

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 29

WEDNESDAY, NOVEMBER 22, 2017

NO. 48

INSIDE YOUR FORUM

OUR TOWN



Get Your Ticket!

CVHS will present 'Stage Door' next week at the CV Center for the Arts

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H&F



Healthy Holidays

Tips to stay happy and healthy throughout the busy holiday season

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LIVING



The Days After

Here's something to be thankful for: all the meals after Thanksgiving Day

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PHONE: (510) 537-1792

Freddy the Baby Camel Visits Kids At George Mark Children's House

By Amy Sylvestri
CASTRO VALLEY FORUM

The seriously ill kids at the George Mark Children's House in San Leandro got a special visit from Freddy the baby camel Monday morning.

Freddy – a two-humped model – is just seven months old and lives at the Lyon Ranch in Sonoma where they rescue exotic animals and train them as therapy animals.

He's only about 5 feet tall now but on his diet of hay, Freddy grows over a pound each day and will be over 3,000 pounds and 7 feet tall once he's done growing up.

Not to worry though, as big as Freddy will be one day, he'll be well-trained. He's like a large dog and leans in for petting and knows commands to sit down and stand up and can even crouch to get in elevators.

"It's all about taking their natural behavior and emphasizing it," said Rob Lyon, Freddy's trainer. "When he sits down naturally, I say 'kush' and when he stands up, I say 'hut,' and then he should learn that those things mean to sit down and stand up."

see VISIT on page 7



PHOTO BY AMY SYLVESTRI

George Mark Children's House patient Pricilla, 11, pets Freddy the therapy camel Monday morning as trainer Rob Lyon holds the reins.

CV OUTREACH

Holiday Helpers

By Linda Sandmark
CASTRO VALLEY FORUM

One hundred and thirty-three local families will have happier holidays this year, thanks to the efforts of Castro Valley Outreach.

The group's interim chairperson, Theresa Koscinski, was stunned at the number of community helpers who showed up Monday morning to help sort and distribute Thanksgiving food for less fortunate families.

"We have a couple hundred volunteers already, and we've only been working for an hour," said Koscinski. "Two-thirds of our volunteers are kids, which is awesome" see MEALS on page 6



PHOTO BY LARRY ROSA

A large number of community helpers showed up Monday morning to help sort and distribute Thanksgiving food for less fortunate families.

MAC MEETING

MAC Hears The Year in Police News

By Amy Sylvestri
CASTRO VALLEY FORUM

Hit-and-run crashes, old mattresses left by the side of the road, and an unsolved murder – the Castro Valley Municipal Advisory Council (MAC) heard it all from the Alameda County Sheriff's Office, the California Highway Patrol, and the county's Code Enforcement department as a special annual update at the library Monday night.

Edward Labayog, the county's senior code enforcement investigator, kicked things off by telling the MAC a bit about what his department does and the most common types of violations.

Basically, Labayog explained, they "prevent the physical and aesthetic deterioration" of the community.

In Castro Valley, there have been 256 code complaints submitted this year, mostly about abandoned buildings, graffiti, overgrown weeds, accumulated trash, and unapproved storage of RVs and boats. All but 9 percent have been resolved.

Because the code enforcement department staff is limited, they operate pretty much exclusively based on complaints.

see MAC on page 7

SALVATION ARMY

COMMUNITY THANKSGIVING IS TOMORROW

The Salvation Army continues a tradition of more than 30 years tomorrow when it opens its doors for a Community Thanksgiving Meal from 11:30 a.m. to 1:30 p.m. at its Community Center at 430 A Street in Hayward.

During the earlier years, around 2,000 people would show up each Thanksgiving at Centennial Hall in Hayward to enjoy a complete turkey meal and pie for dessert.

Since the Hall's demolition, individuals, families and friends gather at The Salvation Army Hayward Corps Community Center for lunch and fellowship.

Everyone is welcome.

If you'd like to volunteer for this year's event, contact Captain Kyna Kelley at Kyna.Kelley@usw.salvationarmy.org For more information, call 510-581-6444.

Castro Valley Weather Nov. 22 - 26, 2017



Wednesday
Partly Sunny
High 66° Low 55°



Thursday
Partly Sunny
High 63° Low 46°



Friday
Partly Sunny
High 64° Low 57°



Saturday
Partly Cloudy
High 60° Low 45°



Sunday
Showers
High 59° Low 44°

Almanac



Past Week's Rain: 02.27
Season To Date: 03.18
Normal To Date: 03.11
Season Average: 21.22

Moon Phases



Nov
26



Dec
3



Dec
9



Dec
17

Sun sets at 4:52 p.m. today, rises at 6:58 a.m. Thursday.

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PHOTO COURTESY OF HARD

San Lorenzo Park Re-Opens

The Hayward Area Recreation District has re-opened San Lorenzo Park, located at 1970 Via Buena Vista. Renovation of the park began in the fall of 2015 with a \$12-million budget and was completed this year at \$11.5 Million. Renovations for the 31-acre Community Park included expanded parking, a newly located pond, a boardwalk, basketball courts, walking paths, new picnic areas, 3 new softball fields with a concession building, and new restrooms. The park is open daily from 8 a.m. to dark.

CASTRO VILLAGE

Christmas Tree Lighting

FRIDAY, DECEMBER 1 5:00 PM – 8:00 PM

TREE LIGHTING AT 6:00 PM

❄️ LIVE MUSIC ❄️

❄️ FREE PHOTOS WITH SANTA ❄️



A scene from the CVHS production, "Stage Door": Jean (played by Gigi Bjork Nelson, in red) tells Terry (played by Sarah Hunt) that she has been cast in a Hollywood film. The other boarding house girls share in the good news.

Broadway Hit 'Stage Door' Opens Next Week at CVHS

Castro Valley High School will present "Stage Door," a play by Edna Ferber and George Kaufman, on Dec. 1, 2 and 8 at 7 p.m., and on Dec. 9 at 2 p.m. at the Castro Valley Center for the Arts.

A group of young girls have come to New York to study acting and find jobs. The scene is the Footlights Club boarding house, where the hopes and ambitions of sixteen young women are revealed in scenes of entertaining comedy.

The play, directed by CVHS drama teachers Tiffany Daily and David Judson, features a cast and crew of over 50 students.

"The play is very timely and tackles many issues that are still relevant in the film and stage industry today," says director Tiffany Daily. "At the same time it has that wonderful vintage flavor and is really a valentine to Broadway."

Debuting in New York in 1937, "Stage Door" was later adapted as an Academy-Award-winning film

starring Katherine Hepburn, Lucille Ball, and Ginger Rogers.

Throughout the stage play we meet the idealistic actress Terry (played by Sarah Hunt) who maintains her steadfast devotion to the stage.

"The play is very timely and tackles many issues that are still relevant in the film and stage industry today."

—Tiffany Daily
DIRECTOR

"This show has some really strong and funny female characters in it, which is a nice and unexpected surprise considering the time period it was written in," says Hunt.

At the same time the Hollywood

film industry was beginning to explode, Jean thrives in the movies yet doesn't quite have the acting chops for the stage. Mrs. Orcutt (Claudia Reyes) runs the boarding house, but laments that her acting days are over.

Throughout the play the audience meets other Broadway hopefuls including the aspiring actress Judith (Kamilla Broomfield) and the forlorn Kaye (Sarah Dove) for whom the theater is the only way to escape domestic struggles.

In contrast there are many colorful characters including an over trained pianist (Eliz Hatcher) a debutante (G. Padavana) a Southern Belle (Hannah Dias) and not one but two girls named Mary—who are subsequently identified as Big Mary and Little Mary (Alexa Tang and Isabela Baker).

The Center for the Arts is located on the high school campus at 19501 Redwood Road. For tickets (\$13-\$15), visit www.cvcfa.com.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Park Trespasser

Sunday, November 19: at 11:51 p.m., Sheriff's deputies arrested a 55-year-old man from CV on suspicion of illegal trespassing on park property and possession of illegal drug paraphernalia. The man was spotted hanging out in a park on Norbridge Avenue near the CV Library. Deputies handcuffed the man and took him into custody.

Illegal Drug Possession

Sunday, November 19: at 4:34 p.m., a 47-year-old man from CV was arrested on suspicion of possession of illegal narcotics. Deputies stopped the man outside a grocery store on the Boulevard near Redwood Road when they discovered his stash. The man was handcuffed and taken into custody.

Mother Kicks Son Out

Sunday, November 19: at 6:00 p.m., a 911 call from a woman who wanted her son removed from her property. Deputies responded to a home on Capricorn Court near Lamson Road to find a 33-year-old man from Castro Valley on suspicion of violating a court-issued restraining order. The man was taken into custody.

Disturbing the Peace

Sunday, November 19: at 10:47 p.m., deputies arrested a 33-year-old man from Castro Valley on suspicion of possession of illegal narcotics and illegal drug paraphernalia. The man was hanging outside a business on Redwood Road near Grove Way when deputies dropped by to investigate a report of someone disturbing the peace. Deputies questioned the man and discovered his stash. The man was taken into custody.

She Fought the Law

Saturday, November 18: at 7:56 p.m., a 39-year-old woman with

no permanent address was arrested on suspicion of public intoxication, resisting arrest, and assault on a peace officer. Deputies responded to a call about an overly-aggressive patient at Eden Medical Center on Lake Chabot Road. During questioning, the woman became belligerent and violent. Deputies took the woman into custody.

Wanted Man

Friday, November 17: at 12:57 a.m., deputies arrested a 27-year-old man from Hayward on suspicion of possession of illegal narcotics. The man was also wanted as part of a warrant issued for his capture. Deputies stopped the man for questioning at Eden Medical Center on Lake Chabot Road and confirmed his warrant. The man was taken to Santa Rita Jail pending \$10,000 in bail.

Driving Intoxicated

Thursday, November 16: at 8:20 a.m., a 37-year-old woman from Castro Valley was arrested on suspicion of driving under the influence of alcohol. Deputies stopped the woman on Seven Hills Road near Pepper Street after watching her make an illegal turn. Deputies took the woman to Santa Rita Jail pending \$30,000 in bail.

Drug Paraphernalia

Wednesday, November 15: at 11:13 a.m., deputies arrested a 26-year-old man with no permanent address on suspicion of possession of illegal drug paraphernalia and violating the terms of his probation. The man was hanging outside a home on Madison Avenue near Crane Avenue when deputies stopped him for questioning. The man was taken into custody.

Back to Jail

Wednesday, November 15: at 1:23 a.m., a 45-year-old man from

Castro Valley was arrested on suspicion of possession of illegal drug paraphernalia. The man also had a warrant issued for his capture. Deputies stopped the man for questioning outside a home on Huntington Court near Carlton Avenue. There, they made an identification on the warrant. The man was taken to Santa Rita Jail pending \$10,000 in bail.

Cyclist Hiding from the Law

Tuesday, November 14: at 3:30 a.m., deputies arrested a 25-year-old man from CV on suspicion of violating a restraining order. An anonymous tip about a suspicious person sent deputies to a home on Somerset Avenue near San Miguel Ave. There, they noticed the man fitting the description with his bike trying to hide under a car. Deputies made a positive identification and took the man into custody.

Busted Behind the Paint Store

Tuesday, November 14: at 1:38 a.m., a 36-year-old man with no permanent address was arrested on suspicion of possession of illegal narcotics, illegal amounts of marijuana drugs, illegal drug paraphernalia, and assault on a law enforcement officer. Deputies responded to a silent alarm at a former paint store on Redwood Road near Castro Valley Boulevard. The man was hanging out behind the building when deputies arrived and discovered his stash. Deputies took him into custody.

Public Intoxication

Monday, November 13: at 1:13 p.m., deputies arrested a 43-year-old man from CV on suspicion of public intoxication. The man was behind a drug store on the Boulevard near Wilbeam Avenue when deputies arrived. The man failed his field sobriety test and was taken into custody.

CVSan Earth Day Donation

Castro Valley Sanitary District (CVSan) hosted its 15th annual Earth Day Clean-Up event on April 29 and provided each volunteer the opportunity to select one of four local charities to receive \$5 on their behalf.

One of the charities was the CV Sports Foundation, whose resident, Rachel Lunt, was presented with the donation of \$395 at the Nov. 7 CVSan board meeting.

"Castro Valley Sports Foun-

dation provides charitable assistance and support for sports and athletics in Castro Valley, including sports programs in the Castro Valley Unified School District," said CVSan General Manager Roland Williams. "Projects include successfully campaigning for the building of the new state-of-the-art football-track-soccer stadium at Castro Valley High School."

CVSan is donating a total of \$1,495 to charity this year.

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The Week Ahead

● Thursday, November 23: Community Thanksgiving Meal

The Salvation Army Hayward will host a traditional turkey meal for the community, with dessert, refreshments and fellowship from 11:30 a.m. to 1:30 p.m. tomorrow at The Salvation Army Hayward Corps Center, 430 A Street in Hayward. Want to volunteer for this event? Contact Captain Kyna Kelley at Kyna.Kelley@usw.salvationarmy.org. For more information, call 510-581-6444.

● Thursday, November 23: Free Thanksgiving Meal

First Presbyterian Church at 2490 Grove Way in Castro Valley is hosting a no-cost Thanksgiving Day meal in the Family Life Center from 11 a.m. to 1 p.m. tomorrow. For more info, call 510-581-6203.

● Saturday, November 25: Chabot Autumn Concert

The Chabot Flute Choir and the Chabot Percussion Ensemble will perform a free concert of classics and seasonal music at 2 p.m. this Saturday in the Chabot Room at the Castro Valley Library. The musicians include students at Chabot College and community members. No reservations needed. See Events at www.aclibrary.org/branches/CSV

● Saturday, November 25: Smalltown Open Studio

Connect with local artists and build creative community during a free open studio session from 2 to 6 p.m. this Saturday at 22222 Redwood Road. Bring your supplies, passion and current projects. All artists are welcome for this low-key work time. For more info visit www.smalltownsociety.com or find us on facebook.

● Monday, November 27: Eden Garden Club Meeting

Master Gardener Annie Joseph will discuss beneficial insects for gardens at the next meeting on Monday at 9:30 a.m. at the Moose Lodge, 20835 Rutledge Road in Castro Valley. For info, call 510-397-1268.

● Tuesday, November 28: What's New at the Regional Parks?

The Rotary Club of Castro Valley hosts East Bay Regional Parks District Director Dennis Waspei for a discussion about what's new at EBRPD, including the golf course and events/restaurant contracts, at the Castro Valley Rotary Club meeting at noon on Nov. 28 at the Restaurant at Redwood Canyon Golf Course. The buffet lunch is \$20 and reservations must be made by 9 a.m. on Nov. 27. For more info, visit www.castrovalleyrotary.org or contact Jim Negri at 650-996-9173.

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THANKSGIVING DAY SCHEDULES

Thursday, November 23, 2017

Government Operations

All federal, state, county and city offices will be closed, except for emergency services.

Business Offices

Banks and nearly all other businesses will be closed. Many, including The Forum, will also be closed on Friday, Nov. 24.

Stores & Restaurants

Some stores and restaurants will be open, but most will be operating on a shortened schedule. Check ahead, especially for food and pharmacy supplies.

Public Transportation

BART trains and AC Transit buses will operate on a Sunday schedule.

Garbage Collection

Garbage collection will occur one day later starting on Nov. 23 during the holiday week. Those with Thursday collection days will have pick-up on Friday and those with Friday collection days will have pick-up on Saturday. For questions, call 510-537-5500 (residential) or 510-613-8700 (commercial/business). On Thursday, the Waste Management Call Center will be open, but the 98th Avenue Cashier and Hayward Pay Station will be closed.

Castro Valley Sanitary District offices will be closed Thursday and Friday. Call 510-506-5821 for sewer emergencies. For other information, visit www.cvsan.org.

● Friday-Sunday, Dec. 1-3: Book Sale

The Friends of the Castro Valley Library will hold a three-day Book Sale from 6-8 p.m. Friday, Dec. 1 (Members' Night – memberships are available at the door), on Saturday from 10 a.m. to 4 p.m., and on Sunday (when books will be \$3 a bag) from 1 to 4 p.m. The sale will include fiction, mysteries, children's, a wide-range of non-fiction books, and gift-quality books, plus CDs and DVDs. Proceeds provide financial support for the programs and services of the library.

● Friday & Saturday, Dec. 1-2: Free Creekside Craft Show

The 14th Annual Creekside Holiday Art & Craft Show will be held from 11 a.m. to 7 p.m. on Friday, and from 10 a.m. to 5 p.m. Saturday at Creekside Church, 951 MacArthur Blvd. in San Leandro. Food and drink for sale each day, plus a raffle and plenty of parking. For advance tickets (\$5, \$7 at the door) visit creeksidecommunity.org/events/2017/12/1/holiday-arts-and-crafts-show. Proceeds will benefit the Mercy Brown Bag Program (seniors helping seniors-in-need).

● Saturday, December 2: Buon Tempo Annual Crab Feed

The Buon Tempo Club invites everyone to the annual Bob Grazzini Memorial Crab Feed on Dec. 2 at Transfiguration Church, 4000 E. Castro Valley Blvd. Cocktails at 5, all-you-can-eat dinner at 6, a benefit for the Buon Tempo Scholarship fund. For tickets (\$45), call 510-483-6929, select Option 3 and leave your name, phone number and the number of tickets. Tickets must be paid for by Nov. 29. Write checks to Buon Tempo Club, mail to Rick Martens, PO Box 2625, Fremont, CA 94536

● Saturday, December 2: Gold Star Families Memorial

Everyone is invited to attend the dedication ceremony of the Gold Star Families Memorial Monument promptly at 1 p.m. on Dec. 2 at Lone Tree Cemetery, 24591 Fairview Ave. in Hayward. Color Guards will be posting the U.S. Flag and Medal of Honor recipient Hershel "Woody" Williams will be speaking. For more information or to donate to the project, visit www.GoldStarMemorial-CA.com

● Saturday, December 2: Soroptimist Holiday Boutique

Shop for holiday crafts, gift items, jewelry, photography, hats, wardrobe accessories, gardening items, stained glass, soaps and lotions, dog and cat items, cosmetics, knitted/crocheted items, bake sale goods, plus raffle prizes at Soroptimist of the East Bay 13th Annual Holiday Boutique from 10 a.m. to 4 p.m. on Dec. 2. Lunch and refreshments also available. All proceeds go to help support the goal of Soroptimist – improving the lives of women and girls. For more information, visit rambosmom@comcast.net or call Donna Whitehouse at 510-924-7622

● Saturday & Sunday, Dec. 2-3: Christmas Bake Sale

St. Gerard Women's Club of St. John's Catholic Church, 264 East Lewelling Blvd. in San Lorenzo is holding its famous Christmas Bake Sale and raffle beginning after the 4:30 p.m. Mass on Dec. 2 and after all the Masses starting at 7:30 a.m. on Dec. 3. A continental breakfast will be available on Dec. 3 and the raffle will be held after the 11:30 a.m. Mass. Enjoy a weekend celebration with lots of baked goods, raffle prizes and a "trinkets & treasures" booth. For more info, call Evelyn McMillen at 510-481-2467 or Cheryl Hoffmann at 510-278-2906.

● Wednesday, December 6: Diabetes: Dealing with Emotions

Dr. Pereria will discuss "Dealing with Emotions while living with a Chronic Disease" at the Diabetes Support Group meeting at 4 p.m. on Dec. 6 at the Carlton Plaza, 1000 E. 14th St. in San Leandro. Those with a chronic illness and their partners are invited to attend this free meeting. For more info, call Amber Bennett at 510-636-0660.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

● "Stage Door," a play about a group of young actresses who have come to New York to study acting and find jobs, will be presented by the CVHS Drama Department on Dec. 1, 2 and 8 at 7 p.m., and Dec. 9 at 2 p.m. The show takes place at Mrs. Orcutt's boarding house, where the hopes and ambitions of 16 young women are revealed in scenes of entertaining comedy. For tickets (\$13-\$15), see above.

● Canyon Middle School Choir will present a concert at 7 p.m. on Tuesday, Dec. 5. For tickets (\$7-\$10), see above.

● "Holiday Fun," a concert by the Creekside Middle School Choir, will be presented at 7 p.m. on Wednesday, Dec. 6. For tickets (\$7-\$10), see above.

THEATRICAL & MUSICAL PERFORMANCES

● "Christmas in OZ" – Celebrate the 85th anniversary of the East Bay Children's Theatre at the World Premiere of this new Broadway-style holiday musical running through Dec. 17 at Chanticleers Theatre, 3683 Quail Ave. in Castro Valley. It's Christmas, and somewhere in Kansas, Dorothy is lonely for her friends back in Oz. And so, she builds herself a magical wish machine, and returns to the Emerald City--just in time for the big holiday celebration. Show times are Fridays at 8 p.m., Saturdays at 7 p.m., and Sundays at 2 p.m. For more information, or to book tickets, visit www.ebctOnline.org or www.Chanticleers.org or phone 510-SEE-LIVE.

● "Salem: With Scenes from Arthur Miller's 'The Crucible'," directed by Miriam Ani, will be presented by the Castro Valley Dramatic Arts Academy at 6:30 p.m. on Friday and Saturday, Dec. 1 and 2, at the Douglas Morrisson Theatre, 22311 North 3rd St. in Hayward. Visit www.artful.ly/store/events/13558 for tickets (suggested donation: adults \$25, students \$15)

● Holiday Concert: Special Songs for a Special Time of the Year, will be presented by the Morrisson Theatre Chorus under the direction of César Cancino Thursday through Saturday, Dec. 21, 22, and 23 at 8 p.m., and Sunday Dec. 24 at 2 p.m. at the Douglas Morrisson Theatre, 22311 N. Third St. in Hayward. For tickets (\$18-\$12), visit www.dmtonline.org or call 510-881-6777.

AT THE GALLERIES

● "Celebrate Women," an exhibit featuring the works of 50 artists from the members of Nor Cal Pen Women, will be on display through Friday at the John O'Lague Galleria in Hayward's City Hall at 777 B Street, sponsored by the Hayward Arts Council. Gallery hours are 9 a.m. to 5 p.m. Visit haywardartscouncil.org for more info.

● Artist Open Studio Every Thursday: Join this informal gathering of artists working together in a friendly and helpful atmosphere. Adobe Art Center hosts provides tables, chairs and easels. \$3. Thursdays 10 a.m. to 2 p.m. in the Redwood Studio 1 at the Adobe Art Center.

● Runes Revealed – Contemporary Artists Respond to an Ancient Alphabet, a mixed media exhibition by Nordic 5 Arts inspired by the ancient form of writing no longer in use, will be on display from Dec. 2 (with a reception from 1-3 p.m.) until Jan. 13, at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. Select works will also be on exhibit from Nov. 30 to Jan 5 at PhotoCentral Gallery, 1099 E St. in Hayward. For info, visit www.nordic5arts.com

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ATHLETES OF THE WEEK



This week's Athletes of the Week are the members of the Fall, 2017 Canyon/Creekside tennis team, coached by Suzi Mills.

The team took first place in the Alameda County Junior Tennis League (ACJTL) Championships. The team members successfully played their singles and doubles matches with great effort, focus, and determination.

Team members are Charlotte Carpenter, Marissa Chan, Aiden Chiang, Raymond Chinn, Cyrus Chiu, Austin Chu, Emmy Engelman, Daniel Guo, Jason Harris, Ethan Hannaford, Timothy Hoang, Stephen Hom-Ruiz, Leewon Koo, Levina La, Helena Liu, Ayden Lui, Tony Mei, Gabe O'Hara, Drew Paxman, Brady Stinn, Nick Tsang, Elliott Wallis, Jad Yehia, Frances Wilson, and Alex Zhang.

CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

Youth Baseball and Flag Football Programs
www.CVSPORTSLEAGUE.org

SPORTS NOTE

Volleyball

NorCal Top Gun Girls Volleyball Club is creating a new, beginners level U12 Premier team.

The Top Gun team offers some fun and a chance to improve your skills for the upcoming school try-

outs with Coach Glenn Mitchell, former volleyball coach at Chabot College and Castro Valley High School.

If your child's birthday falls between September 1, 2005 and Aug. 31, 2006, they are eligible

to join the Top Gun U12 team. No former playing experience is required. Sign-ups are open until this Friday, November 24, at: www.norcaltopgun.com. Otherwise, you can email Kathy at bgiao@meyao.net. Space is limited.

Health & Fitness: Top Five Tips for Staying Happy, Healthy During the Holiday Season

If the holidays sometimes leave you feeling overwhelmed and out of control, you're not alone! Here are some key things you can do to stay happy and healthy throughout the busy holiday season.

• Keep up healthy habits.

Make a pact with yourself during the holidays. For example: "For the next three weeks I will move more and do something active every day, have a healthy breakfast and limit the sweets, and get at least seven hours of sleep each night."

If you don't completely give up your healthy habits, you won't feel like you have to start over once the holidays are in the rear-view.

• Beware of party perils.

Special holiday events often serve up extra helpings of less-than-healthy foods. If you're a guest, eat a healthy snack before you go to avoid overdoing it at the event. If you're the host, challenge yourself to offer some delicious and healthier options using our recipes and cooking tips. Your guests will thank you.

• Stay active — even in the hustle and bustle of the season.

A full holiday social calendar might lead to some missed workouts. Instead of beating yourself up about it, sprinkle some healthy activities into your daily routine.



For example, if the weather isn't too frightful, ride your bike to work or school. If dinner is going to be a feast, opt for a light lunch, then take a vigorous walk. And keep the family moving. When the kids are home from school, squeeze in some active chores and trips to the park.

• But not too active.

Give yourself the gift of peace. When the invitations pile up, don't be afraid to say no to some of them. If you need some down time to recharge for the next big party, declare a me-treat and do something that relaxes you. Try yoga, meditation, or spending time in nature.

• Make a plan for the new year.

The holidays are a great time to reset for the new year — but don't go dashing through your to-do list too fast or you might not stick to your plan.

Lay out realistic, sustainable steps for the months ahead. For example, start a daily walking routine and sign up for your local Heart Walk before you set your sights on that marathon!

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CVHS Women's Tennis Team Ends Season on a High Note

The Castro Valley High School women's tennis team ended its season on a high note, finishing in second place with a record of 17 wins and 4 losses. At the end of the regular season, the league coaches voted for 6 All League Players in singles and 6 in doubles. This year, four CVHS players were voted in as all league players, Elena Lottich and Rachel Dong in singles; Riley Powers and Victoria Vitton for doubles. In addition, two players, Samantha Cheung and Lauren Fung, received All League Honorable Mentions. All League Awards (above, from left) went to Rachel Dong, Riley Powers, Elena Lottich and Victoria Vitton. The 2017 CVHS women's tennis team boasted a no-cut policy and ended its season with a total of 55 players. The team was a mix of seasoned players and beginners. Seventeen will graduate, the remainder are eager to return and play again in 2018.



PHOTO COURTESY OF GREGORY LOWE

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MAC: Package Thefts are 'Huge' and Will Only Get More Common as People Shop Online During Holiday Season

continued from front page

"I could pick out 20 code enforcement violations in 10 minutes on the Boulevard," said MAC Chair Marc Crawford. "The loading dock at the Safeway looks like the 'Sanford and Son' yard on a regular basis."

In all cases, Labayog says they try to work with the offender. But if they don't clean up their mess, they can be fined.

Rodrigo Orduna, the county's code enforcement manager, said "the purpose of code enforcement

isn't as a revenue source, it's to remind people to follow the rules."

Alameda County Sheriff's Sgt. Bret Scheuller gave a brief overview of what his department has been doing this year.

Scheuller said he didn't like to focus on statistics because crime "ebbs and flows" and they focus more on trends in types of crimes.

The number of stolen vehicles in Castro Valley is up slightly this year and robbery numbers are up all over the Bay Area, Scheuller said.

The main type of robbery police are seeing is the snatching of cell phones right of the hands of people who are distracted by their devices.

Residential burglaries are down, thanks to the popularization of home security camera. But package thefts from porches are "huge" Scheuller said, and will only get more common as people shop online this holiday season.

There were three murders in Castro Valley in the past 12 months. Two have been solved, but the murder of Caesar Plascencia at

his Wilson Ave. home last November has yet to result in an arrest.

Castro Valley CHP Commander Steve Perea also spoke about crime trends.

The CHP recovered about 190 stolen cars in Castro Valley this year—many from the Central Valley.

There have 441 DUI arrests in the Eden Area and Perea says the number may increase as people celebrate the holidays.

"We will be doing a full patrol saturation beginning midnight on Wednesday," said Perea.

There have been a total of 1,817 collisions in the Eden Area—two with fatalities. Of the 495 hit-and-run crashes this year, Perea said half occurred in Castro Valley. They ranged from someone coming out of a store to find their fender dinged with no note, to very serious crashes.

"The goal is zero deaths per year," said Perea. "Wear a seatbelt and don't drive drunk."

Start Thanksgiving Day With a Splash!

*T*all is in the air, Thanksgiving is tomorrow, and so is the 16th Annual Karen M. Gordin Turkey Swim.

Every Thanksgiving, the Hayward Plunge sets aside the day to raise money for the Karen M. Gordin Scholarship Fund and open the pool for a Thanksgiving morning swim.

Karen Gordin, a lifeguard for the district, was loved at the Plunge. She was tragically killed in a car crash in 2001. The Plunge carries on her name and her values with a scholarship given to two certified lifeguards who are currently in school.

Between 9 and 9:30 a.m. tomorrow, the scholarship committee will award two \$2,000 checks to the award recipients. One of the checks is donated by the Greater Hayward Area Recreation District Foundation, and the other by the Scholarship Fund itself.

Throughout the remainder of the morning, patrons can swim laps as well as receive assorted prizes and giveaways.

So, come burn calories in the morning from 8 to 11 a.m. to make room for all that turkey. The Plunge is asking for a minimum \$4 tax-deductible donation for its scholarships.

Checks can be made out to: The Karen M. Gordin Scholarship Fund, mailed or hand delivered to the Hayward Plunge, 24176 Mission Blvd., Hayward 94541.



Visit: 'It's Such a Big Deal for Our Kids'

continued from front page

Priscilla, 11, has a weakened immune system that doesn't allow her to interact with other sick kids, but she got an opportunity to play with Freddy on her own.

"It's the first time I've ever seen a camel in person," said Priscilla. "It's so cute. His eyelashes are lon-

ger than mine."

And Freddy isn't the only animal who has visited the kids at George Mark—therapy dogs are brought in and the Oakland Zoo visits with lizards, snakes, and other small animals frequently, according to Kathy Hull, George Mark's founder.

"It's such a big deal for our kids because the kids who are here are dealing with difficult health challenges," said Hull. "Many of them are not well enough to go to visit the zoo so here we switch it up and the animals come to them. It's something for them to look forward to."



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LETTERS TO THE EDITOR

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An Act of Kindness For One Family After the Devastating North Bay Fires

Editor:

The recent North Bay fires are now a month old, a terrible event that has left many family's displaced. Out of this devastation, I have seen multiple acts of kindness, with schools, clubs and individuals collecting donations of food and clothing, professional sport teams are donating and holding benefit fund raising events.

I would like to share a personal example. My daughter and her family (husband Justin, daughter Mia age 9 and son Rocco age 6) lost their home in Fountain Grove. They were awakened early that Monday morning and told to evacuate. Together they left with only the clothes they were wearing.

Last weekend the family stayed at our home, during that time we made our way to West Coast Sporting Goods. We were greeted by owner Jeff Fingerut and somehow he knew of my daughter's plight. He stated that he would sponsor their children's items, then Jeff personally took both our grandchildren though the store patiently and expertly picking out gloves, bats and bags, all the while asking about their favorite color and baseball teams. Then Jeff's brother Lee went and gathered an assortment of shoes for the kids to pick from.

I would like to thank West Coast and the Fingerut family for their generosity, kindness and compassion.

—Cal Sakamoto, Castro Valley

Hats Off to Castro Valley ... a Community That Knows How to Celebrate Christmas and Veterans Day

Editor:

The 6th Annual Castro Valley Light Parade proved, once again, that the Castro Valley community knows how to celebrate the Christmas Season and honor our Veterans and First Responders, as more than fifty entries participated!

I wanted to be sure to remind everyone that without the vision (and

organization plus hard work) of Mel Speed, with the support of his Bride Dayna, and the total support of Supervisor Nate Miley as well as Eileen Dalton and Jaimie Organos of the Alameda County Community Development Agency, Darby Falkenstine from Alameda County Sheriff Greg Ahern's Department and Homeland Security, Ashley Strasburg of the CV/Eden Area Chamber of Commerce, the Castro Valley Rotary Club, HARD (think bouncy houses!), and Deja Blue Salon for the use of their power and others an event of this magnitude simply does not happen.

We are so blessed to live in a community that can come together and leave everyone with "warm feelings" devoid of any political intent.

All present were reminded multiple times to shop downtown this Christmas season!

—Bruce D. Johnson, Castro Valley

Appalled by the Marijuana Trade in Castro Valley And the Participants Involved

Editor:

The decriminalization of cannabis use has opened the door for private residences to engage in the criminal enterprise of growing cannabis for profit. These participants are working as a collective to pick up and drop off pot at key residences responsible for further transport.

When the key residence has sufficient product (the smell is unbelievable), the occupant summons other drivers to provide escort (or lookout) to the next location.

I witness these drug motorcades on a daily basis and I'm appalled at the participants involved ("soccer moms," grandmothers, a gardener, even a utility service vehicle). I doubt the participants care if their pot is sold to minors, or promotes increased criminal activity, or hurts property values (who wants to buy an expensive home next to that vile smell). Nope—it's all about profit.

I've learned from law enforcement that it's common for participants to obtain late-model vehicles (usually not high-end to avoid attention), remove the license plates, and replace with paper advertisements to make the car look new and difficult to track. DMV issues new or replacement plates in 8 weeks or less. The temporary registration taped to the inside of the windshield is purposefully kept well beyond 8 weeks.

Does your neighbor never seem to have plates on his/her car or

Letters continue on page 12

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): Restless Rams and Ewes might want to let others finish a current project while they start something new. But if you do, you could risk losing out on a future opportunity.



TAURUS (April 20 - May 20): The Bovine's creative forces start revving up as you plan for the upcoming holidays. Some practical aspects also emerge, especially where money is involved.



GEMINI (May 21 - June 20): Moments of doubt disrupt your otherwise clear sense of purpose. Don't ignore them. They could be telling you not to rush into anything until you know more about it.



CANCER (June 21 - July 22): A planned trip might have to be delayed. Plan to use this new free time to update your skills and your resume so you'll be ready when a new job opportunity opens.



LEO (July 23 - August 22): A flood of holiday party bids from business contacts allows you to mix work and pleasure. Your knowledge plus your Leonine charm wins you a new slew of admirers.



VIRGO (August 23 - Sept. 22): An unexpected act by a colleague complicates an agreement, causing delays in implementing it. Check out the motive for this move: It's not what you might suspect.



LIBRA (Sept. 23 - October 22): You might want to cut ties with an ingrate who seems to have forgotten your past generosity. But there might be a reason for this behavior that you should know about. Ask.



SCORPIO (October 23 - November 21): Be careful not to set things in stone. Much could happen over the next several days that will make you rethink some decisions and maybe change them.



SAGITTARIUS (Nov. 22 - Dec. 21): Your plans to help provide holiday cheer for the less fortunate inspire others to follow your generous example. Expect welcome news by week's end.



CAPRICORN (Dec. 22 - Jan. 19): You're in your glory as you start planning for the holiday season ahead. But leave time to deal with a problem that needs a quick and fair resolution.



AQUARIUS (Jan. 20 - Feb. 18): The upcoming holiday season provides a perfect setting for strengthening relationships with kin and others. A new contact has important information.



PISCES (Feb. 19 - March 20): Instead of fretting over a cutting remark by a co-worker, chalk it up to an outburst of envy of your well-respected status among both your colleagues and superiors.

THE FORUM CROSSWORD

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

- 1 Bean curd
- 5 Scot's chapeau
- 8 Read bar codes
- 12 Portent
- 13 Gorilla
- 14 Exam
- 15 Body powder
- 16 Coffee holder
- 17 Egyptian cross
- 18 Catch in a snare
- 20 Norway's capital
- 22 Outrageous
- 26 "___ Foolish Things"
- 29 Call-day link
- 30 Carte lead-in
- 31 Enervates
- 32 Hollywood trickery, for short
- 33 Whirl
- 34 Muhammad or Laila
- 35 Reaction to fireworks
- 36 California-Nevada lake
- 37 How low can you go?
- 40 One
- 41 "Nighthawks" painter
- 45 Graceful young woman
- 47 Altar affirmative
- 49 Volcanic outflow
- 50 Coral construct
- 51 A billion years
- 52 Tied
- 53 Otherwise
- 54 Droop
- 55 Leftovers

DOWN

- 1 Carry
- 2 Mideast nation
- 3 Touched
- 4 Straighten, as one's legs
- 5 Hosiery shade
- 6 Spring mo.
- 7 "Amahl and the Night Visitors" composer
- 8 Tritite
- 9 Tomb of a sort
- 10 Inquire
- 11 To the ___ degree
- 19 Rd.
- 21 ___ Na Na
- 23 Correct
- 24 Hodgepodge
- 25 Glass sheet
- 26 Autocrat
- 27 Head light?
- 28 Gourmets
- 32 Lice, slangily
- 33 Needlepoint creation
- 35 Japanese sash
- 36 As well
- 38 Piece of cutlery
- 39 Sandal type
- 42 Macadamize
- 43 Arden and Plumb
- 44 Carry on
- 45 Opposite of "post-"
- 46 Wet wriggler
- 48 1950 "who murdered me?" movie

ANSWERS ON PAGE 6

Obituaries

Lillian "Marie" Mazza

Lillian "Marie" Mazza was born on September 11, 1924 and entered God's loving embrace on October 26, 2017.

She was preceded in death by her husband, Paul Mazza and her daughter, Sharon Lee Martin. Cherished brother of Joseph Hassan (Nina) and loving mother of Alfred Padro (Kathryn), Daniel Dominguez, Gerald Dominguez (Theresa), David Dominguez (Wendy). She was delighted by her six grandchildren and four great grandchildren.

Marie was a native of Oakland and worked for Teamsters Local 856 and the Oakland Unified School District.

In retirement, she discovered the magic of tap dancing and Broadway productions through her 25-year performance journey with the Golden Follies. Her dance friends provided a social circle of devoted friendship and fun that kept her heart young and her spirit uplifted with memories she will never forget. The family wishes to extend their heartfelt appreciation to the lovely and talented members of her dance troupe who remained faithful to her all the way until the angels took Marie home.

Martin Charles Munn

Martin Charles Munn, 21, of Syracuse, Indiana, passed away Saturday, November 18, 2017, after a struggle with addiction. He was born July 26, 1996 in Fremont, California to David C. and Natalie K. (Meyers) Munn. Martin's love in life was playing ice hockey, mainly goalie. Over the years, he had played for various teams: Santa Clara Blackhawks, Tri-Valley Blue Devils, Saint Clair Shores Lakers, Ft. Wayne Bruins, Ft. Wayne Phantoms and the IPFW Mastodons.

Martin is survived by his mother and stepfather, Natalie Meyers and Craig Cooksey; sister, Leia K. Munn; father, David Munn; stepmother, Lynn Munn; son, Johanna Charles Fancher; girlfriend, Raven Fancher; grandfather, William Meyers; and many loving friends and family, including cousins, Aerial Meyers, Jonah Mullet, Liam Monaghan and Graham Monaghan.

Visitation will be Friday, Nov. 24, from 10 to 11:30 a.m. EST at Wawasee Lakeside Chapel, 10419 N. Turkey Creek Road, in Syracuse, Indiana with a funeral beginning at 11:30 a.m. Burial to follow at McClintic Cemetery in Syracuse. In lieu of flowers, memorials are requested to: Cystic Fibrosis Foundation, cff.org or Respite House, respitehouse.org. Arrangements made by Moeller Funeral Home in Valparaiso, Indiana.

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- MAZZA, Lillian "Marie"
- MUNN, Martin Charles

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Special to the Forum

GUEST COMMENTARY



Bless Others This Thanksgiving

I am involved in an organization in Kenya that takes abandoned boys off the streets and provides food, accommodation, clothing, education and, most importantly, hope.

It's why the organization is named Streets of Hope and it, like other organizations across Africa, work to bring wholeness to those who cannot access it on their own.

I visited Kenya a couple of months ago and, like previous visits, was reminded of how much we take for granted here in the Bay Area.

Even though we have our preventative vaccinations updated before we go, we still sleep under mosquito nets and cannot drink the water or eat any foods washed in water, such as salad.

At the core of the need in many countries is safe and secure housing. Without a place to call home that provides shelter from the elements, running water and proper sanitation, it is very difficult to establish a productive lifestyle.

As we enter the season of Thanksgiving, I'd like to remind us all that we have so much for which to be thankful. I've visited

the dumps of third world country cities and seen people living amongst the trash, waiting for the next garbage truck to arrive so they can gleam through the deposits in search of a meal. The movie "Lion" provides a glimpse into this as the main character, Saroo, is left to fend for his own in a dumpsite in India.

Whether driving down the streets and witnessing hordes of people simply waiting for purpose, flying over the slums in Nairobi or visiting refugee camps in Uganda, I'm painfully aware of the blessings we have here in America.

For most of us, Thanksgiving conjures up images of family and turkey, football games and the Macy's Thanksgiving Day Parade. Some look forward to Black Friday and the potential bargains. Others see Thanksgiving as the official launch of the winter season and start unpacking their Holiday decorations.

The Realtors of the Central County would like to suggest that this also become a time where we focus on others. While out of the daily news, there are many in Santa Rosa and surrounding regions who still need support. World Vision catalogues have begun arriving with simple ways to bless families in need (www.worldvision.org).

We are surrounded with opportunities to be a blessing to others - let's make the most of this Thanksgiving by providing a meaningful Thanksgiving for others.

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

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19840 Center Street	94546: \$750,000 3 BD - 1,247 SF - 1953
4916 Lone Oak Place	94546: \$1,064,000 4 BD - 2,530 SF - 1992
4502 Newhaven Way	94546: \$830,000 3 BD - 1,556 SF - 1960
21294 Sweet Lane	94546: \$610,000 2 BD - 1,194 SF - 1929
5022 Tyler Lane	94546: \$1,125,000 3 BD - 3,294 SF - 1963
19150 Vaughn Avenue	94546: \$625,000 2 BD - 891 SF - 1949
4820 Heyer Avenue	94552: \$780,000 4 BD - 1,716 SF - 1951
25109 Valley Oak Drive	94552: \$1,030,000 4 BD - 1,871 SF - 1997

TOTAL SALES: 8
LOWEST AMOUNT: \$610,000 MEDIAN AMOUNT: \$805,000
HIGHEST AMOUNT: \$1,125,000 AVERAGE AMOUNT: \$851,750

San Leandro

907 Arthur Avenue	94577: \$592,500 3 BD - 1,241 SF - 1942
1175 Billings Boulevard	94577: \$535,000 3 BD - 1,224 SF - 1942
1400 Carpentier Street	94577: \$327,500 1 BD - 815 SF - 1983
760 Estudillo Avenue	94577: \$860,000 3 BD - 2,226 SF - 1939
721 Matoza Lane	94577: \$721,000 3 BD - 1,946 SF - 2001
582 Mitchell Avenue	94577: \$659,000 2 BD - 1,027 SF - 1927
1442 141st Avenue	94578: \$581,000 2 BD - 820 SF - 1942
1704 141st Avenue	94578: \$565,000 3 BD - 1,264 SF - 1941
378 Aloha Drive	94578: \$642,000 3 BD - 1,195 SF - 1954
15287 Central Avenue	94578: \$600,000 4 BD - 1,760 SF - 1952
757 Majestic Way #27	94578: \$399,000 2 BD - 918 SF - 1987
1660 Mono Avenue	94578: \$435,000 2 BD - 816 SF - 1945
1398 Belding Street	94579: \$562,000 3 BD - 1,190 SF - 1957
15427 Farnsworth Street	94579: \$620,000 4 BD - 1,377 SF - 1956

TOTAL SALES: 14
LOWEST AMOUNT: \$327,000 MEDIAN AMOUNT: \$586,750
HIGHEST AMOUNT: \$860,000 AVERAGE AMOUNT: \$578,500

San Lorenzo

16192 Via Catherine	94580: \$618,000 3 BD - 1,092 SF - 1956
1335 Via Manzanitas	94580: \$400,000 3 BD - 1,050 SF - 1951
836 Via Poudre	94580: \$661,000 4 BD - 1,267 SF - 1954

TOTAL SALES: 3
LOWEST AMOUNT: \$400,000 MEDIAN AMOUNT: \$618,000
HIGHEST AMOUNT: \$661,000 AVERAGE AMOUNT: \$559,667

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Mortgage Rates Bounce Back Up a Bit

The long-term fixed mortgage rate last week moved to its highest mark since July, according to Freddie Mac's weekly nationwide survey.

The 30-year fixed-rate mortgage averaged 3.95 percent, up from 3.90 percent the week before. A year ago at this time, the 30-year mortgage rate averaged 3.94 percent.

Fifteen-year home loans averaged 3.31 percent, up from 3.24 percent. A year ago at this time, the 15-year rate averaged 3.14 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.21 percent last week, down from 3.22 percent.

WEEKEND GARDENER

Mulch

Renew mulches under grapes and berries. Strawberries and blueberries benefit from loose, acid mulches such as pine needles or rotted sawdust. Raspberries and blackberries prefer hay or straw mulch. Remove mulch from under trees back to the drip line. Bare soil can more easily absorb the day's warmth. This also discourages overwintering of disease-carrying bacteria and insects.

Long before the arrival of European explorers, native Americans utilized the pulp and rinds of many kinds of gourds and squash for food. They ate the seeds and used them as a medicine. The vine blossoms were added to stews. When dried, they could be ground into flour, made into containers, or pounded flat and cut into slender strips to make baskets, mats or other items. The English settlers called the largest and roundest of the hard-skinned winter squash "pumpkins," after the Greek for 'large melon' (*pepon*) and the French word *pompon*.

- Brenda Weaver

Sources: allaboutpumpkins.com, missouribotanicalgarden.org

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OPEN HOMES

NO OPEN HOMES FOR NOVEMBER 25TH & 26TH

Happy Thanksgiving

Sun Gallery Opens its Boutique

The Sun Gallery has opened its Annual Holiday Boutique, an affair filled with local artisans special creations and wares that runs through Sunday, Dec. 17.

Offerings include shabby chic vintage clothing and accessories by Liesa Lietzke plus several jewelry artisans with unique bracelets, earrings and necklaces. Other items include hand crafted cards, aprons, bags, ornaments, soaps, frames and ceramics.

Mel Revell will also be back for her second year with her very popular and fun handmade signs for homes and businesses.

The Gallery is open Friday to Sunday from 11-5 and a portion of the sales helps support Sun Gallery's children's programs and local artists and crafters.

Sun Gallery is currently looking for curatorial interns, publicity interns, and general volunteers. For more information, visit www.sun-gallery.org or call 510-581-4050.

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RUBY is a young dog who likes to explore her surroundings. OK with other dogs though she'd rather take a walk than play with them. More info, call: Hayward Animal Shelter. (510) 293-7200.



ZELDA is an easygoing, 7-years-young pup who does well with other dogs. She'd enjoy having a low key canine friend. More info, call: Hayward Animal Shelter. (510) 293-7200.



BAMBI is a sweet 3-month-old. She loves to play and purrs when petted. She will probably be okay with friendly cats and dogs. Complete an application online at: www.dustypawsrescue.org



DALLAS is a cute 3-month-old black kitten. He loves to play with his little white mouse toy and with siblings Logan and Crissy. For more information, visit: dustypawsrescue.org.

LETTERS to the Editor Continued from Page 10

frequently changes to another "new" vehicle? Wait 8-9 weeks then report address, make, model, color and wording on paper advertisement. It takes just a little of your time.

Out-of-state plates, front-only plate, or carriers mounted to the rear to conceal the plate—report immediately. Trust your eyes, not the lies! Reporting will help "pin" the location of participants. Report suspicious activities to alamedacountysheriff.org. Select "contact" and you can report a safe and anonymous tip (email, mail, or phone). Do not use Facebook or Twitter as these are public forums.

—Monica Shieman
Castro Valley

Asks Why Tax Dollars are Wasted on Projects Not Well Planned

Editor:

Regarding the Cull Canyon Beautification Project, why is it so obvious that our tax dollars are continuously wasted on projects that are not well planned? When they are completed, there is absolutely no follow up. Josie Pastorino (*Letters*, Nov. 1) is right. Who could use this large area of brush and weeds for anything? There does not appear to be any maintenance at all.

Dick Purdee stated in his letter, he is tired of seeing our tax dollars go to the county, with little or no satisfaction.

Another area of concern in Castro Valley is the Adobe Park area. Lots of our tax dollars spent there for the skate park, etc. Sounds great for families doesn't it? Well, maybe you should check out the drug dealing areas all around that park.

Perhaps if we had our own police force, it would help. The Alameda County Sheriff's officers have a lot to handle with all of Alameda County. Let's get this party started and incorporate. I know that people are saying that it would cost taxpayers more money.

We could at least have some control and as taxpayers we would have some say in decisions.

—Trish DeSloover
Castro Valley

Thanks to All Who Made Women's Club Fundraiser 'a Tremendous Success'

Editor:

The Castro Valley Women's Club 5th Annual Holiday Boutique Fundraiser was a tremendous success thanks to the generous donations of our local businesses, who contributed prizes for the event drawing, and the Claremont Hotel and Spa, who donated the Grand Prize of a night at their Fairmont Hotel.

Also, a very special and heartfelt thanks to our Gold Sponsors: Mary Corbett Paralegal Services in San Leandro; Cathy Brent Real Estate; Worley's Home Design Center in Castro Valley; and Brian Copeland and KGO Radio for their generous contributions and continued support.

We would like to express our sincerest appreciation and gratitude to the community for your participation in this year's Boutique and your support of SOS/Meals on Wheels and their goal to continue providing nutritious meals to homebound seniors in our neighborhoods.

—Carolyn Darcey, President
Castro Valley Women's Club

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

KNOW WHAT TO FLUSH?



WIPES CLOG PIPES

Body waste and toilet paper should be the only items flushed down the toilet. From medications and kitty litter, to deceased pet fish and cigarette butts – if it fits, people flush it. Even some cleaning products claim to be "flushable."

CVSan is asking residents and businesses to help us keep our sewer system clog-free and working efficiently! Remember, the only items that belong in the sewer system are body waste and toilet paper. All other items, including "flushable" wipes, rags, diapers, and other hygiene products clog sewer pipes and damage sewer pumps and equipment. Discard these items in your garbage cart. Know what to flush!

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