

HOW CV
GOT ITS OWN
POST OFFICE

WE'VE GOT MAIL

SEE
PAGE 3

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 29

WEDNESDAY, AUGUST 23, 2017

NO. 35

INSIDE YOUR FORUM

LIVING



Snack-to-School

It's time for parents to get back into the lunch-box packing routine

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H&F

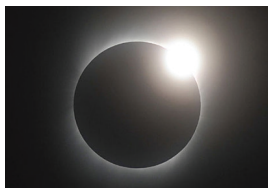


Yoga for Kids?

Kids yoga classes can offer many benefits for mind, body and soul

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NEWS



A Sight to Behold

Thousands crowd around town to witness the 2017 Eclipse Across America

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PHOTOS BY LARRY ROSA

A MAN, HIS DOG & A HERD OF GOATS

Angel Alcánta, 26, his dog, and his herd of 700 goats have been working the Lake Chabot hills for the past week, clearing away a big crop of tinder-dry grass. Alcánta's typical day starts at 5 a.m., making sure that the goats he is responsible for have been fed, and that no goats have wandered off or fallen prey to coyotes. So far he hasn't lost a goat. Although he works with a group of herders in the area, it's a lonely job, but one he enjoys. (Thanks to translator Jasmin Castaneda.)

—Larry Rosa



WORTHINGTON PHOTOGRAPHY

CV Photography Studio to Close at End of the Month

By Bruce Johnson
SPECIAL TO THE FORUM

After 40 years of portraits, Worthington Photography in Castro Valley will close at the end of August.

"Thanks, Castro Valley, for letting me grow up with you and capture your life memories," says Wanda Kersey, daughter of founder Larry Worthington.

"I started as a kid working in Mom and Dad's studios as a receptionist. It became a lifelong career, mostly at the studio next door to the Ice Creamery on Castro Valley Boulevard. I've photographed you as high school seniors, your bridal portraits, babies, children, their graduations, and currently your grandchildren. But now I intend to retire the studio to move onto new pursuits."

Larry Worthington was a teacher in Castro Valley before his photography hobby turned into a profession. He taught fifth grade at Stanton Elementary in the 1960s.

In 1976, he opened his first studio on Redwood Road (by Trader Joe's), while teaching at Laney College in Oakland. In 1953, he married Carol Robertson, who resigned her ESL teaching position to run the photography business.

Worthington claims it was only because his first wedding photo assignment was at scenic Mills College that his career behind the camera grew. One wedding led to another. He joined professional photography societies and community organizations, and sponsored local baseball teams.

Worthington Photography quickly outgrew that first studio and moved to a bigger storefront located where the Castro Valley BART Station is now. It was during this time, in the early 1980s that he opened a second studio at Bayfair Mall in San Leandro.

A family business by this time, daughter Wanda – a college student – began her photography career in 1984 working evenings at the Bayfair studio. And son Wade began shooting portraits at the Castro Valley studio, which by



The late Lawrence
J. Worthington



Wanda Kersey

then had moved onto the Boulevard next to the Ice Creamery.

In the early 1990s, Wade and the Bayfair studio moved to the North Coast, with studios first in Arcata and then Eureka.

Founder Larry Worthington died of heart disease in 1996. Carol retired in 2007, and Wade moved to Portland.

For decades, they had looked forward to the time of year when they photographed Castro Valley Parent Nursery School, San Leandro School of Dance, and Redwood Christian High School seniors.

In 2010, Wanda downsized and moved the studio to her home. She began sharing her love of photography with teen students, taking them on weekly photo hikes in the local hills and parks, and leading to the start of Castro Valley Photo Club.

For the past two years, Wanda has taught photography classes at Castro Valley Adult and Career Education. Her message to Castro Valley: "Thank you for being part of my family history and our memories, and for supporting us all these years."

Castro Valley Weather Aug. 23 - 27, 2017



Wednesday
Clouds then Sun
High 75° Low 59°



Thursday
Clouds then Sun
High 73° Low 56°



Friday
Clouds then Sun
High 73° Low 56°



Saturday
Clouds then Sun
High 78° Low 57°



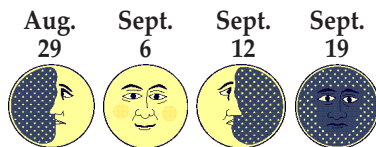
Sunday
Clouds then Sun
High 78° Low 58°

Almanac



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

Moon Phases



Sun sets at 7:58 p.m. today, rises at 6:32 a.m. Thursday.

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CVSan Launches Zero-Waste Microsite

Castro Valley Sanitary District (CVSan) has developed a new website devoted to sharing articles, information, and tips to help residents reduce waste and live zero-waste lifestyles.

Zero-Waste means reducing the volume and toxicity of waste and conserving and recovering all resources instead of burning or burying them.

The website is part of CVSan's 2014 Strategic Plan which outlines how to achieve zero waste by 2029 and will serve as a one-stop location to learn about everything zero-waste related, but with a local flare.

Whether your interests include cooking, pets, travel, or the outdoors, there are ideas for reducing waste in all aspects of your life.

To access the site, visit www.SelectMyPath.org and select "Your Path to Zero Waste!"

CVSan has also developed a Pinterest account with pins focused on topics related to the 4Rs - Reuse, Reduce, Recycle, and Rot.

Please visit www.pinterest.com/CVSan to start adding zero waste pins to your own boards.

Open House and Picnic Saturday For Fans of Chanticleers Theatre

If you've ever wondered what goes on and wanted to see behind the scenery at a theatre, now's your chance!

Castro Valley's Chanticleers Theatre will hold its Sixth Annual Open House and Audience Appreciation Picnic this Saturday, Aug. 26, from 11 a.m. to 2 p.m. Lunch will be provided from noon till 1 p.m.

Enjoy a guided tour of the theatre, including back stage where all the magic is produced with tours led every 20 to 30 minutes.

Community theater is great entertainment and fun for the whole family. Rounding out Chanticleers 2017 season will be "The Addams Family" opening on Oct. 6.

The 2018 season includes "Dial M For Murder," "Little Women," "Crimes of the Heart," and "Don't Dress For Dinner."

Stop by for a free hot dog or hamburger as you mingle with directors, actors, costumers, stage designers and fellow theatre-goers, and buy raffle tickets on Fl-expass Season Tickets, and other prizes.

You might get bitten by the theatre bug and sign up as a volunteer to help out the staff. There will also be information about upcoming



Join Chanticleers Theatre's actors, directors, costumers, stage designers and fellow theatre-goers this Saturday at the theatre's 6th annual open house and picnic.

ing plays and auditions for adults and children.

It's all free, so come and meet the Chanticleers family! Reservations not required, but appreciated.

For more info visit Chanticleers'

website at www.chanticleers.org, or call 510-733-5483. The check-in desk is in the picnic area behind Chanticleers Theatre at 3683 Quail Avenue, just off Lake Chabot Road in Castro Valley.

Brian Copeland Presents

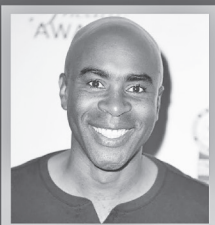
LIGHTEN UP FOR FALL

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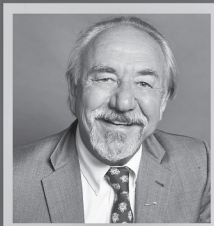
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PHOTOCOURTESY OF THE HAYWARD AREA HISTORICAL SOCIETY

Dignitaries pose for the groundbreaking of the CV Post Office, April 20 1964. Just over a year later the building was completed. Eden hospital can be seen off in the distance. If you can identify any of these people, or the dog, please let us know at fredz@ebpublishing.com

CV's 'First Class' Post Office

By John Christian
SPECIAL TO THE FORUM

Castro Valley's status as an unincorporated community has long played a part in its development. Many residents have worked hard to create a separate identity for a place often associated with Hayward.

The construction of the Castro Valley Post Office on Santa Maria is a prime example of Castro Valley's identity that emerged in the post World War II era.

Prior to 1965, all mail sent out of Castro Valley was rerouted out of the Hayward Post Office. In fact, Castro Valley's two small postal branches were actually designated branches of the Hayward Post Office.

A small facility on Castro Valley Boulevard and an even smaller branch located in Bellini's Drug Store at Center Street and Heyer Avenue collected all those precious holiday packages and processed them under the auspicious of the Hayward Post Office.

Soon however, Castro Valley's growing population made a trip to the post office almost unbearable. In 1950 Castro Valley had a population of about 18,000. By 1960 it was well over 50,000.

For Castro Valley residents, the wait times at the two small Hayward-run branches, and the lack of parking grew more frustrating with each passing year.

Securing a "first class" post office became an important issue for many civic-minded organizations. *see FIRST on page 15*

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



Teens Use Pepper Spray in Robbery

Saturday, August 19: at 11:22 p.m., Sheriff's deputies arrested four teenagers suspected in a robbery that involved spraying a convenience store clerk with pepper spray. Deputies responded to a robbery in progress call at the store on Grove Way near Center Street. The clerk reported that the foursome entered the store, assaulted him with pepper spray, grabbed several bags of chips and other items and ran off. Deputies found all four suspects. The oldest, a 17-year-old girl from Oakland, was finally stopped near the intersection of Center Street and Kelly Street. A review of the store's video footage helped identify all the teens including a 15-year-old boy who refused to give a home address, a 15-year-old girl from Hayward, and a 15-year-old boy from Hayward. All four were charged in the robbery and taken to Juvenile Hall.

Trio Arrested for Drugs, Stun Gun

Friday, August 18: at 11:21 p.m., three people were arrested in connection with illegal drug paraphernalia and possession of illegal weapons. Deputies responded to a suspicious person report at a parking lot on Redwood Road near Grove Way. A 41-year-old man from Hayward was charged with illegal possession of a stun

gun, illegal possession of a key used to pick car locks, and possession of illegal drug paraphernalia. The man also had a warrant issued for his arrest. His accomplices, a 30-year-old man from Castro Valley and a 46-year-old woman from Hayward were also charged for drug possession. The oldest man was taken to Santa Rita Jail pending \$15,000 in bail. The younger man was taken into custody. The woman was cited in the field and released.

Trespassing and Loitering In the Backyard

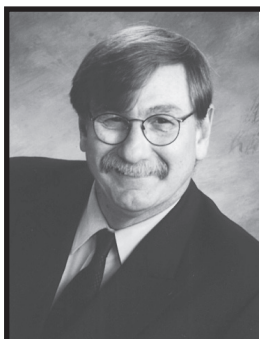
Saturday, August 19: at 4:56 a.m., deputies arrested a 24-year-old woman from Hayward on suspicion of trespassing on private property. A homeowner on Orange Avenue near Lessley Avenue called deputies to report a suspicious person in the backyard. Deputies found the suspect loitering and took her into custody.

Traffic Violation Leads to Discovery of Illegal Drugs

Wednesday, August 16: at 10:25 a.m., a 38-year-old man from Hayward was arrested on suspicion of possession of illegal narcotics. Deputies discovered his stash when they stopped the man for a traffic violation while he was driving on Crow Canyon Road near Cull Canyon Road. The man was handcuffed and taken into custody.

Public Intoxication Failed Field-Sobriety Test

Tuesday, August 15: at 3:14 p.m., deputies arrested a 25-year-old man from Patterson (Stanislaus County) on suspicion of public intoxication. The man was traveling on Baker Road near Castro Valley Boulevard when deputies stopped him for questioning. The man failed his field-sobriety test and was taken into custody. *see REPORTS on page 8*



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The Week Ahead

● Thursday, August 24: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting beginning at 7 p.m. tomorrow in the boardroom of the school district at 4400 Alma Avenue. Visit bit.ly/CVUSDBBoardMeetings for the complete agenda and board packet.

● Thursday, August 24: Barbershop Chorus Open House

The New Dimension Barbershop Chorus holds an open house and performance from 7 to 9 p.m. tomorrow (performance starts at 7:30) at Calvary Lutheran Church, 17200 Via Magdalena, San Lorenzo. The chorus has no religious affiliation; all are welcome. Members are from Castro Valley and all over the East Bay. Watch, learn and/or participate as the chorus rehearses, performs and explains the a cappella, barbershop style of singing. Whether you are interested in joining or just curious, please come visit us.

● Saturday, August 26: Pancake Breakfast Fund-raiser

Innocent Voices will host an all-you-can-eat Pancake Breakfast fund-raiser this Saturday at the Ice Creamery in Castro Valley. Doors open at 8 a.m., kitchen closes at 10 a.m. For advance tickets (\$12 for age 11 and older, \$6.50 for children 6-10, free for children 5 and under

if sharing a plate with an adult), visit www.innocentvoices.org. Tickets at the door will be \$15. Funds raised benefit Filipino street children. For more information, call 510-351-4694.

● Monday, August 28: Municipal Advisory Council Meeting

The Castro Valley MAC will meet on land-use issues at 6 p.m. next Monday at the Castro Valley Library. Visit acgov.org/uninc/ for the agenda, which includes an update on the Daughtrey building.

● Monday, August 28: Golf Benefit for Community Groups

Register today and mark your calendar for Aug. 28 and a “Day on the Greens” at Redwood Canyon Golf Course in Castro Valley, sponsored by the Castro Valley Sports Foundation and the Rowell Ranch Pro Rodeo. Check-in registration at 9 a.m., Shot Gun Start at 10. Also gift bag, cart, box lunch, post tournament awards dinner and a silent auction. Proceeds provide support for charitable organizations, youth sports and athletics in Castro Valley. For complete information and an entry registration form, visit www.castrovalleysportsfoundation.org

● Tuesday, August 29: Toastmasters Speech Contests

Interested in becoming a better public speaker? Castro Valley Toastmasters is a safe and encouraging environment where you can develop and practice real-world speaking and leadership skills. Come and join the audience as club members compete in our annual Humorous Speech and Evaluation Contests from 6:45 to 8:30 p.m. on Aug. 29 at Baywood Court Retirement Community, 21966 Dolores St. in Castro Valley. We will begin our meeting with a potluck. It’s free and all are welcome.

● Wednesday, August 30: Homework Volunteer Orientation

Castro Valley Library is looking for dedicated and enthusiastic high school students to volunteer just a few hours a week for its after-school Homework Assistance Center. Sign up for hours on Mondays, Tuesdays, Wednesdays, and Thursdays from 3:30 p.m. to 5:00 p.m. and help students tackle their homework. Two separate orientations will be held next Wednesday, Aug. 30: Returning Homework Center Volunteers should arrive between 4 and 4:30 p.m. to schedule your hours. New volunteers should arrive at 4:30 p.m. for orientation and scheduling of hours. Call Nathan Silva, Librarian II, 510-608-1141 for more information or stop by the Castro Valley library. Please be sure to bring a completed and signed Homework Center Volunteer application to the orientation.

● Friday, September 1: Eden Area Village

Join Eden Area Village working together to help seniors in the Castro Valley, Hayward and San Leandro area remain in their homes and engaged in the community. Informational meeting at 2 p.m. on Sept. 1, at Hayward City Hall (check at front desk for room). A coffee meet-up will be held at 9 a.m. on Sept. 16 at the Cannery Cafe, in the HAHS Museum.

● Tuesday, September 5: Buon Tempo Club Family Dinner

The Buon Tempo Club invites everyone to a family dinner at 7 p.m. on Sept. 5 at Transfiguration Church, 4000 E. Castro Valley Blvd. Rich Gorham and his crew will serve tri tip in a six-course dinner served family style with red and white wine included. Members \$15, guests \$20. For reservations call 510-483-6929 by Friday, Sept. 1. Buon Tempo is looking for new members. To learn more go to buontempoclub.org

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

The Buon Tempo Club is looking for entries for the 9th Annual Big Salami Shoot which will begin at 9 a.m. on Sept. 9 at the Ken Martin Bocce Courts in Adobe Park at 20395 San Miguel Ave. in Castro Valley. Open to 4-person mixed teams and limited to 12 teams, with a \$40 entry fee per team. Entry deadline is Sept. 2. For info and entry forms, contact cvbearhouse@gmail.com or maxsmartin@aol.com or call 510-415-9043 or 510-9679753. BBQ and picnic tables available.

● 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. If you’re stuck in a writing project, Minichino can help you, no matter your topic, genre, format or age group. Minichino is the author of 25 mysteries in four different series. 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.

● 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.

● Friday, October 13: Hope Flight Foundation Dinner

The Hope Flight Foundation, which provides free medical flights for children with cancer and other life-threatening illnesses, will hold its 12th Year Anniversary buffet-style dinner of rice, beans, chips/salsa bar, and fountain drinks from 5 to 9 p.m. Oct. 13 at Los Pericos Restaurant, 24369 Southland Drive in Hayward. First 20 guests receive a Hope Flight gift. For tickets or info, visit www.HopeFlightFoundation.org

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’ classic dark farce, will be presented by Douglas Morrisson Theatre with a Preview at 8 p.m. tomorrow, Aug. 24 and an Opening Reception at 8 p.m. on Friday, Aug. 25, at the theatre, 22311 N. Third St., Hayward. Showtimes are Fridays and Saturdays at 8, Sundays at 2, with shows at 2 and 8 on Sept. 9. For information or tickets (\$10 preview, \$27 Opening Night and Saturday matinée, \$29 all other evenings and matinées) 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.

REGULAR GOVERNMENT MEETINGS

• Castro Valley Municipal Advisory Council (MAC) meets on land-use issues on most 2nd and 4th Mondays of the month, and holds general purpose meetings on most 3rd Mondays. Meetings are at 6 p.m. at the Castro Valley Library Chabot Room, 3600 Norbridge Avenue.

• Castro Valley School Board usually holds open meetings at 7 p.m. on the 2nd and 4th Thursdays of the month at 4400 Alma Ave.

• Castro Valley Sanitary District (CVSan) meets at 6:30 p.m. on the first Tuesday of the month at the District Headquarters, 21040 Marshall St.

CASTRO VALLEY FORUM

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HOROSCOPE by Salomé

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ARIES (March 21 - April 19): As eager as you are to take on that new challenge, it would be best to temper that spurt of “Ram”-buncious energy until you have more facts to back up your decision.



TAURUS (April 20 - May 20): This is a good time for hardworking Bovines to take a break from their hectic on-the-job schedules to bask in the unconditional love and support of friends and family.



GEMINI (May 21 - June 20): Pay attention to what you hear in the workplace. You could pick up some hints about possible changes. Meanwhile, a new infusion of creative energy sets in by week’s end.



CANCER (June 21 - July 22): Try to be more flexible in dealing with a suddenly difficult situation, whether it’s on the job or in the home. Others might have some good points to offer. Listen to them.



LEO (July 23 - August 22): You might think you’re not getting the royal treatment you deserve. But be careful not to become a royal pain by complaining about it. Be patient and allow things to work out.



VIRGO (August 23 - Sept. 22): Watch that penchant for being super-judgmental at work. It might create a bad impression with someone whose decisions could determine the course of your career.



LIBRA (Sept. 23 - October 22): You’ve been your usual busy-bee self, gathering nectar wherever you can find it. But now’s a good time to kick back, relax and just enjoy smelling the roses.



SCORPIO (October 23 - November 21): That pesky personal situation seems to be improving. But change comes slowly, so be patient. Expect someone to bring more positive news by week’s end.



SAGITTARIUS (Nov. 22 - Dec. 21): Whoa! Ease up on that hectic pace you’ve been putting yourself through. Take time to recharge your energy levels before going full gallop again.



CAPRICORN (Dec. 22 - Jan. 19): Try to be intrigued, not intimidated, by the issues you’re suddenly facing, and you’ll be ahead of the game. Don’t be afraid to demand answers to your questions.



AQUARIUS (Jan. 20 - Feb. 18): New associates freezing you out of their inner circle? Never mind. Put a warm smile on that friendly face of yours, and you’ll soon thaw them all down to size.



PISCES (Feb. 19 - March 20): Your wise guidance helps colleagues agree to compromise and move forward. Meanwhile, there are still vital issues you need to deal with in your personal life.



PHOTO COURTESY OF ARMANDO LA ROSA

Dakine Hoops Undefeated

Dakine Hoops participated in the Bay Area Mambas Summer Finale Tournament, held in Fremont, on Saturday, August 12. Dakine started with an exciting double overtime win against the Wildcats Blue team 46-45, followed by another overtime win, this time, against the host, Bay Area Mambas, 47-44. Dakine won their final game 34-27 against Wildcats White, to finish undefeated. Front row from left, Riley La Rosa, Jalen Tran, Aadi Malali, Avi Rajbhandary and Ekam Sandhu; back row, Michael Li, Head Coach Armando La Rosa, Shriyans Vittal and Travis Simmonw.

ATHLETES OF THE WEEK



CV United's 2006 Boys Green Team

This week's Athletes of the Week are the members of Castro Valley United's 2006 boys green soccer team who participated in the 2017 San Ramon Summer Classic on various fields in San Ramon over the weekend of July 29-30.

CV produced incredible displays of attacking soccer, winning their first two games 12-1 against Heritage boys black team and 9-3 over San Ramon boys navy team, to conclude Saturday's pool play.

As the first seed in Sunday's 7-team knockout playoffs, CV had a first round bye, but played

Mustang red and won 8-1, in the semi final round.

In the Championship game, CV faced California Magic and won 7-3, finishing as undefeated Champions, scoring 36 goals on their way to the title.

Shown in the top row from left, Coach Carlos Castillo, Anthony Velasquez, Matthew Feurdean, Sammy Hiester, Mateo Castillo, Ryan Widdel, Leonardo Dominguez, and Coach Brendan McManus; bottom row, Anthony Mares III, Daniel Sanchez, Hakuto Kremer, Lucas Chang, Max Zhang and Diego Mares.

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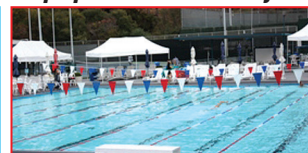
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SPORTS NOTES

Fundraiser

The Castro Valley wrestling club is having a fund raising golf tournament on Saturday, Sept. 16, at Castro Valley's Redwood Canyon Golf Course. It will include a 4-person scramble, barbecue lunch, raffle, and an awards reception following the completion of the round of golf. Visit <https://www.planmygolfevent.com/31044-CVwrestlinggolftourney> for info and to sign up.

Cross Country Sign Ups

Castro Valley Track Club's cross country practices and sign-ups begin next Monday Aug. 28 and continue until October. All practices will be at Canyon Middle School Monday through Thursday. Practices will be starting at 5:30-6:30, but moving to 5:00-6:30, as daylight shortens in October. Also, some practices will be at Lake Chabot (and other fun venues) starting in October. Sign up letter (with meet schedule) and forms appear at JOIN at www.cvtrackclub.com.

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PHOTO COURTESY OF ARMANDO LA ROSA

Celebrating 35th Anniversary

The town's longest-running bike shop, Castro Valley Cyclery, celebrated 35 years in business this past weekend. To celebrate, a group of about 75 cyclists set off from the shop Saturday morning for a road ride to the end of Cull Canyon and back, just like they used to do in '82! The destination Cyclery has occupied its' Stanton Avenue location since 1994. Owner and long-time Castro Valley resident John Kosloski began working at the shop when it was located on Santa Maria Ave. during the 1980s. In 1990, Kosloski took over ownership and has built a community of cyclists from the surrounding areas.

Free Public Workshop: Learn Strategies For Combating Cancer-Related Fatigue

By Joanne Sexton
SPECIAL TO THE FORUM

If you are fighting cancer, chances are you're also fighting fatigue.

Fatigue is the most common side effect of cancer treatment, and it can make everyday activities — like talking on the phone or shopping for groceries — difficult.

The fatigue that comes with cancer, called cancer-related fatigue, is different from fatigue of daily life because it persists and often doesn't get better even after rest.

According to the American Cancer Society (ACS), cancer-related fatigue can:

- Affect you differently from one day to the next
- Be overwhelming and make it hard for you to feel well
- Make it hard for you to be with friends and family
- Make normal activities difficult
- Make it harder for you to follow your cancer treatment plan

■ Reducing Cancer-Related Fatigue

"People feel wiped out and

don't know what to attribute it to" says Kimberly Thompson, BS Kinesiology, ACS Certified Cancer Exercise Trainer. "Cancer-related fatigue is very real and there are self-care strategies that can reduce it and help people cope."

Thompson is scheduled to share those strategies during a free public workshop titled "Combating Cancer Related Fatigue" which will be held from 6 to 8 p.m. on Wednesday, September 13 at the Eden Medical Center in the Medical Office Building, 2nd Floor at 20101 Lake Chabot Road.

The workshop will begin with a discussion about stress and how it effects human physiologically. Participants will then be led through very basic stretches, self-massage, breath work techniques and mindfulness practices for restoring energy reserves.

"I want for people to walk away with simple tools to deal with stress, fatigue, and sleep disturbances" says Thompson. "The practices I teach have strong evidence that support their value to anyone with cancer, regardless of type or stage, and are beneficial to all age groups."

Thompson has worked with the Cancer Survivorship Program of Stanford Valley Care since 2013 and has partnered with Cancer Support Community, San Francisco Bay Area chapter.

■ Come Prepared to Learn

This workshop is different from a support group. It will focus on teaching participants about cancer-related fatigue, techniques to reduce it and cope with it. You will learn:

- The possible medical causes of fatigue such as electrolyte imbalance, breathing problems, or anemia.
- How patterns of rest and activity affect fatigue as well as the difference between fatigue and depression.

Caregivers are also welcome, and all are encouraged to register by calling 925-933-0107.

■ Connect to Community Resources

Finally, this workshop will connect participants to community resources, including:

see **CANCER** on back page

Benefits Of Yoga For Kids

By Susan Green
SPECIAL TO THE FORUM

Yoga has been around for thousands of years. In Sanskrit, the ancient language of India, the word "Yoga" translates to mean "Union" or "Connection." Practicing yoga helps to connect mind, body and soul, and improve overall health.

It's estimated that about 40 million people practice yoga in the U.S. today. If you're one of them, you've likely experienced the many benefits yoga offers; improvement in strength, flexibility and balance, calmer nerves, more mental clarity, deeper mind-body connection and overall better health.

With our busy, often chaotic and sometimes stressful lives, it's no wonder yoga participation is on the rise.

But, it's not just adults benefiting from yoga. Kids are jumping onto the mat as well.

While today's preschoolers may not have what we would consider to be a demanding daily agenda, they do have a lot to learn and process. They also tend to vicariously experience the fast-paced chaos of their parents' schedules and demands.

By school age, kids have their own busy days filled with school, socializing, peer pressure, homework, after-school sports and activities, and technology. Many parents, knowing their children are under pressure and over-stimulated, seek ways to help their kids reduce stress, improve focus and simply be more fit. Kids yoga classes can offer a great many benefits for mind, body and soul!

For the *mind*, yoga helps relieve stress and tension, strengthen focus, improve thinking, memory and listening skills, and helps balance energy (high or low).

Yoga is wonderful for kids' *bodies*! They will become stronger and more flexible, improve balance and coordination, strengthen their nervous system, experience better sports performance, and feel more relaxed!

Yoga touches a child's *soul* by building confidence, self-esteem and self-love. It teaches team



Yoga is wonderful for kids' bodies. They will become stronger and more flexible, improve balance and coordination, strengthen their nervous system, experience better sports performance, and feel more relaxed.

skills, inspires respect for others, and encourages gratitude.

If you're trying to imagine a room full of children doing a traditional yoga class, let me set your mind at ease. Kids' yoga classes are designed to be age appropriate and engaging.

Younger kids are immersed in imaginary play—joyfully embodying favorite animals and the environment, playing games, and embarking on exciting adventures.

Older kids learn yoga poses and anatomy, practice partner poses and create together, play games, share, express through art, while exploring concepts like honesty, patience, kindness, mindfulness, gratitude and self-love.

All classes are taught in a non-competitive environment with a clear focus on love, accep-

tance and validation. We end with relaxation time where we practice allowing our bodies and minds to be still, and close with the Sanskrit word, "Namaste"—a way to honor each other.

Yoga for Kids 3-7 or 8-12 classes are offered through HARD (Hayward Area Rec District). Fall sessions begin Sept. 7 and Oct. 26.

Register online at www.haywardrec.org. Call 510-881-6700 for more information.

Susan Green is a Registered Yoga Teacher and Certified Integrative Nutrition Coach. She holds certifications through The Institute for Integrative Nutrition, American Council on Exercise, YogaFit Kids, It's Yoga Kids and Yoga for the Special Child. Contact her at claritywithsusan@gmail.com or claritywithsusan.com.

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Eclipse- View of a Lifetime

One hot spot to check out the big solar eclipse Monday morning was the Castro Valley library.

Over 1,200 people showed up beginning at 9 a.m. to try and snag some of the coveted eclipse glasses which helped people view this once-in-a-lifetime event.

Library branch manager Dawn Balestreri says all 600 pairs of glasses were scooped up within 20 minutes, but people were happy to share with the latecomers so everyone got a chance to see the eclipse.

Balestreri said that a lot of people stopped by the library, but left to chase the sun and check out the skies farther east in the Dublin-San Ramon area as the sky remained overcast in Castro Valley.

Not to worry though, the library had a live-stream up and running so people could watch the eclipse as it followed the path of totality from Oregon all the way to South Carolina. In the Bay Area, about 75 percent of the sun was covered by the moon at the peak of the event.

The library party also featured eclipse-themed art and crafts and cookies for the kids and a great time was had by all, Balestreri said.

The next solar eclipse viewable in the United States will be in 2024, but that one will miss the Bay Area.

—by Amy Sylvestri



PHOTO COURTESY OF THE ALAMEDA COUNTY FIRE DEPARTMENT

These Alameda County firefighters at Station 25 on San Miguel Avenue in Castro Valley made sure to wear their protective glasses while watching the eclipse Monday morning.



PHOTO BY CARL LAWLER

Hundreds showed up at the CV parking lot on Monday morning to watch the sun disappear behind the moon.

Reports: Drugs; Wanted Sex Offender

continued from page 3

Couple Drove Drugged

Tuesday, August 15: at 9:17 a.m., two people were arrested on drug-related charges outside a middle school on Center Street. Deputies pulled over the couple for reportedly driving erratically in the neighborhood. The driver, a 23-year-old man from Livermore, was charged with driving while under the influence of drugs, possession of illegal narcotics, possession of illegal drug paraphernalia, and supplying false identification to deputies. The man was additionally wanted on three felony warrants. He was taken to Santa Rita Jail pending \$20,000 in bail. The passenger, a 27-year-old woman from Pleasanton, was charged with possession of illegal drug paraphernalia and supplying false identification. She was taken into custody.

Tear Gas at the Park & Ride

Tuesday, August 15: at 8:23 p.m., deputies arrested a 33-year-old man from Hayward on suspicion of illegal possession of tear gas and violating the terms of his parole. The man was hanging out in the empty lot west of the Park & Ride parking area on Center Street. Deputies stopped the man for questioning and discovered his stash. The man was taken into custody.

Drug Store Robbery

Tuesday, August 15: at 6:45 p.m., a 27-year-old man with no permanent address was arrested on suspicion of robbery and destroy-

ing private property. Deputies responded to a silent alarm at a drug store on the Boulevard near Yeandle Avenue. There, the store clerk reported he saw the suspect attempt to leave with unpaid merchandise. The suspect used force to escape the store, but was later apprehended. The man also had a warrant issued for his capture. Deputies took the man to Santa Rita Jail pending \$105,000 in bail.

Husband Wouldn't Leave

Monday, August 14: at 11:17 p.m., deputies arrested a 28-year-old man from Castro Valley on suspicion of violating a court-issued restraining order. A woman at an apartment on Center Street near Grove Way reported that her estranged husband showed up against the court order and would not leave. He even reportedly blocked the doorway so that the woman could not leave. Deputies handcuffed the man and took him into custody.

Wanted Sex Offender

Monday, August 14: at 9:10 a.m., a 62-year-old man was arrested on suspicion of failing to annually register as a sex offender with authorities. The man was also found with illegal narcotics, illegal drug paraphernalia, and supplying deputies with a false identification. The man was stopped for questioning as he was traveling on Lake Chabot Road near Eden Medical Center. Deputies made the positive identification and took the man to Santa Rita Jail pending \$140,000 in bail.

Spousal Assault and Battery

Monday, August 14: at 5:44 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to an apartment on Center Street near Grove Way. There, they arrested a 36-year-old woman from CV on suspicion of assault and battery. Deputies handcuffed the woman and took her into custody.

Clues Sought in Cold Case

The Alameda County Sheriff's Office is asking the public's help in solving a 19-year-old cold case murder.

On Saturday, Aug. 8, 1998, Bhupinder ("Bobby") Kumar was the victim of a fatal stabbing at Muggs Night Club in Castro Valley.

Witnesses said Kumar, 31, had exchanged words with the suspect after in the parking lot after leaving the club. The suspect, who later left with a woman, returned

alone less than a minute later and fatally stabbed Kumar multiple times.

The suspect was described as a Hispanic male, about 5-foot-7 and weighing 150 to 170 pounds. He was picked up in a dark colored SUV driven by a black woman.

Anyone with information about the case is asked to call the sheriff's office's cold case homicide unit at 510-667-3661 or the anonymous tip line at 510-667-3622.

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Beast of a Season At Woodminster

"Beauty and the Beast" was the show that brought the Disney entertainment empire to Broadway, leading the way for so many other Broadway hits based on Disney movies.

The 51st season of the Woodminster Summer Musicals concludes with this family favorite performed September 1-10 at Woodminster Amphitheater in Oakland's Joaquin Miller Park.

"Beauty and the Beast" tells the story of Belle, a smart and imaginative young woman in a country village, and the Beast, who is really a young prince trapped under the spell of an enchantress.

"Between the cast and the orchestra, there will be over 50 people on the Woodminster stage for this show, which will make it extra-magical for the audience," says director Joel Schlader. "There

have been a lot of retellings of this story, ranging from the old fairy tale to the animated movie, to this year's live action film. But this version, the big-cast stage version, is my favorite. Everyone is going to be enchanted."

The production, with live orchestra, and musicians, will be performed Sept. 1 (opening) and continue Sept. 2, 3, 7, 8, 9, 10. Friday and Saturday shows are at 8 p.m., Thursdays and Sundays (school nights) are at 7 p.m.

Tickets (\$31-\$64, with \$2 senior discount) or info available at: www.woodminster.com, by phone at 510-531-9597 or at the box office before any performance.

Woodminster Amphitheater, in Oakland's Joaquin Miller Park, is located on Joaquin Miller Road at upper Sanborn Drive in the Oakland hills.



Jennifer Mitchell plays the smart and beautiful Belle, Will Springhorn Jr. plays the buffoon Gaston, and John Tichenor plays Gaston's adoring sidekick, Lefou, in Woodminster Summer Musicals' large-cast "Beauty and The Beast" opening Friday, Sept. 1 at Woodminster Amphitheater in the Oakland Hills.

CV Sanitary Recruiting for Application Support Specialist

The Castro Valley Sanitary District (CVSan) is currently recruiting for the position of Application Support Specialist.

This full-time salaried position is responsible for coordinating

and managing activities related to departmental application systems focused on financials/payroll, time keeping, HR, asset management systems, inventory, and project management databases.

It requires experience as a business or systems analyst, general IT support or IT analysis for a small or medium sized organization, and graduation from a four-year university with major coursework

in computer science, information technology, or business admin.

For more info or to apply, visit www.cvsan.org/employmenttopps. Applications will be accepted until 2:00 p.m. on Friday, Sept. 15.

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Earth Day Donation Made to CV Educational Foundation

For the sixth consecutive year, Castro Valley Sanitary District (CVSan) provided each Earth Day Clean-Up volunteer the opportunity to select one of four local charities to receive \$5 on their behalf.

Donations from the April 29 event totaled \$1,495 and included the presentation of \$105 to CV Educational Foundation which, since its inception some 30 years ago, has donated more than \$350,000 to the CV School District.

Foundation President Hope

Kingma accepted the donation and publicly thanked the Earth Day volunteers at CVSan's Board of Directors meeting on Aug. 1.

CVSan General Manager Roland Williams said the Education Foundation provides support to students and schools through such educational activities as writing workshops, poetry and art shows, science festivals and spelling bees as well as direct grants to fund specific needs and scholarships for high school seniors.

Public Comments on Mural Proposals Accepted Online

The Alameda County Arts Commission will be accepting online comments from the public through Sunday, Aug. 27, on the proposed designs for Castro Valley's overpass mural, known as the Community Identifier Project.

The project involves designing and hand-painting "Castro Valley" along with other simple design

elements on the I-580 overpass at Redwood Road.

To view the artists' proposals and to add your comments, visit bit.ly/CIPProjectsPD or www.acgov.org/arts (click 'What's New').

For more information, contact the Alameda County Arts Commission at artscommission@acgov.org or call 510-208-9646.



PHOTO BY TERRY SULLIVAN

'Arsenic' Previews Tomorrow

Christine Macomber, Alan Coyne, and Mary Bishop as they appear in the classic dark farce "Arsenic and Old Lace" with a preview performance tomorrow evening at 8 and an Opening Reception Friday night at the Douglas Morrisson Theatre in Hayward. For performance and ticket information, see the A&E Calendar on page 4.

Bicycle and Pedestrian Master Plan

The Alameda County Public Works Agency will host a community workshop in Castro Valley tomorrow evening, Aug. 24, on its plans to improve bicycle and pedestrian safety in Castro Valley and other unincorporated areas.

The agency is updating its master plan and developing strategies for those who walk or bike to schools, shopping, recreation, and public transit.

The Bicycle and Pedestrian Master Plan will include goals and policies, bicycle and pedestrian networks, safety and education programs, and funding and implementation strategies.

Tomorrow's presentation will begin at 7 p.m. in the Castro Valley Library at 3600 Norbridge Avenue.

For more information, contact Paul Keener, Senior Transportation Planner, at 510-670-6452 or visit the Public Works Agency's website at www.acpwa.org.



15th Annual INDEPENDENT WATCHDOG COMMITTEE Report to the Public

Measure B and Measure BB Sales Tax Activities

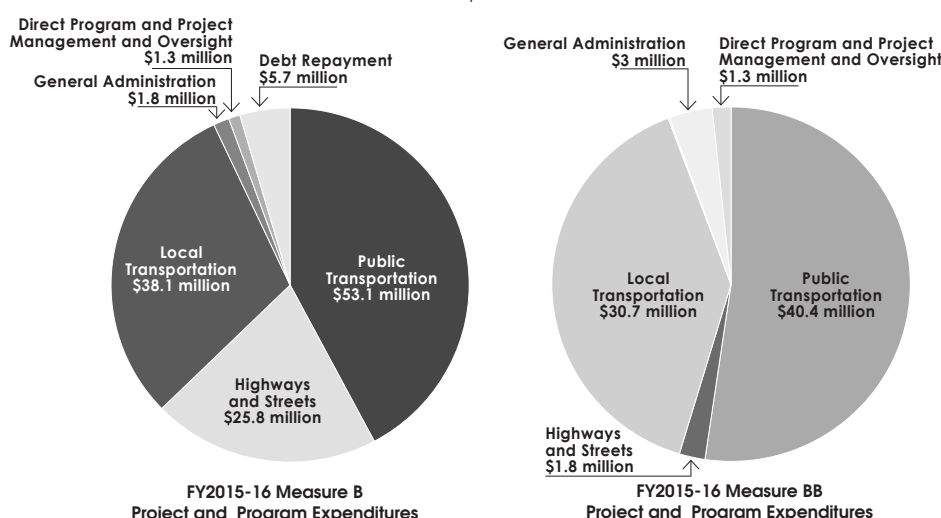
In November 2000, Alameda County voters approved Measure B, which extended the County's 1986 half-cent transportation sales tax to 2022 and set forth a 20-year Expenditure Plan to enhance the County's transportation system. Measure B also established a Citizens Watchdog Committee (CWC) to review all Measure B expenditures for compliance with the Expenditure Plan.

In November 2014, Alameda County voters approved Measure BB, which augmented the County's half-cent transportation sales tax to one full cent, extended the tax through 2045 and set forth a 30-year Expenditure Plan for essential transportation improvements in every city throughout the County. Measure BB established an Independent Watchdog Committee (IWC) that reports its findings annually to the public to ensure appropriate use of sales tax funds and provides oversight by reviewing all Measure B expenditures and Measure BB expenditures and performance measures. The IWC replaced and assumed responsibility for the CWC in July 2015. This 15th annual report covers expenditures and IWC activities during the fiscal year ended June 30, 2016 (FY2015-16). The full report is available at www.AlamedaCTC.org/IWC2017Report.

The IWC concludes that 2000 Measure B and 2014 Measure BB tax dollars were spent during FY2015-16 in accordance with the intent of the two measures, except as noted in the full report. However, opportunities for improvement remain.

Summary of Expenditures

The Alameda County Transportation Commission (Alameda CTC) is responsible for administering the Measure B and Measure BB transportation sales tax measures. In FY2015-16, Measure B revenues totaled \$137.3 million, and audited expenditures totaled \$125.8 million. Measure BB revenues totaled \$137.3 million, and audited expenditures totaled \$77.2 million in FY2015-16.



Measure B and Measure BB Funded Programs

Alameda CTC allocates approximately 60 percent of Measure B and 65 percent of Measure BB funds on a monthly basis to programs by formula and through competitive grants to Alameda County, cities and transit agencies. In FY2015-16, Alameda CTC expended \$74.9 million in Measure B funds and \$70.2 million in Measure BB funds on programs.

Measure B and Measure BB Funded Projects

Alameda CTC allocates approximately 40 percent of Measure B and 35 percent of Measure BB funds to capital projects. In FY2015-16, Alameda CTC expended \$42.1 million of 2000 Measure B funds and \$2.7 million of 2014 Measure BB funds on capital projects.

Independent Watchdog Committee Activities

IWC members performed the following general activities from July 1, 2015, through June 30, 2016.

- Ongoing Programs and Capital Projects Monitoring:** The IWC monitors specific programs, capital projects and issues of concern.
- Independent Audit of Alameda CTC:** The IWC reviews the independent auditor's plan for the audit before it begins and reviews the draft audited Comprehensive Annual Financial Reports regarding Measure B and Measure BB revenues and expenditures.
- Audit and Compliance Report Review:** The IWC members review audited financial statements and compliance reports received from Measure B and Measure BB direct local distribution (DLD) recipients to ensure expenditures comply with the requirements in the applicable Expenditure Plan.
- Issues Identification Process:** IWC members may request and receive information from DLD recipients and/or Alameda CTC staff if they have concerns regarding Measure B and Measure BB expenditures. The committee may also review issues regarding Measure B and Measure BB expenditures identified by the public.
- Annual Report to the Public:** Each year, the IWC establishes a subcommittee to develop the annual report to the public regarding Measure B and Measure BB expenditures and to discuss distribution of and outreach for this report.

How to Get Involved

Independent Watchdog Committee meetings are open to the public. You can contact the IWC at IndependentWatchdog@alamedactc.org. If you are interested in vacancies on Alameda CTC's community advisory committees, contact Alameda CTC. Visit www.AlamedaCTC.org and follow Alameda CTC on:



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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Why Is Inventory at a 20-year Low?

It is not your imagination — the availability of homes for sale has dipped to a 20-year low.

One thing *not* in short supply? Theories as to why this situation exists. In a recent survey by Realtor.com designed to pinpoint the underlying reasons, one astonishingly simple answer has floated to the surface:

Homeowners are overwhelmingly happy where they are and see no need to move.

RISMedia author Suzanne De Vita states, "Sixty-three percent of homeowners surveyed say their current house meets their needs, with baby boomer homeowners especially unwilling to move — a problem for succeeding generations, who are missing out on the

33 million condos and single-family houses boomers currently own.

"An overwhelming 85 percent of boomers surveyed have no plans to list their home for sale in the next year, with 72 percent reporting that their existing house suits their needs. Sixty-five percent of Gen X homeowners and 52 percent of millennial homeowners echoed the same sentiment."

Bottom line? With no compelling pressure forcing a majority of homeowners to leave their current homes and relocate elsewhere, anticipate severe inventory shortages for a long time.

One of the root causes was the cataclysmic collapse in the markets a few years back. Many boomers saw their financial reserves devastated overnight,

limiting or even destroying their retirement options. A significant number saw their home values plunge underwater and could not move even if they wanted to. They learned to tighten their belts and be content with where they were and what they had.

Now that they are out of the recession and back in the black, many have learned to be content with less and have also discovered they are OK where they are. Some also fear we may be headed for another collapse and have decided to sit tight just in case.

The huge upsurge in market values over the past six years has not helped. The price gap between the home a person currently owns and the replacement home they'd like to purchase has widened appreciably. When you factor in the reality that, thanks to the depression, many have much less capital to work with than they did in the past, consequently the gap is too large for many to bridge.

With no immediate reason or ability to move, homeowners are hunkering down for the long haul. As for buyers? Count on being on the move for some time yet.

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 at www.ccmgtoday.com.

RECENT HOME SALES

Castro Valley

3684 Arcadian Drive	94546	\$830,000	3 BD - 1,808 SF - 1958
4133 Arcadian Drive	94546	\$980,000	N/ABD - 2,393 SF - 1977
5352 Camino Alta Mira	94546	\$959,000	4 BD - 2,468 SF - 1988
18562 Carlwyn Drive	94546	\$590,000	3 BD - 1,611 SF - 1955
18446 Center Street	94546	\$800,000	3 BD - 1,624 SF - 1958
4834 Haley Drive	94546	\$750,000	4 BD - 1,761 SF - 1951
2774 Jeffrey Court	94546	\$840,000	3 BD - 1,368 SF - 1963
2933 Lake Chabot Lane	94546	\$650,000	3 BD - 1,802 SF - 1981
20032 Leroy Drive	94546	\$770,000	3 BD - 1,081 SF - 1955
21427 Rizzo Avenue	94546	\$730,000	4 BD - 1,706 SF - 1966
19038 Vannoy Court	94546	\$820,000	3 BD - 1,617 SF - 1954
5326 Briar Ridge Drive	94552	\$590,000	3 BD - 1,619 SF - 1978
25369 Buckeye Drive	94552	\$1,070,000	4 BD - 2,234 SF - 1996
25521 Conley Downs Dr	94552	\$835,000	3 BD - 1,537 SF - 1998
20971 Elbridge Court	94552	\$1,161,000	4 BD - 2,814 SF - 1994
5240 Jensen Road	94552	\$1,350,000	4 BD - 2,718 SF - 1971
5644 Shadow Ridge Drive	94552	\$1,000,000	4 BD - 1,891 SF - 1973

TOTAL SALES: 17
LOWEST AMOUNT: \$590,000 **MEDIAN AMOUNT: \$830,000**
HIGHEST AMOUNT: \$1,350,000 **AVERAGE AMOUNT: \$866,176**

San Leandro

308 Bancroft Avenue	94577	\$417,000	2 BD - 1,376 SF - 1925
393 Cherrywood Avenue	94577	\$535,000	2 BD - 902 SF - 1941
2657 Darius Way 9	94577	\$946,000	3 BD - 2,615 SF - 1959
961 Glen Drive	94577	\$955,000	2 BD - 1,634 SF - 1929
2048 Pacific Avenue	94577	\$560,000	3 BD - 1,048 SF - 1951
1440 Santa Rosa Street	94577	\$665,000	3 BD - 1,880 SF - 1955
13978 Sausalito Road	94577	\$632,000	3 BD - 1,336 SF - 1961
14406 Seagate Drive	94577	\$520,000	[2 BD - 1,346 SF - 1984
1735 Skyview Drive	94577	\$950,000	4 BD - 2,984 SF - 1963
1481 Timothy Drive	94577	\$580,000	3 BD - 1,095 SF - 1944
700 Tivoli Street	94577	\$840,000	5 BD - 2,503 SF - 2004
2234 Transom Way	94577	\$512,500	N/ABD - 1,125 SF - 1978
1376 Advent Avenue	94579	\$605,000	3 BD - 1,114 SF - 1951
1284 Avon Avenue	94579	\$655,000	3 BD - 1,579 SF - 1953
700 Fargo Avenue #1	94579	\$396,000	2 BD - 850 SF - 1965
730 Fargo Avenue #8	94579	\$425,000	3 BD - 1,136 SF - 1965
650 Fargo Avenue #9	94579	\$460,000	3 BD - 1,136 SF - 1965
664 Garside Court	94579	\$650,000	3 BD - 1,775 SF - 1948
1674 Manor Boulevard	94579	\$650,000	3 BD - 1,121 SF - 1954
1348 Padre Avenue	94579	\$710,000	4 BD - 2,142 SF - 1951
2238 Pipit Court	94579	\$678,000	4 BD - 1,544 SF - 1999
1142 Trojan Avenue	94579	\$610,000	3 BD - 1,020 SF - 1950

TOTAL SALES: 22
LOWEST AMOUNT: \$396,000 **MEDIAN AMOUNT: \$607,500**
HIGHEST AMOUNT: \$955,000 **AVERAGE AMOUNT: \$630,068**

Mortgage Rates Drop Again

Long-term fixed mortgage rates continued to move lower last week, according to Freddie Mac.

The 30-year fixed-rate mortgage averaged 3.89 percent last week, down from 3.90 percent a week earlier. A year ago at this time, the 30-year fixed rate averaged 3.43 percent.

Fifteen-year fixed-rate loans averaged 3.16 percent, down from 3.18 percent the week before.

Adjustable-rate mortgages (ARMs) were up slightly. The five-year hybrid ARM averaged 3.16 percent, up from 3.14 percent. A year ago at this time, the 5-year ARM averaged 2.76 percent.

Realtors - Advertise in our Weekly

Real Estate Gallery

- Recent Home Sales
- Open Homes
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- Market Trends
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Next Issue - Aug. 30th

If you would like to be a part of this exciting advertising opportunity, call your Account Executive today!



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mpominville4582@aol.com



Linda Nakhai
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Castro Valley
lnakhai@comcast.net



Claudette Morrison
510-614-1559
San Leandro
ClaudetteM@epublishing.com

OPEN HOMES SATURDAY & SUNDAY AUGUST 26TH & 27TH



CITY	SAT	SUN	ADDRESS	PRICE	BD/RS/BATHS	REALTOR	AGENT	PHONE
A	—	1-4	1550 Bancroft Avenue #321	\$479,950	3/2 Condo	Coldwell Banker	Trish Radovich	510-367-7999
H	—	1-4	24678 Broadmore Avenue	\$535,000	3/2	Re/Max Accord	Lovewell Team	510-351-5555
A	—	1-4	267 Durant Avenue	\$575,000	3/1	Coldwell Banker	Laurie Pfohl	510-851-3551
H	1-4	1-4	2446 Lancaster Court	\$799,000	3/2	Berkshire Hathaway	The Brent Team	510-333-9404
C	—	1-4	3455 Remco Street	\$935,000	3/2.5	Robert Jones & Assoc.	Matt Jones	510-357-0120

CITY GUIDE

A = SAN LEANDRO • B = SAN LORENZO • C = CASTRO VALLEY • D = DUBLIN • F = FREMONT • H = HAYWARD • K = BERKELEY
O = OAKLAND • P = PLEASANTON • S = SHEFFIELD VILLAGE • SR = SAN RAMON • W = WALNUT CREEK • Z = ALAMEDA



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

Realtors Help Kids Against Hunger

More than a dozen Alameda County real estate professionals gathered this month to package meals at the Kids Against Hunger Bay Area facility in Pleasanton. Within 90 minutes they had packed some 5,400 meals.

The Bay Area Kids Against Hunger is the regional chapter of a national nonprofit organization committed to both feeding

starving children, and making children, teens and adults part of the solution. Their program enlists volunteers to package and ship meals to children both in developing countries and in the United States.

"We've been helping Kids Against Hunger for a few years," said Realtor Justin Ramos, vice chair of the Bay East Young Professionals Network. "They have a great mission, they're very involved in Haiti and other parts of the world who have children who eat maybe one or two meals per week."

The effectiveness and efficiency of the program is a big draw for the Realtor volunteers, according to Toni Wilson, Marketing and Communications Director for the Bay East Association of Realtors.

"They have it down to a science, the volunteer program is very structured and that's why it works," said Wilson. "They understand that things like how much each meal weighs can



PHOTO COURTESY OF BAY EAST YOUNG PROFESSIONALS NETWORK

Alameda County Realtors pack meals at Pleasanton headquarters for Kids Against Hunger.

make the difference between it arriving at the destination or it getting held up in government red-tape, or worse."

William Doerlich, president of the Association and a volunteer, called it a great experience

for both building a team and for giving back to the community.

It's where we live and work, and giving back to the community is important not just from a business perspective but from a personal perspective. And, the

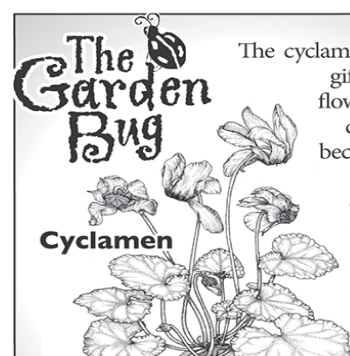
event was a lot of fun, there was a lot of camaraderie."

The Bay East Young Professionals Network Committee members are the voice and advocate for Bay East's young Realtors and Affiliates.

WEEKEND GARDENER

Best Buys

With the summer gardening season winding down, look for bargains for your fall landscaping projects. Flowering plants in 1-gallon containers, such as lantana, star jasmine, flowering vines and zonal geraniums are on sale at some nurseries and home centers.



The cyclamen plant is often given as a gift during the holidays, as it flowers beautifully during the cooler months. It naturally becomes dormant during the summer, and flowering ceases. Keep this plant out of full sun, as it prefers indirect light and cooler day temperatures.

Source: www.extension.umn.edu/wanbg.gov.au
www.backyardgardener.com

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DEADLINE FOR SPACE RESERVATIONS IS WEDNESDAY, SEPT. 20, 2017

CALLING ALL GREEN HEARTS

CVSan's Green Hearts Team needs Volunteers for Fall Festival!



CVSan's Green Hearts Team is for members of the Castro Valley community who are looking for a great way to give back to the environment and CV. Green Hearts Team volunteers will wear their hearts on their sleeves with the goal of helping others compost, recycle, and beautify Castro Valley all year round.

We are currently in need of recycling/organics station monitors for the Castro Valley Fall Festival on Saturday, September 9th and Sunday, September 10th. It's easy, fun, and all ages are welcome to volunteer (an adult must accompany students through middle school age).

To volunteer, please
call 510-537-0757 ext.
112 or email contact@cvsan.org
by Sept. 7th.



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This ad was funded by Measure D

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We REAAAALLLY appreciate our many Readers who support our Advertisers! Patrick V.

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San Leandro Times / Castro Valley Forum

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SAN LEANDRO

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HUGE MULTIFAMILY YARD SALE Sat. 8/26, 8am-3pm. 2036 West Ave. 133rd, San Leandro.

GARAGE SALE Aug. 26, 9am-3pm. Quality goods. Plus hand blown glass, stained glass tools, supplies. 344 Lille Ave., San Leandro.

BIG MOVING SALE! 8/26, 9am-2pm (No earlybirds). Furniture, toys, books, kitchen, entertaining supplies, etc. 1374 Glen Drive, San Leandro.

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WANTED: 2014 or newer Nissan Altima automobile. Call Patrick 510-517-3351.

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LETTERS to the Editor

Concerned Over How Opioid Crisis is Being Dealt With

Editor:

This Open Letter to all politicians is in regards to the "Opioid Crisis" and all the people dying from over-dosing in our country. My issue is with how it is being dealt with.

I am a person that has been experiencing pain every day for the last 33 years. Things started out with rheumatoid arthritis which moved into my back and neck and has required six surgeries with various recovery times and levels of success.

I also have developed peripheral neuropathy which is full blown in my feet/ankles and is beginning to show symptoms in my hands. Some days are better than others, but all have some degree of pain.

That said, the laws, bills and regulations that affect me and people like me are forcing me into a position that will require me to live my life in bed with pain as my constant companion.

I don't blame the doctors, they are being placed in a position where they can use their knowledge derived from many years of study and patient care or they can keep their job by following the rules as they currently exist and provide completely inadequate care to their patients. The type of doctor I am speaking of isn't the General Practitioner that has a completely different set of expertise. I'm referring to the Pain Management specialist that is being told how to provide care to their patients.

What I am asking is that before you sentence me to a life of pain without relief, get the Pain Management doctors involved. Get their input and allow them to do their job. I would bet that deaths from overdose drop but the care for pain patients would also improve.

—John Ekman, Castro Valley

Calls Donald Trump 'a Fluke President'

Editor:

In response to "Short and to the Point: President Trump Will Be Reelected" (Letters, Aug. 9), Donald Trump never polled above 50% in approval ratings for all voters, even on Inauguration Day. In January he was at 46%, by the end of June, he was at 38% (Gallup Poll).

He failed by three million votes to win the plurality in 2016. He is a fluke president. Thirty-one percent of those who generally approve of him, say he has done something in these first months that they disapprove of (Gallup Poll); that was before the white supremacist activity and the "flame-mouth" comments on N. Korea.

As for democratic fortunes, Democrat Phil Miller for Iowa State Legislature just won a special election in a District that went for Trump in 2016 by 20 percentage points. Miller won by 10 percentage points, a 30 percent shift in nine months.

Then there's our economy that the writer is so proud of. It is truly a wonderful economy for the top 99.999 percentile whose gains have skyrocketed in the last 30 years. Google "Our Broken Economy: in One Single Chart" to see it for yourself.

Working in business or industry 30 years ago, employees had a Defined Benefit Pension Plan and significant other benefits. After the Bush I recession, too many of those rehired had to accept the designation "independent contractor" without any benefits. Bush II had the highest Trade Deficit ever, in 2006. Even with his horrendous recession, he tried to do away with Social Security. Now Trump I wants to take away medical insurance for tens of millions.

The Democratic Party has committed to making the economy work for all of us. Watch us get our message out, attract good candidates, uphold the rule of law and the integrity of the vote as this term progresses.

—Carole Georges, Castro Valley

Questions President Trump's Fitness for Duty

Editor:

Regarding Jane Mason's guarantee of the re-election of the Republican President in 2020 (Letters, Aug. 9), seeing how quickly the results of the last Presidential election turned in just the last few days, I'd call her pronouncement a bit presumptuous. But, just for fun, I looked closer at her talking points.

Given that the total U.S. market is up 10% this year, with a total market cap of \$15 trillion, any claim of a 4 trillion dollar gain is a gross exaggeration.

Further, not only are we at the end of one of the longest bull markets in history and well overdue for a correction, this President has done little to influence the market other than to promise tax reform that has yet to materialize. Simply put, this president is no more responsible for the rising market or hiring gains of the last six months than Obama was responsible for the losses during his first six months. It will likely be another year before the effects of this administration on the economy can be empirically determined.

If one wants to look at polls as a leading indicator, the Republican President's 33% and falling approval rating is a far more telling indicator than the percentage of voters who would vote for him again. One could deduce that with his seemingly prepubescent lack of control on Twitter, these poll numbers are not likely to change for the better.

Speaking of messaging, unless his irrational behavior does change, it is fair to conclude that the Republican President is in process of committing career suicide by tweet, because the next election results will likely not hinge so much on ideology, but rather fitness for duty. Or in his case, a lack thereof.

—Rich Cooper, 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. Email Letters to: fredz@eb-publishing.com, or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

Obituaries

Howard Jack Wakerling

April 18, 1932 – August 11, 2017 • Resident of Castro Valley

Howard "Howie" Wakerling passed away at the age of 85 on August 11, 2017 after courageously battling ALS for six and a half years. Howard was happily married 62 years to his loving wife, Nancy, whom he is survived by. They have three children, Mike, Lori and Kathy; six grandchildren; and two great-grandchildren. Howard loved to travel the world with Nancy, his family and friends. His all-time favorite past time was to be around his family; he especially had a soft spot for his grandkids and great-grandkids. Howard was a man of honor, integrity and kindness. He was a Korean War veteran and proudly served his country.

A "Celebration of Life" will be held on Saturday, Sept. 16, at The Meadows Restaurant at Redwood Canyon Golf Course, 17007 Redwood Road, in Castro Valley from noon to 4 p.m.

If you wish to honor Howard's memory, the family has set up a donation page contributing to the ALSA at <http://web.alsa.org/goto/Wakerlingfund>.



Christine Eve Kravevich

December 24, 1932 – August 20, 2017

Christine Eve Kravevich passed away peacefully on the Monterey Peninsula on August 20, 2017 with the same dignity and grace she entered the world with.

Christine was born on the family farm in Arkansas on Christmas Eve 1932, the youngest of seven children. As a child, her family moved to Hayward. She graduated from Hayward High School in 1950 and attended Community College. She then began what was to be a long career as a service representative with Pacific Telephone. In 1953, she married Boris Kravevich and they settled in Castro Valley, where they raised their two daughters. She was extremely devoted to her family and had many lifelong friends. She was known as a fabulous hostess and for her many memorable dinner parties thrown over the years. She was a gracious and kind woman while being great fun. Her retirement opened up a whole new world to her as she split her time between homes in Carmel and Castro Valley. It was during this time that her three grandsons were born, whom she adored and doted on until the end of her life. In 2012, she moved to the Monterey Peninsula full time, where she enjoyed life and remained close to her family. In 2014, she was diagnosed with Alzheimer's disease. She always remained kind and loving while facing the challenges of her illness.

She is survived by her daughters, Sylvia (Scot) Johnson of Carmel and Elaine (Lee) Fiorina of Rancho Mirage, California. She is also survived by her beloved grandsons, Kevin Johnson, Gary Fiorina and Gregory Fiorina; and many nieces and nephews.

In lieu of flowers, donations in Christine's name to The Alzheimer's Association would be very welcomed.

In honoring her wishes, services will be private.



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August 18, 2017

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August 31, 2017 at Jess C.
Spencer Mortuary



FD 1168 CR49

DOANE, Christine Ann
KRALEVICH, Christine Eve
SALAS, Doreen Salas
WAKERLING, Howard Jack

■ **SALAS, Doreen** a 65-year resident of Castro Valley, passed peacefully on August 12, 2017 at age 89. No services will be held at her request.

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Christina Ann (Gallegos) Doane

Tina passed unexpectedly on August 15, 2017. She was born on June 25, 1950 in San Francisco to Robert and Caroline Gallegos — the first of their four children.

The family moved to Castro Valley in 1959. She graduated from Canyon High School in 1968. Soon after graduation, she began working at PacBell/AT&T, where she enjoyed a long career until retirement in 1997. Still eager to work, she began a new career with Charles Schwab and then as a Notary.

Tina and Clyde raised their children, Mike and Stacey, in Castro Valley and the San Ramon/Danville area. They lived in Discovery Bay in their retirement years, spending time between there and their Lake Tahoe cabin.

Tina found great joy and pride in her children and grandchildren. She enjoyed many family cruises, trips to Disneyland and Lake Tahoe, and leaves many special memories of time spent with family and friends. She loved animals and had a passion for her horses. She always put others first and was there in every way to help.

Tina is survived by her loving family, her husband, Clyde Doane; children, Michael Doane (Michele) and Stacey Sanchez (David); grandchildren, Jordan, Taylor and Camryn Sanchez, and Mikella Doane; parents, Robert and Carol Gallegos; and brothers, Robert (Eva) Gallegos and Ken (Sallie) Gallegos. Her brother, Walt, predeceased her. She is also survived by many aunts, uncles, nieces, nephews, cousins and friends that adored her. She will remain in the hearts of those who loved her, and she will forever be missed.

Services will be held on Friday, August 25, at 10 a.m. at Transfiguration Catholic Church, 4000 East Castro Valley Blvd., in Castro Valley.

THE FORUM CROSSWORD

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ACROSS

- 1 Where Jesus changed water to wine
- 5 Knock
- 8 Envelope part
- 12 Neural transmitter
- 13 Ram's mate
- 14 Toy block name
- 15 No skeptic
- 17 Microwave, e.g.
- 18 Nickelodeon-style gunk
- 19 Kind of movie glasses
- 21 Pinnacle
- 24 Rowing need
- 25 Courage
- 28 Elliptical
- 30 "Modern Family" network
- 33 Fire residue
- 34 so often
- 35 Sticky stuff
- 36 Muumuu accessory
- 37 Pak of the LPGA
- 38 Shaft of light
- 39 Kreskin's claim
- 41 Story
- 43 Small flocks
- 46 Winning
- 50 Vicinity
- 51 With adroitness
- 54 Hair salon request
- 55 Be unwell
- 56 Not "fer"
- 57 Santa's sackful
- 58 Ump
- 59 Lavish affection (on)

DOWN

- 1 Urban fleet
- 2 Skating jump
- 3 me tangere
- 4 Inner selves, to Jung
- 5 Gun the engine
- 6 Shock and
- 7 Saucy
- 8 Plant life
- 9 Effectiveness
- 10 Screenwriter James
- 11 Small lake
- 16 Common Mkt. inits., once
- 20 Sacred
- 22 Relocate
- 23 Chris of tennis fame
- 25 Cowboy's sweetie
- 26 Work with
- 27 Pickpocket's crime
- 29 Met melody
- 31 Feathery neckpiece
- 32 Web address ending
- 34 Catch sight of
- 38 Decapitate
- 40 Some stockings have them
- 42 Restroom, for short
- 43 Team leader (Abbr.)
- 44 Sandwich treat
- 45 Wound reminder
- 47 Therefore
- 48 Came down
- 49 Measure of force
- 52 Whopper
- 53 Keebler employee?

ANSWERS ON PAGE 15

From the Boulevard...

Castro Valley and the Cold War

By Thomas E. Lorentzen

*"The vision of a world community based upon justice, not power, is the necessity of our age."
—Henry Kissinger
("Years of Upheaval," 1982)*

Recently the Castro Valley Forum ran a couple of thoughtful articles about the Nike Missile Base that once existed on a hill overlooking Castro Valley and Lake Chabot.

It brought back memories of Castro Valley, the 1950's, and the Cold War. Its presence conveyed a different one from other historical actions of the 50's in CV – the construction of Chabot Theater, Eden Hospital, Castro Village and Castro Valley High School.

Many thoughts emerge when I reflect upon growing up in CV during that decade. Entering Marshall School to attend Kindergarten in September of 1950 is one. My crush on Ms. Bennett, our teacher, rests fondly in my heart. Napping, learning the alphabet, finger painting, developing friendships, etc., were all "historic" experiences upon the stream of life.

In 1952 a couple of other historic things occurred. We obtained our first TV set, which was an Admiral. The other was the outcome of the election when General Eisenhower became President, and I found it difficult to use a different title in front of his last name. It was a lot for a six-year-old to handle.

The articles in the Forum rekindled thoughts about another item that rests prominent in my

mind, particularly when I drive up Lake Chabot Road towards San Leandro.

Invariably, my eyes move to a hill overlooking the lake, and reflect upon what once resided there — a missile base.

It was a symptom of that period of time.

Once, while attending elementary school, we took a field trip to the missile base. The year was either '54 or '55. The ride up the narrow road on the hill was a little scary.

Once on top we entered a small building, and a man in a uniform talked with us about the purpose of the base. He had our attention. He was friendly, but serious.

I remember him showing us some charts and using a blackboard to explain how a missile worked. For an eight or nine year old kid it was a sobering experience, even though I had not yet ever tasted something intoxicating. I felt like I had entered an adult world of big time stuff.

The missile appeared gentle. My recollection is that it was light-green in color, which was kind of tranquil, sort of "meadow-like," perhaps in appreciation of the nearby hue of Lake Chabot. Sometimes I thought it appeared to be simply a grown-up Easter egg. It also possessed gopher-like qualities, burrowing underground and sneaking out at will.

I used to interpret its position — standing above ground or napping underneath, as an indication of the world condition. If it was napping, things were calm. If a missile was above ground it indicated that

something troubling was happening. Its position — above ground or below, would tell me more than the news would, I thought.

Regardless, I knew we lived in an important town because we had our own missile base. The enemy of the time — the Russians, would never dare attack Castro Valley.

After the man in the uniform explained the reason for the missile base he had a surprise for us — ice cream. Wow. The thirty or so of us kids gulped it down. It was great. More than 50 years later I still salivate when I think of its taste. It was the best ice cream I had ever tasted, except for when I had my first milk shake in the Village.

Anyway, as I walk the Boulevard in the morning I reflect upon thoughts like these. CV in the '50s - James Dean, "Creatures from the Black Lagoon," Buddy Holly, Chuck Berry, Elvis, "The High and the Mighty," "Howdy Doody," "The Three Stooges," "Sock Hops," etc.

Then, there was that Nike Missile. It made our town a special place. It also made a statement about how dangerous the world could be — a world where missiles were in juxtaposition to neighborhoods because of prevalent fears, rightly or wrongly.

Ironically, 35 years later I would be at Andrews Air Force Base outside of Washington, D.C. awaiting the arrival of President Reagan after the conclusion of the fourth and final summit with Premier Gorbachev.

As Air Force One came to a halt inside the hangar, President Reagan stepped out of the plane and onto a dais. As he spoke we realized that history had changed before our very eyes — the Cold War was ending. Along with others, we cherished this historic moment and shed tears.

As I read the articles in the Forum, I thought that somehow the end of the Cold War had something to do with CV and our own little Nike Missile Base. Or then again, maybe it was simply the fulfillment of a dream of little kids like me who hoped for some peace in our time.

Tom Lorentzen lives in Castro Valley. He formerly served on the board of the Institute of Museum & Library Services and the Advisory Board to Southern Oregon University, and has served three Presidential Administrations.



PHOTO BY LINDA SANDSMARK

CV's 52-year-old "First Class" Post Office at 20283 Santa Maria Avenue as it looks today.

First: New Post Office Announced in 1962

continued from page 3

Finally in 1962, after several years of lobbying, Postmaster General J. Edward Day announced that Castro Valley would get a new post office by. The new building was to be built at 20283 Santa Maria Avenue.

Two small homes were removed from the lot to make way.

One question that was not resolved in the announcement however, was whether or not the new Castro Valley Post Office would still be a branch of Hayward's post office?

It was the Castro Valley Chamber of Commerce that led the charge to make the Castro Valley Post Office independent from Hayward.

The chamber collected 5,000 signatures and traveled to Washington D.C. to advocate for the independence of the forthcoming post office from Hayward's.

In addition, the chamber sent letters to the residents of the rural canyon areas and the Baywood area telling residents to stop using "Hayward" as their address and instead write "Castro Valley" on all outgoing mail.

Castro Valley Chamber of Commerce president John Nagy claimed "Castro Valley is losing its identity" and implored residents to make the switch and prevent the community's identity from being swallowed up.

In April 1964, ground was broken for the new building and widely celebrated. After a few stops and starts, the new \$160,000 facility was dedicated on November 20, 1965.

A community celebration was held in the new parking lot featuring the Castro Valley High School



PHOTO COURTESY OF THE HAYWARD AREA HISTORICAL SOCIETY

Ralph Garcia, Assistant Superintendent of the new CV Post Office (left), demonstrates postal equipment to CV Chamber officials James Toler (center) and John Nagy (right).

Band. It has been handling packages big and small ever since.

John Christian is Associate Archivist of the Hayward Area Historical Society.

If you are interested in re-

searching local history please visit the Historical Society at 22380

Foothill Boulevard in downtown Hayward. Visit the website haywardareahistory.org or call 510-581-0223 for more information.



PHOTO COURTESY OF SULPHUR CREEK NATURE CENTER

Two owls raised through Sulphur Creek's Wildlife Rehabilitation program will be released at Saturday's celebration.

'Flight to Freedom'

Join Sulphur Creek Nature Center in celebrating 20 years of owl releases through its wildlife rehabilitation event, "Flight to Freedom," from 6:30 to 9 p.m. this Saturday, Aug. 26.

Come dressed as a gangster or silent screen star! Come as a flapper or come as you are! Enjoy the Roaring 20s in an enchanting evening under the stars with fine wines, beer, coffee, music, and a wonderful meal.

As a highlight to the evening,

you will witness the release of two young owls raised through Sulphur Creek's Wildlife Rehabilitation program. Take part in behind-the-scenes tours, live animal appearances, and an opportunity to participate in an amazing silent auction.

For tickets (\$80) or more info, call 510-881-6747 (tickets will sell fast). This adults-only fundraising event benefits the education and rehabilitation programs at Sulphur Creek Nature Center located at 1801 D Street in Hayward.

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HEMINGWAY is a 3-month-old grey and white kitten who is polydactyl - he has 6 toes on each of his four paws. He loves to wrestle and snuggle. Visit: www.dustypawsrescue.org



BENITO is a beautiful 1-year-old orange and white kitty. He is affectionate and sweet, with soulful eyes that melt your heart. For more information, please visit: dustypawsrescue.org

Cancer: Workshop

continued from page 7

- Eden Medical Center's Cancer Support Group, held on the 1st and 3rd Wednesday each month from 6-8 pm. This drop-in group is free and available to people with cancer and their loved ones, regardless of where they receive treatment.

- Eden Medical Center's Oncology Rehabilitation Program, staffed by therapists with a thorough understanding of the unique rehabilitation needs of cancer survivors and techniques to help patients increase strength and energy, alleviate pain and fatigue, and improve daily function and quality of life.

Rehab can help with balance and gait problems, limited range of motion affecting the spine or extremities, speech, cognitive, or swallowing disorders, lymphedema and pain.

For info or to schedule an appointment, contact the Outpatient Rehab Facility at 510-727-2800.

Joanne Sexton is Manager of the Tumor Registry and Cancer Data Services at Eden Medical Center.



PHOTO BY LARRY ROSA

BACK-TO SCHOOL: The staff at Castro Valley High School welcomed incoming freshmen and returning students yesterday morning. More than 3,000 students are enrolled in Castro Valley's two high schools, 2,209 in Creekside and Canyon middle schools, and 4,046 in the nine elementary schools.

Castro Valley Lions Back-to-School Project

Three Castro Valley elementary schools received boxes of school supplies on Wednesday, Aug. 16, courtesy of the Castro Valley Lions Breakfast Club.

Some families find the purchase

of school supplies financially difficult and the donated items help teachers ease this burden.

Lions delivered the supplies to Marshall, Chabot, and Stanton Elementary Schools.

This is the fifth year of the Castro Valley Lions "Back to School" project. The club is assisted by Treble Stationers of Castro Valley which obtains the items at discount prices.

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Treibles is happy to announce a merger With AAA Business Supplies & Interiors Of San Francisco. After 60 years of serving the community our retail store will be closing but we will continue to serve our business accounts throughout The Bay Area.

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CVSAN REPAIR & REHAB PROJECT UPDATE



Castro Valley Sanitary District's (CVSan)'s contractor, Cratus, Inc., is on schedule to complete CVSan's \$1.5 million Repair & Rehab Project by late September. The majority of this project consisted of replacing and upsizing old vitrified clay pipe (VCP) with a high-density polyethylene pipe (HDPE) through pipe bursting. Pipe bursting is a trenchless method of replacing pipe by pulling or pushing a new pipe through an older pipe.

Using HDPE will decrease the number of joints and reduce infiltration from outside sources. Construction areas that still need to be completed include Kahlert Avenue, Redwood Road, and Center Street.

For more information about CVSan's ongoing and future projects, visit www.cvsan.org/Projects.

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This ad was funded by WW Outreach

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