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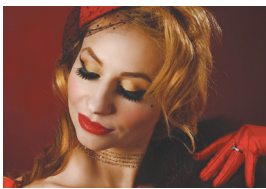
YEAR 31

WEDNESDAY, SEPTEMBER 25, 2019

NO. 37

INSIDE YOUR FORUM

NEWS



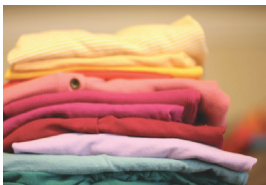
Classical Musical
Broadway musical 'Cabaret' opens October 18 at Chanticleers
Page 2

LIVING



Rosh Hashana
Celebrate the Jewish New Year this Sunday with traditional dishes
Page 5

NEWS



Recycle Textiles
CVSan customers can recycle textiles curbside at no additional charge
Page 15

INDEX

Classified Ads	12
Community Calendar ...	4
Crosswords	14
East Bay Living	5
Home Improvement	8
Homes	11
Horoscope	14
Obituaries	14
Opinions	14
Weather	2

PHONE: (510) 614-1560

Former CV Trojan Now A Warrior

By Michael Singer
CASTRO VALLEY FORUM

Keep an eye on the Santa Cruz Warriors this season. You might just see a Castro Valley High School alumnus among its top scorers.

Juan Toscano-Anderson was recently signed to the Santa Cruz Warriors, a G-League team affiliated with the Golden State Warriors basketball organization.

The 6.5-foot forward will also take part in the Warrior's training camp where he will mix it up with the likes of Stephen Curry and Draymond Green.

Toscano-Anderson's name may sound familiar to those who follow East Bay high school sports. He graduated in 2011 after contributing to a record 30-2 season that saw the Trojans advance to the Division 1 title game.

"As an East Bay native, I'm very excited to have the opportunity to be playing at home in the Bay Area for another year," Toscano-Anderson told the Castro Valley Forum. "I grew up a Warriors fan and the fact that I have the opportunity to put on the Golden State jersey in practice, and

see WARRIOR on page 6



PHOTOS COURTESY OF SCWPHOTOS.COM

Juan Toscano-Anderson of the Santa Cruz Warriors.

2020 Census Underway in Castro Valley

Once every 10 years, the U.S. is mandated by the Constitution to count every resident.

The first major operation of the 2020 Census is under way in Castro Valley and across the country as Census Bureau employees are walking neighborhoods to check the accuracy of addresses in the Census Bureau's address list.

This address canvass will continue through mid-October.

For identification purposes, the Census Bureau employees will have badges and briefcases indicating their affiliation with the Census Bureau. They will knock on doors and ask a few simple questions to verify the address and any additional living quarters on the property for inclusion in the Census.

The data collected determines the number of seats each state has in the U.S. House of Representatives. It also guides each year the distribution of billions of dollars in federal funds locally.

The actual 2020 Census count of residents will take place between March and July 2020.

For more general information on Census 2020 in Alameda County, visit the county's website at www.acgov.org/census2020/.



GARDEN PLOTS



PICNIC AREA

Can't Have a Garden? HARD to the Rescue!

Want to grow your own vegetables, but don't have access to a garden space?

Hayward Area Recreation District (HARD) may have the answer. Earlier this month the district hosted a ribbon cutting to celebrate the largest community garden in Northern California.

It's located at Whitman Street and Berry Avenue in Hayward, within a neighborhood that traditionally held only limited gardening opportunities.

And gardening plots are still available to the public. Individuals and community-based groups may apply to rent a plot for a two-year period.

A variety of plot sizes are available, the largest being 20-by-20 feet, the equivalent of four standard plots in other gardens.

This offers residents of Castro Valley and others within the district an opportunity to grow a significant quantity of produce.

Funded by the Measure F1 bond, overwhelmingly passed by voters in 2016, this project represents Phase 1 of the Community Garden master plan which includes 70 garden plots with irrigation, raised beds, a small orchard, shade structure to accommodate outdoor classes, a produce counter, seed library, demonstration garden, storage shed, compost, small greenhouse, pathways, and fencing and gates.

A zone for community gatherings will feature a picnic area with barbecues, a "kiwi tunnel," and a natural play area.

Applications and the Community Garden Guidelines are available in English and Spanish online at www.HaywardRec.org/gardens.

If you are interested, call HARD at 510-881-6700.

Castro Valley Weather Sept. 25 - 29, 2019



Wednesday
Sunny, Hot
High 95° Low 62°



Thursday
Sunny, Warm
High 81° Low 62°



Friday
Sunny, Cooler
High 72° Low 56°



Saturday
Mostly Sunny
High 72° Low 52°



Sunday
Partly Sunny
High 70° Low 53°

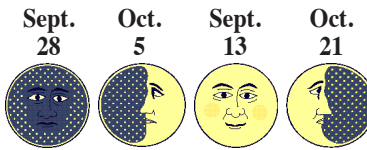
Almanac



Sun sets at 7:03 p.m. today, rises at 7:01 a.m. Thursday.

Past Week's Rain: 00.38
Season To Date: 00.38
Normal To Date: 00.00
Season Average: 21.22

Moon Phases



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Broadway Musical 'Cabaret' Opens October 18 at Chanticleers Theatre

Chanticleers Theatre will bring to its stage the timeless classical musical "Cabaret," opening Friday, Oct. 18 and running through Nov. 17.

The show is set in a Berlin nightclub, as the 1920s draw to a close. A garish Master of Ceremonies welcomes the audience and assures them they will forget all their troubles at the Cabaret.

With the emcee's bawdy songs as wry commentary, Cabaret explores the dark, heady, and tumultuous life of Berlin's natives and expatriates as Germany slowly yields to the emerging Third Reich.

Cliff, a young American writer newly arrived in Berlin, is immediately taken by English singer Sally Bowles. Meanwhile, Fräulein Schneider, proprietor of Cliff and Sally's boarding house, tentatively begins a romance with Herr Schultz, a mild-mannered fruit seller who happens to be Jewish.

Musical numbers by John Kander and Fred Ebb include "Willkommen," "Cabaret," "Don't Tell Mama" and "Two Ladies."

Chanticleers Artistic Director John Baiocchi, a longtime Bay Area producer and actor, will direct the production.

"Cabaret is a complex commentary on the early days of Nazi Germany and its juxtaposition



PHOTO BY GEORGIA LEE BARNES

Part of the cast of Chanticleers Theatre's production of the classical musical "Cabaret," opening Oct. 18. Back row from left, Em Woods, Sophia Lanza-Weil, Johnny Orenberg (Emcee), Amanda Clemmons, Danail Georgiev; front row, Isabella Bishop, Heather Warren, Leslie Howard.

with the free and easy culture in Berlin in the '30s, says Baiocchi. "While the Kit Kat girls and boys celebrate the raunchy fun of their culture in the club, dangerous forces outside are closing in on them."

Shows are Fridays and Saturdays at 8 p.m., Sundays at 2. at the intimate, 99-seat theater at 3683 Quail Ave. in the Castro Valley Community Center Park.

For tickets (\$18-\$25), please visit: chanticleers.org or call 510-733-5483.

Manage Life Better with Expert Help

By Linette Escobar
SPECIAL TO THE FORUM

Living in the fast paced and expensive Bay Area is challenging.

Sometimes we need a little help to find our resilience and keep cool in stressful situations. Castro Valley Adult & Career Education has

a variety of classes that can break up your week and give you the headspace to be the best you.

Is your body tense or are you dealing with changes to your body resulting from pregnancy or childbirth? The school is offering two new pilates classes especially designed for these challenges.

One is called Melt and Restore which uses trigger release massage and foam rollers to relieve tension.

New mom, Brijett Ireland, also teaches Pre and Postnatal pilates to help women navigate these changes.

see EXPERT on page 15



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COASTAL CLEANUP DAY



PHOTO BY FRED ZEHNDR

THE COAST IS CLEAR(ER): Dozens of volunteers turned out Saturday morning to pickup cigarettes, food wrappers, plastic bottles and other litter along the Castro Valley Creek Trail, part of the annual Coastal Cleanup Day, the planet's largest one-day volunteer trash collection program.

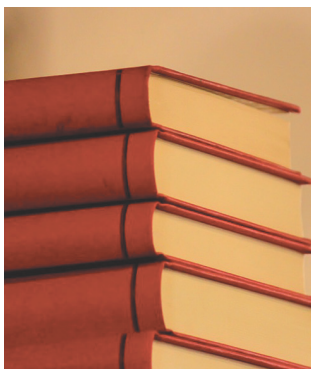
School District to Dispose Of Surplus Math Textbooks

The Castro Valley School District has announced that it intends to dispose of some 50 surplus math textbooks, published in 2009, that were previously held in the Homework Help Center at Castro Valley Library.

These items are expected to go

to the CV School Board for approval on Dec. 12, 2019.

For specific information about the textbooks, visit www.cv.k12.ca.us/publicnotices/. To request any of these materials, contact Araceli Cortez at acortez@cv.k12.ca.us or 510-537-3000 ext. 1277.



SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Arrested Twice in a Week

Sunday, September 22: at 11:11 p.m., Sheriff's deputies arrested a 57-year-old man with no permanent residence on suspicion of public intoxication. The man was found asleep behind a motel on Castro Valley Boulevard near Park Way. Deputies report the man smelled of alcohol, slurred his speech, and could barely walk straight. Five days earlier, deputies arrested the same man for the same offense near the intersection of the Boulevard and John Drive. The man was taken into custody.

Stolen Property

Sunday, September 22: at 6:43 p.m., a 34-year-old man from Concord was arrested on suspicion of possession of stolen property. Deputies stopped the man for questioning outside a senior center on Grove Way near Delores Street when they discovered his stash. The man was handcuffed and taken into custody.

Busted for Vandalism

Sunday, September 22: at 4:08 p.m., deputies arrested a 22-year-old man from Dublin on suspicion of vandalism and providing authorities with fake identification.

The man was spotted on Wilbeam Avenue near Norbridge Avenue trying to spray paint a wall when deputies stopped him for questioning. The man gave a false name and driver's license but was later found out. The man was taken into custody.

Wanted Woman

Saturday, September 21: at 6:33 p.m., a 22-year-old woman was arrested as part of a warrant issued for her capture. She had been previously charged with assault on a family member. Deputies served the warrant at an apartment on Redwood Court near Redwood Road. The woman was taken to Santa Rita Jail pending \$50,000 in bail.

Trespassing Teen

Wednesday, September 18: at 1:10 p.m., deputies were called to Castro Valley High School to arrest a 16-year-old boy from Castro Valley on suspicion of trespassing on school grounds during a suspension. The boy was spotted near the office on Santa Maria and Mabel Avenue trying to sneak through the gate. Deputies took the teen to juvenile hall where he was later picked up by his parents.

Barred from the Barista

Wednesday, September 18: at 7:42 a.m., a 25-year-old man with no permanent address on suspicion of violating the terms of his probation and disrupting a business on Castro Valley Boulevard near Lake Chabot Road. Deputies responded to a call from the manager following complaints that the man had been asked to stay away from the premises for harassing customers. The man was taken to Santa Rita Jail pending \$20,000 in bail.

Girlfriend Assaulted

Wednesday, September 18: at 5:55 p.m., deputies arrested a 54-year-old man from San Jose on suspicion of assaulting his girlfriend of three months and damaging a door to a business on Redwood Road near Grove Way. The man had been arguing with his girlfriend outside the store when witnesses say he grabbed her arm and slammed her into a wall nearby. The man then put his fist through a glass door causing about \$500 in damage. Deputies also found the man to have an outstanding warrant issued for his arrest. The man was taken to Santa Rita Jail pending \$200,000 in bail.

see **REPORTS** on back page

TERRY BAILEY RECOGNIZED AS ONE OF LPL FINANCIAL'S TOP FINANCIAL ADVISORS



FB Financial Services, a division of Fremont Bank, would like to announce that Terry Bailey has been nominated to LPL Financial Advisor Directors Club for 2019. LPL awards select advisors, out of the more than 16,000 LPL-affiliated advisors nationwide, with this distinction based on an advisor's business success.

"I congratulate Terry on behalf of LPL," said Andy Kalbaugh, LPL managing director and divisional president, National Sales and Consulting. "We applaud his dedication to clients and his ability to nurture trusted relationships with clients to help

them work toward their financial goals. We thank Terry for his continuous commitment to the independent model, which enables the delivery of objective financial advice, and for the opportunity to be their enabling partner. We wish him continued success."

Terry Bailey is based in Castro Valley and provides a full range of financial services throughout the East Bay, including retirement and financial planning, money management, stocks and bonds, mutual funds, and annuities.

Terry is affiliated with LPL Financial, the nation's largest independent broker-dealer* and a leader in the retail financial advice market. LPL provides the resources, tools and technology that support advisors in their work to enrich their clients' financial lives.

Terry Bailey 510 329 8987 Terry.Bailey@FremontBank.com

*As reported by Financial Planning magazine, June 1996-2019, based on total revenue.

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The Week Ahead

● Thursday, September 26: *Presentation on Hospice Care*

All Saints Church, 911 Dowling Blvd., San Leandro will hold a free educational supper on Hospice Care – addressing death and dying – at 5:30 p.m. tomorrow to help grow a community of care for those who are nearing death. RSVP to deacon@saintsalive.net

● Thursday, September 26: *School Board Meeting*

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

● Friday, September 27: *27th Annual Cop Shop BBQ*

The Alameda County Sheriff's Office will hold its annual Cop Shop BBQ (tri-tip, chicken and hot links with salad, dessert, beverages and great raffle prizes) this Friday, from 5:30 to 9 p.m., at First Presbyterian Church, 2490 Grove Way in Castro Valley. For tickets (\$12 adults, \$6 kids 12 and under) call 510-667-7770 (or \$15 at the door).

● Saturday, September 28: *Community Blood Drive*

Redwood Chapel will host a Red Cross Community Blood Drive from 9 a.m. to 2:30 p.m. Saturday in the Gym at 19300 Redwood Road. To schedule your appointment, visit redcrossblood.org/give.html/find-drive and enter sponsor code: Redwood, or call 1-800-733-2767.

● Saturday, September 28: *11th Annual Bocce Tournament*

The public is invited to the Buon Tempo Italian American Club's 11th Annual Big Salami Shoot Bocce Tournament this Saturday at the Ken Martin Bocce Courts on San Miguel Ave. For a \$5 donation to the George Mark Children's House, you'll have a chance to win some great prizes: Mens haircuts donated by the Barber Al Proietti, a gift certificate from R&J Cleaners, Al's Food Market, The Ice Creamery, Big Apple Bagels, Plaza Bottle Shop, a gift card from The Cobbler's shoe store. Win Family dinners for two at the Buon Tempo Italian American Club, and more great gifts. No age limit or bocce skills required.

● Saturday, September 28: *American Legion Celebration*

American Legion Post 68 will celebrate 100 years with a street fair and parade at B and Main streets in Hayward starting at 10 a.m. (parade begins at 11 at City Hall) and continuing until 5 p.m. with classic cars and craft and food vendors. For more info, call Alfredo 510-695-3211.

● Saturday, September 28: *Free SAT Practice Test*

Teens are invited to partake in a free New SAT practice test administered by The Princeton Review at the Castro Valley Library from 10 a.m. to 1:30 p.m. this Saturday. In preparation for what might be the most important test of their life, this 3.5-hour workshop will offer you the opportunity to practice and find out how you would score on the new test. Get realistic practice and try your hand at the types of questions you'll face on the actual exam. You will also receive a personalized score report pinpointing your strengths and weaknesses. Registration is requested. Sign up by phone 510-745-1401 or in person.

● Saturday, September 28: *Pancake Breakfast*

The Castro Valley Moose Lodge invites you to an all-you-can-eat pancake breakfast from 9 to 11 a.m. this Saturday for \$10 per person, a fundraiser for the local U.S. Naval Sea Cadet Unit Hancock Squadron/T.S. Midway, part of a national youth leadership program supported by the U.S. Navy and U.S. Coast Guard.

● Saturday & Sunday, Sept. 28-29: *OLG Church Festival*

Our Lady of Grace Church at 3433 Somerset Ave. (enter parking lot on San Miguel) invites your whole family to its annual Fall Festival this weekend. Lots of games, food booths and entertainment from noon to 10 p.m. on Saturday, when there will be a pasta dinner, and from 11 a.m. to 7 p.m. Sunday, when there will be a pancake breakfast, and a chili cook-off in the afternoon. For more information, visit www.olgfestival.com.

● Sunday, September 29: *About Your Muslim Neighbor*

Join Peace Activist Steve Slocum on his nationwide tour to dispel rumors and myths about Muslims and to create friendship between Muslims and people of others faiths and non-faiths, at an Open House from 2 to 3:30 p.m. this Sunday at the Muslim Community Center East Bay, 5724 W. Las Positas Blvd., No. 300, Pleasanton. Snacks and mosque tour follow author's talk. No RSVP needed. More info at 925-623-2927 or events@mcceastbay.org

● Tuesday, October 1: *Retired Teachers Lunch*

The Fall Gathering of the California Retired Teachers Association (CalRTA) Division 59 will be held for all retired teachers from 11 a.m. to 2 p.m. Oct. 1 at the Castro Valley Masonic Center, at Castro Valley Blvd. and Crown Canyon Road. A handwriting expert will be speaking. The cost is \$12 for the catered lunch. Call Marilyn at 510-537-6076 for more information and/or to make a reservation. For information, contact Ruth at 510-364-9211.

● Tuesday, October 1: *Ohlone Audubon Meeting*

Bob Lewis' topic will be Sahul - A Paradise for Birds, at the next meeting of Ohlone Audubon, at 7:30 p.m. Oct. 1 at Niles Discovery Church, 36600 Niles Blvd., Fremont. He will discuss a bit of geological history, a bit of taxonomy, and look at examples of many of Papua New Guinea's 70 bird families. No admission charge and refreshments are served. For more info, visit www.ohloneaudubon.org

● Tuesday, October 1: *Rotary Topic: Hayward Business*

Jennifer Ott, Deputy City Manager for Hayward, will review the latest developments in the business environment in Hayward at a Rotary Club of Castro Valley buffet lunch from noon to 1:30 p.m. at Redwood Canyon Golf Course, 17007 Redwood Road. The cost of lunch is \$15 and reservations must be made by 9 p.m. Sunday, Sept. 29, by contacting Rotary at cvrotary@iCloud.com or 510.402.5123. More info is available at castrovalleyrotary.org

● Wednesday, October 2: *Coffee with a Cop Day*

Join your neighbors and Alameda County Sheriff's officers for coffee and conversation next Wednesday from 9 to 11 a.m. at JP's Restaurant, 3600 Castro Valley Blvd. It's your chance to ask questions, voice concerns and get to know the officers in your neighborhood. Questions? Contact jswalwell@acgov.org or jdelgado@acgov.org

● Thursday, October 3: *Parkinson Support Group*

The Parkinson Support Group will hold its monthly meeting with an open discussion at 10:30 a.m. on Oct. 3 at the San Lorenzo Community Church, 945 Paseo Grande. Call Lorna White 510-276-3119 for more information.

● Saturday, October 5: *Big Indoor Flea Market*

The Aitken Senior & Community Center at 17800 Redwood Road will hold its Indoor Big Fall Flea Market from 8 a.m. to 1 p.m. on Saturday, Oct. 5. Everyone is invited to come to this free event. There will be more than 55 vendors selling one of a kind items and unique treasures. There will also be a snack bar, so bring your appetite. For more information, call 510-881-6738.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events (unless otherwise listed) are available at www.cvcfa.com; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. (phone 510-889-8961), or at the Castro Valley Adult School, 4430 Alma Avenue.

● **“Fall Preview,”** a showcase concert featuring all of the Castro Valley High School advanced choral and instrumental music ensembles, will be presented at 7 p.m. on Friday, Oct. 4. *For tickets (\$5-\$10), see above.*

● **“You’ve Got a Friend,” The Carole King Songbook**, will be presented at 7:30 p.m. on Saturday, Oct 12, featuring the stylish vocals and harmonies of The Rhythm Method 4 — “Up on the Roof,” Will You Still Love Me Tomorrow?,” “A Natural Woman,” “I Feel the Earth Move” and more. *For tickets (\$38-\$40) see above.*

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **Kent Ludwig’s “The Three Musketeers”** continues through this Sunday, Sept. 29, at the Douglas Morrisson Theatre, 22311 N. Third St., Hayward. This adaptation, which was commissioned by the Bristol Old Vic in England, is based on the timeless swashbuckler by Alexandre Dumas, a tale of heroism, treachery, close escapes and above all, honor. Performances are at 8 p.m. Friday and Saturday, and 2 p.m. on Sunday. *For tickets (\$29), call 510-881-6777.*

● **“The Waiting Period,”** Brian Copeland’s award-winning solo show outlining his own struggles with depression and suicidal thought while featuring humorous and poignant insights, will be presented at 8 p.m. on Saturday, Oct. 5, at the Douglas Morrisson Theatre, 22311 N. 3rd St., Hayward. *Buy tickets (\$35) at DMTicketing@haywardrec.org*

ART GALLERIES & ART INSTRUCTION

● **Hayward 21st Century Library Grand Opening Exhibit**, will be held on the 2nd floor, featuring art by members of Sun Gallery and the Hayward Arts Council until Jan. 18, 2020. The public is welcome to an artists’ reception from 2 to 4 p.m. this Saturday, Sept. 28. Gallery hours are Mon-Wed, 11 a.m. to 8 p.m., Thu-Sat 10 a.m. to 5 p.m., closed Sundays. For more information, visit www.hayward-artsCouncil.org

● **Hayward Arts Council “Members Show”** will be presented by the John O’Lague Gallery at Hayward City Hall from Oct. 4 to Dec. 6. The public is invited to an artists’ reception from 5:30 to 7:30 p.m. Gallery hours are 9 to 5 Monday through Friday. Sponsored by the Hayward Arts Council.

AT THE CHABOT CINEMA

● **“Brittany Runs a Marathon”** (R) AD; CC; DVS
Wed 9/25 - Thu 9/26 (1:45), (4:30), 7:00

● **“The Rocky Horror Picture Show”** (R) AD; CC; DVS
Fri 9/27 (11:55 p.m.)

CASTRO VALLEY FORUM

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CROSSWORD PUZZLE ANSWERS

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Submissions To The Forum

The Community Calendar is for publicizing activities of non-profit organizations, government agencies, charities and community groups. Items for the Community Calendar as well as news submissions must be received by 6 p.m. Friday for inclusion in the following Wednesday's newspaper. Send information in an email to: fredz@ebpublishing.com

Do not send flyers or posters as we cannot use them.



Ushering in a Sweet Jewish New Year

Rosh Hashanah, the Jewish New Year, begins Sunday evening and ends Tuesday evening.

Meaning “head of the year” the two-day holiday commemorates the creation of the world and marks the beginning of the Days of Awe, a 10-day period of introspection and repentance that culminates in the Yom Kippur holiday, which is considered the holiest day on the Jewish calendar.

Foods served during the High Holy Days are meant to sustain the body as well as nourish the soul.

Sliced apples and pieces of challah bread are dipped in honey to signify the hopes for a sweet year ahead.

Honey also finds its way into other dishes, from honey cake to brisket. Here are some favorites.

APPLE SPICED BRISKET

- 1 tablespoon flour
- 3 to 4 pound beef brisket (first cut) flat half, boneless
- 1 teaspoon salt
- 1-1/2 cups apple juice
- 1/4 cup honey
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon ground nutmeg
- 2 tablespoons flour
- 1/4 cup raisins
- 1 apple, sliced

Preheat oven to 325°F.

Shake 1 tablespoon flour in a large size (14x20 inch) Reynolds Oven Cooking Bag and place in 13x9x2 inch baking pan.

Prick brisket with fork on both sides; sprinkle with salt. Place brisket, fat side up, in bag.

Combine apple juice, honey and spices; pour over brisket. Close bag with nylon tie; make 6 half inch slits in top.

Bake 2 to 2 1/2 hours or until tender.

In a medium saucepan, dissolve 2 tablespoons flour in small amount of cooking liquid from bag. Stir in remaining cooking liquid, raisins and apple slices. Bring to a boil.

Boil and stir 1-2 minutes to form light gravy. Thinly slice brisket diagonally across grain. Serve with apple raisin gravy.

Makes 6 to 8 servings.

WALNUT HONEY CAKE

- 3/4 cup walnut halves
- Butter for pan
- 1-1/2 cups flour, plus more
- 1-1/8 cups honey, divided use
- 1 cup large eggs, at room temperature
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon ground ginger

Preheat oven to 350°F with rack in center.

Spread walnut halves in a single layer on a rimmed baking sheet and toast in oven until fragrant, tossing occasionally, 5 to 7 minutes. Transfer nuts to a plate, let cool, then pulse in a food processor until finely chopped, about 10 times. Set aside.

Butter and flour an 8-1/2 inch spring-form pan; set aside. In a large bowl, combine 1 cup honey and applesauce; whisk until honey is mostly dissolved. Add eggs, and whisk until fully combined.

Into a medium bowl, sift together flour, baking soda, salt, and ginger. Stir into honey mixture. Using a rubber spatula, fold in walnuts.

Pour batter into prepared pan. Bake cake until golden brown on top and a toothpick inserted into center comes out clean, about 55 minutes.

Transfer pan to a wire rack; let cool until sides of cake begin to pull away from pan, about 15 minutes. Remove cake from pan, and place on a serving plate. While

cake is still warm, use an offset spatula to gently spread remaining honey on top as a thin glaze. Serve warm. Yields about 10 servings.

PINEAPPLE & COCONUT KUGEL

- 1 pound broad egg noodles
- 1 (14-ounce) can crushed pineapple
- 1 cup shredded coconut
- 1/2 cup butter
- 8 eggs, well beaten
- 1 teaspoon vanilla

Boil noodles; drain and place in a bowl. Quickly add eggs, 2/3 cup of the coconut, 2/3 of the butter (melted), vanilla and pineapple with the juice and mix while the noodles are hot. Place mixture in a large Pyrex baking dish and top with the rest of the butter in dabs and the balance of the coconut.

Bake at 350°F for 45 minutes or until golden brown. Makes 8 to 10 servings.

HONEY-BAKED APPLES

- 1 cup raisins
- 3 tablespoons Concord grape wine or juice
- 3/4 cup honey
- Juice and grated zest of 1 lemon
- 6 large Rome Beauty apples
- 1/2 cup sliced almonds
- 2 cups apple juice
- 1/2 cup apricot preserves

Plump raisins in wine for 1 hour. Add honey, lemon juice and zest.

Wash and core apples. Cut off thin strip at base so apples stand upright. Place apples in baking dish. Fill centers with raisin mixture. Sprinkle with almonds. Pour apple juice around the apples. Cover with foil and bake at 375°F

for 40 minutes.

Pierce skin of apples 2 to 3 times with sharp knife. Add preserves to juices in pan and mix well. Bake apples. Continue baking 20 minutes longer. Serve warm or cold. Makes 6 servings.

CARROT PUDDING

This moist, steamed pudding features grated carrots and potatoes, a handful of raisins and a fragrant mixture of ground cinnamon, cloves and allspice. It's truly a magical dense and spicy dessert that can be served with or without the rich and creamy butter sauce.

- 1 cup grated carrots
- 1 cup peeled and shredded potatoes
- 1 cup sugar
- 1 cup raisins
- 1 cup all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon ground allspice
- 1 teaspoon ground cloves
- Sauce:
- 1/2 cup butter
- 1/2 cup heavy whipping cream
- 1 cup white sugar
- 1-1/2 teaspoons vanilla extract

In a large mixing bowl, combine carrots, potatoes, sugar, raisins, flour, baking soda, ground cinnamon, allspice, and ground cloves.

Transfer mixture to a clean 1 pound coffee can. Secure wax paper over the top and place the filled can in a large pot with 2 to 3 inches of water. Cover the pot and bring the water to a simmer. Steam the cake for 2 hours. Serve warm.

To make the buttery sauce, combine butter or margarine, cream, sugar, and vanilla in a medium-size pot. Heat until the mixture is liquid. Spoon mixture over the warm carrot pudding to serve. Yields 7 servings.

CHOCOLATE FARFEL-NUT CLUSTERS

- 16 ounces Passover semi-sweet chocolate
- 1-1/2 cups toasted matzo farfel
- 1 cup pecans, chopped and toasted

Melt chocolate over simmering water in top of double boiler. Pour chocolate into large bowl. Add matzo farfel and pecans and mix thoroughly. Spoon mixture onto baking sheet lined with wax paper. Refrigerate until set.

Peel clusters of wax paper and serve on a platter.

HOROSCOPE by Salomé

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ARIES (March 21 to April 19) An upcoming trip could create some problems with your schedule unless you tie up as many loose ends as possible before you head out the door. Ask a friend or colleague to help you.



TAURUS (April 20 to May 20) Being eager to start a new project is fine. However, moving ahead without knowing what actually will be expected of you could cause a problem down the line. Ask some questions.



GEMINI (May 21 to June 20) Getting through some recent challenges in good shape might give you a false sense of security. Don't relax your guard. You need to be prepared for what else could happen.



CANCER (June 21 to July 22) Caution is still advised, even though you think you're as prepared as you need to be. Keep in mind that change is in your aspect, and you should expect the unexpected.



LEO (July 23 to August 22) The Lion's gift of persuasion helps you get your points across, even to some of your most negative naysayers. An old friend might seek you out for some advice.



VIRGO (August 23 to September 22) Being sure of your convictions is fine. But leave some room for dissenting opinions. You might learn something that could help you avoid a possible problem later on.



LIBRA (September 23 to October 22) Getting good legal advice on what your rights actually are is the first step toward resolving that pesky problem so that it doesn't re-emerge at a later date. Good luck.



SCORPIO (October 23 to November 21) Longtime relationships work well this week, whether they're personal or professional. It's a good time to invite new friends and colleagues into your life.



SAGITTARIUS (November 22 to December 21) This is a good week to do the research that will help you uncover those irrefutable facts that can back you up on your new venture when you most need it.



CAPRICORN (December 22 to January 19) Change is an important factor in your aspect this week and could affect something you might have thought was immune to any sort of adjustment or "alteration."



AQUARIUS (January 20 to February 18) Being asked to share someone's deeply personal confidence might be flattering, but accepting could be unwise. Decline gracefully but firmly.



PISCES (February 19 to March 20) As wise as you are, you could still be misled by someone who seems to be sincere but might not be. Take more time to assess the situation before making any commitments.

THE FORUM CROSSWORD

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ACROSS

- 1 Bread choice
- 4 Ignore
- 8 Platter
- 12 "___ the fields we go"
- 13 Watergate evidence
- 14 "Do ___ others ..."
- 15 Succumb to gravity
- 16 Bloodhound's clue
- 17 Poker variety
- 18 Half an aphorism
- 21 Atmosphere
- 22 Spring time
- 23 Counterfeit
- 26 Festive
- 27 Kreskin's claim
- 30 "___ Lang Syne"
- 31 Tenor Peerce
- 32 Tolerate
- 33 Spelldown
- 34 Follow relentlessly
- 35 Linger
- 36 Old French coin
- 37 Scale member
- 38 18-Across' other half
- 45 PC operator
- 46 Requisite
- 47 Martini ingredient
- 48 Stead
- 49 Figure-skating jump
- 50 Genetic stuff
- 51 Mary's follower
- 52 Muse's musicmaker
- 53 Early bird?

DOWN

- 1 Parks or Bonheur
- 2 Calendar quota
- 3 Therefore
- 4 Impassive
- 5 Bottom
- 6 "Once ___ a Mattress"
- 7 "The Seventh Seal" director
- 8 Failing the white glove test
- 9 Grooving on
- 10 Phaser setting
- 11 "The Da Vinci ___"
- 19 Praise highly
- 20 Put into words
- 23 "Terrif"
- 24 Wish otherwise
- 25 Hearty quaff
- 26 Joke
- 27 Wet wriggler
- 28 "Erie Canal" mule
- 29 Use a crowbar
- 31 Blog
- 32 Ointment
- 34 Fawn's mom
- 35 Random drawing?
- 36 Bush
- 37 Villain's look
- 38 Sea flier
- 39 Largest of the seven
- 40 Abound
- 41 Alluring
- 42 Shrek, e.g.
- 43 Croon
- 44 Hosiery mishap

ANSWERS ON PAGE 4

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ATHLETES OF THE WEEK



This week's Athletes of the Week are the members of Dakine Hoops basketball team.

Dakine Hoops competed in the TTP End of Summer Showcase, in the 14U Platinum Division and won the Championship 47-36 at Cali Court in Union City on the weekend of Sept. 14 and 15.

Dakine Hoops beat the CV Hornets and Team

United to get to the Championship game which Dakine Hoops won 47-36 against Do It Better.

Pictured from left, Riley La Rosa, Jalen Tran, Johnny Kong, Aadi Malali, Ekam Sandhu, Aaron Shea, Joshua Racimora, Porter Tien, Head Coach Armando La Rosa, and Avi Rajbhandary. Not pictured were Michael Li and Travis Simmons.

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SCHEDULE YOUR ANNUAL PICK-UP

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

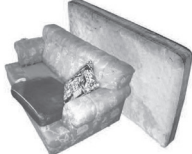
Items such as tires, mattresses, textiles, refrigerators, televisions, scrap metal, are sorted and salvaged for reuse or recycling at the ACI Transfer Facility.

CVSan single-family and multi-family residences qualify for one on-call Bulky & Reuse Pick-Up per calendar year (January-December). Single-Family Residences (4 units or less) or Multi-Family Complex Managers (5 units or more) please contact ACI at 510-483-1400 to schedule your pick-up.

Acceptable items:



Up to 4 car or light truck tires (rims must be separated from the tires)



Household furniture, pillows & mattress items



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



Clothing, textiles, shoes, belts, purses & craft/sewing items



Scrap metal



Housewares, TVs, electronics & appliances (remove or seal doors)



Trash that is bagged, boxed, or bundled (goes to landfill)



Books, CDs, VHS, DVDs, magazines & framed pictures

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

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Warrior: Juan Toscano-Anderson of CV

continued from front page
eventually for a game, is a dream come true.

"I also love the fact that I'm close to friends and family, they've been so supportive of my journey and I'm happy they get to see me in this position. I just love the game and all it's given to me, and I'm just ready to start playing."

Toscano-Anderson's path to Santa Cruz took a few turns. He was recruited by Marquette University in Wisconsin where he played four years, making it as high as the Elite Eight in the NCAA Tournament in his sophomore year.

After college, he played in the Mexican professional basketball league and was a member of Mexico's national basketball team in 2016.

"Basketball is a growing sport in Mexico, and they are still figuring out how to become a high-class sports league," Toscano-Anderson says. "This year they just added instant replay. Playing pro is very different than college, for obvious reasons. The game is a different speed and you're playing against the best players in the world."

The Warriors previously signed Toscano-Anderson to their Santa Cruz affiliate for the 2018-2019 season where he played in 43 games, averaging 24.4 minutes and 7.2 points and per game.



His shooting percentage was 43.6 percent from the field and 34.9 percent from Curry range.

Now that he's back in the Bay Area for the 2019-2020 season, Toscano-Anderson says his fondest memories at Castro Valley High School are from the basketball court.

"My teams worked hard together, and we were able to win big road games each year," Toscano-Anderson says. "I also made

amazing friends and connections during my time there. They made those high school years fun!"

As for his advice to younger players starting out in sports, Toscano-Anderson says he is living proof that you should never give up on your dreams.

"Go hard every single day, and don't waste an opportunity," he says. "The game finds a way to reward those who work hard and bring a positive attitude."



PRESENTING THE CHECK: from left, Kathleen Jose Le, Carol Wikle, Ernie Lopez, Jim Negri, Sue Lopez, Ceta Dochterman, Todd Anglin (Rotary President), Lytrel Carter, Cliff Sherwood, Carol Bigelow, Stephen Gray (Eden Med CEO).

EDEN MED CENTER TECHNOLOGY

CV Rotary's \$10,000 Challenge Met By Community Donations

Two days of community engagement at this year's Fall Festival brought out the best in Castro Valley to support advanced health care at Eden Medical Center.

The town came out in force over the festival's two days, raising more than \$12,000 to match the Castro Valley Rotary Club's 10,000 challenge grant to bring a robotic exoskeleton therapy device to the medical center. The technology will help survivors of stroke, spinal cord injury and other forms of lower extremity weakness to walk again.

"We are so honored that the Rotary and so many community members came together at the Fall Festival to achieve this generous match," said Stephen Gray, Eden Medical Center CEO. "Donor gifts will directly enhance the level of care we are able to bring to this community and we are grateful for this partnership with the Rotary."

Eden Medical Center treats more than 700 stroke patients each year and serves as a referral center for advanced neurological conditions.

In addition to the Rotary match

grant, Sutter will match more than \$100,000 toward the \$207,000 needed to complete the funding of the exoskeleton.

"We are proud to support Eden Medical Center in their vision to bring this remarkable technology to our local community, and we can't say enough about how proud we are in the community's outpouring of support at the Fall Festival," said Todd Anglin, CV Rotary president.

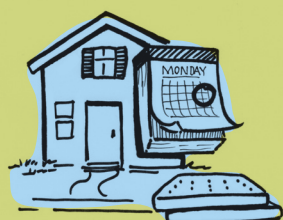
There is still time to make a gift. Visit www.sutterhealth.org/eden-exosuit

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FALL HOME IMPROVEMENT

Checklist for Fall: Indoor & Outdoor Maintenance

Now that fall is here, it's important to take time to prepare your home for the changing of the seasons by making sure now that everything is in working order.

If you start now to accomplish just a few tasks each week, you'll have most of them finished well before the holiday season.

Indoor Maintenance

- Test smoke and fire alarms, replacing batteries and cleaning dust from the covers.

- Clean/vacuum refrigerator coils and area behind refrigerator.

- Check your fireplace damper for soot buildup, and have a certified chimney sweep inspect/clean the flues of your chimney. Make sure to remove bird nests from chimney flues, as any type of blockage or buildup can pose a fire hazard.

- Check and/or replace your fire extinguishers.

- Clean and vacuum heating ducts, grills and registers. You may also want to clean any ceiling fans that were used during warmer months.

- Check all window and door locks for proper operation. All exterior doors should have deadbolt locks.

- Perform seasonal pest control to protect your home from critters that want to come into the warmth.

Outdoor Maintenance

- Clean and cover all of your patio furniture.

- Pack your patio furniture cushions and pillows plus your decorative items into your deck box or your garden shed.

- Pressure wash your deck, patio and/or outdoor recreation area.

- Check the weather-stripping around your doors and replace if necessary.

- Trim and treat your houseplants or exotic plants with insecticidal soap to ensure you don't bring any unwanted pests into your home. Be sure you bring them inside before overnight temperatures hit 52 degrees Fahrenheit.

- Clean gutters and inspect your roof's surface for any needed repairs. For safety reasons, you may want to consider hiring a qualified professional to take care of any repair work that needs to be done.

- Wash/clean all windows, replacing window screens and insulation as necessary.

- Once your lawn and garden stops growing run all of your gas-powered lawn equipment until the fuel tank is empty. By doing this, you are preventing flammable liquid from being stored in your garage and protecting the equipment from damage.



Affordable Home Improvements

The holy grail of home improvement is a project that makes a big difference to the appearance or value of the home without breaking the bank.

The key is to focus on low-cost, quality items that will give the most bang for your buck. Here are five to consider:

• New bathroom countertop

Bathroom remodels still provide some of the best return on investment for home improvement projects, but can also be some of the most expensive.

If you can't afford a full bathroom overhaul, opt for one high-impact update. Replace that outdated laminate vanity countertop with a stone version to bring an immediate touch of class to the bathroom. This update can be completed quickly and, for homeowners with a little plumbing knowledge, could even be a DIY project.

• Refinish kitchen cabinets

According to Home Advisor, replacing kitchen cabinets in a typical 10-by-10 kitchen costs an average \$4,000-\$13,000.

For homeowners not able to make that type of investment, refinishing existing cabinets can provide a dramatic upgrade at a fraction of the cost.

Homeowners can start by removing all cabinet doors and hardware, keeping all hardware together in a bag in case it's needed later. Cabinets with a glossy finish should be sanded, either with sandpaper blocks or a chemical product, then either stained (consider an espresso finish for a modern look) or painted. Adding new, brushed metal fixtures completes the look.

• Affordable roof update

For the biggest ROI on an improvement, look outside. Remodeling Magazine's 2019 Cost vs. Value Report revealed nine of the top 10 high-return remodeling projects were exterior replacement projects. Replacing a roof can sound overwhelming, but with some smart shopping can provide a major curb appeal boost on a budget.

see AFFORDABLE on page 10

Items to Get Your Home 'Winterized'

It's time to start preparing your home to make sure it can efficiently handle winter weather.

"There are many small, low-hassle items you can complete to 'winterize' your home," says David Andreozzi, spokesman for the American Institute of Architects. "Prepping your home for the season ensures you aren't dealing with major issues when they are harder to tackle, and can prevent costly repairs come springtime."

To help homeowners prepare, Andreozzi offers the following advice.

Check Chimneys and Gutters

Regular checks of your chimneys and gutters are both safety-smart and wallet-friendly. Fireplace dampers should be closed and functioning properly to protect against drafts and keep heating costs down.

Leaving a damper open or using a broken one is the equivalent to leaving a window open when the air conditioner is running.

While sometimes not as noticeable as a chimney draft, ice is another danger. It can build up in gutters quickly if there is debris there from previous seasons.

In order for ice to melt and drain properly, drains must be clear. Clean your gutters when it's warm to prevent clogs and costly replacements.

Remember Watering Systems

This is especially important for recent home buyers who may not think to look for this. Water trapped in an outdoor faucet, spigot or irrigation system can cause a pipe to burst if ice settles inside. Make it part of your winterizing routine to ensure that outdoor plumbing and pipes are clear before temperatures drop.

see WINTERIZED on page 10

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An Update That is Easy On the Eyes

(StatePoint) If you ever experience eyestrain, tired itchy eyes, blurry vision or headaches, it may be time to give your home a lighting makeover.

Problems caused by bad lighting can be intensified by using it for longer, something most households should keep in mind, as 74 percent of Americans in a recent survey, commissioned by lighting manufacturer Signify, say they spend eight hours or more a day under artificial light.

The World Health Organization predicts that 50 percent of people will be short sighted by 2050.

Unfortunately, there's a disconnect between people's concerns about eye health and the steps they are taking to support eye comfort at home.

While 80 percent of U.S. consumers in the same survey say they believe good lighting is beneficial for eye health, a 2017 study found only 21 percent take that into account when purchasing light bulbs, and only 29 percent consider light quality.

For many consumers, the disconnect may stem from overwhelming choice when it comes to home lighting and from not having enough information to make an informed decision.

Luckily, manufacturers are taking steps to improve lighting quality and help guide consumers in



A BRIGHT IDEA: Lighting manufacturers are taking steps to improve lighting quality and help guide consumers in their search for comfortable light that's easy on the eyes.

their search for comfortable light that's easy on the eyes.

For example, Signify has defined specific lighting quality parameters, which take into account factors such as flicker, strobe, glare and dimming effects that can affect one's eye comfort. Consumers can look for a label on product packaging to identify the Philips LED light bulbs that meet the standards for quality lighting that's easy on the eyes.

While certain eye conditions are beyond one's control, why not do

what's in your power to protect your family from eyestrain and related discomfort?

The simple DIY project of upgrading your home lighting can mean happier, healthier eyes and better quality of life.

—StatePoint

Quick Tips and Tricks to Make Your Home More Comfortable

Do seasonal temperatures sometimes leave you frustrated with your home's lack of insulation? Staying comfortable indoors is a top priority for most people, and luckily, it's easy to ensure your home is an optimal temperature.

With a few quick tips and home defense strategies, you'll be on your way to a more comfortable abode in just a few hours.

Why weatherize?

Preparing your home to combat temperature change is an important task for both homeowners and renters throughout the year.

Feel uncomfortable drafts? Notice your heating and cooling equipment is continuously running? Tired of expensive energy bills? You're not alone: almost two-thirds of American adults live in a home that needs to be weatherized, according to recent research conducted by Duck brand.

There are many motivations for weatherizing. In fact, did you know...

- 54 percent of people weatherize to save money on energy bills

- 44 percent weatherize to make the temperature of their home more comfortable

- 22 percent do it for greater energy efficiency

Is that a draft?

First, you'll need to identify the source — or sources — of leaks. Don't stress, it's easy!

Hold an incense stick near potential draft sources, such as windows and doors. If the smoke blows sideways, you'll know that an air leak exists and it's time to weatherize. But don't just stop there.

Areas such as attic access openings, pull-down stairs and exterior electrical sockets are additional, often overlooked sources of air leaks.

So, now what?

Once you've identified the leaks, it's time to stop them. Window and door seals take a beating from normal wear-and-tear and

can be a large source of drafts coming into the home. Replace old, cracked seals with heavy duty weatherstrip seals, which are made with durable, flexible material, allowing them to stand up against extreme temperatures. They help to block cold winter air from entering, as well as dust, pollen and insects during the warmer months.

For added protection with older windows, use an easy-to-install, crystal-clear roll-on insulation which features a pre-taped top and easy roll-on film that require no measuring, making installation painless.

When applied to indoor window frames, the film provides an airtight seal that's easily removed once warmer weather arrives.

For more information on increasing home comfort, along with easy-to-follow weatherization installation videos, visit duckbrand.com/weatherization.

—StatePoint

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IS YOUR HOME PREPARED FOR WET WEATHER?

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

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

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

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

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

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Mother Nature Inspires New Neutral Home Design Trends

Many interior designers gravitate toward grays or whites as a starting point when building a home's look and feel, but a new trend is emerging.

Homeowners are getting back to basics and finding ways to bring the outdoors in by using neutral earth tones as their blank slate. These wood tones have become the "new neutral" for those beginning their home design.

No matter your style — modern, eclectic or anything in between — the toned-down hues of natural-looking wood surfaces are the perfect starting point for building a versatile, relaxing and high-end look in your home.

It's all natural

Finding inspiration from nature can create a more calming retreat in our hectic, constantly connected lives. Start with a neutral and natural palette in the home as the first step to designing your oasis. Incorporating colors found in nature can act as a reminder to disconnect and recharge in your home.

Stay grounded

Include a variety of textures from the ground up to transform your space and make it unique. From flooring to décor, finding ways to pull in elements from Mother Nature will turn your home into your haven. Bring out your home's natural beauty with flooring like Lumber Liquidators' Claire Gardens oak hardwood, which features an organic oak grain where no two boards look the same. The textured grains pair beautifully with greenery, and the neutral color complements a variety of earthy paint palettes.

Woodland oasis

Wood is the perfect element when deciding to bring nature into your home — whether on the floor or on the walls, as an accent or as



No matter your style, the toned-down hues of natural-looking wood surfaces are the perfect starting point for building a versatile, relaxing and high-end look in your home.

a headboard.

Featuring a variety of wood elements in the décor itself can also allow you to play with mixing different grains, colors and textures throughout the home while still maintaining a seamless overall design.

Light and airy

To make small spaces feel more open, be sure to accentuate natural light by incorporating mirrors. Try and keep your space clear of clutter and add natural foliage and plants to improve air quality and

mood. Installing long, wide planks of flooring will also make your room feel larger.

Branch out

Starting with a neutral, earthy color palette means you have plenty of room to play with color — be it bold, muted or a reflection of the world around you. Include colorful accent pieces that remind you of the perfect fall foliage, a day at the beach or spring's first blooms.

Natural inspiration provides a world of possibilities.

—BrandPoint

Affordable: Transform a Room with Paint

continued from page 8

A common misconception is that expensive products equal better products. While that can certainly be true, there are lots of examples where the most expensive option is not the best choice.

This is certainly true in large home improvement projects, where the costs can run high and the consequences for purchasing subpar materials can be serious. But, homeowners can save money while protecting their investments by finding the low-cost leader in the product category: a product that provides the best quality for the price point.

"In many product segments there is a low-cost leader — a product or brand comparable in quality to more expensive brands, but offered at a lower cost to provide the best value per dollar," says Rick Taylor, a longtime roofing contractor now working as a trainer for Tamko Building Products, a manufacturer of the low-cost shingles. "Home improvement isn't the place to cut corners, but, if you buy smart, you can save money even on big exterior projects."

New door and porch decor

A new entryway can add major curb appeal to any home, but can also come with a big price tag, especially if the front porch area is aesthetically weak and would require construction to build it out.



The transformative properties of paint are legendary.

To achieve a similar result at a fraction of the cost, replace the front door with a new, energy-efficient option with a strong design element. You may even consider painting it a bold color.

Next, add a ready-made pergola around the entryway, or large concrete or sandstone pillars on either side of the door, available at most garden stores. Adding large, decorative plants to the top of the pillars, or around the doorway, can help define a dramatic entryway without ever pulling out a hammer.

Paint

Adding a fresh coat of paint is one of the most affordable ways to update many portions of the home.

While time-consuming, the transformative properties of paint on a staircase, exterior shutters, interior walls or even a floor are legendary.

Paint is another great opportunity to utilize the consumer trick of looking for the low-cost leader in the product category.

Stay away from the cheapest paint as it may chip or require many coats to cover, and in the end, cost you even more money to fix. But, also avoid the highest-end paints, as you may be paying more for the brand name than the actual product. Look for the best quality option at the most affordable price.

—BrandPoint

Winterized: Create a Seasonal Checklist

continued from page 8

Designing for Weather

In the design process of your home, it is important that your home is sealed correctly to account for local weather. An architect can advise on how to prevent unwanted drafts. If you have an older home or apartment, use self-adhesive weather stripping to seal cracks in windows and doors, too.

Create a Timetable

The change of seasons means maintenance. Create a checklist of tasks with a timetable so you are never scrambling at the last minute. Small items that often slip between the cracks can be taken care of in a timely fashion — like changing batteries in smoke detectors or cleaning the pilots of the heating system.

Andreozzi recommends using a professional twice a year to help tick off some of the trickier items, such as sealing windows. To ensure that you're hitting all of the pain points, an architect can help you formulate a full checklist to make the most out of your prep work.

To find an architect in your area, visit architectfinder.aia.org/.

—StatePoint

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AUGUST 20, 2019
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The name of the business:
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FILED
SEPTEMBER 03, 2019
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FILE NO. 563008

**FICTITIOUS BUSINESS
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Clara St. 224, Hayward, CA 94544, in Alameda
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The name of the business:
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**FICTITIOUS BUSINESS
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The name of the business:
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owner(s): Chawannoot Thordarson, 123 Col-
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/s/ Chawannoot Thordarson
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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Transaction Delays Cause Additional Stress

A couple selling their home accepted a contract and relocated out-of-state. Escrow was slated to close in 30 days, and since they wanted to make sure every detail was planned in advance, contacted their insurance and utilities companies to have everything cancelled on the day their transaction closed.

What could possibly go

wrong?

As it turned out, a lot. Approximately 10 days into the transaction, the lender, a small out-of-area broker, provided the initial approval, then went silent.

The buyer, wanting more assurances before removing the loan contingency, refused to budge until he heard from the lender. Underwriting, also unable to contact the broker, put everything on hold.

It soon became obvious to all that the 30-day close of escrow was not going to happen.

On day 31, the sellers, realizing they were not closing on time, suddenly remembered they had canceled everything on day 30. In a panic, they called their insurance company, only to discover that their policy had already been terminated and, since the house was now vacant, would need to be re-insured with an entirely different, more expensive policy.

Getting the utilities turned back on was not as difficult, but still involved extra effort. They also realized the house would need a cleaning and landscaping touchup before close.

Approximately 40 days into the transaction, the lender suddenly reappeared: it turned out he'd had a family emergency in China and left the country without letting anyone know.

While absent, he did not communicate in any way, leaving everyone in the dark. The sellers, grateful everything was back on track, kept the insurance and utilities active until after the transaction closed, 3 weeks later.

In a perfect world, escrows close on time and advance planning can make life easier. Unfortunately, that world does not exist: transactions frequently close late and, occasionally, get cancelled altogether. Here are two guidelines to follow:

Do not cancel utilities or insurance policies until the day after escrow closes. This ensures that the utilities are still on when the buyer gets the keys and prevents insurance issues. Insurance companies will backdate to the actual close date.

Do a final cleaning and landscaping touchup the day before escrow closes. If you have already relocated, hire local cleaning and landscaping companies to go in for the final touchup.

No one likes surprises. Plan correctly and you should be able to close without additional stress.

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.

Are My Roses OK?

By Buzz Bertolero
Special to the Forum

I have several old roses in planters. The bark on one of them has been peeling off for several years. Another rose bush nearby looks as though it has the same problem. Is this problem contagious? I can't find any references to this problem in any of my gardening books.

This may or may not be a problem. The bark on older roses will naturally peel off very easily below the bud union. The bud union is where a rose is grafted on to a rootstock.

As long as the tissue in this area is showing no noticeable discoloration, I would not be overly concerned. You should carefully inspect any areas above the graft if they are peeling.

Rose canes that are damaged by sunburn or from a physical injury may peel. The problem areas will turn a dark or black color and can be an entry point for borers. Borers will not attack healthy tissue.

You can locate the borers by scraping the bark with a knife as they will be right under the surface. The borers are white or amber-colored, usually linear in shape and are easily seen with the naked eye.

The simplest way to treat the problem is to prune out the affected canes.

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



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This is Special Districts Week

Castro Valley Sanitary District (CVSan) is commemorating Special Districts Week — Sept. 22 to 28 — to encourage residents of Castro Valley to be involved in their community and be civically engaged with their local government.

Special Districts Week was established by the State Legislature earlier this year with bi-partisan approval.

"This is an opportunity to recognize essential services such as fire protection, parks, water, and sewer that are vital to the local communities they serve," stated Roland Williams, CVSan General Manager and current president of the Alameda County chapter of the California Special Districts Association.

The Association represents over 1,000 special districts and affiliate

organizations throughout the state. These districts are local government entities created, funded and overseen by a community's residents to provide specialized services and infrastructure.

The Castro Valley Sanitary District was formed in 1939 and this year celebrates its 80th Anniversary. It is a small public agency organized under the Health and Safety Code of the State of California.

As a California Special District, it has responsibility for the operation and maintenance of the sanitary sewer collection system within the unincorporated community of Castro Valley.

CVSan also oversees a refuse collection franchise for the community, manages State and local mandated recycling programs, and holds 25% interest in a wastewater treatment facility.

LETTERS

TO THE EDITOR
FREDZ@EBPUBLISHING.COM



Fire Risk: Prune, Don't Cut Trees

Editor:

Numerous acres of Live Oak, Bay Laurel, and other trees are being clear-cut in East Bay Regional Parks and this has now breached into Anthony Chabot Park paralleling the Columbine Trail.

This work is being done by PG&E on Regional Park land as part of their vegetation and fire risk "management." It's not focused on eucalyptus, but all trees within proximity of the transmission lines.

This clear-cutting, however is destroying large forests, habitat, will lead to erosion, and is ill-advised.

The U.S. Forest Service has said that "removal of the overstory trees can introduce changes to the environment which increase fire behavior in undesirable ways."

An Environmental Impact Report needs to be completed. They should prune rather than clearcut the overstory. PG&E should plant trees elsewhere to offset the CO2 increase from the forests they are destroying.

Join me in contacting PG&E and EBRPD to demand they address these concerns.

—Justin Cannon
San Leandro

Says Rodeo Fans Unaware

Editor:

This summer, the Coalition for a More Humane Alameda County shared informational leaflets on rodeo animal cruelty with patrons at Rowell Ranch, Livermore and Bill Pickett Rodeos.

Many people attending the Rodeo, previously unaware of the suffering that rodeo animals endure, agreed that inflicting pain and fear should not be acceptable forms of entertainment. Here is one of numerous comments we received from a patron attending the Bill Pickett Rodeo.

"Forgive my ignorance! I was invited to attend the Black Rodeo in Castro Valley recently. Representatives from your organization were passing out flyers about the animal cruelty of rodeos. I had never been to a rodeo before and only went because a friend had always wanted to go to one."

Calf Roping is one of the cruelest events of all. Terrified calves burst out of the gate at speeds approaching 30 miles per hour to escape electric shocks and handlers who twist and yank their tails.

Cowboys lasso the calves around the neck snapping their heads back to an abrupt halt. Their bodies are slammed to the ground, the wind knocked out of them as their legs are tied together.

Many suffer serious neck and back injuries, such as torn ligaments, broken bones, severed spinal cords and trachea, while others die from internal hemorrhaging. These very young calves are tormented in this way over and over again.

Flank straps and spurs are cruel devices used to inflict pain on "bucking" animals. A flank or bucking strap is cinched tightly around the flank of horses' or bulls' flank, creating pain and severe discomfort, which causes the animals to buck. When the strap is released, the animal stops bucking. Filed-down spurs are worn on the riders boots and used on the horse or bull's sensitive neck to create pain.

Calf Roping, and the use of flank straps and spurs, are terribly abu-



MALO Concert Saturday

Legendary Latin Hit Maker Malo, one of the biggest and most respected names in Latin American Music, will be live in concert this Saturday, Sept. 28, at the historic Bal Theatre, 14808 East 14th St. in San Leandro. Doors open at 7 p.m., show at 8. Presented by Curtain Call Performing Arts. For tickets, visit www.BALTheatre.com.

sive to normally docile animals. These events and/or "tools of torture" should be banned immediately! Please don't attend Rodeos!

—Michelle Lang, San Leandro
Coalition for a More Humane Alameda County

Construction Workers Hinder Shoppers

Editor:

My wife and I have lived in Castro Valley since 1983. We own our home and love living here. We try to shop local and frequent small businesses.

There are major renovations going on currently in Castro Village. What disturbs me is the poor citizenship displayed by the workers. I have observed them parking in handicap parking spaces frequently. There are many disabled seniors needing to utilize these spaces.

Even regular spaces are monopolized by the workers.

My father was in the trades for many years and told us kids that they were not supposed to park at job sites but to park away in designated areas to not disrupt the businesses.

I saw one truck parked across multiple spaces. I wonder how these businesses will survive if patrons can't get to them.

I hope you will print this to raise community awareness of the flagrant disregard for our laws regarding our disabled citizens' rights to park near the local businesses.

—Peter Tuttle
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. We do not publish unsigned or anonymous letters. Email Letters to: fredz@ebpublishing.com or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

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Adrienne Jang Fong

December 24, 1948 - September 18, 2019

Adrienne Jang Fong, age 70, passed away peacefully in her sleep on Sep. 18, 2019, after a six year battle with cancer. She lived in Castro Valley for the past 40 years.

Adrienne was born on December 24, 1948 to Lloyd and Suk Jang in Oakland, CA. The oldest of 3 children, she graduated from UCSF's School of Pharmacy in 1972 and served as class secretary. She worked as a pharmacist at Walgreens until she retired in 2012. She married Ron Fong on Aug. 25, 1974 and celebrated her 45th anniversary before the Lord called her home.

She was a devoted and loving mother who enjoyed cooking and experimenting with food, often making new creations that she saved in a book of secret recipes. Her recreation of the Sun Wah Kue orange pie was a family favorite. She was also a lifelong knitter and sock designer who won multiple awards at the Alameda County Fair and California State Fair, and was an avid poster on ravelry.com and lovecrafts.com.

She is preceded to the Lord's kingdom by her father, Lloyd. She is survived by her mother, Suk; her two brothers, Ronald and Kenton; her husband, Ron; and two sons, Ryan and Andrew.



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Events

- Barks & Boos! October 29, from 5 to 9 p.m.

The Castro Valley / Eden area Chamber of Commerce is located in Suite 224 at 3160 Castro Valley Blvd., phone 510-537-5300

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THIS ROCKS! Ever wondered where the colorful and quirky rocks come from you've seen left around town? Join us on Tuesday to meet the famous rock painters, then paint along with them and swap rocks.

Coming Up at Smalltown

● **Tuesday, September 24, 5 to 7 p.m.:** Castro Valley Rocks rock-painting and swap at Smalltown Society. Join your community of rock painting enthusiasts for fun and trading! RSVP on Facebook, space is limited but walk-ins welcome. BYOR (Bring your own rocks) and supplies, there will be some paint supplies on hand first come first serve. Donations encouraged.

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

Expert: Help For Your Life

continued from page 2

Perhaps you are experiencing hormonal changes that cause moodiness and increased weight gain? Nutritionist Susan Blanc is teaching a three-session class designed for both women and men to control their hormonal imbalances using whole foods and herbs. She is also teaching a one session class on making cultured foods to super-charge digestion and vitality.

Do you want to walk away with some steps to change your mood? Victoria O'Kane, author of *A Journey to Joy*, is teaching a one-night class called "The Secret to Being Happy" which will offer specific ideas on how to increase your joy no matter your circumstances. It can also help to apply mindfulness techniques.

John Bass LMFT is once again offering his popular Meditation for Busy People class.

Do you lie awake at night worried about how to take care of your family after you are gone? There's even a Living Trust and Estate Planning class with attorney James Phillips.

Maybe you feel good and want to feel great. Other fun classes starting in October include Bicycle Maintenance and Beginner Chess. There are also some informative parenting classes.

To learn about all the classes and get a little "expert" help, please visit: www.cvadulthood.org or call (510) 886-1000.

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



CVSan customers can now recycle textiles curbside.

Recycle Your Old Clothes, Other Textiles

Twice a year, during the first full weeks of October and June, residents can set out usable and unusable textiles, including clothing, towels, linens, bathmats, curtains, shoes, rugs up to 9-by-12 feet — even stuffed animals in clean and good condition — curbside for pick up at no additional charge.

The next collection will occur

October 7 through 11. Single-family residents should place bagged textiles curbside on their regular recycling collection day. Multi-family residents should check with their property manager for both the day and collection area. For all residents, items should be put out by 6 a.m. on their collection day.

Unacceptable items include carpets and textiles that are wet, moldy, or have human biowaste, blood, toxic chemicals, or motor oil on them.

Customers will not receive a tax-deductible receipt.

Textiles, including carpet, will also be accepted at CVSan's April 25, 2020 Recycles Day.

Finding Roots Right Here in Castro Valley

By Barbara Thurston
SPECIAL TO THE FORUM

Do you know who your great-grandparents were, where they lived, how many children they had, who their children were?

Maybe, but probably not. DNA will tell you where your ancestors came from, not last century but really where they originated back before records were kept.

ADNA test will tell you the percentages of each of your ancestral groups. Many companies offer DNA tests at reasonable cost.

But the DNA test will not tell you *who* they were. That's where genealogy comes in.

If you are interested in knowing who your ancestors were, genealogy research may identify them and where they came from.

Start by recording on paper what you *do* know, starting with yourself, i.e. your name, when and where you were born, where you have lived, etc. Then do the same for your parents including maiden name, and your grandparents.

Of course, as you go back in time, you will know less and less for each person and that's OK because that's where genealogy comes in. Amateur genealogists are really detectives in training.

Now what? We have monthly

sessions to help you get started documenting your family tree for posterity.

I can tell you from personal experience that when I found my great-grandmother's name, Marjem Stroh, her burial in Vienna, Austria in 1902, her birth record in Poland in 1838, her marriage, her children's births including my maternal grandfather, I was ecstatic, particularly because when I started this hobby, I knew only my grandfather's name and where he died.

Every revelation is truly exciting to me.

Come to our two-hour monthly sessions at the Kenneth Aitken Senior and Community Center on the first Tuesday of the month at 2 p.m. and we'll show you how get started, how to use various tools

and techniques to look up your family, fill in the gaps, and how to save it for your descendants.

In this class we concentrate on a free program called FamilySearch. Yes, that's right. Free. (There is a nominal \$2 fee charged by the Senior Center for each session.)

If you don't have a computer and internet access at home, that's OK too, because the Castro Valley Library has many for you to use. Bring your paper records and your questions. Upcoming sessions are Oct. 1 and Nov. 5.

You may say that your kids are not interested, but no doubt your kids or your grandkids will be interested, later on. What if your grandparents had done this for you, wouldn't you be delighted to have it?

see **ROOTS** on back page

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Reports: CV

continued from page 3

Peeping Tom Tries Removing Screen

Wednesday, September 18: at 2:08 a.m., a 54-year-old man from Hayward was arrested on suspicion of prowling and peeping into a window of a home on Parkview Road near Larimer Way. Deputies responded to a call by the owner who said the man was trying to remove the screen from the window. The victim put the man under citizen's arrest until deputies arrived. The man was taken into custody.

Breaking and Entering With Battery

Tuesday, September 17: at 10:41 a.m., deputies arrested a 29-year-old woman with no permanent residence on suspicion of assault and battery as well as possession of illegal drug paraphernalia. The woman was also wanted as part of a warrant issued for her capture. Deputies responded to an altercation in the parking lot of a gas station on Grove Way near Center Street. The woman was handcuffed and taken to Santa Rita Jail pending \$12,500 in bail. The victim was treated at the scene.

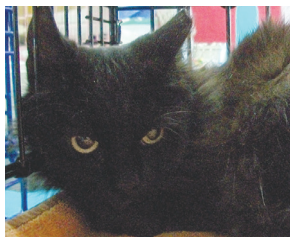
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LUCY is a beautiful, 10-month-old with medium-length fur, was hit by a car when she was a wee kitten. Spayed, vaccinated, chipped. Email: Loveallpawzrescue@gmail.com.



GRADY is a debonair, 3 month old boy with medium-length gray fur. He's a very playful and affectionate kitten. For more information, email: Loveallpawzrescue@gmail.com.

Roots: In CV

continued from page 15

Recently I found on-line an old 17 page typewritten document authored by the second wife of my first cousin twice removed, contemporary of my grandparents.

It contains a wealth of information starting with my paternal 2nd great grandparents, their 13 children and most of their descendants up to the 1960's. And thank goodness she had the interest to document it all, even though she was related only by marriage.

Once you get started, or should I say hooked, you can also plan to join local CV residents at the Genealogy group that meets at the Castro Valley Library on the first and third Thursday of each month at 10:30 a.m. The upcoming meetings are Oct. 3rd and Nov. 4th, (no meeting Oct. 17th).

At these meetings, we delve deeper into some of the thousands of websites and resources that are available depending what you are looking for as well as helping each other with problems and suggestions for finding that elusive Grandpa that doesn't seem to want to be found.



PHOTO BY CHRISTINE COQUILLEAU

Comedians at Smalltown

LAUGH OUT LOUD: Comedian Scott Simpson, above, headlines Plethos Productions "Joktoberfest" at 7 p.m. on Saturday, Oct. 5, at Smalltown Society, 22222 Redwood Road in Castro Valley (next to Trader Joe's). Ring in October with a lineup of five hilarious standup comedians seen on stages throughout the Bay Area, hosted by comedian Ryan Goodcase and featuring beer on tap, bratwurst and desserts. Early bird tickets are just \$10 before Oct. 1 at plethos.org.

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- Burning textiles can release toxins into the air. Learn more about the environmental impacts of clothing at selectmyxpath.org/creative/clothing.htm
- Instead of throwing clothes away consider donating them during CVSan's Textile Collection Week October 7th - 11th curbside on your regular collection day or visit CVSan's Reuse page at cvsan.org/reuse.

References:
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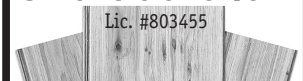
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