driver an average of more than \$8,800 annually, or \$737 each month, according to a new study from AAA.

The largest expense associated with purchasing a new car is something many drivers fail to consider—depreciation.

“Buying a new car is a major decision for most consumers,” said Michael Blasky, spokes-

man for AAA Northern California. “New vehicles offer the latest designs and cutting-edge technologies. But, car owners that like to change vehicles frequently should be thinking about the resale value—not just the purchase price—when choosing their next ride.”

Depreciation accounts for almost 40 percent of the cost of owning a new vehicle—more than \$3,000 per year—and is influenced by a number of factors, including shifting consumer preferences.

As American appetite shifts to SUVs and pickup trucks, demand for sedans has slipped. As a result, depreciation costs of these once-popular vehicles increased up to 13 percent as compared to last year.

Conversely, electric and hybrid vehicles, which have seen a gain in popularity, have only seen a slight dip in depreciation, with many offering cost benefits such as lower repair and maintenance bills.

Buyers often only give priority to purchase price and monthly payment when choosing a new car, sometimes selecting a vehicle based on the best deal available.

The length of car ownership, however, is of equal importance. Consumers who plan to keep a vehicle for only a few years should be cautious of deep discounts and

incentives offered by automakers and dealers. These are often designed to sell less popular models and directly influence depreciation.

Low down payments and extended finance terms can also have a similar effect. Stretching a car loan over five, six or even seven years may be an effective way to lower payments, but owners may quickly find themselves owing more than the vehicle is worth.

“The secret to minimizing depreciation costs?” continued Blasky. “Keep your car for a long time and keep it well-maintained or even consider buying a quality, pre-owned vehicle.”

While the latest technology and options make them attractive to car buyers, a new car may not be the most economical choice for some buyers.

Here are tips for consumers looking for alternatives to new car ownership or to make smarter decisions about their operating costs:

- Buy (gently) used: By driving a pre-owned vehicle in good condition, ownership costs are significantly lower. A safe, reliable vehicle can be found at an attractive price point.

- Fuel responsibly: Avoid wasting money on premium grade gasoline unless your vehicle specifically requires it and, if you’re

see **VALUE** on back page

## MAC: Other Business

*continued from front page*  
**Other Business**

Also at Monday’s meeting, the MAC unanimously approved a plan to allow a new paint job at the Kentucky Fried Chicken restaurant at 3625 Castro Valley Boulevard.

The fast food chain originally sought to use a bold red and white striped motif, but were shot down multiple times by the MAC over the past year and eventually agreed to a more subdued gray and white color palate with black and red accents.

The new look for the KFC isn’t entirely settled yet. Crawford requested that the store’s owner get any signs (including a planned large image of the Colonel himself) approved by the MAC before they are installed.

“The first time they brought it in they were trying to make it look like a bucket of chicken,” said Crawford. “But I think this is fine.”

The MAC also unanimously approved an application to allow the expansion of a veterinary clinic at 2423 Grove Way. The plan was approved after additional parking was added at the request of the MAC.

The veterinarian also announced that he would be extending his clinic’s urgent care hours so that Castro Valley pet owners wouldn’t have to travel to Dublin or San Leandro in the case of an after-hours emergency.

The MAC also approved the expansion of a Montessori School at 20104 Center Street to expand to up to 77 students at certain times of the year due to summer educational programming.

Finally, the board allowed an addition to a single family home at 20883 Rutledge Road.



## Airport: Hayward Executive Open House

*continued from page 3*

Hayward Army Air Field, a fighter base where Lockheed P-38 piston-engined fighter aircraft took off and landed.

The post was also called “Russell City Army Air Field” for the unincorporated area outside of the Hayward city limits where it was located.

After the war the airport was de-

clared surplus and, in April 1947, it was turned over to the City of Hayward and renamed Hayward Municipal Airport.

The California Air National Guard moved onto land adjoining the airport in 1949 and in 1980 the remaining National Guard units at Hayward were reassigned to Naval Air Station Moffett Field near San Jose.

The airport covers 543 acres at an elevation of 52 feet. It has two asphalt runways and one helipad.

Today, Hayward Executive at 20301 Skywest Drive, is a vibrant general aviation airport with more than 400 aircraft—from single-engine airplanes to sophisticated corporate jets—plus 40 support companies providing aviation products and services.

**DON'T FORGET TO SCHEDULE YOUR ANNUAL PICK-UP**

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

Items such as tires, mattresses, refrigerators, televisions, scrap metal, and more are then sorted at Davis Street Transfer Station with the goal of Reuse first, Recycle second, and Landfill as a last resort.

CVSan single-family and multi-family residences qualify for one on-call bulky goods pick-up per calendar year (January-December). Single-Family Residences (4 units or less) please contact WMAC at 510-537-5500 to schedule your pick-up day. Multi-Family Complex Managers (5 units or more) please contact WMAC at 510-613-2831 to schedule a pick-up day for your complex.

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

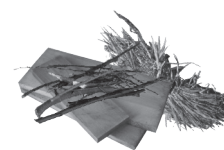
Every best effort will be made to reuse and recycle these items:



Up to 4 car or light truck tires (separate rims from tires)



Household furniture items



Yard trimmings & wood (up to 6" in diameter tied in bundles not longer than 4') will be composted.



Appliances, TVs & electronics (remove or seal refrigerator doors)



Scrap metal



Non-recyclable & non-compostable items will be sent to the landfill.

Note: No items over 75 pounds (except for furniture and appliances)

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## Imagery: Free Event Is Tonight

*continued from page 9*

It can help reduce blood pressure, cholesterol and hemoglobin A1C levels in the blood. It can heighten short-term immune cell activity and speed up healing from fractures and burns. And it has been proven invaluable during medical procedures like chemotherapy, radiotherapy and dialysis.

Hear more about the science behind the practice and experience a guided imagery session at an upcoming free workshop at Eden Medical Center this evening, Sept. 26, from 6-8 p.m. in the Medical Office Building, 20101 Lake Chabot Road, 2nd Floor.

This event is free and open to the public. RSVP to 925-933-0107 is appreciated. The workshop will be led by Julie Kaldveer, M.A., CSC, Therapist Facilitator, in partnership with the Cancer Support Community and Eden Medical Center.

Joanne Sexton is manager of Tumor Registry/Cancer Data Services at Eden Medical Center.

## ADOPT-A-PET



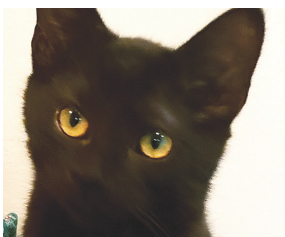
**EMPOROR**, a playful kitten, loves to sit on shoulders and purr like there's no tomorrow. He's loves people, cats and cat-friendly dogs. Hayward Animal Shelter. (510) 293-7200.



**ROYAL**, a very friendly kitten, purrs easily and loves to play with toys, people and other kittens. She's looking for a loving family. Hayward Animal Shelter. (510) 293-7200.



**MAGIC AND MIDNIGHT** are identical brothers that were born on April 26th along with four other siblings. Magic is a lover and is happy snuggling in his foster mom's lap when he's not wrestling around with Midnight. Midnight is playful and equally as sweet. They're both ready for their forever homes. For more information, please email: Loveallpawzrescue@gmail.com.



## Save a Dog's Life — Attend Annual 'Wags to Riches' Fundraising Event

German Shepherd Rescue of Northern California will hold its annual "Wags to Riches" fundraiser on Saturday, Oct. 6, in Livermore, with a dinner, live and silent auctions, police K9 demonstrations and more.

"This is our 10th annual event and is our biggest fundraiser of the year," said Lani Christianson, president of the rescue organization. "Come enjoy excellent food and camaraderie among fellow dog lovers."

Tickets are \$55 and can be purchased at [www.GSRNC.org](http://www.GSRNC.org). All proceeds will go towards German Shepherd Rescue of Northern California to help save dogs in need. All proceeds go to German Shepherd Rescue of Northern California — a group that has saved 4,600 dogs thus far.

Last day to purchase tickets is this Sunday, Sept. 30, and they will not be available for purchase at the door.

The non-profit German Shepherd Rescue of Northern California



"Wags to Riches" fundraiser Saturday, Oct. 6, in Livermore.

nia rescues German Shepherds from life-threatening situations at animal shelters and elsewhere. Its mission is to find permanent loving homes for qualified owners and working cooperatively with animal shelters and other rescue

groups in the community towards the common goals of saving dog lives and reducing pet overpopulation.

For more information on the October 6 event, please email: [wagstoriches@gsrnc.org](mailto:wagstoriches@gsrnc.org).

## STORE IT BETTER

### FRUIT AND VEGGIES NEED CARE



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



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



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

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

### REDUCE REUSE RECYCLE ROT

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## Value: Vehicle Type and Annual Cost

*continued from page 15*

one of the 20 percent of Americans considering an electric car, these vehicles offer lower fuel and maintenance costs.

- Show your car some love: It sounds counterintuitive, but spending money on routine maintenance can actually save you money in the end. To keep engines running cleaner and longer, consider switching to synthetic oil and upgrading to a higher quality fuel gasoline.

- Slow down — When gas prices are high, small changes in the way you drive can make a big difference.

AAA's examined 45 top-selling

2018 model-year vehicles across the following nine categories. Figures are calculated based on the cost of fuel, maintenance, repairs, insurance, license/registration/taxes, depreciation and loan interest and are based on 15,000 miles of driving. AAA's study employed a proprietary methodology to analyze the costs of owning and operating a new vehicle in the United States, using data from a variety of sources.

*Additional info and detailed driving costs, including those for fuel, maintenance, repairs, insurance, license/registration/taxes, depreciation and more can be found at [AAA.com/YourDrivingCosts](http://AAA.com/YourDrivingCosts).*

### VEHICLE TYPE & ANNUAL COST

Small Sedan	\$6,777
Minivan	\$9,677
Hybrid	\$7,485
Medium SUV	\$9,697
Small SUV	\$7,869
Large Sedan	\$9,804
Electric	\$8,384
Pickup	\$10,215
Med Sedan	\$8,866
Average	\$8,849

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