

THIS WEEKEND!
ROAD CLOSURE
INFO BELOW

FALL FESTIVAL

PAGES
9-12

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 29

WEDNESDAY, SEPTEMBER 6, 2017

NO. 37

INSIDE YOUR FORUM

LIVING



Beet the Heat

When temperatures rise, these dishes help keep you cool and satisfied

Page 6

SENIORS



Home Alone

There are many services that check in on elderly seniors who live alone

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NEWS



You're Invited

Ribbon cutting for new facilities at Palomares Elementary this Friday

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PHONE: (510) 537-1792

BEATING THE HEAT



PHOTO BY LARRY ROSA

As temperatures rose above the 100 mark on Friday, the Castro Valley Water Park attracted plenty of grateful clients. STORY AND THIS WEEK'S FORECAST ON PAGE 2

CV CRIMINAL SUSPECT DIES IN SHOOTOUT

By Amy Sylvestri
CASTRO VALLEY FORUM



Thomas Daniel Little Cloud

A Castro Valley man, identified as a suspect in the killing of a sheriff's deputy, has died from injuries he sustained during a deadly shootout in Sacramento last week.

Authorities say Thomas Daniel Little Cloud, 32, shot and killed Sacramento County Sheriff's Deputy Robert French, 52, and injured two undercover California Highway Patrol officers last Thursday as he tried to flee a Ramada Inn.

The incident began last Wednesday morning when police spotted a stolen car at the hotel. The driver refused pull over and led police on a high-speed chase into neighboring Elk Grove. The driver was eventually pulled over and was identified as Priscilla Prendez, 23, of Oakland.

Prendez was on probation which enabled officers to search her, and it was discovered that she had a room at the Ramada Inn in her name.

When detectives returned to the hotel and knocked on the door of Prendez's room, police said Little Cloud began shooting through the door and the wall, injuring the two CHP officers.

see SHOOTOUT on page 2

Longtime Castro Valley Stationery Store Closes Doors

By Linda Sandmark
CASTRO VALLEY FORUM

Another piece of Castro Valley became history last week, with the Aug. 31 closing of Treible Stationers office supply store.

Treible's incorporated in 1959 and has been located in Castro Valley ever since. The store was originally owned and operated by Robert Treible. The Bolin family of CV bought the business in 1994.

Local residents shopped at the retail store, which carried school supplies, printer ink, paper, greeting cards, calendars and office furniture. But there was much more going on behind the scenes.

"Most of our retail customers had no idea about the commercial side of our company," says Ken Bolin. He estimates that the retail portion was only about five percent of Treible's business.

Under the Bolin family, Treible added an outside sales team, an inside customer service department, and delivery drivers. The company was able to deliver office products quickly to commercial customers throughout the Bay Area.

Treible's increased the store's sales to 20 times its original volume. The company outgrew its earlier location near Castro Village, moving in 2014 to larger quarters at 2743 Castro Valley Blvd.

The Bolins recently merged with AAA Office Solutions and Interiors of San Francisco. The merger will allow Ken and his wife Rose to retire. Ken's brother, Bob Bolin, will stay on with the new company, which will retain an office in Castro Valley.

"We are happy to say that all our staff will be employed by the new company," says Ken. "It is bitter sweet. We have met so many great people throughout our years at Treible's. We will miss that part of the business, but we are also excited about our new chapter in life, spending time with our first grandchild and catching up with things we never quite had time for when you own a business."

Ken adds that Rose is happy he will finally get around to his "honey-do list," which has been growing over the past 30 years.

"My wife says I have no excuses now!" says Ken.

The Bolins would like to thank the community for their loyal support all these years. They live in Castro Valley and plan to continue to be active around town.



PHOTO BY LINDA SANDSMARK

ABOVE: Ken and Rose Bolin are retiring and closing Treible Stationers retail store on the Boulevard. AT RIGHT: Bob Bolin will continue with AAA Office Solutions and Interiors, which merged with Treible Stationers.



Castro Valley Weather Sept. 6 - 10, 2017

				
Wednesday Clouds then Sun High 81° Low 65°	Thursday Mostly Sunny High 73° Low 63°	Friday Mostly Sunny High 74° Low 61°	Saturday Mostly Sunny High 78° Low 61°	Sunday Mostly Sunny High 82° Low 64°

Almanac

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

Moon Phases

Sept. 6	Sept. 13	Sept. 20	Sept. 28
			

Sun sets at 7:00 p.m. today, rises at 6:45 a.m. Thursday.

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Weekend of Record-Breaking Heat Ends

The weather in Castro Valley will return to normal tomorrow, with a predicted high plunging to 73 degrees from the 81-degree-forecast for today. Low cloudiness will give way to sunshine later in the day on Thursday, with the slight possibility of rain.

The entire East Bay began cooling off on Labor Day after a record-breaking heatwave that began Friday sent thousands to beaches, cooling centers, air-conditioned stores – anywhere they could find some relief from the scorching temperatures, which didn't let up much at night.

On Friday, some temperatures inland surged well over the 110-degree mark, resembling more like what you'd expect to see in Death Valley than the Bay Area. Parts of Castro Valley reached 105 degrees at times over the long weekend.

One of the cooling centers was the Castro Valley Library. Branch

Manager Dawn Balestreri said 50 to 60 people were standing at the entrance of the library waiting for it to open and most stayed for several hours.

Private weather forecaster Mike Pechner attributed the heatwave to a large dome of high pressure that covered much of the West Coast, shutting off the usual sea breeze and allowing a very hot air mass over the interior to spread westward towards the coast and the Bay.

"The area of high pressure has moved to the east and the marine layer is back with cooler temperatures for the next six to 10 days," Pechner told the Forum on Tuesday. "However it will be muggy with higher humidity because moisture from tropical storm Lidia is still present, allowing for the slight possibility of a stray summer shower."

Temperatures were expected to remain in the 70s through Saturday.

Shootout: CV Suspect

continued from front page

As he attempted to escape through a back balcony of the hotel, he engaged deputies with a high powered assault rifle, mortally wounding French, a 21-year veteran of the sheriff's office.

Little Cloud attempted to flee in a stolen car, leading police on a chase onto city streets in Sacramento before crashing his car and being taken into custody. He died from his injuries in a Sacramento hospital on Saturday.

Little Cloud had an extensive criminal record in Alameda County over the past 14 years, including assault on a police officer, battery on emergency personnel, robbery, illegal possession of firearms and ammunition, possession with intent to distribute methamphetamine, and assault with a stun gun.

Authorities say Littlecloud was eluding police in two separate court cases after failing to appear in court in July.

French, the deputy who was killed, is survived by three children, several grandchildren and a sister.

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<p>EAT</p> <ul style="list-style-type: none"> AROMA CUISINE OF INDIA CHEESE STEAK SHOP CHEF EXPRESS CHINESE CUISINE DON JOSE'S ISUSHI LIME LEAF THAI LOARD'S ICE CREAM MOD PIZZA – COMING SOON MOUNTAIN MIKE'S PIZZA MR. PICKLE'S POSH BAGEL RIGATIONI'S SEE'S CANDIES — COMING SOON SHARI'S RESTAURANT STARBUCKS VITALITY BOWLS 	<p>SHOP</p> <ul style="list-style-type: none"> ARAN'S COLOR & GLAZE BEAUTY SOURCE DRIED & TIED EDEN BICYCLES GIFT EXPRESS HEALTH UNLIMITED MERLE'S HALLMARK SHOP ROBIN'S NEST ROSS TJ MAXX WALGREENS WORLD WIDE ART 	<p>LIVE</p> <ul style="list-style-type: none"> A WOMANS TOUCH CHIROPRACTIC BANK OF THE WEST CASTRO VILLAGE BOWL CURVES FOR WOMEN EDWARD JONES INVESTING EUROPEAN WAX CENTER LINDA'S HAIR & NAILS LINDA'S NAILS MASSAGE ENVY SPA MEL'S SHOE CLINIC RAE TALBOT SALON U&I PHONE REPAIR VILLAGE BARBER SHOP VISION GALLERY OPTOMETRIC CENTER
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Participants at the Run to the Dam will be treated to views like this at Lake Chabot.

Run to Dam Offers New Vistas

By Lowell Hickey
SPECIAL TO THE FORUM

Participants in the Castro Valley Sports Foundation's inaugural Run to the Dam will see parts of Lake Chabot Regional Park that previously have not been open to the public without permits.

Co-sponsored by Eden Health District, the 5K and 10K event is Sunday, October 29, beginning at 8:30 a.m. from the Chabot staging area, 7000 Miller Road.

Packet pickup and race day registration begins at 7:30 a.m.

To register for the Run to the Dam, go to the CVSF website – castrovalleysportsfoundation.org – click on the "Events" link and follow instructions.

Entry fee is \$35 for the 5K and \$45 for the 10K from now through Oct. 13, increasing to \$45 and \$50 thereafter. Prizes will be offered by age divisions, which start at 8-years-old and under and go all the way to 85-years-old and over.

5K AND 10K
EVENT SUNDAY,
OCTOBER 29TH

The trail from the Chabot staging area to the upper San Leandro Reservoir and back covers mostly flat terrain and previously has been open only with proper permits, so runners and walkers will be treated to new views in the scenic park.

Proceeds from the Run to the Dam benefit CVSF, a local non-profit that provides charitable assistance to youth sports and athletics in the community, including teams and programs under the auspices of the Castro Valley Unified School District.

Eden Health District and CVSF also are seeking sponsors and volunteers for the October 29 run. Sponsorship and volunteer forms are available on the CVSF website.

Attendees at the Castro Valley Fall Festival this coming weekend (Sept. 9 and 10) are invited to stop by the Eden Health District booth where they can obtain more details on the Run to the Dam and sign up on the spot.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



Man with a Mule

Wednesday, August 30: at 5:25 p.m., Sheriff's deputies and California Highway Patrol arrested a 69-year-old man with no permanent address on suspicion of trespassing and resisting arrest. The man, who reportedly travels around the state with a mule promoting more hiking trails, was stopped along the Boulevard near Center Street to feed his animal. Officers asked the man to move since the mule was on state property close to the freeway. The man also had several warrants issued for his capture. He refused the officer's requests and was taken to Santa Rita Jail pending \$10,000 in bail. The animal was taken to a local corral for safe keeping.

Failed to Register

Wednesday, August 30: at 11:13 p.m., a 62-year-old man with no permanent address was arrested on suspicion of failing to register as a transient and a sexual predator following his release from jail. Deputies were called to an apartment complex on Anita Avenue following a report of a suspicious person. There, they found the man in the parking area. Deputies handcuffed him and took him into custody.

Roommate Turned Violent

Wednesday, August 30: at 4:08 a.m., deputies arrested a 23-year-old man from Castro Valley on suspicion of assault with a deadly

weapon and making death threats.

Two people reported the crime to deputies while they were seeking treatment at Eden Medical Center. The man was located and identified at the apartment on Forrest Avenue near Forrest Circle. The victims claimed the suspect made death threats and had struck them in the head. Deputies took the man into custody.

Finders, But Not Keepers

Tuesday, August 29: at 9:45 a.m., a 31-year-old man with no permanent address was arrested on suspicion of possession of the stolen property he claimed he found but had obvious markers indicating that it did not belong to him. Deputies were called to a BART parking lot on Norbridge Avenue following reports of a suspicious person. The man fitting the description was handcuffed and taken into custody.

Wanted Man with Drugs

Tuesday, August 29: at 6:34 a.m., deputies arrested a 23-year-old man with no permanent address on suspicion of possession of illegal amounts of marijuana and other illegal drugs. The man was also wanted as part of an active warrant issued out of the Placer County courts. Deputies stopped the man for questioning in a parking lot on Redwood Road near Grove Way. The man began acting irrationally and was taken to John George Psychiatric Pavilion for observation.

Drug Paraphernalia, Theft

Monday, August 28: at 6:08 p.m., a 27-year-old woman with no permanent address on suspicion of possession of illegal drug paraphernalia and stolen property. Deputies spotted the woman in front of a business on the boulevard and found the stolen goods. The woman was taken into custody.



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Help Cleanup The Coastline

The 33rd Annual California Coastal Cleanup Day on Saturday, Sept. 16 offers a chance to celebrate the beauty of our creeks, wetlands and the Bay.

The event is scheduled at more than a thousand locations throughout the state, where tens of thousands of participants will help remove trash from California's beaches and inland waterways.



Last year more than 4,000 volunteers turned out for the event in Alameda County alone, collecting over 54,000 pounds of trash. Statewide close to 60,000 volunteers participated, ridding California of over 700,000 pounds of trash.

Collecting litter on land, even far from waterways, is critical to helping prevent ocean pollution. The vast majority of debris found in the ocean—up to 80%—originates inland, where it is carried by rainwater, street runoff and wind into the storm drain system and eventually into the Bay and the ocean.

Litter, especially plastic, poses a hazard to marine wildlife, entangling and poisoning animals that mistake the items for food.

Castro Valley Creek and trail cleanup will take place from 9 a.m. until noon on the 16th. Participants should meet at the Castro Valley Library parking lot. Cleanup will be along the trail and creek between the library and the Boulevard.

Cleanup equipment and gloves will be provided. Volunteers should bring refillable water bottle and wear sturdy shoes. Snacks will be provided. To register and get a liability waiver form, email: amy.evans@acrcd.org



Harmony Fusion Chorus enthusiastically shares the joy of singing four-part a cappella harmony in the barbershop style.

Harmony Fusion East Bay Women's Chorus Wants You

Harmony Fusion Chorus, an award-winning women's a cappella barbershop show chorus, will host a special open rehearsal night to welcome new singers at 7 p.m. on Monday, Sept. 18. All ages, backgrounds and cultures are welcome to the event to be held from 7 to 10 p.m. at the Hill and Valley Women's Club at 1808 B Street in Hayward, just off I-580 near the

Castro Valley-Hayward border. "We are looking to add to our chorus of women who love to sing and are enthusiastic about performing, competing and improving their vocal skills," says Joanne Morrison, Membership Chair

Harmony Fusion Chorus, a chapter of Sweet Adelines International, is open to singers of high school age and above. The chorus

meets every Monday (except holidays) at 7 p.m.

Rehearsals are always open to visitors, but this special session will begin with a "meet and greet" followed by vocal warm-ups when visitors are invited up on the risers among chorus members. Visitors will learn to sing "tags" – the last two phrases of a song in true barbershop style.

Morrison says the group is especially interested in attracting singers from the East Bay's many cultural communities.

For more information about the open rehearsal night, contact Joanne Morrison at 925-373-0210. Information about the Chorus is available on its Facebook page @ harmonyfusionchorus, or the website at www.isingharmony.com.

Applicants Sought for 2017 Youth Leadership Academy

Alameda County is accepting applications for its 2017 Youth Leadership Academy, a free educational program for 11th and 12th grade students interested in learning about local government.

The academy will allow young

leaders to learn about County programs, engage with County staff and elected officials, and build leadership skills to help solve community problems.

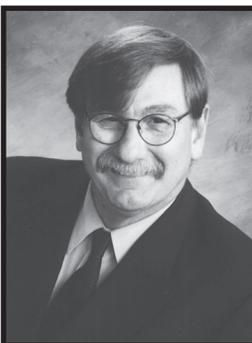
Meetings will be held on the Saturday mornings of Sept. 30,

Oct. 14 and 21, Nov. 18 and Dec. 9 at facilities throughout the county.

To be eligible, applicants must live in Alameda County and be a junior or senior at a school within the County. To apply, visit www.acgov.org/youthleadership/

Applications will be accepted until Friday, Sept. 15 on a first-come, first-served basis.

Those with questions about the application process should call Hayley Laity or Esther Conception at 510-272-6984.



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The Week Ahead

Please Note: The Community Calendar is for publicizing the activities of non-profit organizations, local government agencies, charities and community groups. It is not intended to be used for the advertising of commercial events, whether admission is charged or free.

Items for the Community Calendar must be received by 6 p.m. Friday for inclusion in the following Wednesday's newspaper. Please send listing in an email or doc attachment to: fredz@ebpublishing.com. We cannot use flyers or posters.

● Wednesday, September 6: Marking the 9/11 Attacks

FDNY Lt. Joe Torriello, a survivor of the Twin Towers Collapse, will be guest speaker at 11 a.m. and 7 p.m. today as Las Positas College observes the 16th anniversary of the Sept. 11 attacks. Both talks are free at the Barbara Francisco Mertes Center for the Arts, Bldg. 4000, on the campus at 3000 Campus Hill Drive in Livermore. Parking is \$2.

● Thursday, September 7: Parkinson's Support Group

The San Leandro Parkinson's Support Group holds its monthly meeting at 10 a.m. on Sept. 7 at the San Lorenzo Community Church, 945 Paseo Grande in San Lorenzo. There will be open discussion. For more information call Lona White 510-276-3119.

● Thursday, September 7: Free Science Lecture

The Castro Valley Educational Foundation presents Dr. Isaiah Nengo discussing the recent discovery of the skull of an infant ape from 13 million years ago and what it means in the evolution of humans, at 7 p.m. at the Center for the Arts on Redwood Road.

● Friday, September 8: Ribbon Cutting at Palomares Elementary

The community is invited to a ribbon-cutting for the new Palomares Elementary amphitheater and athletic facilities at 1:45 p.m. this Friday at 6395 Palo Verde Road in Castro Valley. The funds for the new facilities were generously donated by The Priem Family Foundation.

● Saturday & Sunday, Sept. 9-10: 45th Annual Fall Festival

Castro Valley's big street event of the year takes place on the Boulevard from Redwood Road to Santa Maria Ave. from 10 a.m. to 6 p.m. this weekend, with live bands, arts and crafts, beer, wine, food and kids activities, sponsored by the Castro Valley/Eden Area Chamber of Commerce.

● Saturday, September 9: Hearing Loss Association Meeting

Jerry Cardoso, who has worked as a specialist with the hearing impaired for more than 20 years, will demonstrate the latest mobile accessories for the hearing impaired including specialized phones, cell phone amplifiers and the Quattro audio neck loop with Bluetooth at 10 a.m. on Sept. 9 (refreshments at 9:30) at the Oakland Kaiser Permanente Hospital, Room G26 in the Fabiola Bldg., 3801 Howe St. Park free in garage across Howe. Email: athos.artist@att.net or call Kay at 510/886-4717.

● Saturday, September 9: Buon Tempo's Big Salami Shoot

The Buon Tempo Club's 9th Annual Big Salami Shoot will be held from 9 a.m. to noon this Saturday at the Ken Martin Bocce Courts in Adobe Park at 20395 San Miguel Ave. in Castro Valley. It's free and picnic tables are available.

● Saturday, September 9: Family Caregiver Skills Class

Hope Hospice presents a free class on "Essential Skills for the Family Caregiver" from 9:45 a.m. to noon this Saturday at 6377 Clark Ave., Suite 100, Dublin (2nd floor conference room). Light refreshments will be served. Register online at HopeHospice.com or contact Debbie Emerson at debe@hopehospice.com.

● Sunday, September 10: Writing Workshop

The Castro Valley Library will host well-known local author Camille Minichino for a free writing workshop titled "Taking the Next Step," from 1 to 4:30 p.m. on Sept. 10. She'll discuss the craft of writing and the publishing process and engage you in writing exercises and critiques. Space is limited and advance registration is required. Sign up at the Library or call 510-667-7900.

● Monday, September 11: Math & Science Tutoring

Looking for help with really hard homework? Castro Valley Library and two post-grad Science and Engineering students are offering free high school and college-level tutoring in Math, Physics, and Chemistry every Monday from 6 to 7:30 p.m. starting Sept. 11, and running throughout the school year. No registration or appointment necessary, however participants must be high school aged or older.

● Monday, September 11: Charity Bingo Luncheon

Eagles Eden Auxiliary No. 1139 will hold a charity bingo luncheon on Sept. 11 at the lodge, 21406 Foothill Blvd. in Hayward, with hoagie sandwiches, salad and dessert. For an \$8 donation you'll receive one bingo card. For info call 510-782-8187.

● Saturday, September 16: Community Dialogue on Race

Because of the escalation in demonstrations and acts of hate in our country and even in the East Bay, the Eden Area Interfaith Council and the Castro Valley Library offer a free, multi-faith forum on Race in America and how we can achieve justice, from 2 to 4 p.m. at the library. Refreshments will be served.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

● **"The Spouse Whisperer"** – Spend an evening with comedian Mark Cordes as he takes a hilarious peek into the world of relationships, at 7:30 p.m. on Saturday, Sept. 16. The journey starts with "love at first sight" till "death do us part" and all of the funny stuff that happens in between. Always charming and congenial, the Spouse Whisperer entertains with acerbic observations and a great comedic rapport with his audience. For tickets (\$26-\$32), see above.

THEATRICAL & MUSICAL PERFORMANCES

● **"Arsenic and Old Lace,"** Joseph Kesselring's classic dark farce, will be presented by Douglas Morrisson Theatre, 22311 N. Third St., Hayward, through Sept. 17. Showtimes are Fridays and Saturdays at 8, Sundays at 2, with shows at 2 and 8 on Sept. 9. For information or tickets (\$29) visit www.dmtonline.org or call 510-881-6777. Discounts for seniors and students.

● **"Beauty and the Beast,"** based on the 1991 animated Disney film of the same name, will be presented by Woodminster Summer Musicals as the final show of its 51st Season on Sept. 1, 2, 3, 7, 8, 9, 10, Fridays and Saturdays at 8 p.m., Thursday and Sundays at 7 p.m., at Woodminster Amphitheater on Joaquin Miller Road at upper Sanborn Drive in the Oakland hills. This magical family favorite puts 44 actors and a full orchestra onstage. For more information or for tickets, call 510-531-9597 or visit www.woodminster.com or buy at the box office before any performance.

AT THE GALLERIES

● **Art Fest**, an outdoor show and sale of original artwork, small pieces, matted work and cards created by local artists, will be held from 10 a.m. to 3 p.m. on Friday, September 16, and from 10 a.m. to 4 p.m. on Saturday, September 16, in the San Leandro Main Library Courtyard at 300 Estudillo Avenue. Artwork by students from the San Leandro Public Elementary Schools will be in the show and there will also be art demonstrations. Selected art will be on display from September 1 through the 26th in the San Leandro Main Library Gallery. Art Fest, sponsored by the San Leandro Art Association, is free and open to the public, and there is ample free parking.

● **"Arts & Letters,"** an exhibition sponsored by the Hayward Arts Council and featuring 135 works from 55 local artists, is on display until Sept. 10 at the new location of the Foothill Gallery at the Hayward Area Historical Society Museum of History and Culture, 22380 Foothill Blvd. Gallery hours are Wednesday to Sunday, 10 a.m. to 4 p.m.

● **"Blue Planet,"** featuring the works by members of Sun Gallery, will be exhibited until Sept. 29 at the John O'Lague Galleria in Hayward City Hall, 777 B Street. Gallery hours are 9 a.m. to 5 p.m. Monday through Friday.

● **The 40th Area Artists Annual** will open Saturday, Sept. 23, with a reception at the Adobe Art Gallery. The exhibit will continue until November 11. Entries are due September 9. Submit online at adobegallery.org.

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

● **"Made By Hand" Photography**, an exhibition of handmade photographs featuring the artwork of nationally recognized practitioners of unique contemporary and historic processes, will run from Sept. 29 to Nov. 27 at the PhotoCentral Gallery, Lower Level, HARD Offices, 1099 E St. in Hayward. On Sept. 30, a panel discussion will be held 2 to 4 p.m. (RSVP to evite.me/2ZwWckgVCm), a reception will be held 4-7 p.m. and a pop-up show will be held 1-7 p.m. For complete info, visit www.photocentral.org/

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Submissions to The Forum

To submit Calendar listings or news stories for possible publication, send information by the prior Friday in an email, or attach a document with photos to: fredz@ebpublishing.com, or fax information to 510-814-9691.

...and Beyond

● Thursday, September 14: 4-H Club Open House & Info Night

Learn about 4-H and how its program has been teaching responsibility, organization and leadership for more than 100 years, at an open house and information night at 7 p.m. on Sept. 14 in the Canyon Middle School cafeteria. Boys and girls, ages 5-18, are welcome.

● Saturday, September 16: Coastal Cleanup Day in CV

Join Clean Water Volunteers and Friends of San Lorenzo Creek for a cleanup of Castro Valley Creek and the trail between the Castro Valley Library and Boulevard from 9 a.m. to noon. Meet at the Castro Valley Library. For ages 10 and up (ages 10-14 must be with parent). To register, contact amy.evans@acrcd.org or 925-453-3862.

● Saturday, September 16: Family Pancake Breakfast

The Hayward-Castro Valley Kiwanis Club invites you to a fun Family Pancake Breakfast with pancakes, eggs, sausage, juice and coffee from 8:30 to 11 a.m. on Sept. 16 at the Hayward Area Senior Center, 22325 North Third Street. Buy tickets (\$5 adults, \$3 children) at the door. Sulphur Creek Nature Center will be there to share some wild critters from 10 to 11 a.m. For more info, call 881-6766.

● Saturday, September 16: 5th Annual Interfaith Picnic

The Muslim Community Center - East Bay is taking part in the Tri-Valley's Interfaith Interconnect Annual Peace Picnic at the Church of Jesus Christ of Latter-day Saints, 1501 Hillcrest Ave. in Livermore from 3 to 7 p.m. on Sept. 16. The annual picnic is held in recognition of U.N. Day of Peace. MCC will be facilitating a halal BBQ.



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Check-In Services That Assist Older Adults Who Live Alone

Q: Are there any services that check on elderly seniors who live alone. I worry about my 84-year-old father having a medical emergency, and not being able to get to the phone to call for help. And he won't wear a lifeline help-button.

By Jim Miller
SPECIAL TO THE FORUM

A: Depending on where your dad lives, there are check-in call services, volunteer visiting programs, and a variety of technology options you can turn to that can help you keep tabs on him. Here are several to check into.

Daily Check-in Calls

To make sure your dad is OK every day, consider signing him up with a daily check-in call service program. These are telephone reassurance programs run by police or sheriff's departments in hundreds of counties across the country and are usually provided free of charge.

Here's how they work. A computer automated phone system would call your dad at a designated time each day to check-in. If he answers, the system would assume everything is OK. But if he didn't pick up or if the call goes to voice mail after repeated tries, you (or whoever his designee is) would get a notification call. If you are not reachable, calls are then made to backup people who've also agreed to check on your dad if necessary.

The fallback is if no one can be reached, the police or other emergency services personnel will be dispatched to his home.

To find out if this service is available in your dad's community, call his local police department's nonemergency number.

If, however, the police or sheriff's department in your dad's community doesn't provide a daily check-in call program, there are a number of companies you can turn to that offer similar services

offered directly to consumers for under \$15 per month.

Some to check into include the CARE senior calling program (Call-Reassurance.com), Care-Checkers (CareCheckers.com) and IAmFine (Iamfine.com).

Volunteer Visiting Programs

Another option you may also want to investigate is volunteer visiting programs, which are usually run by churches, community groups, or social service agencies.

These programs provide volunteers who will visit an older adult in their home usually for an hour or two once a week, providing companionship as well as the reassurance that someone is checking in on a regular basis. They can also alert you if they notice your dad's health or living conditions start to decline.

To find out if these services are available, check with local churches or the area agency on aging near your dad – call the Eldercare Lo-see ALONE on page 8



Depending where you live, there are check-in call services, volunteer visiting programs, and a variety of technology options that can help you keep tabs on seniors who live alone.

Top New Cars for Seniors

By Jim Miller
SPECIAL TO THE FORUM

With more than 40 million licensed drivers in the United States age 65 and older, many automakers today are designing certain vehicles that are friendlier for older drivers.

But what makes a good car for seniors?

For many, top priorities include a vehicle that's easy to get into and out of, easy to adjust for fit and comfort, easy to operate and see out of, as well as reliable, safe and a good value.

To help you narrow your vehicle choices, Consumer Reports and the American Automobile Association (AAA) offer some great information and tools to assist you.

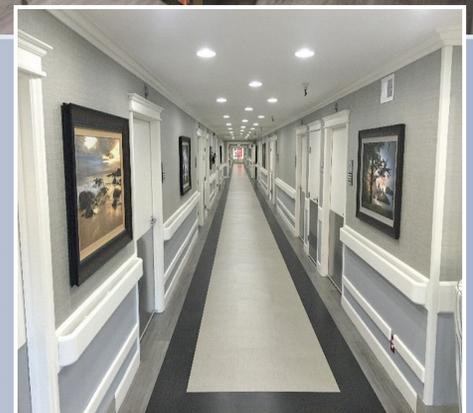
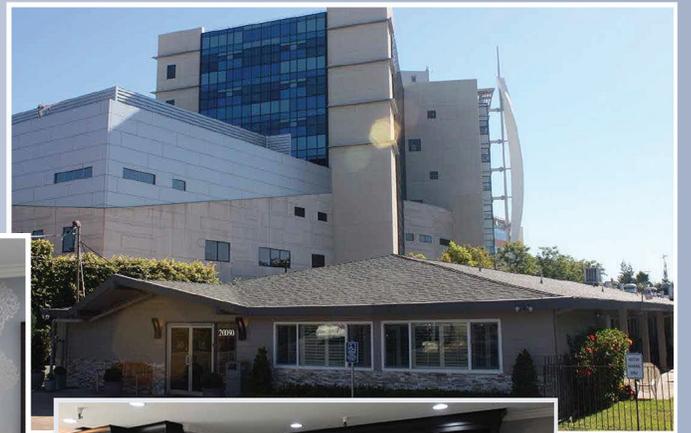
CR Best Cars

Consumer Reports recently put out a top 25 ranking of new cars see CARS on page 8

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Alone: Get A Check-In

continued from page 7
cator at 800-677-1116 for contact information.

Technology Solutions

Technology also offers a number of ways to help keep your dad safe at home, and help you keep an eye on him from afar.

For example, for safety and peace of mind there are medical alert systems, which provide a wearable "help button" that would allow him to call for help anytime he needed it. Some of these systems (like Bay Alarm Medical, BayAlarmMedical.com) also offer wall-mounted buttons that can be placed near the floor in high fall risk areas like the bathroom or kitchen, if he didn't wear a help button.

And to help you keep daily tabs on your dad, there are wireless sensor-monitoring systems (like Silver Mother, Sen.se/silvermother) you could put in his home that will notify you if something out of the ordinary is happening; and video monitoring cameras (like the Nest Cam, Nest.com/camera) that have built-in motion and sound detection that will let you know when something is detected, and two-way audio that will let you talk and listen to him.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org.



Don't Fall Victim to Scams and Frauds

Elder financial fraud victims lose an estimated 2.9 billion dollars annually! As the population of senior citizens increases, so does the number of people willing to take advantage of them. To learn how you can avoid becoming a victim of financial fraud, attend a free informational program, "Scams and Frauds that Target Seniors," from 1:30 to 3 p.m. on Sunday, Sept. 17 at the Castro Valley Library. Cheryl Poncini, Deputy District Attorney with the Alameda County District Attorney's Office Elder Protection Unit, will discuss tips to avoid becoming a victim and resources available to seniors. For more info, call the Library at 510-667-7900, or see Events at: www.aclibrary.org/branches/csv.

Can an Alternate Agent Under Power of Attorney Take Over?

Q Years ago, when my mother and father created their powers of attorney, they each appointed the other as their first choice agent, and appointed me, their son, as first successor. Neither of my parents is now able to handle their own affairs, nor act as agent for the other. How do I step in as their successor? Their form Powers of Attorney do not give me any guidance.

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

A Your question is a good one, as most basic powers of attorney do not provide guidance.

The important point to note is that your authority to take over as their successor agent is not automatic. It requires affirmative action on your part to establish their incapacity.

My guess is that each of your parents probably signed a very basic power of attorney ("POA") form, very likely the "California Uniform Statutory Form Power Of Attorney", or something similar.

If so, the form only recites that if the first choice agent is "not willing or able to serve," then the nomination passes to the design-

ated successor. The absence of guidance as to how that is determined can lead to reluctance on the part of third parties to accept the successor's authority to act, often just when the need is greatest.

That said, what banks and other third parties usually expect is that you present one or, preferably, two letters from each of your parents' physicians reciting that each is unable to handle their own affairs, nor act as agent for the other, with a brief statement of the reason, e.g. advanced dementia.

With those letters in hand, you should be able to induce the banks to honor your authority as successor agent.

Looking back, it would have been helpful if your parents had each signed a formal resignation as agent for the other, when each realized that their own ability to handle financial affairs was waning. Then your authority to act would now be clear.

We actually advise clients who sign POA's, or who accept appointments as agent for another, to consider this option from time to time, so as to make things easier for the designated successor.



If the banks or other third parties are unwilling to accept your authority, you may need to be more aggressive, perhaps pointing out that if you are forced to commence legal proceedings to confirm your authority, the bank may be liable for your attorney fees if the court rules in your favor.

In requesting that your parents' physicians write letters, you may find that their doctors have their own concerns about the disclosure of your parents' medical information that preparing such letters would entail.

While this is sometimes a problem due to medical privacy laws, in practice it has been less of an obstacle, especially if their physicians feel that you are acting in your parents' best interests.

If all else fails, you may need to engage an attorney to petition the Superior Court to seek an order affirming your authority as your parents' successor agent, or to seek a formal order appointing you as their conservator. An appointment as conservator would override their powers of attorney and give you the authority that you seek to manage your parents' affairs.

Gene L. Osofsky is an elder law and estate planning attorney in Hayward. Visit his website at www.LawyerForSeniors.com.

Cars: 'Smart Features for Older Drivers' Tool Helps You Evaluate, Choose Best Vehicle

continued from page 7
for senior drivers. Each vehicle on their list offers excellent or very good ratings on reliability, safety, road-test performance and owner satisfaction. And, they offer a variety of senior-friendly features that are extremely important to older drivers, like:

- Easy front-seat access: Ve-

hicles with low door thresholds, wider door openings, and step-in heights that reduce the need for ducking or climbing, make getting into and out of a car easier for those with physical limitations.

- Good visibility: Being able to see well out of the front, sides, and back of a vehicle for tall, medium, and shorter drivers.

- Simplified controls: Easy-to-read gauges and simplified/intuitive controls for changing the radio, shifting gears, and adjusting the heating and cooling is a high priority among older drivers.

- Bright headlights: Powerful headlights can make driving at night easier for people with decreasing or compromised vision.

They also weighed in safety features (standard or optional) like a backup camera, automatic emergency braking, forward-collision warning and blind-spot warning.

Their picks include a variety of compact and mid-sized sedans and SUVs, two minivans and a station wagon from seven different automakers.

Here's their top 25 ranking, starting with one through 25: Subaru Forester; Subaru Outback; Kia Soul; Subaru Legacy; Kia Sportage; Toyota Highlander; Toyota Prius V; Toyota RAV4; Honda Odyssey; Nissan Rogue; Honda Accord; Ford C-Max Hybrid; Hyundai Sonata; Toyota Camry; Subaru Crosstrek; Toyota Sienna; Honda CR-V; Honda Pilot; Kia Forte; Ford Escape; Toyota Corolla; Kia Sorento; Ford Flex; Hyundai Santa Fe; Hyundai Tucson.

For more information on their top 25 list, see ConsumerReports.org/elderly-driving/top-25-new-cars-for-senior-drivers.

AAA Tool

Another great resource that can help you evaluate and choose a vehicle that meets your needs is the AAA online tool "Smart Features

for Older Drivers." At SeniorDriving.AAA.com/SmartFeatures you can check the areas you have problems with – like diminished vision, cognitive decline, limited upper body range of motion, decreased leg strength, arthritic hands, short stature or overweight – and the tool will identify vehicles that have the features that will best accommodate your needs.

Although this tool looks at model-year 2016 vehicles, in many cases the features shown are carried over for 2017 models.

They also have a Smart Features brochure you can download that will tell you what to look for in a vehicle to best accommodate your needs.

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

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The Fall Festival has come a long way over the last 45 years and even through location changes the festival remains a community favorite. Like myself, so many of us have the great memories of attending the festival as a child, performing on the community stage, great food and picking out a special treat... for me it was the flower and ribbon crown.



This year we have OVER 150 vendors with more local artists and handmade crafts, 47 of which are our very own Chamber members. Our vendors range from handmade jewelry, ceramics, handspun fiber arts, essential oils and even creative one of a kind Mickey ears.

We have planned a large selection of beer at our three serving stations and our

featured wine will be Good-fellow, a Napa Valley winery. As always we will be selling our commemorative wine glasses and beer mugs with a special twist to them.

Our great lineup has been coordinated by our own local celebrity, Jim Bedford of Bedford Studios. Jim has packed two days of amazing entertainment that has something for everyone, Classic Rock, Country and a

Grateful Dead cover band.

The children's area will be filled with fun for the whole family. We will have jump houses, play structures and pony rides. Make sure you check out the Community Stage where local youth talent will be in the spotlight showing off their skills!

All of us here at the Chamber and our Board of Directors looking forward to spending the weekend with you and we invite you to stop by at the Chamber's information booth (located in front of Rowell's Saddlery) to say hi! We will have a lot of great information on upcoming events, seminars and other resources.

—Ashley Strasburg,
Executive Director
Castro Valley/ Eden Area
Chamber of Commerce



The Bay Area is a place well known for its great soul music as well as being the home of countless musical legends. Through the years Simon Russell has developed a musical style that embraces the soulful traditions of the Bay Area with his Jazz/Blues/Gospel/Funk inspired vocals and piano Style. In 1983 Simon moved to the Bay Area, spending most of his time in Oakland where he learned the great art of performance and musicality from a number of local musicians who were gracious enough to bring him under their wings. Simon is also a prolific composer and songwriter with hundreds of compositions through out his career, covering many different styles and genres. Presently Simon is teaching Jazz Theory at the Castro Valley School of Music sharing his passion of musical expression and performance. Enjoy Grovality at 2 p.m. Saturday on the Bandstand stage.



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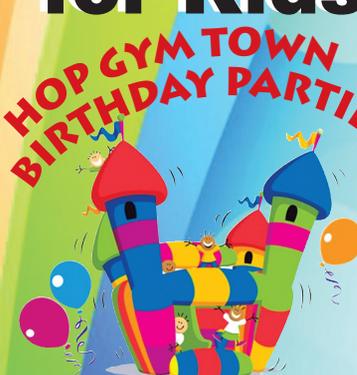
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Bedford Stage SATURDAY, SEPTEMBER 9

10 a.m. - 10:45 a.m.	TRUE FITNESS
11 a.m. - 11:45 a.m.	BELLY DANCING (H.A.R.D.)
NOON - 12:45 p.m.	CASTRO VALLEY SCHOOL OF MUSIC
1 p.m. - 1:30 p.m.	PALLEN MARTIAL ARTS
1:45 p.m. - 2 p.m.	MUSIC FOR MINORS II
2 p.m. - 2:45 p.m.	EDEN AOBA TAIKO JAPANESE DRUMMERS
3 p.m. - 3:45 p.m.	BEDFORD STUDIOS VARIETY SHOW
4 p.m. - 5 p.m.	BEDAZZLED DANCE STUDIO
5:15 p.m. - 6 p.m.	STANDOFF ROCK AND ROLL

SUNDAY, SEPTEMBER 10

10 a.m. - 10:45 a.m.	H.A.R.D. DANCERS
11 a.m. - 11:45 a.m.	BAY AREA PANTHER CHEERLEADERS
NOON - 12:45 p.m.	PHIL SANTOS VIOLINS
1 p.m. - 1:45 p.m.	BEDFORD STUDIOS PRESENTS
2 p.m. - 3:00 p.m.	CASTRO VALLEY PERFORMING ARTS
3:15 p.m. - 4 p.m.	DANCE LIVE DREAM CENTER
4:15 p.m. - 5 p.m.	GILLY ORIGINAL MODERN ROCK
5:15 p.m. - 6 p.m.	ROCKHENGE ORIGINAL CLASSIC ROCK

Bandstand Stage SATURDAY, SEPTEMBER 9

10 a.m. - 10:45 a.m.	MANNY CRUZ JAZZ ENSEMBLE
11 a.m. - 11:45 a.m.	FLEET STREET CLASSIC POP
NOON - 12:45 p.m.	BAD BOY BRUCE AND THE BLUES MOB
1 p.m. - 1:45 p.m.	BLUE VODOO CLASSIC BLUES
2 p.m. - 2:45 p.m.	GROVALITY
3 p.m. - 3:45 p.m.	THE REVERBIVORES
4 p.m. - 4:45 p.m.	PRETENDING/2 JETT
5 p.m. - 6 p.m.	MY EVERGREEN SOUL

SUNDAY, SEPTEMBER 10

10 a.m. - 11:30 a.m.	IN FULL SWING (CV ADULT SCHOOL)
11:45 a.m. - 12:45 p.m.	THE SURF HOUNDS
1 p.m. - 1:45 p.m.	JEFF RICKETTS & DIRT ROAD BAND
2 p.m. - 3 p.m.	THIRD SOL LATIN SOUL GROUP
3:15 p.m. - 4 p.m.	SEZU VARIETY
4:15 p.m. - 5 p.m.	THE GRATEFUL DEAD GUISE
5:15 p.m. - 6 p.m.	FORTE R&B BAND



Third Sol has been captivating audiences with their blend of original Latin soul style. This band takes listeners on a journey through a musical world of freedom. Lyrics, and horn melodies and ripping solos embrace the essence of original music. This year, they were a nominee for the best R&B group by the Northern California Entertainers Music Awards. Founded by Rudy Ramos Sr., who collaborated with top local artists in 2009, the mix of Latin, Soul, R&B, including Rock were catapulted all together into one genre. With Third Sol, he was able to blend his original music, taking it back to "Ol skool!" when the style was a vital part of the '70s music scene. Third Sol is on the Bandstand stage at 2 p.m. on Sunday.



The Fleet Street Band took off when two ladies became friends in the Bay Area and shared their excitement for the music of their formative years. These best friends now drive their audience and their talented musicians through pop, new wave, hard and classic rock, R&B and a sprinkle of disco. Fleet Street is influenced by the B52s, Gogo's, Linda Ronstadt, Chicago, Heart, and other bands from the '70s & '80s and certainly more. Fleet Street brings their fun energy and family friendly performances to the Bandstand stage at 11 a.m. on Saturday.

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Recreation Guide Fall 2017

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BAD BOY BRUCE & THE BLUES MOB

Bad Boy Bruce and the Blues Mob continues to entertain audiences with their special flavor of classic rock, blues, R&B, and more. This four-piece band – all seasoned veteran musicians – make up one of the hottest California bands currently playing. Bad Boy Bruce and the Blues Mob entertains San Francisco Bay Area audiences both young and old. Bruce Collett – Guitar and Lead Vocals – is the son of a preacher whose wife was the choir director of the church and a piano and voice teacher; Bruce's first musical experience was singing in the church with his brothers. When he was 12, his dad bought him an old Gibson Dove acoustic guitar. He switched to electric guitar in high school led to playing in several rock and blues bands, including a 14-year run with the Collett Brothers Band. After the break up of the Collett Brothers Band, Bruce formed Bad Boy Bruce and the Blues Mob. Bruce's other main interests are playing basketball and coaching the girls varsity team at Arroyo High School in San Lorenzo. Bad Boy Bruce plays on the Bandstand stage at noon on Saturday.

PRETENDING



Pretending is the Ultimate No. 1 Tribute to The Pretenders. They have played a hundred shows since 2010. Chrissie (Karen) plays guitar and sings her heart out to every hit. "We are the Fix for all you Pretenders Fans because you love the pretenders and so do we, so come and hear your favorite songs performed live at 4 p.m. Saturday on the Bandstand stage.

THE GRATEFUL DEAD GUISE



While struggling with an appropriate name that isn't cliché or already taken, the founding members currently in Easy Wind have decided to resurrect the Dead Guise as their name once again. The Dead Guise are a band dedicated to carrying on the tradition of The Grateful Dead. At the heart of that tradition is the incredible amount of energy shared between band and audience at a live show. Currently, it is made up of a multi-generational group of experienced musicians: Ken Younger on lead guitar / vocals, Bill Desmidt on rhythm guitar / vocals, Michael Mares on keyboards / vocals, Wolf Bostedt on bass guitar, and Kyle Walsh on drums. The Dead Guise perform at 4:15 p.m. Sunday on the Bandstand stage.

IN FULL SWING

In Full Swing is this town's 20-piece Big Band of mostly Castro Valley musicians – with male and female singers – who will be performing songs from the '40s to the present at 10 a.m. on Sunday on the Bandstand stage.



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By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Skilled Worker Shortage Hits Housing Market

We've just celebrated Labor Day, the holiday that spells the end of the summer and the beginning of the school year.

While designed to honor America's labor, it's become summer's last hurrah, complete with barbecues, family outings and more.

Considered the brainchild of Peter J. Maguire (a labor leader) or his brother Matthew in 1882, and designed to be a celebration honoring the American labor force, it was signed into federal law in June, 1894, one month after a fateful labor strike by Pullman workers in Chicago.

Some suggest the legislation was enacted as a ploy to appease angry workers whose rights to fair wages and decent working conditions were being withheld.

President Grover Cleveland, attempting to crush the strike, sent federal troops to Chicago, resulting in rioting leading to dozens of deaths.

The U.S. Department of Labor website makes no mention of the bloody events in Chicago. Instead, on its History of Labor Day page*, it states, "Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country."

Here in the Bay Area, with its

Are Squirrels Nesting in Your Attic?

By Samantha Mazzotta
Special to the Forum

Like other rodents, squirrels that set up housekeeping in your attic can damage insulation and electrical wiring, so getting rid of them is a priority.

Take a close look at your home's eaves and soffits to find out all the points of entry. It's likely that some small damage occurred underneath the eaves, and the squirrels exploited it. They will still be using this new "front door" they created.

Head back into the attic and hunt for nests or other signs of squirrels. Nests often are built using insulation — sometimes in the insulation — along the outer edges of the attic. Also, locate the entry point and other points of entry and mark them with chalk or tape.

Block up all entry points except one.

Purchase a live trap with a one-

focus on the high-tech industry, Labor Day highlights the fact that we are facing a severe shortage of skilled labor, especially in the construction industry.

Having spent part of my life as a union carpenter and now a licensed general contractor, I am painfully aware of the difficulties involved in locating, training and retaining labor for construction-related jobs.

Adding to the local problem, many skilled workers vacated the Bay Area during the recent economic downturn and will not be returning. While some local programs exist to train carpenters, electricians, plumbers and the like, interest in the trades is declining for a multitude of reasons.

Bottom line, finding skilled labor for myriad housing-related

needs has become a serious issue. Ironically, while trade-related jobs may not be viewed as being as "sexy" as tech-related jobs, many of them pay extremely well and those backed by unions often have better retirement plans.

The lack of labor is extremely noticeable when looking for qualified trades to prepare homes for the market.

Now that the barbecues have cooled, let's tip our hats to the labor force that makes this country run.

*www.dol.gov/general/labor-day/history

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.

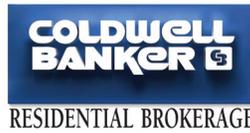
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19807 Alana Road	94546	\$755,000	2 BD - 1,559 SF - 1948
21118 Ashfield Avenue	94546	\$710,000	3 BD - 1,314 SF - 1955
18668 Capricorn Court	94546	\$790,000	3 BD - 1,866 SF - 1964
3937 Forest Circle	94546	\$660,000	3 BD - 1,551 SF - 2009
2660 Grove Way	94546	\$590,000	3 BD - 1,020 SF - 1949
18902 Heidi Street	94546	\$790,000	4 BD - 2,156 SF - 1967
4903 James Avenue	94546	\$499,000	3 BD - 1,291 SF - 1954
1718 Knox Street	94546	\$650,000	3 BD - 1,116 SF - 1941
21665 Lake Chabot Road	94546	\$575,000	2 BD - 848 SF - 1942
2505 Miramar Ave #139	94546	\$424,000	2 BD - 871 SF - 1988
4227 Nando Court	94546	\$850,000	4 BD - 2,232 SF - 1958
17239 Rolando Avenue	94546	\$588,000	2 BD - 1,114 SF - 1950
3436 Samson Way	94546	\$657,500	4 BD - 1,360 SF - 1955
7300 Greenville Place	94552	\$840,000	4 BD - 1,887 SF - 2000
5343 San Simeon Place	94552	\$633,000	3 BD - 1,640 SF - 1981
5349 San Simeon Place	94552	\$565,000	2 BD - 1,322 SF - 1981

TOTAL SALES:	13		
LOWEST AMOUNT:	\$450,000	MEDIAN AMOUNT:	\$700,000
HIGHEST AMOUNT:	\$1,072,500	AVERAGE AMOUNT:	\$721,808

San Leandro

17200 Crier Lane	94580	\$595,000	3 BD - 1,819 SF - 2008
562 Drew Street	94580	\$550,000	3 BD - 1,014 SF - 1950
574 Via Acalanes	94580	\$401,500	3 BD - 1,108 SF - 1944
17228 Via Estrella	94580	\$695,000	3 BD - 1,989 SF - 1948
15947 Via Pinale	94580	\$628,000	3 BD - 1,000 SF - 1944
17311 Via Susana	94580	\$620,000	3 BD - 1,031 SF - 1951

TOTAL SALES:	18		
LOWEST AMOUNT:	\$363,000	MEDIAN AMOUNT:	\$597,500
HIGHEST AMOUNT:	\$975,000	AVERAGE AMOUNT:	\$591,167

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Squirrels: Use sturdy mesh to cover attic vents

continued from previous page
way door. Set it in the attic at the one remaining entry point. Do this at midday, when the squirrels are more likely to be out looking for food. If you're not sure that they're outside, set a live trap near the nesting spot, with a little bait inside (like peanut butter). Once trapped, take the squirrel(s) to a new area, away from other houses but not too far from their original roaming area.

Once done, block the remaining entry point and then repair all damaged areas. Additionally, have an electrician go over the attic

wiring to make sure it hasn't been damaged.

Home Tip: Don't block attic vents to prevent squirrel infesta-

tion; instead, install a sturdy mesh cover to keep rodents out while allowing crucial airflow in.

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Mortgage Rates Continue to Drop

Average mortgage rates continued to move lower last week, according to Freddie Mac's nationwide survey.

The 30-year, fixed-rate mortgage averaged 3.82 percent last week, down from 3.86 percent a week earlier. A year ago at this time, the 30-year fixed rate averaged 3.46 percent.

Fifteen-year home loans averaged 3.12 percent, down from 3.16 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.14 percent last week, down from 3.17 percent the week before.

OPEN HOMES SATURDAY & SUNDAY SEPTEMBER 9TH & 10TH



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A	—	1-4	1442 141st Avenue	\$508,000	2/1	Re/Max Accord	Lovewell Team	510-351-5555
D	1-4	1-4	7780 Fredericksen Lane	\$775,000	3/2	J. Rockcliff Realtors	Lisa Ferraris	510-304-1271
C	1-3	1-4	3455 Remco Street	\$935,000	3/2.5	Robert Jones & Assoc.	Matt Jones	510-357-0120

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

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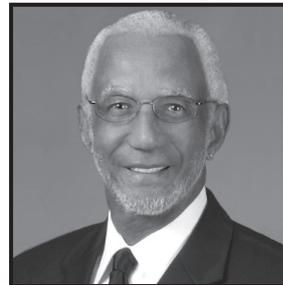
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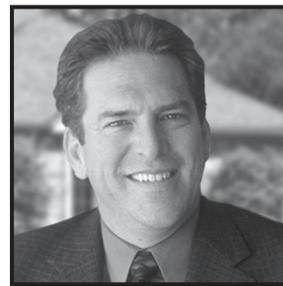
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-  **ARIES (March 21 - April 19):** A change that you'd hoped for is down the line. But you still need to be patient until more explanations are forthcoming. Continue to keep your enthusiasm in check.
-  **TAURUS (April 20 - May 20):** Your social life expands as new friends come into your life. But while you're having fun, your practical side also sees some positive business potential within your new circle.
-  **GEMINI (May 21 - June 20):** Your workplace situation continues to improve. Look for advantages you might have missed while all the changes were going on around you. That trusted colleague can help.
-  **CANCER (June 21 - July 22):** Resist the urge to hunker down in your bunker until things ease up. Instead, get rid of that woe-is-me attitude by getting up and getting out to meet old friends and make new ones.
-  **LEO (July 23 - August 22):** Now that you're back enjoying the spotlight again, you should feel re-energized and ready to take on the challenge of bringing those big, bold plans of yours to completion.
-  **VIRGO (August 23 - Sept. 22):** A former friend would like to repair a relationship you two once enjoyed. Your positive response could have an equally positive impact on your life. Think about it.
-  **LIBRA (Sept. 23 - October 22):** Resist making impulsive decisions. Stay on that steady course as you continue to work out workplace problems. Be patient. All will soon be back in balance.
-  **SCORPIO (October 23 - November 21):** You might feel confident about taking a promising offer, but continue to be alert for what you're not being told about it. Don't fret. Time is on your side.
-  **SAGITTARIUS (Nov. 22 - Dec. 21):** People dear to you might be planning a way to show appreciation for all you've done for them. Accept the honor graciously. Remember: You deserve it.
-  **CAPRICORN (Dec. 22 - Jan. 19):** Congratulations. Your self-confidence is on the rise. This could be a good time to tackle those bothersome situations you've avoided both at home and at work.
-  **AQUARIUS (Jan. 20 - Feb. 18):** You feel obligated to return a favor. (Of course, you do.) But heed advice from those close to you and do nothing until you know for sure what's being asked of you.
-  **PISCES (Feb. 19 - March 20):** Your loving reassurance helped revive a once-moribund relationship. But be wary of someone who might try to do something negative to reverse this positive turn of events.

THE FORUM CROSSWORD

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ANSWERS ON PAGE 19

LETTERS TO THE EDITOR
FREDZ@EBPUBLISHING.COM



Don't Be a Victim of this Parking Lot Scam

Editor:

On Wednesday, Aug. 9, I was involved in a parking lot scam at Castro Valley's Trader Joe's. I was parked in the last parking space perpendicular to the building and adjacent to the wood fenced area next to the church parking lot.

After placing my purchases in the trunk of my car, I began to back out. I felt a "bump" on my right rear bumper. After getting out, there was a car (a white 2001 Infinity 4-door sedan) directly behind my car. The driver, a white male in his mid-50s, asserted that I backed into his right fender. I cannot recall moving more than a few inches before the incident, and there was no blemish mark on my bumper.

The driver began to negotiate a settlement for a replacement bumper and suggested a cash payment of \$400 to settle. After some discussion, the price went down to \$200. After further discussion and my suggestion to call my insurance company and the

police, the price to settle went down to \$75, and that a visit to my ATM would end the situation.

Not wanting to continue this odd situation, I agreed to drive to my bank in Castro Village and pay the \$75. In the Village parking lot, I noted that the Infinity had significant bumper damage to the left (opposite) side, and I reduced his claim to \$50. I received no argument about the price reduction. I paid what I now call his parking lot scam amount, and I strongly suspect that this person continues to look for other "marks."

I made this report to alert Trader Joe's management that this person may continue to use TJ's parking lot for further scams, since the area where this person approached my car is somewhat hidden by the fence and is, in my opinion, a perfect spot to lay-in-wait to conduct another scam.

—C. Wilgus
Castro Valley

Struggling to Get House Painted

Editor:

As a resident of Palomares Hills Homeowners Association, I wanted my house repainted after 20 years. Since July 23, I was denied by the Architectural Control Committee (ACC) three times.

The first request, the color was too dark. The second request was reduced to 50% lighter and was denied because it was too orange. The third request was denied as not acceptable.

Several years ago, I hired a professional licensed landscaper. His garden design was denied. I was warned by the landscaper that the person he talked to from ACC did not know basic landscaping.

Going back to house-painting, did the ACC use a densitometer to determine the degree of color darkness that was disapproved? My consultation with a chemical engineer with a degree in paint technology warned me I am dealing with non-schooled pretenders. No wonder some residents I talked with told me they painted their houses without approval from ACC.

I would recommend ACC take classes on basic paint technology and house-painting protocols without being subjective.

As a paying homeowner, I paid more than \$12,000 in dues alone and should be entitled to have a qualified ACC.

Regarding my fourth color request, the house painter and I copied the color from one of the town-homes here in Palomares. It was submitted Aug. 14 and I cannot imagine why it is taking ACC so long to decide.

—Fe Montemayor
Castro Valley

But Some Things in Castro Valley Do Bother this Senior

Editor:

Not much bothers me about Castro Valley – its diversity is the melting pot of California. The solution for everybody is to focus on getting along with each other.

What destroys this city are the evil residents who park in the handicapped blue zones, the illegal outsiders who go to schools from other Bay Area cities, and finally the residents who park their cars for weeks, unattended, hundreds of yards from where they live. I understand Castro Valley residents are young, but we older seniors must walk a hundred yards late at night to get to our front doors.

Naturally, I have observed the roadways have become "Nascar" streets. My solution is to write down license plate numbers. The policing of Stanton, monitoring the crosswalks at schools, is not my job and Alameda County sheriff's deputies have more important purposes to serve protecting Castro Valley.

It's getting harder to enjoy life because sooner or later some innocent bystander will get hurt by a cyclist, car or speeding truck. Nobody is entitled to speed except the ambulance on the way to Eden Hospital.

—Jesse Casares
Castro Valley

Winners of Scholarship Awards Announced

Editor:

Castro Valley Eden Medical Center Auxiliary is proud to announce the winners of the annual scholarship awards. Those students receiving the 2017 George Bischaney Scholarship awards are Rachel Franklin, Kaneesia Chu, Vicki Lee, Jason Cerin, and Kaitlin Suchanek.

We wish these students much success in their educational endeavors!"

—Judy Guerrero
Eden Medical Center Auxiliary

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Helen Davidson



Helen Davidson passed away peacefully on the 31st day of August 2017 with the same dignity and grace she exemplified during her life.

Helen was born on January 25, 1929 to her parents, Edward and Celedonia Maes. She was the second youngest child of the 12 blessings her parents would receive. Her life journey started in Aguilar Colorado and she grew up in nearby Ludlow. Helen eventually moved from Denver to California with her sisters, Alice and Rae to help aid in the War effort. She later obtained her cosmetology license and worked with her sister, Rae, for many years.

In 1960, Helen married Gene Davidson, the love of her life, and they enjoyed 39 years of marriage until Gene's death in 1999. In 1970, they started what would be a thriving family business in Union City which operated until its closure in 2008. Helen and Gene enjoyed many friends through the years, especially their community at Transfiguration Catholic Church. Helen also love spending time at her home in Castro Valley. Her Christmas Eve celebrations were cherished by many.

Helen is survived by her children, Patricia Evans, Cindy Pisciotto, Geno (Denise) Davidson and Mark (Carrie) Davidson. Her son, Tom Davidson, predeceased her in 2009. Helen was blessed with 13 grandchildren: Melissa, Gareth, Nicole, Danielle, Tony, Rachel, Alisa, Tyler, Ashley, Ariel, Matthew, Danielle, Mike, Jay and Hillary. She is also survived by numerous great-grandchildren.

Visitation will be held at the Chapel of the Pines in Placerville, California on Monday, Sept. 11, starting at 4 p.m. until 8 p.m., concluding with a rosary at 7 p.m. A funeral mass will be held at 11 a.m. at St. Patrick's Catholic Church in Placerville on Tuesday, Sept. 12.

Interment services will be held at Holy Sepulchre Cemetery in Hayward on Wednesday, Sept. 13, at noon, with a celebration of life service immediately following at Transfiguration Catholic Church in Castro Valley. All are welcome.

LETTERS TO THE EDITOR

must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. We do not withhold names or print unsigned letters. Email letters to: fredz@ebpublishing.com, or mail to: The Forum, P.O. Box 2897,

'DAY ON THE GREENS' CHAMPIONS



PHOTO BY BRUCE JOHNSON

Sixty golfers came together last week to raise funds for Castro Valley youth when the Castro Valley Sports Foundation and Rowell Ranch Rodeo co-hosted "Day on the Greens" at Redwood Canyon Golf Course. The tournament was won by the foursome of (above from left) Justen Meadows, Cody Slader, Randy Vanderbilt and (not pictured) Rich Puppione, with a winning score was 60 (11 under par). Longest Drive awards were won by Ashley Barbour and Tony Barajas, and the three Closest-to-the-Hole awards were won by Julie Fields, Lisa Silva (twice), Tony Davila, Cal Sakamoto and Esteban Estrada. George Pacheco, Brian Morrison and Cal Sakamoto co-chaired the event.

ATHLETE OF THE WEEK

Rachel Dong

This week's Athlete of the Week is Rachel Dong, a senior at Castro Valley High School. One of the captains on the tennis team, she is currently playing No. 2 singles for CVHS. The tennis team has played three matches this year and Dong has won all three.

Her first match of the year was against the No. 2 player from Moreau - Anza Lo - and Dong won 6-0, 6-0. Her next match was against the No. 1 player from American High School - Disha Sivakumar (NCS player and No. 2 in the Mission Valley Athletic League last year) which Dong won 6-2, 6-1. In her latest match, Dong played the No. 2 player from Washington - Shiranthi Jawahar - and won 6-0, 6-0.

Dong has lettered every year since her freshman year and has a record of 28-9 during her High School career. She has played No. 1 singles and has received All-League honors twice in her first three years on the team.



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GOLF INSIDER

The Learning Process: Three Phases

By Andy Morris
SPECIAL TO THE FORUM

Whenever we learn something new we go through three phases of learning: the Cognitive phase, Integration phase, and Automatic phase. These three phases are called the Learning Process, and understanding how the learning process works will help you learn new skills better, faster, and easier.

Let's take a fun example you can do right where you are sitting: grab a pen and write your name with your off hand (your left hand if you are a righty). It will feel awkward and probably won't look much like your regular signature. Here's what's happening:

Because this is probably a new skill for you, you'll have to consciously think about what you are doing. You'll have to figure out how to hold the pen, where to put your hand, how to move your hand, how to create the letters, and more.

This is the cognitive phase, where each part of the process has to be thought about separately and there is a great deal of inaccuracy.

Your task in the cognitive phase is to experiment: to find the most comfortable and effective way to do something - such as how to hold the pen. There's a lot of trial and error in the cognitive phase, along with a great deal of inconsistency.

Failure is your friend in this phase, because when you fail you know you've at least eliminated one approach. The quicker you eliminate approaches the faster you figure out what works.

Eventually - as you keep experimenting - one method will emerge as the best. The various parts will begin to feel like a smoother process, and accuracy see *INSIDER* on back page

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Bruce D. Johnson Gym Taking Shape

Significant progress was made at the Middle School and High School campus of Redwood Christian Schools on Friday. Thirty-two trucks carrying approximately 280 cubic yards of concrete began arriving at the campus at 7 a.m. and by 2 p.m., the crew completed the foundation for the Bruce D. Johnson Gymnasium, named for the recently retired longtime superintendent. The addition will serve as a gathering space for games, assemblies, parent meetings, and student activities, and will also provide open space in other areas on campus for a new science lab. With the gymnasium, the sense of spirit and community will also be further cultivated for the school and surrounding neighborhood.

New Facilities At Palomares Elementary

The community is invited to a ribbon cutting ceremony at Palomares Elementary School, 6395 Palo Verde Road, at 1:45 p.m. this Friday, Sept. 8th for the new 200-person amphitheater and athletic facilities.

Funds for the amphitheater and field renovation project were donated by The Priem Family Foundation.

"We are truly grateful for this extremely generous donation that has provided our students, staff and families at Palomares with such great outdoor space for sports and many other activities," said School Superintendent Parvin Ahmadi.

The previous walking path and field were upgraded with a newly designed eighth of a mile track and a field that can accommodate two soccer playing fields.

This project started as a vision over four years ago. With the ongoing support of the Priem Family Foundation, this project became a reality for Palomares at the end of the last school year.

ADOPT-A-PET



PICO is a friendly and outgoing 4-month-old kitten. He loves batting at toys and getting attention from people. Pico is quite a purring machine! Info: Hayward Animal Shelter. (510) 293-7200.



REMY is a playful 3-month-old kitten. She is one of many precious kittens patiently waiting and hoping for a loving, forever home. More info: Hayward Animal Shelter. (510) 293-7200.



GOLDIE is one of a litter of 4 born in late June to a stray mother. They were rescued and tamed by their rescuers and are now in a Dusty Paws foster home. Visit: www.dustypawsrescue.org



JASMINE is a four to five year old Shih Tzu and Maltese mix, weighing 9.5 pounds. You can't tell by looking at her but she's blind and was found as a stray. Visit: dustypawsrescue.org

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Insider: Accelerate the Learning Process

continued from page 19

will improve. This is the integration phase, where parts come together into the greater whole.

Your task in the integration phase is to learn to repeat that best motion as consistently as possible. This is where training kicks in. There's a lot less emphasis on trial and error, and much more emphasis on creating routines and habits.

The more consistently you repeat your routines the faster you move into the third phase - auto-

maticity. In the automatic phase you don't have to think about how you do something; you just think about what needs to be done and do it. Like signing your name with your regular hand: you've done it so many times you don't have to think about it.

The goal for all golfers should be to make their swing as automatic as possible so that they never have to think about how they do something, only what they need to do, and then trust their training.

Understanding when to shift from practice to training is how you accelerate the learning process.

Andy Morris is the instructional program manager at Eric Jones Golf, specializing in helping new golfers. Eric Jones is the Northern California PGA Teacher of the Year and coach at Stanford University with a Masters degree in Sport Psychology. The Eric Jones Golf Academy is located at Redwood Canyon Golf Course in Castro Valley.

4-H Club Open House on September 14

4-H began over 100 years ago and has become our nation's largest developmental non-profit organization for boys and girls, ages 5-19, providing them with the skills to lead through hands-on projects and mentoring.

The Redwood 4 H club will hold an informational open house next week at Canyon Middle School in Castro Valley where, based on your interests, you can

select from a menu of projects in areas such as science, health, agriculture, citizenship.

Club projects for the 2017-18 year includes such varied subjects as veterinary science, rabbits, camping, hiking, public speaking, archery, horse and dog training, sheep, baking, bee-keeping and more.

Members are guided by adult mentors and encouraged to be pro-

active in leadership roles including holding club officer positions, and attending statewide and national conferences. Every year is different, based on adult volunteers.

The 4-H open house will be held at 7 p.m. Thursday, Sept. 14, in the Canyon Middle School cafeteria, 19600 Cull Canyon Road.

For more information, call Karen Sherman at 510-566-3672 or visit www.4-h.org

Music for Minors II Free Docent Training

Music For Minors II will hold a free docent training orientation next Wednesday, Sept. 13, from 7 to 8:30 p.m. at Proctor Elementary School, located at 17520 Redwood Road in Castro Valley, and

from 9:30 to 11 a.m. at Niles Elementary School, 37141 2nd Street in Fremont.

Free docent training will be held Monday and Wednesday evenings in Castro Valley at Proctor School

from Sept. 18 to Nov. 1, and on Monday and Wednesday mornings at Niles School.

For more information, visit www.musicforminors2.org or call 510-733-1189.

SAN LEANDRO ART ASSOCIATION ART FEST

Festival Dates: Friday, Sept. 15, 10 a.m. to 3 p.m. & Saturday, Sept. 16, 10 a.m. to 3 p.m.

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