

# WOMEN IN BUSINESS

PAGES  
6-7

# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, OCTOBER 17, 2018

NO. 42

## INSIDE YOUR FORUM

### OUR TOWN



**Get Pump'd Up**  
Pick the perfect pumpkin!  
Moore's Pumpkin Patch  
is back in Castro Valley  
**Page 3**

### LIVING



**Baked Fish**  
The healthiest way to  
cook fish is also one of  
the most delicious  
**Page 5**

### SENIORS



**Drive Smart**  
Eden Medical and CHP  
team up to provide senior  
driving safety class  
**Page 9**

## INDEX

Classified Ads .....	12
Community Calendar ...	4
Crosswords .....	14
East Bay Living .....	5
Horoscope .....	14
Homes .....	10
Obituaries .....	14
Seniors .....	9
Sports .....	8
Weather .....	2

PHONE: (510) 537-1792



Mel Speed with his daughter Tori and wife Dayna.

PHOTO COURTESY OF THE SPEED FAMILY

## CV's Man of Light and Sound

By Michael Singer  
CASTRO VALLEY FORUM

If you've ever been to a street fair or school dance in Castro Valley over the last 30 years, it's likely that you've caught a glimpse of local businessman Mel Speed.

Often sporting his trademark fedora and usually running the sound board behind the scenes, Speed has been extremely influential in giving Castro Valley its sparkle and sound in the Bay Area. He's currently working on getting participants and community support for the annual Light Parade which will be held on November 10.

"We are very excited that we have already received a number of entries," Speed told the Castro Valley Forum. "Last year, we had over 65 entries, and we are hoping for many more this year. When you see the Light Parade, you get

that sense that we are a small community with a lot to offer. It's very similar to how it felt here when I was growing up."

Speed and his family moved to Castro Valley in 1964 where he says he remembers a 4-way stop sign at the intersection of Castro Valley Boulevard and Redwood Road.

He went to local schools including Canyon High School before it was merged with Castro Valley High School. After graduation, Speed set up a record store in the Castro Village for 15 years where he was doing brisk business until one day when his business shifted.

"There was this 14-year-old kid who wanted to DJ at the high school, but they wouldn't hire him because he was so young—so, he convinced me to help him DJ the show," Speed says. "It was such a hit that I got a call from Canyon Middle School—it must have

been around 1990—and we did the music at every single dance there for 24 years."

The DJ business morphed into The Music Company, while TMC Productions provides sound systems and music services for corporate events, trade shows, and board meetings as well as planning musical acts for large street fairs and events.

Speed works with Alameda County on various projects including some at the Alameda County Fair as well as events in the cities of Alameda, San Leandro, and Orinda. Speed's production team has helped with past Fall Festival and Rodeo Parade events. His baby now is the Light Parade and an adjunct Storefront Decorating contest.

"I think for a lot of merchants in town are here because the community supports us," Speed says.  
*see MAN on page 8*

## ShakeOut Earthquake Drills Tomorrow

Millions of Californians will practice how to Drop, Cover, and Hold On at 10:18 tomorrow morning, Oct. 18, during Great ShakeOut Earthquake Drills.

This is the 10th Anniversary of ShakeOut, which began in California in 2008, and a reminder of the importance of practicing how to Drop, Cover, and Hold On during a quake. You may only have seconds to protect yourself.

- If you are inside a building, -

drop to the floor, taking cover under a sturdy desk or table and holding on until the shaking stops. Stay indoors until you are sure it's safe to exit.

- If you are outdoors when the shaking starts, you should find a clear spot away from buildings, trees, streetlights, and power lines, then Drop, Cover and Hold On. Stay there until the shaking stops.

- If you are driving, pull over to a clear location, stop and stay there

with your seatbelt fastened until the shaking stops. Once the shaking stops, proceed with caution and avoid bridges or ramps that might have been damaged.

Ground shaking during an earthquake is seldom the cause of injury. Most earthquake-related injuries and deaths are caused by collapsing walls and roofs, flying glass and falling objects.

For more information, visit [www.shakeout.org/california/](http://www.shakeout.org/california/)

## MAC Approves Bylaws Revamp

By Amy Sylvestri  
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) unanimously approved changes to its bylaws at Monday night's meeting in an effort to clean up what had become a messy process of appointing new internal leadership.

This past June, current Chair Marc Crawford and MAC member Ken Carbone were both nominated by fellow MAC members to serve as Chair of the council for a one year term. Ultimately, Carbone withdrew and Crawford was elected by his fellow MAC members to a second term.

Since then, the MAC has discussed clarifying some point of its bylaws, which were last adjusted in 2003.

There was some discussion of Chair elections being done via a "secret ballot" presumably to avoid creating animosity among the council members, but public speaker Tom Hervey said that sounded like a possible violation of the Brown Art, as it would limit public knowledge of how each member voted on a matter.

"Hate to tell you this, but the Brown Act prohibits that," said Hervey.

The MAC then amended that provision to be voted via a written ballot, so that the public would know the outcome and who voted for whom, but there wouldn't be an opportunity for a verbal clash during the voting process as there was this summer.

Also under the new bylaws, the Chair may serve for no longer than two consecutive years, so next June, Crawford will be replaced. Also, a 12 year term limit has been established for all MAC appointees.

Also at Monday night's MAC meeting, the council heard more about fire safety. Previously, the MAC had been displeased with how the East Bay Regional Parks District was handling fire preparedness along the Ten Hills trail.

On Sept. 23 San Ramon fire came within 30 feet of homes in the Canyonland area, allegedly set by arson suspect William Priest, 39, who was arrested by Park District police.

*see MAC on page 15*



PHOTO COURTESY OF THE ALAMEDA COUNTY FIRE DEPARTMENT

## Girls Fire Camp

A two-day camp was held at the Fremont Fire Department Tactical Training Center over the weekend for high school aged girls interested in becoming firefighters. The inaugural NorCal First Alarm Girls Fire Camp gave participants training with actual firefighting tools and equipment, as well as classroom instruction. All of the camp topics were designed to encourage those interested in a career in the fire service by giving them hands on experience.



## Castro Valley Weather October 17 - 21, 2018



Wednesday  
Sunny  
High 76° Low 49°



Thursday  
Sunny  
High 77° Low 51°



Friday  
Sunny  
High 78° Low 52°



Saturday  
Sunny  
High 78° Low 52°



Sunday  
Sunny  
High 77° Low 53°

### Almanac



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

### Moon Phases



Sun sets at 6:28 p.m. today, rises at 7:22 a.m. Thursday.

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

**ESTATE LIQUIDATION**  
Estate Sales & Consignments  
Cell- 882-3242

**GOT A NEWS TIP? EMAIL: FREDZ@EBPUBLISHING.COM**

**REMEMBER TO VOTE THE EXPERIENCED TICKET  
FOR EDEN TOWNSHIP HEALTHCARE DISTRICT  
AT THE BOTTOM OF YOUR BALLOT**



**Mariellen Faria**  
30 Years Nursing  
Experience as a  
Director of Nursing  
and Educator  
Co-Founder of Silva  
Pediatric Clinic &  
Chabot College  
Student Clinic



**Felix Martinez**  
Healthcare Trustee  
for East Bay Drayage  
Health Fund  
Advocate for  
Quality Healthcare  
Coverage



**Hon. Roxann Lewis**  
Current Chair,  
Eden Township  
Healthcare District  
Retired Medical  
Imaging Tech

for **EDEN  
TOWNSHIP  
HEALTH  
DISTRICT**

*Vote by Mail  
TODAY  
or at the Polls  
on  
November 6!*



**EDEN HEALTH  
DISTRICT**  
INVESTING IN THE HEALTH OF OUR COMMUNITY  
SINCE 1948

Paid for by Roxann Lewis for Eden Township Hospital District, 17750 Madison Ave.,  
Castro Valley, CA 94546, FPPC#1411447.

### My Mission:

– Helping you find your  
place in the world...

### My Commitment:

– Giving back through  
leadership and dedication  
to my community.

- CV Arts Foundation Board Member: Assist to bring education, enrichment and entertainment to our residents.
- Castro Valley Rotarian: Collaborate with local professionals to sponsor community projects that help people thrive and prosper.
- Compass Community Fund Liaison: Coordinate fund nominations of organizations serving greater community needs.



**MURLINE MONAT**

Realtor® | DRE 01824992  
510.406.0114  
murline.monat@compass.com  
murlinemonat.com



PHOTO COURTESY OF GRACE TISCARENO-SATO

Photo taken at the museum when (from left) Tina Rude (Milagro's intervener), Milagro Sato, Kotomi Sato (CVHS freshman) presented the binders of Braille content to Director Diane Curry of the Hayward Area Historical Society at right.

## Scouts' Idea Results in Braille Exhibits at HAHS Museum

When Girl Scout Cadette Milagro Sato was attending Vannoy Elementary school, she visited the Hayward Area Historical Society (HAHS) museum with her classmates.

Sadly, she wasn't allowed to touch anything and information wasn't available in Braille. The field trip was disappointing for her. Like many public places, the museum was unprepared for a blind visitor.

Milagro, a Braille-literate high school student at California School for the Blind (CSB), and her sister Kotomi (a freshman at Castro Valley High) have visited several National Parks where park brochures were available in Braille. So the girls wondered: Why not make the fascinating history of Hayward, Castro Valley and the surrounding area accessible to blind visitors?

Last fall, the Girl Scouts approached museum staff with the idea to Braille the permanent exhibits at HAHS for their Silver Award project. The education program manager loved the idea. She hired a Braille transcriptionist to create a Braille guide for the main exhibit area.

When the girls returned to start the project, they were pleasantly surprised that their suggestion had already resulted in progress. Diane Curry, the current interim director, became the girls' project advisor to make the Children's Area Exhibits available in Braille.

The teens visited the displays several times this year. Kotomi read the captions and labels on the exhibits aloud; Milagro listened and typed into her BrailleNote (a computer with a refreshable Braille display).

This wasn't easy. Milagro is blind and hearing-impaired—relying on both a hearing aid and a cochlear implant to process sounds. Kotomi exercised great patience, spelling proper names phonetically to ensure Milagro heard the words correctly. Hour after hour, they progressed until all text had been typed up.

Then, Tina Rude, a Hayward School District employee who serves as Milagro's intervener at CSB, printed out all text for Kotomi's review, revised files at school with Milagro and embossed the Braille onto sheets of paper—truly a team effort.

Last week, the team presented three copies of Braille exhibit text to Ms. Curry, completing the Girl Scout Silver Award project. KTVU Channel 2 featured the *see SCOUT on page 7*

### The Meadows Bistro



Open Fridays  
and Saturdays  
5pm to 9pm  
Full Bar

Call for Reservations  
510-537-8030, Ext. 2

17007 Redwood Rd., Castro Valley



**WEDGEWOOD  
WEDDINGS**  
Redwood Canyon

We Specialize in  
Wedding & Banquets  
510-537-8030, Ext. 1

17007 Redwood Rd., Castro Valley  
www.wedgewoodweddings.com



**REDWOOD CANYON**  
PUBLIC GOLF COURSE

### Weekday Golf Special

Includes: Green Fee  
& Shared Cart

**\$29**

Must present ad  
at check-in. Not  
valid on holidays or course declared  
holidays and cannot be combined with  
any other offers. VALID UP TO 4  
GOLFERS. Exp 10/31/18.



**A Canyon Club  
Membership  
Makes a Great Gift!**

**Golf Shop: 510-537-8001**

17007 Redwood Rd.,  
Castro Valley, CA 94546

www.redwoodcanyongolf.com







PHOTO BY LINDA SANDSMARK

Families will enjoy a trip to Moore's Pumpkin Patch (open through Halloween evening). It features rides, a tall slide, a bounce house, and thousands of pumpkins to choose from.

## Picking the Proper Pumpkin

By Linda Sandmark  
CASTRO VALLEY FORUM

Moore's Pumpkin Patch, a Castro Valley favorite for nearly 35 years, is back this year at its Rowell Ranch location. The venue offers free parking and free admission, with lots of opportunities for families to take fall photos.

"I've been doing this since 1984 and still enjoy it," says owner

Johnny Moore. "We'll be open every day through Halloween night, from 10 a.m. to 8 p.m."

Activities at the Pumpkin Patch include a big slide, rides, a bounce house and a pirate ship to climb on. There are also thousands of pumpkins to choose from, from tiny to huge. More pumpkins are arriving all the time, so there's plenty to choose from.

The Patch has wagons avail-

able to help transport the bigger pumpkins to vehicles. It also offers group reservations by calling 886-6015.

This pumpkin patch focuses on a fall harvest theme rather than the dark and gloomy side of Halloween. For more information, visit: [www.moorepumpkinpatch.com](http://www.moorepumpkinpatch.com). Moore's Pumpkin Patch is located at 9711 Dublin Canyon Road., on the Rowell Ranch.

## Oversight Committee Volunteers Needed

The Castro Valley School District is looking for volunteers to serve on the Oversight Committee that monitors the use of Measure G funds for school facility repairs and improvements.

The committee is made up of a minimum of seven members and

five alternates who serve without compensation for at least one two-year term.

Volunteers should be active in one of the following:

- a business within the district
- a senior citizens' organization
- a taxpayer organization

• a parent-teachers organization or a school site council

No employee or official of the school district is eligible. Anyone interested in participating on the Citizens' Bond Oversight Committee can download an application at: [bit.ly/CBOC\\_Application](http://bit.ly/CBOC_Application)

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Wanted for Vehicular Manslaughter

Monday, October 15: at 1:11 a.m., Sheriff's deputies arrested a 38-year-old man from Edmond, Oklahoma on suspicion of vehicular manslaughter. The man was pulled over on Grove Way near Center Street for failing to have two license plates on his car. Deputies found the man had a warrant issued for his arrest stemming from the manslaughter charge in San Mateo. The man was taken to Santa Rita Jail and held without bail.

### Passing Bad Checks

Saturday, October 13: at 11:31 a.m., a 55-year-old woman was arrested as part of a warrant issued for passing bad checks. Deputies were dispatched to a home on Haley Drive near Brickell Way after the woman called to report of a stolen U-Haul on the street. Deputies found the report to be unfounded but made a positive identification on a warrant issued for the woman. The woman was taken to Santa Rita Jail and held without bail.

### Suspected Rapist Captured

Friday, October 12: at 11:00 a.m., deputies arrested a 30-year-old man who gave no home address on suspicion of charges related to rape and sexual assault. The man was driving on Redwood Road near Miller Road when deputies pulled him over for questioning. Deputies identified the man as having a court-issued warrant for his arrest stemming from charges of assault and battery, rape, false imprisonment, and assault with

intent to rape. The man was handcuffed and taken to Santa Rita Jail pending \$420,000 in bail.

### Spousal Assault

Friday, October 12: at 8:23 p.m., a 49-year-old woman from Livermore was arrested on suspicion of spousal assault. Deputies responded to an emergency call about an altercation outside a business on Center Street and Heyer Ave. The woman was found to have a warrant issued for her capture. Deputies took the woman to Santa Rita Jail pending \$15,000 in bail. The victim was treated at the scene.

### Joy Ride Ends in Arrest

Thursday, October 11: at 10:46 a.m., deputies arrested a 38-year-old woman from Hayward on suspicion of driving a stolen vehicle, damaging private property, trying to outrun deputies, and driving the wrong way in traffic to avoid arrest. The woman was traveling on Lake Chabot Road near Eden Medical Center when deputies realized the woman had a warrant issued for her arrest. Deputies stopped the woman, handcuffed her and took her to Santa Rita Jail where she was held without bail.

see REPORTS on page 15

## Two CV Residents Honored

Senator Bob Wieckowski recently honored two Castro Valley residents — Robert Souza and Elaine Peng — as Local Heroes from the 10th Senate District.

Longtime journalist Robert Souza was recognized for his coverage of meetings of the Castro Valley Municipal Advisory Council and the County Planning Commission as well as such civic events as the Fall Festival, Rowell

Ranch Rodeo, veterans celebrations and numerous others.

Elaine Peng was honored for her volunteer work since 2013 with the National Alliance on Mental Illness and as the founder of the Mental Health Association for Chinese Communities.

The awards were made during Sen. Wieckowski's State of the District Address and Awards Ceremony on Sept. 26.

### Village Barber Shop

Made In The U.S.A.  
An Old Fashioned Barber Shop

In The Village Shopping Center  
3372 Village Dr., Castro Valley  
881-9555  
Just Walk In  
Open: Tuesday-Friday 9am - 5:30pm  
Saturday 8am - 4pm  
[www.villagebarbershop.com](http://www.villagebarbershop.com)

1229 C St., Hayward • \$578,000  
2 BR, 1 Bath, 1267 Sq. Ft. Built in 1905  
Open House 10/21, 1-4 pm



**Lovewell Team**  
(#00689931 & #01912817)

"Lovewell Team" is a dynamic, award-winning Real Estate team. Call 510-351-5555 or visit us at [www.Lovewellteam.com](http://www.Lovewellteam.com) — A team you can love and trust — Re/Max Accord Castro Valley

### Castro Valley Mobil Gas Station

Must Present Coupon At The Time Of Write-Up.

18950 Lake Chabot Rd., Castro Valley  
510-888-1334

**\$10.00 OFF**  
SMOG TEST

5¢ OFF EVERY WED. Quality Gas At OFF BRAND PRICES! Reg. & Unleaded Gas

★ STAR Certified  
6 Days/Week  
Mon-Sat 8:30am-5:30pm

CV Residents receive a FREE 12 Mo. Maintenance Package with their purchase!

**ROSE MOTORCARS**  
510-400-6042 • 2806 Castro Valley Blvd., Castro Valley

## CASH for Cars!

### And Vehicle Consignments

Sell your car for more • Get instant cash offers.  
Set up an appointment for a quick appraisal!

With over 60 vehicles in stock we have a vehicle that will fit your needs!

We also offer financing for most credit types.

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

Mon-Fri: 10am - 7pm • Sat: 10am - 7 pm • Sun: 11am - 5 pm

Something for the whole family!  
We have cars available from under \$10K to highline vehicles.

### Auto Detailing

Starting at... **\$99**

- Carpet Shampoo
- Clay Bar
- Wax
- Paint correction/Buffering
- Leather conditioning & More



yelp



A+ Rated



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

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

Learn and Play



Join Our family  
Fitness Club Where  
Every One Knows  
Your Name



4 new Courts to play on

**3 Mo. Free Dues When You Join Early!**

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

All Facilities Included in Dues

Initiation Fees:

Family of 6 = \$800

Monthly Dues \$207 Save \$700

Singles = \$400

Monthly Dues \$201 Save \$400

Childcare  
Available!  
\$1 hour



**Bay-O-Vista** Private Family Fitness,  
Gym, Swim & Tennis Club

1881 Astor Dr., San Leandro, Corner of Astor Dr. & Lake  
510-357-8366 • [www.BOVSWIM.com](http://www.BOVSWIM.com)



## Former Owner of Swiss Delices Serves Up Fall Comfort Food Classes with Global Spin

By **Linette Escobar**  
SPECIAL TO THE FORUM

As the weather gets colder wouldn't you want to walk into the house and smell a simmering Mexican soup with corn muffins fresh from the oven?

Christine Clement, former owner of the beloved Swiss Delices Bakery in Castro Valley, is making fall cooking both delicious and easy with a series of international comfort food classes at Castro Valley Adult & Career Education (CVACE) starting in October.

Born in Switzerland, Ms. Clem-

ent says she "immigrated to the U.S. for love." Her kids went to Castro Valley schools where she was an active volunteer.

She decided to listen to the friends who were telling her to sell her baked goods and put her entrepreneur studies to work. She opened her first bakery, Swiss Delices, in Hayward in 2008 then added a second location in CaV.

Clement grew up on a farm where her family made their own butter and bread from scratch. This is where she developed her love for home cooked food with fresh ingredients.

This fall and winter she is teaching "comfort food" classes to share the same recipes she cooks for her family. Mexican soup and corn muffins is a family-friendly recipe, and is her own kids' favorite. Class will be held Wednesday, Oct. 24.

On Nov. 17, travel across the globe and learn to create a Vegan Indian Curry Potato Casserole and spice it to your liking. For elegant entertaining for both meat eaters and vegetarians alike, try Polenta Au Gratin on Nov. 29.

When asked why she wanted to teach these classes, she said, "I love to share. I still have former

customers asking for the classes. I wish more people would learn to eat at home, to know that it's not a lot of work and helps you to really know what you are eating instead of buying something full of preservatives."

Classes offer a great activity to spend time with friends or a date before the busy holiday season begins. Classes are \$45-50 each plus a small materials fee. Visit [www.cvadult.org](http://www.cvadult.org) or call 510-886-1000 to register or get more information.

*Linette Escobar is Marketing Chair of Castro Valley Adult & Career Education.*



Oven fresh corn muffins pair perfectly with Mexican soup.

## WOMEN IN BUSINESS

### Women in BUSINESS



*This Special Section salutes the top women employees and entrepreneurs of our community!*

#### Karin Johnson Owner

- I have over 20 years baking experience in Santa Barbara, St. Helena, Livermore, Oakland and now Castro Valley.
- Over ten years selling pastries at Farmers Markets in Castro Valley, Palo Alto and Menlo Park.
- Three years brick and mortar bakery in Lucky's Shopping Center on Redwood Road.
- Pastry Training at CIA Greystone and cooking school at Santa Barbara City College.
- We focus on using ingredients from small family farms within 150 miles of Castro Valley



**Karin Johnson Specialty Cakes & Pastries**  
20865 Redwood Rd., Castro Valley • 329-5980

#### Katy Del Rio Owner & Operator

Katy has been in business for over 37 years, 24 of which have been in Castro Valley. She is well-known for artistic styles, bridal, and special up-dos. Her knowledgeable staff updates their education to make sure they keep their clients in style. Some of the many services offered are facial microdermabrasion, eyebrow and eyelash dyeing, hair coloring including highlighting, multicolors, permanent waves, ear piercing, waxing and massage.



Katy has been doing permanent make-up for 20 years and is continually taking updated classes to make sure she gives her clients a "natural" look. She has a staff of 12 stylists to help you with your beauty and skin care needs. Come in and let us give you a complete make-over.

**N-V-Us Looks • 886-6887**  
20408 San Miguel Ave., Castro Valley

#### Judy Rose Realtor® CRS, SRES • CA BRE# 00633313

- Over 35 Years Serving the Needs of Sellers and Buyers with Integrity.
- Certified Residential Specialist (only the top agents in the country earn this designation).
- Senior Real Estate Specialist Serving the needs of Seniors and their Families.
- Accredited Staging Professional and Design Consultant.



**RE/MAX Accord**

Offering Free Consultation for Sellers to Maximize your profits. Email: [judy@judyrose.com](mailto:judy@judyrose.com)

**RE/MAX Accord • 510-220-6206**  
3327 Castro Valley Blvd., Castro Valley, CA 94546

#### Dr. Nazish Mir Dentist • [www.redwoodcanyondentistry.com](http://www.redwoodcanyondentistry.com)

Dr. Nazish Mir graduated with her DDS from Arthur A. Dugoni School of Dentistry at the University of the Pacific in San Francisco, CA. She has practiced as a general dentist in Castro Valley for multiple years.



Dr. Mir and her staff at Redwood Canyon Dentistry are committed to helping their patients by providing dental treatment in a gentle and caring manner with an emphasis on preventative oral care. Dr. Mir is a member of American Dental Association (ADA), California Dental Association (CDA), Southern Alameda County Dental Society (SACDS). We accept all major PPO dental insurance plans and offer an in-house membership plan for uninsured patients.

**Redwood Canyon Dentistry • 510-581-1991**  
20406 Redwood Rd., Suite H, Castro Valley

#### Dr. Joy Johnson Psychologist, PSY28452 (Hablo español)

With over 15 years' experience as a mother and as a professional, Joy provides Tools and Peace of Mind to successfully accomplish the monumental task of raising a Family - a task that comes without an instruction manual and has changes at every turn.



**We PLAY. We HEAL. We GROW. Together.**

[dr.joy.l.johnson@gmail.com](mailto:dr.joy.l.johnson@gmail.com)

**Dr. Joy Johnson • 510-470-3540**  
20212 Redwood Rd. #104, Castro Valley

#### Serean Kimmel, Realtor® ReMax Accord, CA DRE#01770629

Serean has been by the far a hard-working realtor. She tries her hardest to find you a home that will fit your needs and that will leave you satisfied. I've only bought a house once prior and by far she is more attentive and caring. She made us feel like we mattered to her and that we were more than just business. It was by chance that we met but I am firm believer that God puts certain people in your life at the right time. My family and I are beyond happy and satisfied with her service. She is a passionate individual that will fight her hardest for her clients. Serean fights for her clients and does her best for them in this case us. I would recommend her to my friends and family.  
—The Navas Family



**ReMax Accord • [www.sereankimmel.com](http://www.sereankimmel.com)**  
[serean@sereankimmel.com](mailto:serean@sereankimmel.com) • 510-512-2145

#### Carrie Miles REALTOR® / Notary BRE # 01909263

Buying or selling your home can be a complex and stressful task — but, with a good Realtor, it doesn't have to be. My Midwestern values of integrity and hard work, combined with my desire to make buying or selling your home a truly positive experience, have been the key to my success as a Realtor.



I am here to guide you, and am ready to work tirelessly for you. I want to help you achieve the best results in your home sale or purchase, too!

**Rinetti & Co. Realtors • (510) 735-5223**  
[www.RinettiCo.com](http://www.RinettiCo.com) • [milescarrie@yahoo.com](mailto:milescarrie@yahoo.com)

#### Lynn Levin "Getting the job done right!" Real Estate Salesperson

Lynn is a multi-million-dollar producer with a focus on service and real estate with "a personal touch". She brings over 30 years of experience selling residential real estate in this area. She has been awarded the Bay East Association of Realtors' Grand Master Award and is a consistent Top Producer in her area. Lynn has been the President of Soroptimist International of the East Bay and currently is their Membership Chair. A few years ago she served as the district's Fellowship Director, awarding over \$100K to women completing their doctorates. Soroptimist is a worldwide group founded in Oakland in 1921 and dedicated to helping women and children locally and throughout the world. At the local level, the group's focus is on helping raise money for the indigent, battered and elderly members of the community. A recent addition is helping at-risk women become free from trafficking in the East Bay. Born in New York City in 1947 to an Italian-American family, Lynn attended Hunter College and then went on to own her own ethnic music store in Greenwich Village, "the House of Musical Traditions." She was an accomplished craftsman, building dulcimers, and later did music management. Lynn has one son who she home schooled and who graduated from Dominican College on a tennis scholarship with a degree in business. And, of course, saving the best for last — 9 years ago, she was blessed with a beautiful granddaughter.



**Berkshire Hathaway Home Services - Drysdale Properties • 510-593-7377**  
Email: [lynnlevin@aol.com](mailto:lynnlevin@aol.com) • Website: [www.lynnlevin.com](http://www.lynnlevin.com)



## Scout: Idea Now in Use At Museum

continued from page 2

girls' inspirational story on October 5th.

The girls reflected on skills used and their learning.

"I used my expert Braille skills for the museum in my city so more people who are blind like me can learn our history," said Milagro. "I learned that it's important to focus on listening when I'm working on a team."

"I discovered that while I was frustrated at times, I have an advantage over other people who may work with Milagro," Kotomi shared. "I've learned what works to get her to cooperate."

The girls, members of Troop 31052 led by Castro Valley's Teresa Martin and Julia Kasl-Godley, are thrilled that their suggestion and painstaking work resulted in all of the permanent exhibits at HAHS becoming accessible.

They invite the public to visit the museum, located at 22380 Foothill Blvd. in Hayward, and ask the public to please spread the word to Braille readers that they too can enjoy the fascinating history of our area.

They also hope to see Braille menus in restaurants soon.

# The History of the Castro Valley Library

The Castro Valley Library will hold its 100th anniversary celebration on Saturday, October 27, from 2 to 4 p.m.

In preparation for the big event, the Forum continues a 4-part series on the library's history by John Christian, Archivist of the Hayward Area Historical Society.

By John Christian  
SPECIAL TO THE FORUM

### Part 2: The Castro Hill Branch

The Castro Hill Branch of the Alameda County Library system operated for 47 years — overlapping three years with the next library on Redwood Road. During those 47 years, Mrs. Due worked the circulation desk, petitioned the county for new books, and even started a children's radio club.

In May 1965, the Castro Hill Branch closed. Less than two years later, Emmarene Due passed away. Today, the Castro Valley Masonic Center occupies the site of the former Castro Hill Branch.

### Gertrude Booth and the Tank House Library

The direct descendant of today's Castro Valley Library dates to 1927. At the time, the Castro Hill Branch mostly served residents



PHOTO COURTESY OF THE HAYWARD AREA HISTORICAL SOCIETY

Librarian Gertrude Booth, who converted an old tank house on her property to become the "new" CV Library in 1927.

living in the valley's canyons. With no library in the heart of town, residents had few options. Encouraged by the local Parent Teacher Association (PTA), Mrs. Gertrude Booth

decided to petition the county for another library branch.

Following in the footsteps of the brooder branch, Mrs. Booth converted an old tank house on

her property for use as a library. Apparently a tank house was more palatable than a chicken coop, as the County did not hesitate and named Mrs. Booth the librarian of the new Valley Branch.

Soon the name was changed to the Castro Valley Branch and the modest space opened its doors in August 1927. It was located roughly where the Castro Village Walgreens sits today.

Mrs. Booth's tank house library was an immediate hit with the community. The new branch had 880 books in its collection including "books of fiction ranging from cream-puff romances to imaginary tales of piratical adventure...." The new space also gave community groups like the PTA a place to meet.

The tank house library served the community well through the depression and World War II. During this time, Castro Valley was still a sleepy, rural community.

This changed drastically, however, starting in the late 1940s. Following the war, Castro Valley began its transformation from an agricultural area into the suburban community we know today. Housing tracks were planned and built, and a large influx of residents put new demands on the relatively small library.

Library programs reflected the changes. Classes on interior decorating and design, for example, were meant to attract the valley's new suburban homeowners.

By 1950, the Castro Valley Library had broken its all-time circulation record, lending almost 17,000 books in that fiscal year alone. The Library began opening seven days a week to keep pace with demand. In 1952, an additional wing was opened, but the community kept growing.

By the mid-1950s, the old tank house library stood in sharp contrast to the modernizing community. Once surrounded by open fields, the Library was now surrounded by the Castro Village shopping center and other new developments. The surging population pushed community leaders to seriously consider a new library for Castro Valley.

For Gertrude Booth, the tank house library remained a labor of love. She worked in the library for 32 years until health problems forced her retirement in early 1959. Soon after, Mrs. Booth's property was sold to the corporation that built the Castro Village.

With the destruction of the tank house library approaching, the community had to act quickly to build a new Castro Valley Library.

## WOMEN IN BUSINESS

### KRISTY PEIXOTO Realtor® GRI, CRS DRE#01256255 Associate with J. Rockcliff Realtors

The Kristy Peixoto Team is a partnership of experts who have a unique strategy with Buyers and Sellers to achieve their Estate, Ranch and Land of their



Dreams in Castro Valley, Pleasanton, Sunol, Danville, Livermore. Kristy Peixoto, Nancy Valett, Kimberly Coleman Stanley, Ranie Greer and Dannie Baker are excited to work with you side by side to achieve your Real Estate dreams. Our Specialties are Estate, Ranch, Land and Single Family Homes with Larger Lots. We would love to help you or someone you know with any of your real estate needs. The Kristy Peixoto Team has been in business for over 18 years. This Team is known for being #1 or the #2 Agents in the Pleasanton office and Top 3% at J. Rockcliff Realtors.

**The Kristy Peixoto Team • 925-251-2536**  
TheKristyPeixotoTeam.com • KPeixoto@rockcliff.com

### Lynnette Bailey Registered Tax Preparer & Owner



Bailey's Bookkeeping Plus offers a 'One Stop' personalized service to small businesses. Different from other bookkeeping offices, by providing a fast and efficient service, at very reasonable rates. We prepare payroll, tax forms, sales tax reporting and filing. Furnishing financial statements, managing accounts payables and receivables. Quick Books Pro Advisor. Lynnette is also a State Registered Tax Preparer (Individual, Partnership, Corporate, Fiduciary) and Notary Public NNA Certified Signing Agent. Lynnette has over 30 years experience within a San Leandro CPA firm. She started her career in London, England, as assistant to the Financial Director of a UK Blue Chip Company. [www.BaileysBookkeepingPlus.com](http://www.BaileysBookkeepingPlus.com)

**Bailey's Bookkeeping Plus • 281-0701 ext. 1**  
123 Estudillo Ave. #225, Best Building, San Leandro

### Veronica Benedick Owner / Operator



I have learned the tire business from my husband who owns and operates Brake and Wheel Center in San Leandro, along with interacting with my expert employees. My philosophy is providing great customer service, fair pricing, and quality products.

I change tires and help with mount and balancing tires when needed.

We sell and service: Michelin, BFGoodrich, Uniroyal and most major brands—all at competitive prices.

**SPECIAL OFFER: \$40.00 OFF with your purchase of four new tires. Must present coupon at time of purchase.**

**Offer expires Nov. 30, 2018**

**Mel's Tires • (510) 351-8855**  
2154 Washington Avenue, San Leandro  
[Veronicabenedick@yahoo.com](mailto:Veronicabenedick@yahoo.com)

### Dee-Anna Ramirez REALTOR® BRE # 01987602



I love the public service opportunities that real estate brings. As your committed Realtor®, I can demystify the complex and sometimes bewildering process of buying and selling. I find it a rich and rewarding experience to bring my clients' dreams of homeownership to fruition. As a homeowner in San Leandro for twenty years, I combine personal experience with professional training to help guide buyers and sellers in the local market, or to recommend an architect, contractor, and other tradespeople. I am a relationship-based realtor, and my commitment to my clients extends beyond any transaction. Truly, it is a labor of love to make all my clients feel at home with my stellar services.

**Rinetti & Co. Realtors • (510) 384-2298**  
[www.RinettiCo.com](http://www.RinettiCo.com) • [ramirezdeeanna@gmail.com](mailto:ramirezdeeanna@gmail.com)

### Tianne Rinetti-Vittoria REALTOR® / Owner



Born and reared in San Leandro, I was exposed to Real Estate my entire life, as my father, Al Rinetti, opened the doors to Rinetti & Co in 1970! I joined the family business in 1999 and now, 20 years later, I find myself appreciating everything that I have been taught, learned and loved doing on a daily basis is still very much alive within me. We have a fantastic team of professional associates, both family and friends that have made the success of my father's business survive and thrive for many years beyond his mentoring. We continue to make a difference in our community by helping sellers with the difficulties in selling their homes and buyers navigate through the stresses of entering into the market. This career is much more than a business to me, it is a life I chose to dedicate my time, love, patience and professionalism to.

**Rinetti & Co. Realtors • (510) 568-6171**  
(510) 329-4158 • [www.RinettiCo.com](http://www.RinettiCo.com) • [trineti@sbcglobal.net](mailto:trineti@sbcglobal.net)

## Women in BUSINESS

**Missed the Deadline for our Women in Business Section?**

**Next Women, March 20 & 21, 2019**

Here is your chance to tell your career success in picture and story in the San Leandro Times and Castro Valley Forum. This section salutes top women employees and entrepreneurs through photo profiles.

**TO ADVERTISE CALL:**

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





## ATHLETES OF THE WEEK

### Tani and Tara Ng

This week's Athletes of the Week are Tani and Tara Ng, both members of the Castro Valley High School's varsity girls golf team. These sisters each took first team all-league at the Western Alameda County Conference (WACC) Championships on Monday, at Monarch Bay Golf Course in San Leandro. Next, Tani and Tara will be competing in the Division 1 Championships at the Tilden Park Golf Course on Monday, October 29.



## CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



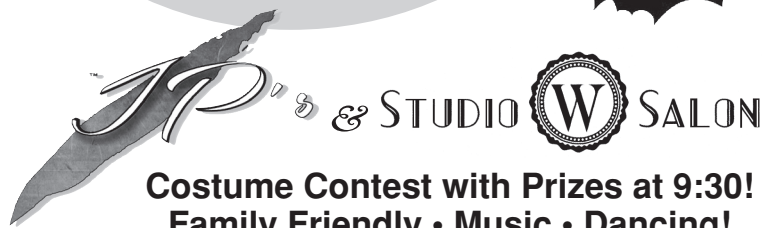
**Youth Baseball and Flag Football Programs**  
[www.CVSPORTSLEAGUE.org](http://www.CVSPORTSLEAGUE.org)



## Castro Valley's First Annual Halloween Costume Party

October 27th from 7 to 11pm  
at JP's Restaurant  
3600 Castro Valley Blvd.,

Hosted By:



**Costume Contest with Prizes at 9:30!**  
**Family Friendly • Music • Dancing!**

## JOB WELL DONE!

Congratulations to Castro Valley's Newest Recertified

### 4R Star Businesses

REDUCE • REUSE • RECYCLE • ROT

#### First Presbyterian Church

2490 Grove Way, Castro Valley  
Laurel Harris at  
laurel@firstpresheyward.com

#### R&J Quick Clean Center

2522 Castro Valley Blvd., Castro Valley  
Chris Lorge at  
510-581-9797

#### Our Lady of Grace Church

3433 Somerset Ave., Castro Valley  
Colleen Lindberg at  
olgcvc@sbcglobal.net

#### Redwood Chapel Community Church

19300 Redwood Rd., Castro Valley  
James Montoya at  
jmontoya@redwoodchapel.org

**4R Star businesses go above and beyond recycling and organics to reduce waste from the start!**

#### CASTRO VALLEY SANITARY DISTRICT

Effective Environmental Services since 1939  
510-537-0757 | [www.cvsan.org/4RStarDirectory](http://www.cvsan.org/4RStarDirectory)



## Man: Speed

*continued from front page*

"In the late '90s and early 2000s we saw a lot of people going over the hill into Pleasanton and Livermore to go shopping. Now it feels like a reverse where now you can't get a parking space in the Village and people are appreciating going shopping here instead of leaving town."

Speed says events like the Light Parade and the recent Cruise Night are testament that the community will support local businesses even with the increase of brand-name stores and restaurants in the area.

"In my 15 years in the Village, merchants complained about being open during events because of parking or lack of foot traffic," Speed says. "I tell them pay attention to the customers that come back later. You might not be getting an instant satisfaction but are you picking up business because of the exposure maybe in the weeks following that event."

In addition to his music and production companies, Speed is a tattoo artist who runs the new tattoo parlor called Fura Bodyworks. He still lives in Castro Valley with his daughter and wife, Dayna, a former record store employee Speed says is a great MC and can, "entertain the crowd and sing much better," than he can.

"I brought my daughter down on Cruise Night and I told her she had to see this event because this is what we were doing when we were her age," Speed says. "It's cool to see how we have gone retro back to 30 or 40 years ago. It's fine that we are supporting the businesses we have in town but it's really great to see people coming out for Cruise Night and the Light Parade and really support the community."

The Light Parade will fall on Veterans Day weekend, so the organizers are incorporating a veterans theme as a tribute. Castro Valley Boulevard will start closing around 2:00 p.m. and the parade route will stretch from San Miguel Avenue to Redwood Road. The Storefront contest stretches all the way west to Lake Chabot Road. A food court and special

Also, back by popular demand, at the end of the parade, there will be a special "Red Carpet Meet and Greet Party" for our special guests of honor, Mr. & Mrs. Claus.

Visit <http://cvmeetinthestreet.org/> for more information.

## CVHS SPORTS SCHEDULE

### GIRLS TENNIS

Thurs., Oct. 18, 3:30 p.m. CVHS Varsity vs. Berkeley at CVHS  
Tues., Oct. 23, 3:30 p.m. CVHS Varsity vs. Alameda at CVHS

### CROSS COUNTRY

Sat., Oct. 20, 8:00 a.m. CVHS All levels participating in the Mt. SAC Invitational at San Antonio College in Walnut, Ca.

### FOOTBALL

Thurs., Oct. 18, 5:30 p.m. CVHS Freshman vs. Granada at CVHS  
Fri., Oct. 19, 4:00 p.m. CVHS JV vs. Bishop O'Dowd away  
Fri., Oct. 19, 7:00 p.m. CVHS Varsity vs. Bishop O'Dowd away

### GIRLS GOLF

Mon., Oct. 22, 8:00 a.m. CVHS in NCS Championships, location TBD.

### GIRLS VOLLEYBALL

Thurs., Oct. 18, 4:00 p.m. CVHS freshman vs. Piedmont at CVHS  
Thurs., Oct. 18, 5:15 p.m. CVHS JV vs. Piedmont at CVHS  
Thurs., Oct. 18, 6:30 p.m. CVHS Varsity vs. Piedmont at CVHS

### WATER POLO

Fri. & Sat., Oct. 19, 20, Time TBD CVHS girls JV in WACC league playoffs  
Fri. & Sat., Oct. 19, 20, Time TBD CVHS boys JV in WACC league playoffs  
Tues., Oct. 23, Time TBD CVHS boys Varsity in WACC league playoffs  
Tues., Oct. 23, Time TBD CVHS girls Varsity in WACC league playoffs

## CVHS VARSITY TENNIS

**PIEDMONT AT CV ON THURS., OCT. 11**  
**PIEDMONT 6, CASTRO VALLEY 1**

### SINGLES

1. Makenna Thiel (P) - Elena Lottich 6-1, 6-2
2. Emily Becker (P) - Anya Mortensen 5-7, 6-4, 6-0
3. Kiana Kastovi (P) - Gaby Madison 6-3, 6-3
4. Lauren Young (P) - Helena Liu 7-5, 6-3

### DOUBLES

1. A. Edel / M. Miefe (P) - Lauren Leong / Sammie Lee 3-6, 6-0, 6-0
2. Kele Fong / Alex Tam (CV) - E. Lee / A. Call 6-4, 4-6, 6-1
3. L. Orta / M. Bouch (P) - Sky Kim / Tania Beringer 7-6 (7), 4-6, 7-5

**TENNYSON AT CV ON TUES., OCT. 9**  
**CASTRO VALLEY 7, TENNYSON 0**

### SINGLES

1. Camile Camoro (CV) - Jar Laohn 6-0, 6-1
2. Harneel Mangat (CV) - Kayla Birdsell 6-0, 6-1
3. Tennyson default
4. Tennyson default

### DOUBLES

1. Rasberry Carpenter / Komal Maharaj (CV) - Meghan Quambio / Cesia Gomez 6-0, 6-1
2. Hannah Pilgrim / Aneet Mangat (CV) - Kaydee Nguyen / Sajz Azizi 6-0, 6-0
3. Alisha Grewal / Aleah Wasserbauer (CV) - Aiko Dazu / Giselle Camacho 6-0, 6-0

### SPORTS NOTE

NorCal Top Gun Girls Volleyball Club is holding 2019 club season tryouts for the U13 Premier team from 9:30-11 a.m. on the Saturdays of Nov. 3 and 10. Tryouts for the U14, U15, and U16 Power teams will be from 8-9:30 a.m. on the Saturdays of Nov. 3 and 10. Tryout fee is \$20 per player. No open gym scheduled for Top Gun. For online registration and tryout location, visit: [norcaltopgun.com](http://norcaltopgun.com) or email Kathy Yao at [bgyao@meiyao.net](mailto:bgyao@meiyao.net).

### CVHS FOOTBALL SCORES

Friday, Oct. 12 at CVHS  
Varsity lost to San Leandro 37-6  
JV won against San Leandro 49-18

**PATTI'S SWIM SCHOOL**

**NOW ENROLLING FOR FALL!**

VOTED BEST SWIM CLASSES BY BAY AREA PARENTS & PARENTS' PRESS

**Where Swimming Happens**

- Indoor Swim during Fall & Winter
- Ages 6 Months thru Adult
- Ideal for Children with Learning Differences
- Weekly and Intensive Lessons

**We Have Taught Over 50,000 Individuals To Swim!**

**(510) 331-6610**

4621 JAMES AVE. • CASTRO VALLEY • (OFF REDWOOD ROAD)

[WWW.PATTISWIMSCHOOL.COM](http://WWW.PATTISWIMSCHOOL.COM)



# Tax Law Change Means its Important to Review Trusts

**Q** My wife and I set up a Living Trust back in 2001, but we have never updated it. In view of the recent change in the tax law, is that something that we should consider?

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

**A** Yes, by all means! At the time you created your trust, the estate tax exemption was only \$675,000 per person, and the first spouse's exemption died with that spouse unless the couple's trust directed a "trust-split" upon the first death compliant with relevant tax rules.

Under that technique, the deceased spouse's share would go into an irrevocable Exemption Sub-Trust, and the balance would be allocated into the Survivor's Sub-Trust.

To make this work, the survivor would typically have only restricted access to the funds in the Exemption Sub-Trust. This arrangement would preserve the first spouse's exemption so that – at the survivor's later death – the couple's two exemptions could be combined, thereby doubling the assets they could pass estate tax free to their children or other beneficiaries.

Under former law, without this "trust-split," the deceased spouse's exemption would evaporate upon the first death, and would not be available for use at the survivor's later death. This loss would potentially increase the estate tax payable.

The "trust-split" upon the first death was designed to avoid this unkind result. Very likely, this is the structure of your own trust.

But with the Tax Cuts & Jobs Act of 2017 ("TCJA"), the estate tax exemption has been increased to \$11.18 million per person, at least through the year 2025. Further, this trust-split technique is no longer required to preserve the first spouse's exemption; now, it can now be preserved for later use by the survivor making a timely election on a federal estate tax return.

In "tax speak," the decedent's portion is now "portable".

This dramatic change in the exemption rules has made these older trusts quite problematic in the current tax climate. Here's why:

Let's say that you and your wife have an estate worth \$3 million, that \$2.5 million of that is your own separate property acquired prior to your current marriage, that \$500K is community property, and that the value of these assets remains the same over time. Your trust directs a trust split upon the first death, requiring the exemption amount to be fully funded into an irrevocable Exemption Sub-Trust over which the survivor has only restricted access.

First Example: Let's pretend you died back in 2001, after your trust was signed.

Your estate would have been allocated as follows: \$675,000 to the



Osofsky

irrevocable Exemption Sub-Trust, and the balance of \$2,325,000 to your surviving spouse. Under old law, that arrangement would have left your surviving spouse with unrestricted access to substantial assets, preserved both of your individual exemptions, and made good tax sense.

Second Example: Now let's say you die in 2018, when the maximum exemption is now \$11.18 Million per person. Your trust has not been changed. The allocation would now be as follows: \$2.5 Million + \$250,000 = \$2,750,000 into the irrevocable Exemption Sub-Trust, and only \$250,000 into the Survivor's Sub-Trust. Big difference.

Note: Even if your estate is comprised entirely of community property, the difference under the tax law then, and now, is still significant. If you and your spouse wish to leave the survivor with unfettered access to your entire estate after the first death, you should have your trust reviewed and updated to meet current tax law.

Gene L. Osofsky is an elder law and estate planning attorney in Hayward. Visit his website at [www.LawyerForSeniors.com](http://www.LawyerForSeniors.com)



Does your driving need a tune-up? Eden Medical Center and the California Highway Patrol have teamed up to provide the Age Well Drive Smart class to keep seniors driving safely.

## Drive Smart Class

By Pamela Stoker  
SPECIAL TO THE FORUM

You've spent time and money to tune-up your car, but have you ever put the same focus on your driving habits?

Periodically it's important to refresh your knowledge of traffic rules, evaluate your vision and reflexes, and learn if there are tips that can keep you from turning in your keys before you're ready.

## Manage Restless Leg Pain

By Jim Miller  
SPECIAL TO THE FORUM

If an irresistible urge to move your legs has you kicking in your sleep, then chances are pretty good you have restless leg syndrome (RLS), a condition that affects 7 to 10 percent of Americans. Here's what you should know.

RLS, also known as Willis-Ekbom Disease, is a nervous system problem that causes uncomfortable sensations (often described as a creepy-crawly feeling, tingling, itching, throbbing, pulling or aching) and an irresistible urge to move one or both legs while you're sitting or lying down.

The symptoms usually get worse with age and typically happens while resting. Moving eases the unpleasant feeling temporarily.

The main problem, other than it being uncomfortable and annoying, is that it disrupts sleep, leading to daytime drowsiness, difficulty concentrating and even depression.

see **DRIVE** on back page

see **LEG** on back page



**TO ADVERTISE**  
Call: Mary Florence  
510-861-3270 Or  
Linda Nakhai  
510-915-1513

[WWW.CASTROVALLEYFORUM.COM](http://WWW.CASTROVALLEYFORUM.COM)

### JORDAN LAW WINKLER LAW

Living Trusts &  
Trust Administration  
Probate • Wills  
Real Estate • Litigation

— Give Us a Call —  
Most Initial Consultations  
Are Free

(510) 357-3403  
1883 East 14th Street  
San Leandro

### Landmark Villa Senior Residential & Assisted Living



- 24 Hour Care • Socializing
- Activities • Chef Prepared Meals
- Housekeeping • Laundry
- Quality of Life • Independence
- Legacy

Private and Shared Apartments Available!

Call today for a Free  
Lunch & Tour  
510-276-2872

License#015601501



Yes, we are  
Pet Friendly!

21000 Mission Blvd., Hayward CA 94541

*We Believe...  
in Best Friends  
... at Any Age*



At Casa Sandoval, you can have the independence & time to pursue the things you love to do & more!

Make New Friends. Laugh. Learn. Explore New Interests.  
**Enjoy a full, active and independent lifestyle!**

Casa Sandoval is a full-service retirement community  
Providing the best in comfort, care and service

- Independent & Assisted Living Community
- Social, Cultural & Educational Programs
- Outdoor Adventures & Scenic Drives
- Fine Dining, Housekeeping & Laundry Service
- Spacious Apartments with Private Balconies & Patios

**Schedule a Personal Tour Now!**



*A Place to Live Life to the Fullest*  
**510.727.1700**

1200 Russell Way in Hayward  
[www.casasandoval.com](http://www.casasandoval.com)

RCFE # 015600073

### WILLOW CREEK

*Alzheimer's &  
Dementia Care*

22424 Charlene Way  
Castro Valley, CA 94546  
510-889-1300

RCFE#015601256

Helping Our Seniors Find a Meaningful Day.  
[www.the-creeks.com](http://www.the-creeks.com)



- All Inclusive Pricing
- Fully Furnished Suites
- Monthly Support Group

Call for a Tour Today.

## Reverse Mortgage

**Live more comfortably today, and be better prepared for tomorrow.**



**HIGHTECHLENDING**  
THE NEW WORLD OF MORTGAGE BANKING

If you (or your spouse) are 62 years or older, a reverse mortgage can be used to provide greater financial flexibility so you can live life to the fullest by:

- Turn Home Equity into Cash
- Pay off existing Mortgage(s) and Other Debt
- No Monthly Mortgage Payments
- FHA Insured and HUD Regulated



**510-583-8123**

**Lori Reifelt**

Reverse Mortgage Consultant

NMLS #291773

*"I pledge to provide straight forward information and excellent service."*

HighTechLending, Inc. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act. NMLS #7147. Licensed in CA# 4130937.  
2030 Main Street #350, Irvine, CA 92614.

NMLS Consumer Access: [www.nmlsconsumeraccess.org](http://www.nmlsconsumeraccess.org)



### OAK CREEK

Call for  
a Tour Today.  
510-889-7515

6127 E. Castro Valley Blvd.  
Castro Valley, CA 94552  
RCFE#015601507

The Community that Remembers the Joy of Living.  
[www.the-creeks.com](http://www.the-creeks.com)

- All Inclusive Pricing

- Engaging Activities

- Monthly Support Group



# REAL ESTATE GALLERY

## Student Loans Provide Significant Obstacle for Home Ownership

By Carl Medford, CRS  
Special to the Forum

As if high Bay Area home prices and rising interest rates did not provide a high enough entry barrier to those attempting a home purchase, many Millennials (aged 18-34) are encountering another significant obstacle:

Student loans.

NeighborWorks America (www.neighborworks.org/housingsurvey) explains, "Nationally, student loan debt now surpasses \$1.5 trillion and comprises 42 percent of all consumer debt. Millennials are shouldering most of the ballooning student loan debt, which has risen 130 percent since 2008."

It's a catch 22 for homeowner wannabes. Education is required to land the lucrative jobs required to qualify for home loans, yet the costs of repaying student loans, when added to buyer's debt ratios, push home ownership out of reach for many. A survey by NeighborWorks America reveals Millennials are hit the hardest:

- 57 percent are burdened with student debt.
- 59 percent say either they or someone they know has delayed purchasing a home due to student loan debt.
- 56 percent with student loans worry about the debt some or most

of the time.

• 46 percent are not aware that local nonprofits offer student loan debt counseling for free or at a low cost.

Mia Taylor with The Simple Dollar adds, "83 percent of people age 22 to 35 with student loan debt who have not bought a house blame it squarely on their overwhelming loans – not their age, and not their careers."

Student debt affects potential buyers in three significant ways:

Credit Scores: some students, unable to secure adequate jobs immediately after graduation, let student loan payments lag, eroding credit scores.

Debt/Income Ratios: many have student loan numbers that push their debt ratios over the limits required by lenders, making loan qualification impossible.

Down Payments: most students do not save while attending college and building up a down payment takes time.

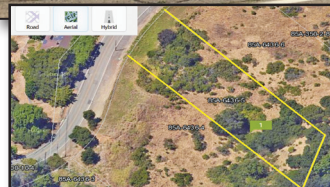
There is hope, however. Karen Hoskins, acting vice president of home ownership programs and lending at NeighborWorks America, explains, "It's important for people



Bay Area Dream Land, Build a custom home and or dream property on this approx. 1 Acre Lot with utilities in the street, In the middle of a very well desired custom home area in Castro Valley, Jensen Road.

Call the Kristy Peixoto Team for disclosures and showing information.

Dream lot for sale in one of the most desired neighborhoods in Castro Valley!



00000 Lot #5  
Jensen Road,  
Castro Valley

**THE KRISTY PEIXOTO TEAM**  
Estates, Ranches and Second Homes  
925-251-2536 | www.thekristypeixototeam.com

Kristy Peixoto | Nancy Valett | Kimberly Stanley | Rannie Greer | Dannie Baker

Serving the San Francisco Bay Area

LEVERAGE GLOBAL PARTNERS | LUXURY REALTY

**The Esmeier Team**  
James, Rosalyn, Rachel & Jamie

Shamrock Realtors - Going Above and Beyond  
James Esmeier, Broker Associate - DRE#01363681  
**(510) 909-8344**

**Current Listing!**  
**715 Arguello Dr. San Leandro, CA**

Darling single level 3 bedroom home in Floresta Gardens. Original owner has taken good care of this home, featuring hardwood floors, double car garage, central heat, detached office with permit. Close to Fwys, Bart and the new Kaiser Hospital. **Asking \$625,000.**

**Coldwell Banker Real Estate**  
Call Trish Radovich: 510-367-7999/calltrish@comcast.net  
21060 Redwood Rd. Ste. 100, Castro Valley

**NEW ON THE MARKET**  
**Don't Miss Out On This Lovely Remodeled Home!**

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

Call Thomas Dias at  
**510-828-4962**  
for viewing or attend

**Open House Sat. 10/20 and Sun. 10/21 from Noon to 3 pm.**

**PONATOWSKI LEDING PARIKH**  
LAW CORPORATION

**CASTRO VALLEY'S FULL SERVICE LAW FIRM**

Business Real Estate • Trusts Family Law

QUALITY REPRESENTATION & PRACTICAL ADVICE SINCE 1989

**510-881-8700 + WWW.PONLAW.COM**

**4431 Cristy Way, Castro Valley • Asking \$949,000**

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

Call Suzanna Chew for a tour today!  
**Suzanna Chew** Realtor® DRE#01440818  
Serving the East Bay since 2004  
schew@rockcliff.com  
**510-326-4125**

**J. Rockcliff REALTORS**

**4971 Kathleen Avenue • Castro Valley • \$878,000**

Open Sunday 1-4pm

Great upper valley home with sweeping valley views.  
**4 Bedrooms - 2 Baths**  
Possible in-law set up - separate entrance. Updated kitchen and baths. Dual paned. Expansive deck.

**Laurie Pfohl, CRS • DRE # 00866660**  
LauriePfohl@gmail.com

**Coldwell Banker • 510-851-3551 • www.LauriePfohl.com**  
Realtor Associate Since 1984

To Advertise Call:  
**Mary Florence**  
510-861-3270 or  
**Linda Nakhai**  
510-915-1513  
castrovalleyforum.com

**OPEN HOMES SATURDAY & SUNDAY OCTOBER 20TH & 21TH**

CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
H	—	1-4	1229 C St.	\$578,000	2/1	Re/Max Accord	Lovewell Team	510-351-5555
A	—	2-4	14932 Peninsula St.	\$689,000	3/2	Rinetti & Co. RE	Perry/Tianne	510-326-0378
A	—	2-4	381 Preda St.	\$699,000	4/2	Rinetti & Co. RE	Perry/Tianne	510-326-0378
A	—	2-4	750 Chetland Rd.	\$769,000	3/1.5	Rinetti & Co. RE	Carrie Miles	510-735-5223
C	—	1-4	4971 Kathleen Ave.	\$878,000	4/2	Coldwell Banker	Laurie Pfohl	510-851-3551
O	2-4:30	2-4:30	3045 Roxbury Ave.	\$797,390	3/2	Marvin Gardens RE	Greg Novak	510-472-4770
C	1-4	1-4	17849 Parker Rd.	\$1,045,000	4+2	Berkshire Hathaway	Cathy Brent	510-381-1065
A	—	1-4	393 Dowling Blvd.	\$1,288,000	5/3.5	Robert Jones & Assoc.	Matt Jones	510-357-0120

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

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



# Alameda County,

don't dump it,  
recycle it!



Recycle your mattress  
for **FREE** at the  
**COLLECTION EVENT**  
below.

**Saturday, October 27**  
**9AM — 1PM**

Mission & Hampton  
20265 Mission Blvd.  
Hayward, CA 94541

Supervisor

**NATE MILEY**

Delivering Service to You



**bye bye  
mattress®**

A Program of the Mattress Recycling Council®



**ByeByeMattress.com**



## Obituaries

- Daniel Roy Delucchi, Jr.
- Carl "Tex" Phippin
- Gerald (Jerry) Robbins

## CASTRO VALLEY FORUM OBITUARIES

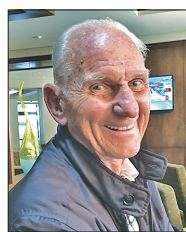
may be emailed to: [obits@ebpublishing.com](mailto:obits@ebpublishing.com)  
or faxed to 510-483-4209.

Include a phone number. The deadline is 11 a.m. Tuesday for that week.

Brief notices are published free. Longer obituaries, including pictures, are available for a fee.

## Carl "Tex" Phippin

July 28, 1937 ~ October 2, 2018



Longtime proprietor of Castro Village Bowl & Manor Bowl in San Leandro has passed away from Leukemia, at the age of 81.

Tex was born in Hope, AK and moved to S. San Francisco at the age of 9. It was there that he began his career in the bowling world by setting pins at the age of 13. With his strong work ethic and positive attitude, he was quickly promoted to lane mechanic, working his way up to General Manager. Tex managed bowling centers all over the East Bay, and was well known by everyone in the business. He eventually landed at Castro Village Bowl in 1978 and worked there until the opportunity to purchase came in 1989. He and his wife Pam never looked back, adding Manor Bowl in 1995.

Husband, Father, Bowler, Golfer...friendly, kind, and generous.

**"(He) never had a bad day"**

## Gerald (Jerry) Robbins

September 24, 1952 – September 25, 2018

Jerry was born in Massachusetts to Margaret and Jacob Robbins, M.D., the youngest of three children. In 1954, the family moved to Levittown, NY.

In 1960, they drove cross-country to Castro Valley. In 1970, Jerry graduated from CVHS. While there, he made lifelong friendships including "the men" who enjoyed sports, producing movies, and performing in the Senior Show- Jerry portrayed James Brown.

In 1974, Jerry received a degree in History from UC Davis. In 1978, he received a Masters in Urban Planning from the University of Washington.

In 1985, after working at Alan Voorhees and Wilbur Smith firms, Jerry became a Transportation Planner with the SF City Planning Commission, then the Department of Parking and Traffic. Excellent interpersonal skills and the ability to work on large projects with diverse groups of people were highlights of his distinguished career. Equally impressive were Jerry's relationships with neighborhood and merchant associations.

In 1987, Jerry met and then married Noelle Rubaloff. In 1989, Emily was born, and Jessica in 1992. Travels included family camp, hiking and visiting cousins.

Jerry excelled at word and card games. He was a Giants and Warriors fan, loved music, viewed documentaries, read non-fiction, and enjoyed Jerry Seinfeld. Jerry respected President Obama and Democratic causes. He treasured time spent with family and friends and felt people need more emphasis on community and less on material acquisitions.

After bravely battling pancreatic cancer for three years, Jerry died at home.

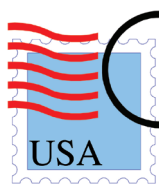
Jerry is survived by his wife Noelle; daughter Emily Robbins and husband Matt; daughter Jessica; sister Winnie Thompson and husband Gerry; brother Michael Robbins.

In lieu of flowers, please donate to SF Chronicle's Season of Sharing.

Celebration of Life will be January 5, 2019, 1-3pm, Elks Lodge, 2255 Santa Clara Ave., Alameda.



## LETTERS

TO THE EDITOR  
FREDZ@EBPUBLISHING.COM

**Editor's Note: The Forum will not publish letters with political attacks in the Oct. 31 issue since there would be no opportunity for a rebuttal before the election.**

## Retiring Assessor Endorses Johnson as Replacement

Editor:

I thank you, the citizens of Alameda County, for your support during my 18 years as your Alameda County Assessor. I have decided to retire at the end of the four-year term. An important decision must be made in this year's Nov. 6 election to select your next assessor.

I'm endorsing Jim Johnson because of his 26 year career in your assessor's office as an experienced leader. He's the sole candidate with the working knowledge and experience in assessment administration to be the next assessor of Alameda County.

Experience matters when annually managing the assessments of 500,000 properties and business personal property accounts with assessed values totaling over \$300 billion.

Mr. Johnson is well thought of in the assessment community. You don't build your reputation on what you say you're going to do, you build it on what you've actually done. Jim has succeeded in achieving his good reputation on what he's actually done.

Jim's opponent has no assessment experience, yet is being supported by a few state and local partisan politicians for the non-partisan position of assessor. The assessor is a non-partisan office for a reason. Politics should have no influence on your assessments and therefore your property taxes. Politics has always been kept out of your assessor's office and that will continue under Jim Johnson's leadership. Do not allow the politicians to have influence over your assessments.

Mr. Johnson is dedicated to providing you fair and accurate assessments, transparent assessment services and exceptional customer services. He's committed to provide taxpayers with the lowest possible assessments under the law. He's in favor of supporting legislation to increase the homeowner's exemption that will lower homeowner's

## CORRECTION ON DATE OF CRUISE NIGHT 2019:

A Letter to the Editor published on Sept. 19 gave the wrong date for the 2019 Castro Valley Cruise Night. The correct date is Saturday, Aug. 24, not Tuesday, Aug. 27.

property tax liability.

I strongly encourage and respectfully ask that you vote for Jim Johnson as your next assessor.

—Ron Thompson, Castro Valley

## Criticizes Harvey for Ducking Out of Candidate Forums

Editor:

What is a Nick Harvey?

For the past couple of weeks the League of Women Voters has been setting up candidate forums. The League goes through a lot of time and effort to set these things up. They contact candidates to confirm their attendance and go through the work of confirming and setting up good locations.

This past Sunday there were four Forums – Fairview Fire Protection, Oro Loma Sanitary, EBMUD and AC Transit. Harvey was on the list for Fairview, EBMUD and AC Transit. At the last minute, Harvey advised the League that he couldn't make any of them because of an immediate family conflict – a wedding in Dallas.

Now this could be understood, if it wasn't for him also missing the other candidate forums he was scheduled to participate in previous weeks. In other words – five candidate forums and five no shows.

This is outrageous. And disrespectful – to the League and the persons (candidates and voters) who committed their Sunday afternoon to these important interactive events. The Cherry Land Candidate forum is the only one he has shown up for.

Harvey is a Whack-a-Mole; popping up here and there and disappearing; with no ballot candidate statement for anything; without any coherent message; no campaign; and, by his absence – completely disrespects the voters for the five areas he is on the ballot. Because he is the sole challenger to three agencies with incumbents, he is costing those agencies plenty of money. In the case of EBMUD – over \$300,000 – money that could have been spent for more staff or equipment.

It's time for Harvey to stop his disruptive behavior and do the honorable thing – bow out! The cost to the agencies is lost, but it would be respectful to everyone.

—Frank Mellon, Candidate, EBMUD Director, Castro Valley

## Says Re-electing Mellon to EBMUD Would Be a Mistake

Editor:

I believe that re-electing Frank Mellon as EBMUD director again would be a mistake. I once went to a benefit for our local high school and not once did he contribute towards the cause. He only used the coupons that accompanied his tickets. He didn't talk with anyone at our table and only sat there with his arms folded looking down on us as though we were peasants.

Additionally, Mr. Mellon approved and replaced a 50-million-gallon reservoir next to Strobbridge school with a 9-million-gallon tank. Please reference Castro Valley Forum issue 4/4/18 issue. How does that seem smart with the water shortages we've experienced in the past? That's less than 1/10 of what we originally had. With this backward mentality and no sense of giving to the community why would we put him back in office?

—David Kintz, Castro Valley

## Opposes Widening of Fire Break Along Ten Hills Trail;

Editor:

In response to John Sullivan's (*Letters*, Oct. 10) call to clear (at least) a 100-foot wide fire break along the Ten Hills Trail that borders Lake Chabot park and the residential housing tracks on it's south side, I would hope that the impact of such a invasive measure would also be considered.

Currently this trail is part of my preferred hiking route which I enter from Redwood road in order to avoid the crowded paved access roads at the park's main entrance off of Lake Chabot Road. It, along with a few other connecting trails, provides a surprisingly pleasant break from the hustle and bustle of urban life. Even though there always others doing the same, I can still get a taste of solitude and peace in this less traveled area of the park.

Along this trail, which is actually already a "fire road," there are many majestic oak (and bay?) trees as well as smaller more numerous native trees which together create much needed relief from the summer sun. I just cannot fathom the loss and devastation to this little piece of nature that has been set aside for all of us if such a measure was taken.

—Craig Linford, Castro Valley

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

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

Offering  
Personalized  
Memorial and  
Cremation  
Services.



FD 1168 CR49

CASTRO VALLEY  
FORUM  
OBITUARIES

may be emailed to:  
[obits@ebpublishing.com](mailto:obits@ebpublishing.com)  
or faxed to 510-483-4209.  
Include a phone number.  
For help, call Patrick Vadnais  
at 510-614-1558

SARA L. ENNOR  
LAWYER

- Wills & Trusts
- Benefits, ERISA
- QDROs

510-633-9985

## Daniel Roy Delucchi Jr.

Dec. 19, 1964 - Oct. 3, 2018  
Resident of Castro Valley

Daniel passed away Oct. 3rd, 2018. He was loved by his family and many friends. He is survived by his father Daniel Sr., his mother Carol, his sister Alyse and brother Brian, and his Uncle Allen. He is also survived by his nephews, Ryan and Nick, his Great Niece, Zoey and Great Nephew, Jason and his step sisters, Nadine and Lauretta and his God Father, George.

Danny as his family and friends called him, loved sports, and was an avid Oakland A's fan. Danny loved the outdoors, he would go backpacking in the mountains and take wonderful pictures. His family and friends have many memories of being out on his boat, camping and water skiing. Danny will be missed so much by everyone.

A Memorial service will be held Saturday, Oct. 20th, 2018 at 11a.m. at Spencer Mortuary, 21228 Redwood Rd., Castro Valley, CA. 94546





Performing at the last Songwriter's Showcase were, from left, Kate Lamont, Paul Keim, Safiyah Hernandez, and Ted Gould.

## This Week at Smalltown

### • Thursday, October 18th: THE LAB: Open Mic

The Lab is a monthly open mic that allows musicians, poets, and other artists to workshop pieces they are working on, in front of and among friends. Everyone is welcome! Sign-ups start at 6:50. First performances start around 7:15 p.m. Sets run between 10-15 minutes.

### • Saturday, October 20th: Smalltown Society Art Sessions

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

### • Friday, October 26th: October Gathering & Costume Party

Connect with your community, hear from local artists and advocates, and experience the developing narratives of your neighbor-

hood! Come wearing your most ridiculous costume! The music of Wilson Wong & the Dudes, the art of Julie Barrett, and the Work of Mandela Marketplace! Free (suggested contribution \$10) 7:30 p.m. - 10 p.m. Doors open at 7:00 p.m.

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

## In Uniform: Ernest Frida

**U.S. Air Force Airman 1st Class Ernest Frida** graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

Frida is a 2013 graduate of Castro Valley High School and the son of Giuliana Lauricella-Rodriguez of Castro Valley and Sunil Frida of Los Altos.

Frida completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, fitness, and basic warfare principles and skills. Airmen who complete basic training also earn four credits toward an associate in applied science degree through the Community College of the Air Force.



## County Wants Your Opinion on Artwork for Utility Boxes

Artists' proposals for the Utility Box Art Program in Castro Valley are now available for public comment.

The Utility Box Art Program will place artwork on County-con-

trolled sidewalk utility boxes in Castro Valley. The public can view the proposals and submit comments by visiting [bit.ly/UB-CVProposals](http://bit.ly/UB-CVProposals) or the Alameda County Arts Commission's web-

site at [www.acgov.org/arts](http://www.acgov.org/arts) (click on "What's New").

A small group of artists will be selected for some 40 utility boxes in Castro Valley. Each artist will be assigned a group of boxes and

## Reports: CV Arrests

*continued from page 3*

**Driving Under the Influence**  
Tuesday, October 9: at 10:22 a.m., a 38-year-old man from CV was arrested on suspicion of driving under the influence of alcohol. The man also was found to have a warrant issued for his capture. Deputies pulled the man over on Castro Valley Boulevard near Stanton Avenue. The man failed his field sobriety test and was taken to Santa Rita Jail and held without bail.

**Senior Citizen Assaulted**  
Tuesday, October 9: at 5:42 p.m., a 911 call about a woman assaulting a senior citizen sent deputies to a park on Proctor Road near Walnut Avenue. There, they arrested a 51-year-old woman from CV on suspicion of assault and battery against a senior citizen and violating the terms of her probation. Neighbors at the park who witnessed the scene put the woman under citizen's arrest until deputies came. The woman was taken into custody. The victim was treated at the scene.

## MAC: Alerts

*continued from front page*

The MAC heard from various police and fire personnel who said that one thing residents can do is sign up for as many text and phone alerts as possible, so they will know when and where a fire has broken out. These platforms include Nixle, PulsePoint, and AC Alert.

The MAC also unanimously approved a letter to be sent to the EBRPD highlighting the need more fire prevention attention in Castro Valley.

### COMMENT

## Count Me In: The Dynamic Dance

By Amy Ramos  
SPECIAL TO THE FORUM

Castro Valley Educational Foundation's (CVEF) Dynamic Dance will be held on Friday, October 19th at the Masonic Lodge in Castro Valley.

The theme for the Dynamic Dance will be in honor of "Dia de los Muertos." This year they are skipping the sit-down dinner and focusing on the FUN in FUNdraising!

There will be a no-host bar, music by DJ Anthony, nacho bar/taco bar. They will still have our live dessert auction featuring the beautiful and delicious designs by Jenn's Cupcakes and, back by popular demand, they will be auctioning off sets of 4 reserved seats as well as reserved parking for CVHS graduation and the Canyon and Creekside Middle School advancement ceremonies!

Come join us for this fun evening! Tickets can be purchased at [www.cvef.org/](http://www.cvef.org/)

Would love to see you there. The CVEF gives grants to programs and teachers in our school district.

Amy D. Ramos is a resident of Castro Valley, and president of Stanton Parent Club and a School District parent. You can contact her at [adramos@mac.com](mailto:adramos@mac.com)

**WORKINDOGGZ**

**DAYCARE + BOARDING  
WALKING & ADVENTURE  
HIKES**

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

**Where Play Is Serious Business!**

**(510) 733-6428 • 597 C Street, Hayward**  
**[www.workindoggz.com](http://www.workindoggz.com)**

**World Famous  
TURF CLUB  
Hayward, California**

**LIVE MUSIC**

**21+**

Fri, Oct 19, 8pm	LunaFish - Classic Rock
Sat, Oct 20, 1pm	Gus Wedemeyer's 3 O'Clock Jump
Sat, Oct 20, 6pm	South 46
Sun, Oct 21, 3pm	The Uptown Six
Fri, Oct 26, 8pm	Re-wind, That 80's Band

**This wraps up The World Famous Turf Club's Patio Concert Season until April 2019.**

**Don't Forget Turf Club has Karaoke Monday's and Wednesday's at 8pm, and The Patio is open all year round.**

**22519 Main St, Hayward, 510.881.9877**  
**[WorldFamousTurfClub.com](http://WorldFamousTurfClub.com)**

**FURNITURE FOR EVERY ROOM IN YOUR HOME**

**INSTANT REMODELING!**  
*Give your home a new look today.*

**SAVINGS IN ALL DEPARTMENTS!**

**BEDROOMS**

**DINING ROOMS**

**LIVING ROOMS**

**Dupree's FURNITURE**  
"Make your house a Dupree's home"  
44 Years Experience  
1900 E. 14th St. • San Leandro  
**357-3000**  
[www.Duprees-Furniture.com](http://www.Duprees-Furniture.com)  
OPEN MONDAY-FRIDAY 10AM-6PM • SATURDAY 10AM-5PM • CLOSED SUNDAY

**YOU'RE INVITED TO  
THE ADVENTURE'S**

**FALL FESTIVAL**

**SATURDAY  
OCTOBER 20th  
11:00AM - 2:00PM**

Activities include:  
Petting Zoo, Pony Rides, Pumpkin Patch, Food Trucks, Inflatables & Games! Kids are welcome to come in friendly and non scary costumes! Snacks are for sale (but everything else is free!).  
**WE ARE SO EXCITED TO SEE YOU THERE!**  
Located in church parking lot (located in the gym, if it rains).

**3Crosses Church • 20600 John Drive • Castro Valley**



## Drive: Smart

*continued from page 9*

These changes can affect your ability to drive safely, but an upcoming free class can teach you how to correct for these changes.

Eden Medical Center and the California Highway Patrol have teamed up to provide the Age Well Drive Smart class to keep seniors driving safely. The Age Well Drive Smart class will be held from 1:30 to 3:30 p.m. on Thursday, Nov. 8, at Eden Medical Center, 2nd floor at 20101 Lake Chabot Road, CV. Call 510-727-8485 to register.

This class will be facilitated by California Highway Patrol officers and trained senior volunteers.

Eden Medical Center is a Trauma hospital – which means it's specially equipped to treat patients with critical injuries. More than 35% of traumatic injuries treated at Eden Medical Center result from motor vehicle accidents, and over 10% involve seniors. Eden provides lifesaving care to the most critically injured, but by offering classes like this one we also hope to prevent injuries.

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

## ADOPT-A-PET



**TERRA AND TERRANCE** are slightly shy 6-month-old siblings. TLC, a calm home with soft beds and good window views will help them blossom into the sweet little souls they truly are. Altered, chipped and current on vaccinations. Please Call Hayward Shelter: (510) 293-7200.



**STEWART AND SYDNEY**, 3-month-old siblings, are extra sweet, playful and talkative lap kitties. They'd love to go to a home together or with another playful cat. Altered, chipped and current on vaccinations. For more information, please email: [Loveallpawzrescue@gmail.com](mailto:Loveallpawzrescue@gmail.com).

## Leg: Treatment Options for RLS Symptoms

*continued from page 9*

### Treatment Options

While there's no cure for RLS, there are things you can do to alleviate the symptoms. Depending on the severity, some people turn to RLS medications like gabapentin enacarbil (Horizant), an anticonvulsant, and dopamine agonists ropinirole (Requip), rotigotine (Neupro) and pramipexole (Mirapex).

But be aware that these drugs have side effects including nausea, lightheadedness, fatigue and insomnia. And, while these medications can provide short-term relief, they can also make symptoms worse in many people who use them long term.

So before turning to medication, you should consider some of the following natural RLS treatments first, which are very effective for most people.

- Check your iron levels. Iron deficiency is believed to be one of the major contributors to RLS, so make an appointment with your doctor and get a blood test to check for this. If you test positive for iron deficiency, your doctor may recommend iron supplements.

- Exercise: Getting moderate, regular exercise like walking, cycling, water aerobics and yoga can relieve symptoms, but overdoing it or exercising late in the day may intensify them. Daily leg stretches – include calf, hamstring, quadriceps and hip flexor stretches – are also helpful.

- Check your medications: Certain drugs including antinausea drugs, antipsychotic drugs, some antidepressants, and cold and allergy medications containing sedating antihistamines can make RLS worse. If you take any of these, ask your doctor if something else can be prescribed.

- Avoid triggers: Alcohol, caffeine, nicotine and refined sugar can all make RLS symptoms worse. Try these remedies: Soaking in a hot bathtub and massaging your legs can relieve symptoms, as can applying a hot pad and/or ice pack to your legs.

Pressure can also help, so consider wearing compression socks or stockings. There's also a new non-drug FDA approved vibrating pad called Relaxis that interrupts RLS episodes and can provide relief to those who use it.

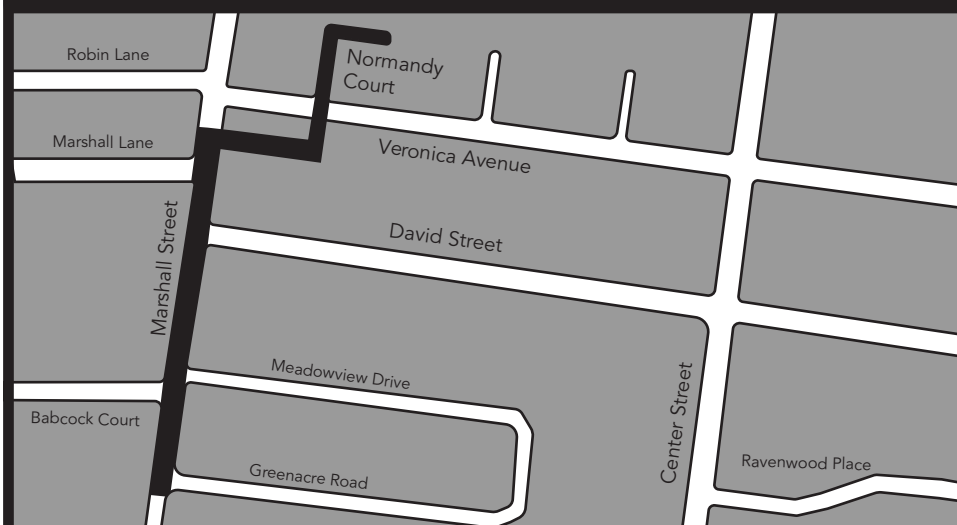
*Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.*

## Have You Seen Me?

**TOBY**, an 11-year old male Chihuahua-Papillon mix, has been missing since August 11. Last seen on Chateau Court and Thousand Oaks, wearing a collar. If you have any information, please call or text to: 510-828-2383.



## CVSan MARSHALL ST. PROJECT UPDATE



Castro Valley Sanitary District (CVSan) is currently preparing for its 2019 Annual Repairs Project. The largest section of next year's project will be on Marshall Street between Veronica Avenue and Greenacre Road, and on Normandy Court. 1,350 linear feet of 10" vitrified clay pipe (VCP) will be replaced by 12" high-density polyethylene (HDPE) pipe, which will allow the sewer main to handle more flow during wet weather. Additionally, a sewer main that runs parallel to the existing 10" VCP pipe will be abandoned and the private sewer laterals will be extended to the new 12" HDPE pipe.

This project is currently being designed by Sandis Civil Engineers and is anticipated to be released for bid in early spring 2019. For more information on CVSan's construction projects, visit [www.cvsan.org/Projects](http://www.cvsan.org/Projects).

### CASTRO VALLEY SANITARY DISTRICT

Effective Environmental Services since 1939

510-537-0757 | [www.cvsan.org](http://www.cvsan.org)

This ad was funded by WW Outreach

**CVSan**



**Sutter Health**  
Eden Medical Center

## Breast cancer screening event.

If you're 40 or older and haven't had a mammogram within the past year, visit our convenient cancer screening event on Saturday, Oct. 27. You must call 510-727-8499 to schedule.

**Saturday, Oct. 27, 10 a.m. - 3 p.m.**  
Eden Medical Center  
20103 Lake Chabot Rd., Castro Valley

**Sutter Health.**  
Proudly caring for Northern California.