

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 31

WEDNESDAY, OCTOBER 9, 2019

NO. 40

INSIDE YOUR FORUM

NEWS



Citizen Academy

The Sheriff's Citizens' Academy opens next Wednesday

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Discover Flavor

Traditional Italian cuisine to celebrate Columbus Day on Monday

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Asthma Season

Why asthma attacks spike in the fall and what to do about it

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PHONE: (510) 614-1560



PHOTOS COURTESY OF BEND THE ARC

Above: Twenty Jewish activists held a vigil outside Rep. Eric Swalwell's Castro Valley office on Thursday evening, calling on Congress to oppose increased appropriations to fund Immigration and Customs Enforcement at the Mexican border. Below: Thursday evening's vigil included rabbis and constituents of Congressman Eric Swalwell.

CASTRO VALLEY VIGIL

Local Jews Take Action For Immigrant Families

Twenty Jewish activists took action last Thursday evening to ask Rep. Eric Swalwell to "Defund Hate" by cutting funding to and holding accountable Immigration and Customs Enforcement (ICE) and Customs and Border Protection (CPB), the agencies that enforce President Trump's immigration policies.

The group, including rabbis and constituents of

Rep. Swalwell, held a two-hour vigil at the congressman's Castro Valley headquarters.

The action was part of the involvement of Bend the Arc, a progressive Jewish movement, in the Defund Hate campaign which is composed of organizations representing directly impacted communities, faith leaders, and civil rights and immi-

see **VIGIL** on page 15



ACCEPTING APPLICATIONS

Want to Join New Eden Area MAC?

Residents of San Lorenzo, Hayward Acres, and West Ashland who are interested in serving on the newly created Eden Municipal Advisory Council (MAC) have until Saturday, Nov. 2, to submit an application.

Similar to the Castro Valley MAC, the council will advise Alameda County Supervisors on such governmental services to the Eden Area as public safety, welfare,

public works, and planning.

To be eligible, potential council members must either be Eden residents, or owners of businesses that have operated in the area for at least five years. Appointments will expire immediately when they no longer meet those requirements.

To apply, confirm your eligibility, or for more information, contact Jared Savas at jared.savas@acgov.org or call 510-278-0731.



BIG PARTY THIS SATURDAY

The Meek Estate: 150th Anniversary

The Hayward Area Recreation District (HARD) and the Historical Society are throwing a big party this Saturday, Oct. 12, to celebrate the 150th Anniversary of the Meek Estate at 240 Hampton Road in Hayward.

The Meek Estate was built in 1869 by William Meek, who was one of the first pioneers of commercial agriculture and considered the "first farmer" in Alameda County.

From 10 a.m. to 2 p.m. on Saturday, the public is invited to a vintage birthday party with attendees encouraged, but not required, to dress up in vintage circa 1860s

costumes.

"The Meek Estate is our very own beautiful landmark that shows our rich history and bright future; what better way to celebrate her 150th birthday than to host a fun old-fashioned party," stated HARD Board President Rick Hatcher.

The event will feature tours of the 23-room home, old-fashioned games, a historical slide show, farm fresh apples, food for purchase and, of course, birthday cake.

A formal recognition ceremony will begin at 11 a.m. in front of the gazebo.

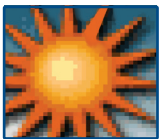
Castro Valley Weather Oct. 9 - 13, 2019



Wednesday
Sunny
High 74° Low 50°



Thursday
Mostly Sunny
High 76° Low 49°



Friday
Sunny
High 79° Low 49°



Saturday
Mostly Sunny
High 78° Low 48°



Sunday
Mostly Sunny
High 75° Low 47°

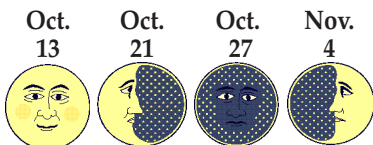
Almanac



Sun sets at 6:41 p.m. today, rises at 7:13 a.m. Thursday.

Past Week's Rain: 00.00
Season To Date: 00.38
Normal To Date: 00.10
Season Average: 21.22

Moon Phases



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CVSAN STUDENT SCHOLARSHIP



Castro Valley Sanitary District (CVSan) is pleased to announce the 2019/20 CVSan Environmental Leader in Waste Reduction Scholarship for high school seniors. Up to two students who help their school reduce waste may each be awarded a \$1,000 scholarship.

Download the Scholarship Application from CVSan's website: cvsan.org/studentscholarship

Instructions are provided in the application. Applications must be received by **Friday, February 28th by 2:00 p.m.**, no exceptions. It's not too early to start your application!

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This ad was paid for by Measure D



New Kid In Town

By Sam Garvin
SPECIAL TO THE FORUM

They say every man needs a barber, a priest and a bartender. Not necessarily in that order.

As a new arrival to this fun little crook of land called Castro Valley, I began my journey in Al Martinez's barber chair.

Only by good fortune did I find his new location down by Trader Joes after 40 years in the Castro Village Shopping Center.

As our conversation churned, we discovered that years ago we were neighbors in New York's Lower East Side. By the end of my hour listening to John Coltrane on the Hi-Fi and having a straight edge razor carefully scraped across my throat, I looked respectable and knew I had found the first part of the Holy Trinity.

Next up was more difficult — it was time to find the minister of the soul.

To keep the Letters to the Editor at a minimum, I won't



Sam Garvin

name the actual places of worship I toured, because you can't swing a cat in this town without hitting a church.

Let's just say there are a lot of great places to confess your sins, and I didn't even get a chance to visit the The Sequoians wandering naked up in the canyon.

Which of course brings us to the final part of the quest, a place to call home for a cold glass.

One of my first investigations in this hamlet was deciding between Ross and TJ Maxx, a choice not to be taken lightly. Fortunately, there are several places nearby to contemplate these lofty arrangements.

Some of them take the edge off worse than Al's straight razor, but I soon found a cordial colony at Don Jose's Happy Hour. It is there I met Gary who tells legends older than the town itself — of brothels and speakeasies and other seduction that seem a far cry from the choice school district the town is now best known for.

Not everything can be bought at the store, so on the first Saturday of my tenure in this town I decided to go garage-sailing. That spelling is correct, by the way, because it is truly an adventure into high seas.

I was able to buy a whole new wardrobe from a dead man and it was only by traveling through the residences on foot that I began to notice the medley of architecture that comes from a town with no central government.

As a fellow coming from a city where you couldn't open your window without a building permit, I found it to be a breath of fresh air. I think it is time to unpack my bags.

Sam Garvin has written for Dow Jones & Co. for 25 years. Now he works raising goats, cattle, hogs and pickles in Castro Valley. He can be reached at salmongarvin@gmail.com.

Heat Preparedness: County Offers Free Shade Trees to Ashland and Cherryland

The average number of extreme heat days per year in Alameda County (hotter than 92.6° F) is expected to increase from five to as many as 15 by 2050.

A new "Heat Preparedness" program connects residents to strategies to help them stay cool as the climate warms by planting trees, a simple and effective way to reduce the effects of heat by providing shade.

The Free Shade Trees program aims to keep Ashland and Cherryland cooler in the future by helping to plant and maintain free shade

trees on private property.

Ashland and Cherryland are two diverse East Bay communities in unincorporated Alameda County are home to large numbers of young children, low-income residents, people with disabilities, and immigrants.

Known historically as the "Eden Area" for its green abundance, Ashland and Cherryland are now largely developed, with few shade trees making them vulnerable to the impacts of extreme heat waves and climate change.

Both homeowners and renters

in Ashland and Cherryland will be able to get free shade trees and have them planted as well.

Those interested should register at www.coolingourcommunities.com by Sunday, Oct. 27.

Cooling Our Communities is a program of the Alameda County Planning Department, Public Health Department, and Sustainability Office, with funding from the Coastal Conservancy's Climate Ready Grant Program, and community outreach support from Resources for Community Development (RCD).



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Hayward Arts Council to Hold Fundraising Event Next Month

By Bruce Roberts
SPECIAL TO THE FORUM

"Earth without art is just 'eh.'"
In support of this simple but profound saying, the Hayward Arts Council is putting on its yearly fundraising event on Friday, Nov. 8, in Hayward's beautiful City Hall Rotunda.

This will be a lively evening of food and music, good conversation, and, of course, fundraising for the council which encourages local artists and operates six art galleries within the city, including one in the brand new library.

Former Hayward City Council Member Anna May will emcee and Senior VP of Taymor Industries, Randy Wright will lead the live auction.

Catered by Mamacitas Cafe, diners will be entertained by the wonderful Mt. Eden High School String Ensemble.

A live auction will include such terrific prizes as Disneyland Park Hopper Passes, TPC Stonebrae Golf Round for four players, hotel stays, and tickets to local sporting events. The silent auction will include gift certificates to several local restaurants and businesses as well as beautiful art donated by several local artists.

Bev Lindsay, Anthony Michael Diaz, Usha Shukla, Ann Maloney-Mason, Carol Jones Brown, Bill Sala, and several other artists have each donated original paintings for auction to support the arts.

Abstract paintings by Jones Brown and Shukla are whirlwinds of intense colors in harmonious patterns. Shukla has recently had six paintings commissioned by the Alameda County Arts Commission.

Diaz is a multi-media artist, while Sala, described online as "one of the pre-eminent surrealist artists working in America today," has exhibited and won awards throughout the Bay Area for years.

Hayward Arts Council on Friday, November 8, at the Hayward City Hall Rotunda. Individual tickets are \$50 before October 30, \$65 after.

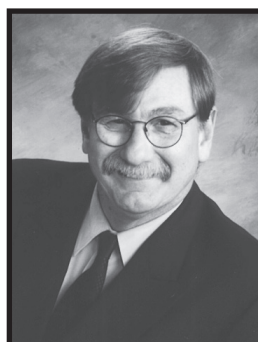
Let's keep the earth thriving with art! Visit www.hayward-arts-council.org for tickets and gallery exhibits and programs.

Bruce Roberts is Hayward Arts Council Board VP and Hayward Poet Laureate.



PHOTO COURTESY OF HAYWARD ARTS COUNCIL

"Jester," oil by Castro Valley artist Bill Sala, will be auctioned at the Hayward Arts Council "Celebrate the Arts" on Friday night, Nov. 8 at Hayward City Hall Rotunda.



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SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Caught in Laundry with Drugs
Sunday, October 6: at 7:13 p.m., Sheriff's deputies arrested a 46-year-old man with no permanent residence on suspicion of possession of illegal narcotics and related drug paraphernalia. The man was reportedly trespassing in the laundry area of an apartment on Chester Street near the Boulevard. Deputies investigated to find the man had stashed his drugs in baggies behind the machines and was attempting to retrieve them. The man was taken into custody.

Senior Citizen Battery

Sunday, October 6: at 5:50 p.m., a 68-year-old woman from CV was arrested on suspicion of assault and battery against an unnamed person. Deputies were called to investigate an altercation in front of a home on Grove Way near North 6th Street. There, they found the woman engaged in a fight. She was taken into custody. The victim was treated at the scene.

Illegal Tampering with Car's Ignition

Sunday, October 6: at 4:31 p.m., deputies pulled over and arrested a 49-year-old man from Union City on suspicion of illegally tampering

with the car's ignition. The man was required to drive with an ignition interlock device because of a previous drunk driving charge. Deputies stopped the man on San Miguel Avenue near Somerset Avenue for a traffic violation when they discovered his device was not connected. The man was taken into custody.

High with a Side of Fries

Saturday, October 5: at 8:03 p.m., a 25-year-old man with no permanent residence was arrested on suspicion of possession of illegal narcotics and related drug paraphernalia. Deputies stopped the

man for questioning in the parking lot of a fast-food restaurant on Castro Valley Boulevard near Nunes Avenue when they discovered his stash. The man was handcuffed and taken into custody.

Wanted Woman

Friday, October 4: at 9:36 a.m., deputies arrested a 30-year-old woman from Castro Valley as part of a court-issued warrant issued for her arrest. The woman was previously charged with driving under the influence. Deputies served the warrant at a home on Cottage Court near Parsons Avenue. The

see **REPORTS** on page 10

Sheriff's Citizens' Academy

The Alameda County Sheriff's Office is providing the public with a unique opportunity to learn and experience the duties of a sheriff's deputy that will include both classroom and hands-on training.

Topics to be covered in the Winter Citizens' Academy include dispatch, investigations, gangs, narcotics, SWAT Team, DUI, Traffic Stops, personal safety, K9, community programs. It will also include a tour of the facilities.

Classes will be held at the Ashland Community Center, 1530 167th Ave. in San Leandro from 6:30 to 9 p.m. on Wednesdays from Oct. 16 to Dec. 18 (no class on Nov. 27).

Applications may be mailed to: Attention S/T Meghan Toussaint, 15001 Foothill Blvd., San Leandro 94578, or emailed to: MTous-saint@acgov.org.

For more information, call 510-667-3209.



10/11 Luna Fish Fri. 8pm
10/12 Left 2 Wright Band Sat. 6pm
10/13 TGGBS - Blues Jam Sun. 3pm

10/18 Friends of Ken Band Fri. 8pm
10/19 3 O'Clock Jump Sat. 1pm
10/19 Check our website for listing Sat. 6pm
10/20 Sunny and The Black Pack Sun. 3pm

10/25 Re-wind, That 80's Band Fri. 8pm
10/26 Velvet Hammer Sat. 6pm
10/27 The Dead Guise Sun. 3pm

**This wraps up The World Famous Turf Club's
Patio Concert Season until April 2020.**

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

CROSSWORD PUZZLE ANSWERS

B	E	E	R	J	U	T	B	O	L	O
U	R	G	E	A	S	H	E	M	I	L
M	A	G	A	Z	I	N	E	T	I	E
L	I	L	H	I	A	T	U	S		
C	R	A	M	P	R	A	N	K		
R	A	G	S	M	A	G	N	E	T	I
A	G	O	B	O	N	U	S	I	D	O
M	A	G	R	I	T	T	E	F	E	L
A	D	O	S	B	E	R	E	T		
S	A	L	V	E	R	A	I	D		
A	R	E	A	M	A	G	N	O	L	I
L	I	N	G	A	P	E	R	A	M	S
K	A	T	E	N	O	D	A	M	P	S

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The Week Ahead

● Wednesday, October 9: Neuropathy Support Group

Those suffering from peripheral neuropathy, a disease with typical symptoms of chronic numbness or pins and needles tingling, are encouraged to attend the monthly free meeting of the Neuropathy Support Group at 1:30 p.m. today and on the second Wednesday of every month in the library of First Presbyterian Church, 2490 Grove Way, Castro Valley. For more information, call Greg at 510-886-6758.

● Wednesday, October 9: Sons in Retirement (SIR) Luncheon

Steve Johnson, a National Parks Volunteer at Alcatraz and Fort Point, and a member of Sons of Union Veterans of the Civil War, will speak on "The Importance California played during the U.S. Civil War" at today's luncheon meeting of Sons in Retirement Branch No. 26 at the Fairview Event Center at Metropolitan Golf Course, 10051 Doolittle Drive, Oakland. To become a sponsored guest, call Ken at 510-537-4804. Luncheon cost is \$25.

● Thursday, October 10: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting at 7 p.m. tomorrow, which will include a public hearing regarding sufficiency of instructional materials, in the boardroom at 4400 Alma Avenue. Visit bit.ly/CVUSDBBoardMeetings for the agenda and board packet.

● Thursday, October 10: Senior Shared Housing Seminar

Gold Star Senior Shared Housing, a non-profit company that aids in the enhancement of shared housemate living arrangements and provides housing support services, will host a seminar from 9:30 to 10:30 a.m. Oct. 10 at the Kenneth Aitken Senior Center, 17800 Redwood Road. Please call 510-881-6738 to reserve your space.

● Thursday, October 10: Redwood 4-H Meeting

See what 4-H is all about and what it can do for your child (5-19) at the next meeting at 7 p.m. tomorrow in the Canyon Middle School cafeteria. We teach leadership, teamwork and life skills through projects like archery, animals, baking, hiking and more. All kids welcome to attend our Halloween-themed meeting. Info at www.redwood4h.org or by calling Karen at 510-566-3672.

● Saturday, October 12: Buon Tempo Crab Feed

The public is invited to Buon Tempo Club's Crab Feed at 6 p.m. (Happy Hours at 5) on Oct. 12 at Transfiguration Church, 4000 E. Castro Valley Blvd. All-you-can-eat Alaskan Dungeness crab, pasta and salad for \$50 prepaid. Also a silent auction and a raffle for gift baskets. Drink and raffle tickets will be sold at the event. All proceeds go the George Mark Children's House. To make reservations, send check made out to Buon Tempo Club with phone number and number of tickets requested to Rick Martens, P.O. Box 2625, Fremont, CA 94536 before Oct. 10. Check in at the door. For more info, call 510-483-6929 and press 3, or visit buontempoclub.org

● Saturday, October 12: Black & White 'Fur' Ball Adoptions

The volunteers at the Hayward Animal Shelter will hold their annual Black & White Fur Ball events — free adoptions of black, white and black, and white dogs, puppies, cats, kittens and bunnies, from noon to 6 p.m. this Saturday at the shelter, 16 Barnes Court near the DMV. Adoption fees have been reduced to \$20 for all other colors of pets (Hayward residents must buy a \$17 license for adopted dogs). Also refreshments, music and raffle prizes. Visit www.facebook.com/haywardanimalshelter

● Saturday, October 12: Amador Valley Quilters

Quilt judge Kitty Oliver will discuss how to prepare a quilt for entry into a show and salient features that make the quilts attractive to judges, at this Saturday's general meeting of the Amador Valley Quilters from 1:30 to 4 p.m. at Pleasanton Middle School, 5001 Case Ave., Pleasanton. Guests are welcome!

● Saturday, October 12: Hearing Loss Association Meeting

Dr. Pragati Mandikal, research audiologist and hearing scientist, will discuss the latest advances in correcting hearing loss, at the next meeting of the Hearing Loss Association Saturday at Oakland Kaiser Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. Parking garage on Howe is free on Saturday. Refreshments at 9:30 a.m., program at 10. info@hearinglosseeb.org or (510) 221-6080

● Saturday & Sunday Oct. 12-13: Weekend Book Sale

Friends of the San Lorenzo Library will hold a book sale from 1 to 4 p.m. Saturday, Oct. 12 and 1 p.m. to 4 p.m. Sunday at the library, 395 Paseo Grande, to raise funds for the library's community programs. Lots of books, CDs, DVDs for sale. Most books range in price from 10 cents to \$1. Free admission. Email: kwebb1956@gmail.com for more information.

● Sunday, October 13: Social Justice Film & Discussion

A documentary titled "Unnatural Causes" will be presented by the Castro Valley Community Alliance at the Castro Valley Library from 2-4 p.m. on Oct. 13. The film draws attention to the root causes of illness to reframe the health debate in America. It will be followed by a panel discussion with Aron O'Donnell, Georgia Schreiber and Dot Theodore. The event is free and open to the public (for ages 13 and older).

● Monday, October 14: Municipal Advisory Council Meeting

The Castro Valley MAC will hold a land-use meeting at 6 p.m. on Monday at the Castro Valley Library. Visit acgov.org/bc/cvmac for the complete agenda.

● Tuesday, October 15: Scouts Troop 708 Open House

Troop 708 of Castro Valley will host their annual Open House from 7 to 8:30 p.m. on Tuesday at First Presbyterian Church, 2490 Grove Way (near Trader Joe's). Area youth, ages 11-17 and their parents are welcome to attend, learn about the exciting updates to the scouting program and see and hear what adventures scouting may offer your daughter or son. For info, visit <https://www.scouting.org/scoutsbsa/> or www.facebook.com/Troop708/ or dghudson@gmail.com

● Tuesday, October 15: Rotary Topic: Chabot Cinema Purchase

Paul Keim from Smalltown will talk about his organization's recent purchase of the Chabot Theater at next Tuesday's buffet lunch from noon to 1:30 p.m. at Redwood Canyon Golf Course. The cost of lunch is \$15 and reservations must be made by 9 p.m. on Sunday, Oct. 13, by contacting Rotary at cvrotary@iCloud.com or 510-402-5123. More information is available at castrovalleyrotary.org

● Wednesday, October 16: East Bay Rose Society Meeting

Master Rosarian Jolene Adams, former president of the American Rose Society, will speak at the next meeting at 7:30 p.m. on Oct. 16 at Lakeside Garden Center, 666 Bellevue, Oakland. Adams is active in international rose circles. So if you've got squirrels, rats, mice, moles, voles, gophers, or deer, come to our meeting and learn how to identify these visitors and what to do about them. Come enjoy snacks and the show. Visit www.eastbayroses.org for info.

● Wednesday, October 16: Women's Club: "Ask a Muslim"

Moina Shaig, from the "Ask a Muslim" Organization, will be answering your questions regarding the Muslim Faith at the next general meeting of the Castro Valley Women's Club at 1 p.m. next Wednesday, Oct. 16, at 18330 Redwood Road. The Public is welcome. Please let us know you are coming by calling 510-461-7692. For more info, visit www.castrovalleywomensclub.weebly.com

● Saturday, October 19: Soroptimist Garage Sale

Soroptimist International of the East Bay will hold a garage sale and flea market from 8 a.m. to 4 p.m. on Oct. 19 at 3841 Somerset Ave. in Castro Valley to raise funds for scholarships and local programs that support women and their families. Enjoy a shopping experience while helping the community — clothes, tools, kids' stuff, toys household goods and treasures. For more info, call 510-593-7377.

● Saturday, October 19: FamFest 5K Fun Run

Join the fun at 9 a.m. on Oct. 19 at the Ashland Cherryland 5K Fun Run hosted by Alameda County, at the Reach Ashland Youth Center, 16335 E. 14th St., in Ashland. Register now at www.acrun.org

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

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

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"Next to Normal,"** the award-winning Broadway rock musical about depression, anxiety and the mental health industry, will be presented by Plethos Productions Fridays through Sundays, Nov. 8-24, at Smalltown Society, 22222 Redwood Road in Castro Valley, Fridays and Saturdays at 7 p.m., Sundays at 2 p.m. Seating is limited. Early bird tickets are \$15 before Nov. 1 at plethos.org

ART GALLERIES & ART INSTRUCTION

● **"Celebrate the Arts,"** a gala fundraiser for the Hayward Arts Council, will be held from 5:30 to 8:30 p.m. on Friday, Nov. 8, in the Rotunda of Hayward City Hall, 777 B Street, with catered food, live music and a live auction with valuable tickets and hotel stays. For tickets (\$50 before Oct. 30, \$65 after), visit www.haywardartscouncil.org

● **Ellen Howard Oil Painting Demonstration**, a free event showing how she interprets the beauty of the outdoors into art, will be held from 2 to 4 p.m. this Saturday, Oct. 12, in the Redwood Room of the Adobe Art Center, 20395 SanMiguel Ave. in Castro Valley, presented by A.R.T., Inc.

● **Hayward 21st Century Library Grand Opening Exhibit** continues on the 2nd floor, featuring art by members of Sun Gallery and the Hayward Arts Council until Jan. 18.

● **Hayward Arts Council "Members Show"** will be presented by the John O'Lague Gallery at Hayward City Hall through Dec. 6. The public is invited to an artists' reception from 5:30 to 7:30 p.m. this Friday, Oct. 11. Gallery hours are 9 to 5 Monday through Friday. Sponsored by the Hayward Arts Council.

AT THE CHABOT CINEMA 10/10 - 10/17

● **"Maleficent: Mistress of Evil"** (PG) AD; CC; DVS
Thu 10/10 — 7:00 p.m.

● **"Joker"** (R) AD; CC; DVS
Fri 10/11 & Sat 10/12: (12:55), (3:45), 6:45, 9:30
Sun 10/13: (12:55), (3:45), 6:45
Mon 10/14 - Wed 10/16: (3:45), 6:45
Thu 10/17: (3:45 p.m.)

CASTRO VALLEY FORUM

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Unity Church

of Castro Valley

FLEA MARKET

Sat., Oct. 19, 10am-4pm

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Mamma Mia! That's Italian!

We have no idea what Christopher Columbus' favorite meal was, but because Monday is his "Day," we've rolled out a few Italian specialties we're sure he would have loved.



Chris

ITALIAN SAUSAGE SOUP

- 1 pound Italian sausage
- 1 clove garlic, minced
- 2 (14-ounce) cans beef broth
- 1 (14-1/2 ounce) can Italian-style stewed tomatoes

- 1 cup sliced carrots
- 1 (14-1/2 ounce) can Great Northern beans, undrained
- 2 small zucchini, cubed
- 2 cups spinach, packed,

- rinsed and torn
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt

In a stockpot or Dutch oven, brown sausage with garlic. Stir in broth, tomatoes and carrots, and season with salt and pepper. Reduce heat, cover, and simmer 15 minutes.

Stir in beans with liquid and zucchini. Cover, and simmer another 15 minutes, or until zucchini is tender.

Remove from heat, and add spinach. Replace lid allowing the heat from the soup to cook the spinach leaves. Soup is ready to serve after 5 minutes. Serves 6.

OLD WORLD SPAGHETTI

- 2 (6-ounce) cans tomato paste
- 1 (28-ounce) can tomato puree
- 2 (28-ounce) cans crushed tomatoes
- 4 garlic cloves, crushed
- 1/2 cup onion, chopped
- 3-1/2 tablespoons extra virgin olive oil
- 2-1/2 tablespoons white sugar
- 1 teaspoon salt



- 1 teaspoon black pepper
- 1 tablespoon dried basil
- 1/2 teaspoon dried thyme leaves
- 1 teaspoon dried oregano
- 1/2 teaspoon dried rosemary leaves
- 1/4 cup Parmesan cheese
- 1/2 cup dry red wine
- 2-1/2 cups water

Add olive oil to a large stockpot over low-to-medium heat and sauté onions for about 4 minutes, then add crushed garlic and cook for 2 minutes longer. Add water and tomato products, mixing everything

well. Add spices and cheese, and cook for 2-1/2 hours covered. Add in wine and cook 30 minutes longer. Yields 12 to 14 servings.

INSALATA CAPRESE

- 4 large ripe tomatoes, sliced 1/4-inch thick
- 1 pound fresh mozzarella cheese, sliced 1/4 inch thick
- 1/3 cup fresh basil leaves
- 3 tablespoons extra virgin olive oil
- Salt and freshly ground black

pepper to taste

On a large platter, alternate and overlap the tomato slices, mozzarella cheese slices, and basil leaves. Drizzle with olive oil. Season with salt and pepper. Serves 6.

CHICKEN CACCIATORE

- 2 tablespoons olive oil
- 1 (2-1/2 pound) chicken, cut into pieces
- 1 large onion, chopped into 1/4-inch pieces
- 3 cloves garlic, crushed and chopped fine
- 2 shallots, chopped fine
- 1/2 cup dry white wine
- 1-1/2 teaspoons red wine vinegar
- Salt and pepper to taste
- 2 fresh basil leaves
- or 1/2 teaspoon dried

Heat olive oil in large frying pan. Sauté chicken over medium heat, turning occasionally. When the chicken begins to brown, add onion, garlic and shallots to pan.

After 20 minutes or so, add wine, vinegar, salt, pepper and basil to mixture. Cover tightly and allow to simmer for another 30 minutes. Serve with pasta, rice or vegetable.

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ATHLETES OF THE WEEK



Creekside Track and Field Team

This week's Athletes of the Week are the members of the Creekside Middle School's track and field team. The team competed in track meets in Union City and Castro Valley throughout the season. They finished the season at the final league meet which saw some of the local middle schools competing, at Canyon Middle School, for qualifying scores to participate in

the league Championships. The Creekside Wildcats finished the end of season meet strong, with some top finishers, where they were one of eight middle schools traveling from Newark, Union City, and San Leandro that participated in the Southern Alameda County Middle school Athletic League's (SACMAL) Championship meet on Friday, at Castro Valley High School.

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First Steps to Caring for Our Aging Parents

Tuesday, October 22, 2019

6:00 – 7:30 pm

**Castro Valley Library
3600 Norbridge Ave.
Castro Valley**



Did you know caregivers spend an average of 20 hours per week providing care for their loved one? Caregivers are often adult siblings, members of the extended family, or hired caregivers.

Are you or someone you know beginning to care for aging parents, but don't know where to start? How do we begin to have those important conversations with parents and most of all our siblings when it comes to making decisions about Mom and Dad?

Join us for an informative evening that will help open the doors to:

Improving Communication Between Siblings, Caregivers & Parents

Anna Le Mon, Senior Alternatives Home Care & Care Management

Taking the Mystery Out of Care Options

Michael Fitzgerald, Sutter Health Acute Rehabilitation
Anna Le Mon, Senior Alternatives Home Care & Care Management

Special Considerations for Caring for Parents with Cancer

Joanne Sexton, Cancer Services, Eden Medical Center

Seating is Limited - Call (510) 538-2035 to Register

The mission of the Eden Health District is to improve the health of the community we serve by providing access to direct and indirect care services and community health education.

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To learn more about the Eden Health District go to www.ethd.org

HEALTH & FITNESS

Taking Better Care of Your Teeth May Prolong Your Life

By Dr. R. Craig Miller
SPECIAL TO THE FORUM

HAVING POOR ORAL HEALTH doesn't mean just cavities and gum disease.

Statistics show that an unhealthy mouth can substantially increase the risk of suffering major health problems, including heart disease, respiratory infections, Alzheimer's disease and diabetic complications.

In fact, seven of the 10 leading causes of death listed by the Centers for Disease Control and Prevention (CDC) have been linked to bacteria or inflammation in the oral cavity.

Periodontal disease has also been associated with premature labor and a low birth-weight baby.

Clearly, these are all good reasons to exercise consistent oral care, yet many people do not for a variety of reasons.

Your whole body can be at risk if you let your dental health go, but too often adults, and especially parents, have put themselves last, including in regard to their own dental care, which they might see as cosmetic and not an immediate necessity.

As they age and neglect their teeth and gums more, their oral health worsens and it can definitely correlate with overall health issues. We've got to get more people learning how to take care of their teeth as they would their bodies.

Get to the root of the self-oral care problem:

- Prioritize your oral care. That starts with recognizing behaviors that undermine self-care, or in effect, people putting themselves last.



BRUSH UP ON ORAL HEALTH: Statistics show an unhealthy mouth can substantially increase the risk of suffering major health problems, including heart disease, respiratory infections, Alzheimer's disease and diabetic complications.

Parents just get caught up in their daily family life. When it isn't family, it's work. Self-care takes a back seat to everything else.

Sometimes, this self-neglect stems from negative behavior patterns that began in childhood due to how they were raised. Perhaps a parent abandoned them, they were deprived emotionally, or they felt like a failure.

Understanding and correcting those behaviors can help make dental care an important part of one's improved self-image.

- Regular brushing and flossing. People with good oral hygiene spend less on health care overall. While brushing and flossing well should be obvious, people would

be amazed at how much better their teeth and gums would be if they simply adhered to a daily oral-hygiene regimen.

Proper brushing and flossing can turn back the clock on gum disease. Oral hygiene has a direct impact on the mouth's microbiome, which is the balance of organisms that keep decay at bay.

Without good oral hygiene, the mouth is at risk for developing periodontal disease — the leading cause of tooth loss in adults.

- Commit to a healthier diet. Excess sugar is one of the primary culprits of plaque, a sticky deposit on the teeth in which bacteria proliferate.

see **TEETH** on page 9

Free Presentation for Family Caregivers

Hope Hospice in Dublin will offer a free presentation for family caregivers, "Facing End-of-Life Issues and Handling Grief and Loss" from 10 a.m. to noon this Saturday, Oct. 12.

Caregivers will receive info on what to expect in the final days of life, transitioning to palliative (comfort) care, hospice services, and making funeral arrangements.

Additionally, the complexities of grief and loss will be examined, and participants will be provided with coping strategies for themselves and their families.

The class will take place at the Hope Hospice, 2nd floor, 6377 Clark Ave. in Dublin. Free parking is available on site. Coffee and light refreshments will be served at 9:45 a.m.

An optional caregiver support group convenes after class from 12:15 to 1:45 p.m.; bring your own bag lunch if desired.

Classes are offered to the community at no cost, though donations are gratefully accepted.

Registration is required; space is limited. To register, visit hopehospice.com/family or call 925-829-8770.

Last Week's CVHS Girls Tennis Results

On Tuesday, October 1, CV Varsity defeated Head Royce 4-3 in an out of league game. The match roster consisted of Anya Mortensen, Lauren Leong, Gaby Madison, Tania Beringer, Marissa Chan, Sammie Lee, Alex Tam, Kele Fong, Camille Camoro and Helena Liu.

On Thursday, October 3, CV Varsity defeated Bishop O'Dowd 4-3. The match roster consisted of Elena Lotich, Anya Mortensen, Lauren Leong, Gaby Madison, Marissa Chan, Sammie Lee, Alex Tam, Kele Fong, Camille Camoro and Helena Liu.



Why Asthma Attacks Spike in Fall and What to Do About It

By Dr. John Chang
SPECIAL TO THE FORUM

Many people associate springtime with asthma attacks, in large part due to increased exposure to pollens as plants start to bloom.

But some studies show asthma attacks spike during the fall, when more people – especially children – go to the hospital because of asthma-related complications than any other time of the year, according to the Asthma and Allergy Foundation of America.

About one in 12 Americas have asthma, a chronic condition that makes it difficult to move air in and out of the lungs and may trigger wheezing, chest tightness and coughing.

It is also among the most expensive chronic conditions to treat, with the economic burden estimated at \$62 billion due to medical costs, loss in work productivity and school absences.

There isn't a cure for asthma, which is generally caused by environmental and genetic factors. The condition is treatable with a combination of medication and avoiding or eliminating triggers; however, an estimated 50% of adults – and 40% of children – with asthma don't have control of their condition, according to the CDC.

With that in mind, consider these four tips to help reduce the risk of asthma-related issues during the fall and yearlong:

- Avoid Causes of the Common Cold: Part of the fall spike in asthma-related complications is due to back-to-school season, with packed classrooms that spread cold-causing germs.

Catching a cold or the flu can trigger asthma, so parents and children should wash their hands regularly and avoid close contact with people who may be ill. In addition, the CDC recommends flu shots for everyone six months and older, especially for older Americans and people with certain chronic conditions.

- Limit Exposure to Air Pollutants: Nearly 40% of all asthma attacks are triggered by something in the home, including irritants such as tobacco smoke, dust mites, cockroach allergens, rodents and



Some studies show asthma attacks spike during the fall, when more people – especially children – go to the hospital because of asthma-related complications than any other time of the year, according to the Asthma and Allergy Foundation of America.

mold. Poorly maintained housing and polluted areas put people at a higher risk of developing asthma.

- Follow Medications as Prescribed: Most children with asthma take two inhaler medications – a daily “controller” medication of corticosteroids to help prevent an onset of an attack, and a rescue inhaler for breathing troubles. Missing multiple days of the prescribed medication, or overuse of a rescue inhaler, may contribute to complications.

- Consider Connected Devices: A growing number of health plans and care providers are starting to test “smart inhalers,” which uses Bluetooth technology and mobile apps to send real-time data back to

parents and health professionals to help them monitor medication usage patterns. Other connected devices can measure indoor air quality, offering real-time feedback to help people reduce exposure to potential irritants.

For some people asthma is a nuisance, while for others it can be life-threatening due to sudden-onset asthma attacks. In fact, there are more than 1.7 million asthma-related visits to the ER each year. Keeping these tips in mind may help reduce the risk of complications during the fall and year-round.

Dr. John Chang is medical director of UnitedHealthcare of California.

Teeth: Care

continued from previous page

Bad bacteria in the mouth feed off sugar and are the primary drivers of oral problems. Without eating healthier foods and having good levels of vitamins and minerals, good bacteria turn to harmful, which leads to tooth decay.

- Stick with the program. Dental treatment alone offers no guarantees for the long term. The patient is the key person in the whole process. Successful outcomes rely on the patient to be a member of the care team.

That means being open to being educated and following through with the dentist, and also it means what they're doing outside the dentist office is just as important.”

Your teeth are meant to be with you for life and how you take care of them, and your gums, could go a long way toward dictating how long, and with what kind of quality, you live.

Dr. R. Craig Miller is a dentist who is on the staff at St. Barnabas Hospital in Livingston, New Jersey. He is author of the book “Get Back Your Smile, Take Back Your Life.”



Health & Wellness Fair This Saturday

St. Rose Hospital and Kaiser Permanente will host a Community Health and Wellness Fair from 10 a.m. to 2 p.m. this Saturday, Oct. 12, under the Grand White Tent at St. Rose, 27200 Calaroga Ave. in Hayward. Free family-friendly events will include health screenings, flu vaccines, food distribution and a Kids Zone.



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CRUNCH FITNESS

\$2,485 RAISED FOR GEORGE MARK CHILDREN'S HOUSE



Above, team members take a break enjoying a tasty lunch prepared by the ladies of the Castro Valley Bocce Group. Below, 12 teams participated in this year's Big Salami Shoot Bocce Tournament which raised \$2,485 for the George Mark Children's House.

11th Annual Big Salami Shoot Bocce Tournament Fundraiser

The members of the Cavellinos team were the winners of the 11th Annual Big Salami Shoot Bocce Tournament held Saturday at the Ken Martin Memorial Bocce Courts in Castro Valley.

The event, a benefit held each year for the George Mark Children's House in San Leandro, raised \$2,485.

Twelve teams competed for the Big Salami. Second place went to Veterans of Foreign Wars Post 9601. Gene's Dreams' team came in 3rd.

Special thanks to local merchants Al's Market, Knudsen's Ice Creamery, Big Apple Bagels, R&J Quick Clean, Plaza Bottle Shop, The Cobbler's and everybody's favorite barber Al Proietti for supporting the tournament.

— Al Bronzini
Tournament Chairman



Reports: CV

continued from page 3
woman was taken to Santa Rita Jail and held without bail.

Drunken Assault

Friday, October 4: at 9:31 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 65-year-old man from CV on suspicion of spousal assault. The victim reported the man was extremely drunk and kicked her during an altercation. Deputies took the man into custody. The victim was treated at the scene.

Joy Ride Ends in Arrest

Friday, October 4: at 8:41 p.m., deputies pulled over and arrested a 27-year-old man with no permanent residence on suspicion of driving a stolen vehicle, possession of burglary tools, and possession of illegal drug paraphernalia. The man was traveling on Grove Way near Redwood Road when deputies stopped him for questioning. Deputies took the man into custody and had the car towed.

Over the Limit

Saturday, October 5: at 5:08 a.m., a 24-year-old man from San Leandro was arrested on suspicion of public intoxication. Deputies stopped the man for questioning outside a coffee house on the Boulevard near Santa Maria Avenue. The man failed his field sobriety test and was taken into custody.

Sex Offender

Thursday, October 3: at 2:03 p.m., deputies arrested a 39-year-old man with no permanent residence on suspicion of violating the terms of his sex offender status. The man was also wanted for his capture. Deputies stopped the man for questioning on Center Street near the Boulevard. There, they also discovered he had illegal narcotics and related drug paraphernalia in his possession. The man was taken to Santa Rita Jail pending \$105,000 in bail.

see REPORTS on back page



PHOTO BY JIM NEGRI

Carol Bigelow Named Rotarian of the Month

Carol Bigelow was named Rotarian of the Month for October by Castro Valley Rotary President Todd Anglin at the October 1 meeting. Anglin said, "Carol models the Rotary commitment to 'Service Above Self' as she personally greets each member every week and makes all guests feel like they belong. She seldom misses any opportunity to serve others in the Castro Valley Community."

Locations to Redeem Cans And Bottles CRV Refunds

Although the RePlanet recycling center in Castro Valley has closed, residents can redeem their CRV aluminum, plastic, and glass at several different locations in the area.

Nearby recycling centers can be found through CalRecycle's website www.calrecycle.ca.gov/bevcontainer or by searching Recyclewhere.org.

A few locations near Castro Valley are:

- Aaron Metals, 25101 Clawiter Road, Hayward: 510-732-1200 or www.aaronmetals.com
 - Fry's Metals, 1845 West Winton Ave., Hayward: 510-276-4344 or www.frysmetals.com
 - American Recycling, 15292 Liberty St., San Leandro: 408-515-9661
- To recycle glass and metal containers without a cash redemption, put them in your curbside recycling container.

LEGAL NOTICES

FILED
MARCH 26, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 548999

STATEMENT OF ABANDONMENT OF THE USE OF FICTITIOUS BUSINESS NAME
Pursuant to Business and Professions Code Sections 17900-17930

Abandonment of the business name:
All Star Concrete Pumping located at 20420 Marshall St., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): David L. Earney, 20420 Marshall St., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on N/A.
/s/David L. Earney
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires MARCH 26, 2024
SEPT 18, 25, OCT 02, 9, 2019
0062-CVF

FILED
SEPTEMBER 17, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 563523

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:
Ignacio Arechiga, Broker at 19131 Redwood Road Suite C, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Ignacio Arechiga, 10680 Crow Canyon Rd., Castro Valley, CA 94552. This business is conducted by an individual. This business commenced on 09/01/19.
/s/ Ignacio Arechiga
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires SEPTEMBER 17, 2024
SEPT 25, OCT 02, 09, 16, 2019
0153-CVF

FILED
AUGUST 26, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 562852

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:
HR Support at 4061 East Castro Valley Blvd #158, Castro Valley, CA 94552, in Alameda County is hereby registered by the following owner(s): Chawannoot Thordarson, 123 College Ave. Apt 18, Modesto, CA 95350. This business is conducted by an individual. This business commenced on 08/28/19.
/s/ Chawannoot Thordarson
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires AUGUST 26, 2024
SEPT 25, OCT 02, 09, 16, 2019
0157-CVF

FILED
SEPTEMBER 06, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 563168

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:
Baywood Court Retirement Community at 21966 Dolores Street, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Baywood Court, 21966 Dolores Street, Castro Valley, CA 94546. This business is conducted by a corporation. This business commenced on 10/02/08.
/s/ Baywood Court
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires SEPTEMBER 06, 2024
OCT 02, 09, 16, 23, 2019
0154-CVF

FILED
SEPTEMBER 06, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 563170

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:
Baywood Court Health Center at 21966 Dolores Street, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Baywood Court, 21966 Dolores Street, Castro Valley, CA 94546. This business is conducted by a corporation. This business commenced on 10/02/08.
/s/ Baywood Court
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires SEPTEMBER 06, 2024
OCT 02, 09, 16, 23, 2019
0155-CVF

FILED
SEPTEMBER 23, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 563733

FICTITIOUS BUSINESS NAME STATEMENT
Pursuant to Business and Professions Code Sections 17900-17930

The name of the business:
Bozzano Properties at 27771 Industrial Blvd, Hayward, CA 94544, county of Alameda. Mailing address: 3679 Oakes Drive, Hayward, CA 94542, county of Alameda. The business is hereby registered by the following owner(s): (1) Joseph A Di Regolo, 8500 Berta Views Dr., Salinas, CA 93907, (2) Gloria M Coats, 3679 Oakes Dr., Hayward, CA 94542. This business is conducted by an Unincorporated association other than a partnership. This business commenced on N/A.
/s/ Joseph A Di Regolo, Gloria M Coats
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires SEPTEMBER 23, 2024
OCT 09, 16, 23, 30, 2019
0161-CVF

REAL ESTATE GALLERY



Don't miss this One of a Kind, 1,770 sq. ft., 3 bedroom, 2 bath, single level home set back on a .44 acre park like lot with detached garage and creek side setting. Step onto the front porch and through the French doors to the formal living room with fireplace and gleaming hardwood flooring with French doors to the over 1,100 sq ft deck, great for entertaining or just relaxing! Remodeled kitchen and dining area with granite counters and Viking gas stove.



22484 Queen St., Castro Valley • \$849,000

Master bedroom and bath with slider to deck, window seat, walk-in closet, stall shower, jacuzzi tub and 3 skylights. Middle bedroom with French door to additional deck. Other features include indoor laundry, dual pane windows, central air, tankless water heater and so much more! *See why The Brent Team sells more homes!*



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Wayne Licsak: 510-303-7765 / wayne.licsak@BHHSDrysdale.com / DRE #01850870
Linda Neff: 510-557-9185 / linda@lindanef.com / DRE #01495978

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Prepare For The Fall Season – Top 5 Checklist

Cooler mornings have become the norm, so a family recently tried starting their furnace to remove the chill. They flipped the appropriate switches and, instead of the familiar sounds, were greeted by silence.

A furnace technician unmasked some issues and the family, while disappointed with a repair bill, were grateful they had not waited until later to discover their heating issues.

With kids back in school and fall schedules activated, now is the time to plan for winter. Here is our Top Five Fall Prep List:

- Check your furnace *before* it gets cold. Fire it up to make sure everything is working.

Remember that furnaces sitting idle have accumulated dust that is burned off during the first run, resulting in that classic “ionization” smell.

Considering installing a new thermostat such as a *Nest*? Do it now. An HVAC technician can check your furnace and install a new thermostat to make sure all works as it should. Change your furnace filter. Sealing furnace ducting will also save energy.

- Replace drafty windows. When cold weather comes, old windows reward you with drafts and heat loss.

Eliminate drafts and lower heating costs by replacing your old windows with new thermally efficient dual-pane products. Check for available discounts for installing new windows out of the peak season. Use window shades to keep in heat, especially at night.

- Check your roof and gutters. A roof inspection is relatively inexpensive, yet can prevent hundreds of dollars in potential damage.

It's always best to catch potential issues *before* they cause

harm. For an extra fee, some roof inspection companies will also clean your gutters. If you need new gutters, beat the rush and do it now.

Make sure your downspouts have diverters which carry water away from your home. Make sure nothing on the ground traps water or directs it towards your home.

- Trim vegetation away from the house. If you have tree branches, bushes or shrubs touching your home, trim them back before the storms come. Tree branches can do extensive damage, especially to roofs, and vegetation close to the walls will trap moisture.

- Check weather seals. Make sure your doors have adequate weather seals and door sweeps to close off all gaps. Caulk all gaps around windows. Close the fireplace damper.

Beat the season and while others are panicking, you will be snug and warm in your fully prepared home.

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.

New Furnace? Don't Shut Heat Registers

By Samantha Mazzotta
SPECIAL TO THE FORUM

In guidelines for newer, high-efficiency forced-air furnaces, HVAC experts recommend against arbitrarily shutting off registers in unused rooms.

There are a number of reasons for this. The newer furnaces are configured to heat your entire home's square footage in the most efficient way possible. Start shutting off registers and that setup no longer works, as the parameters of the system have been changed.

Shutting off several registers can affect the blower motor in particular, according to the Energy Vanguard (www.energyvanguard.com) blog post “Can You Save Money by Closing HVAC Vents in Unused Rooms.”

Newer systems feature both registers and air return ducts in each room. Shut off the register,

and the air return is affected as well, increasing air pressure and forcing the blower to work harder to circulate warm air back into the house.

Air ducts in newer systems also are not normally sealed, the blog notes. So when the return air pressure goes up, air begins to escape from the duct system itself, forcing the blower to work harder to draw enough air to heat.

Low airflow over other components of a high-efficiency system can cause problems, too. The heating coils actually can get too hot, as can the heat exchanger, increasing the risk that it could crack – releasing exhaust gases, including carbon monoxide, into your home.

So, does that mean heating registers should never, ever be shut? The answer to this is to talk to your HVAC contractor. While Energy Vanguard notes that one or two temporarily



closed registers shouldn't negatively affect the system, it's better to ask than to wonder.

What if you're not sure if you have a high-efficiency system? What if you have an older heating system, or a zoned system? Then it's time to schedule a checkup with a heating and air-conditioning professional,

who can tell you the best way to manage your particular heating system.

Home Tip: Going on a trip this winter? Don't turn off the heating system: Set the thermostat to 55 degrees F, which will reduce the energy bill while preventing pipes from freezing.

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REALTORS...



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Linda Nakhai
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OPEN HOMES

SAT. & SUN.
OCT. 12 & OCT. 13

CITY	SAT	SUN	ADDRESS	PRICE	BDR./BA.	REALTOR	AGENT	PHONE
A	1-4	1-4	14529 Flagship St.	\$525,000	2/2.5	United Brokers RE	Tere Lee	510-305-8827
H	—	2-4	30501/30503 Vanderbilt St.	\$799,000	2/1	Rinetti & Co. RE	Perry Vittoria	510-326-0378
C	—	1-4	21746 Shadyspring Rd.	\$849,000	3/2	Coldwell Banker RE	Trish Radovich	510-583-5400
S	—	2-4:30	11733 Cranford Wy.	\$949,000	3+/2.5	Compass RE	Michelle Miller	510-701-3442
C	—	1-3	35687 Palomares Rd.	\$1,037,000	2/2	J. Rockcliff RE	Kristy Peixoto	925-251-2536

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.

CITY GUIDE

A = SAN LEANDRO • B = BERKELEY • C = CASTRO VALLEY • D = DANVILLE • F = FREMONT • H = HAYWARD
L = LIVERMORE • M = MODESTO • S = SHEFFIELD VILLAGE • SLZ = SAN LORENZO • 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.

RECENT HOME SALES

Castro Valley

21679 Lake Chabot Rd.	94546: \$460,000 2 BD - 848 SF - 1942
20153 Forest Avenue	94546: \$520,000 2 BD - 1,044 SF - 1986
20111 West Ridge Ct.	94546: \$600,000 2 BD - 1,467 SF - 1977
2228 Jeffer Street	94546: \$620,000 2 BD - 1,018 SF - 1948
2025 Vivian Street	94546: \$625,000 3 BD - 950 SF - 1928
3827 Vincent Court	94546: \$680,000 3 BD - 1,081 SF - 1954
19227 Garrison Ave.	94546: \$730,000 3 BD - 1,276 SF - 1949
18913 Walnut Road	94546: \$775,000 3 BD - 1,272 SF - 1955
19520 Stanton Ave.	94546: \$783,000 5 BD - 1,575 SF - 1960
21635 Knoll Way	94546: \$860,000 3 BD - 1,570 SF - 1960
20545 Forest Avenue	94546: \$915,000 4 BD - 2,381 SF - 1963
18871 W. Cavendish Dr.	94552: \$917,500 3 BD - 1,712 SF - 1978

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San Leandro Times HOME SERVICES GUIDE
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 California law requires that contractors taking jobs that total \$500 or more (labor or materials) be licensed by the Contractors State License Board. State Law also requires that contractors include their license number on all advertising. Advertisers appearing on this page without a license number indicate that the contractor is not licensed. You can check the status of your licensed contractor at www.cslb.ca.gov or (800) 321-2752. Unlicensed contractors taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

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GARAGE SALES

CASTRO VALLEY

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Advertise your Home for rent in the San Leandro Times & Castro Valley Forum **DON'T LET ANOTHER WEEK SLIP BY!**
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R. Bowman

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San Leandro Times/Castro Valley Forum

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ACCEPTING APPLICATIONS

Want to Join New Eden Area MAC?

Residents of San Lorenzo, Hayward Acres, Cherryland and West Ashland who are interested in serving on the newly-created Eden Municipal Advisory Council (MAC) have until Monday, Nov. 4, to submit an application to Alameda County supervisors Wilma Chan or Nate Miley.

The new council will consist of seven members serving four-year terms. Supervisor Chan will have four appointments, Supervisor Miley three.

The Council will advise the Board of Supervisors on matters concerning the unincorporated Eden Area on such governmental services as public safety, welfare, public works, and planning.

There will be one regular meeting per month at the San Lorenzo Library and may hold special

meetings as necessary.

Applicants must be residents of Ashland, Cherryland, San Lorenzo, and Hayward Acres or shall have owned or operated a business in these communities for a period of five years prior to their appointment. Appointees will receive a \$50 stipend per meeting.

Visit <https://www.acgov.org/bnc> to complete an online application.

For more information about the Council for District 3 Supervisor Chan's appointments, please contact Jared Savas at 510-278-0731 or at jared.savas@acgov.org

For more information about the Council for District 4 Supervisor Miley's appointments, please contact Austin Bruckner at 510-670-5717 or at austin.bruckner@acgov.org

LETTERS TO THE EDITOR

FREDZ@EBPUBLISHING.COM



Juan: The Community is Proud of You!
Editor:

Such a blessing to see Juan Toscano-Anderson's picture on the front page of the Forum with the headline "Former CV Trojan Now a Warrior."

Juan, a 2001 graduate of Castro Valley High School, has long been recognized locally for his talents on the court and off, including his induction into the Castro Valley Sports Foundation Hall of Fame in 2018.

It is important to remind everyone that he not only attended Marquette and played in the NCAA "Sweet Sixteen," Juan, unlike so many college athletes today, earned his degree. He is one in five professional basketball players with a degree!

Today the Santa Cruz Warriors, tomorrow, hopefully, the Golden Gate Warriors!

Regardless, Juan: your entire Castro Valley community is so proud of you!

—Bruce D. Johnson

Board Member, Castro Valley Sports Foundation

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

HOROSCOPE by Salomé

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ARIES (March 21 to April 19) You could be caught in a torrent of advice from well-meaning friends and colleagues this week. But remember, Lamb, you are at your best when you are your own inimitable self.



TAURUS (April 20 to May 20) Expect strong efforts to get you to accept things as they are and not question them. But ignore all that and continue your inquiries until you're sure you have all the answers you need.



GEMINI (May 21 to June 20) Heavier than usual family and workplace duties compete for your time this week. Try to strike a balance so that you're not overwhelmed by either. Pressures ease by week's end.



CANCER (June 21 to July 22) It's a good time for the Moon Child to show off your uniquely inspired approach to the culinary skills -- especially if they're directed toward impressing someone special.



LEO (July 23 to August 22) You might be happy about the re-emergence of a long-deferred deal. But don't pounce on it quite yet. Time can change things. Be sure the values you looked for before are still there.



VIRGO (August 23 to September 22) Try to rein in your super-critical attitude, even if things aren't being done quite as you would prefer. Remember: What you say now could create an awkward situation later on.



LIBRA (September 23 to October 22) Although you can expect on-the-job cooperation from most of your colleagues this week, some people might insist on knowing more about your plans before they can accept them.



SCORPIO (October 23 to November 21) Creating another way to do things is commendable. But you could find some resistance this week from folks who would rather stick with the tried-and-true than try something new.



SAGITTARIUS (November 22 to December 21) You usually can keep your aim focused on your goal. But you might need to make adjustments to cope with unsteadiness factors that could arise over the course of the week.



CAPRICORN (December 22 to January 19) News arrives about a projected move. Be prepared to deal with a series of possible shifts, including starting and finishing times, and how much the budget will actually cover.



AQUARIUS (January 20 to February 18) A new relationship needs time to develop. Let things flow naturally. It could be a different story with a workplace situation, which might require faster and more focused attention.



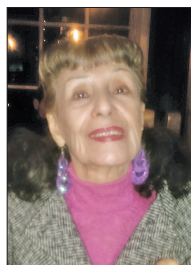
PISCES (February 19 to March 20) Accept a compliment without trying to troll for any hidden reason beyond what was said. After all, don't you deserve to be praised every now and then? Of course you do.

Obituaries

Alberta (Alex) Rodes

March 27, 1925 - September 18, 2019

To our dear friends, I'm having a celebration of life for my bride, Alberta (Alex) Rodes and little Tootsie, on Sat. November 9th from 3 til 6, at 33000 Almaden Blvd., Union City, CA Tropics Mobile Home Park Club House. Al Rodes. My cell # is 510-432-3270. Pot luck, some music and some wine. Everyone welcome. Alex worked with many celebrities in her dancing career.



- Maria Grgurevic
- Alberta (Alex) Rodes

Maria Grgurevic

January 9, 1930 - October 1, 2019

Maria (Kralj) Grgurevic passed away peacefully at the age of 89 at her home in Castro Valley on October 1, 2019. She was born on January 9, 1930 on the island of Mljet in Croatia. She left her home and went to a refugee center in Italy to await sponsorship to come to America, where she finally arrived in 1957. She then married the love of her life, Pero, who she has reunited with in Heaven, and made their home in Oakland, later settling down in Castro Valley where they raised four children. She was a loving mother to daughters Marijana (and husband Ante) Vladislavich and Nina (and husband John) Cabral, and sons Steve Grgurevic and Peter Grgurevic. She was blessed as a grandmother to have nine grandchildren: Marisa, Elena, Anthony, Jenna, Nicholas, Peter, Daniel, Travis and Steven; and six great-grandsons: Cash, Cameron, Luka, Colt, Carson and Ty with twin great-grandsons on the way. She was one of six children and is survived by her brother, Neno, and many nephews and nieces here and in Croatia.



Maria will be remembered for her love of life, her dedication to her family, her vibrant personality, her passion for gardening, her giving nature, and her love of cooking, baking and bringing people together over food. Her memory will be cherished forever.

The rosary will be held on Wednesday, October 9, 2019 at 7 p.m. at Jess C. Spencer Mortuary, 21228 Redwood Road in Castro Valley.

The funeral mass will be held on Thursday, October 10, 2019 at 11 a.m. at Our Lady of Grace, 3433 Somerset Avenue in Castro Valley. Burial will follow at Holy Sepulchre Cemetery, where she will be laid to rest alongside Pero.

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ACROSS

- 1 Bar order
- 5 Stick out
- 8 String tie
- 12 Incite
- 13 Blonde shade
- 14 Disney's "___ and the Detectives"
- 15 O or W
- 17 Even, as a score
- 18 "___ Abner"
- 19 Gap
- 21 Charley horse
- 24 Military status
- 25 Tatters
- 26 Quite attractive
- 30 Past
- 31 Paycheck extra
- 32 Altar affirmative
- 33 Artist Rene
- 35 Toppled
- 36 Commotions
- 37 Jaunty chapeau
- 38 Tray
- 41 Help
- 42 Neighborhood
- 43 Mississippi flower
- 48 "The View" alumna Lisa
- 49 Gorilla
- 50 St. Louis team
- 51 Shakespeare's shrew
- 52 Bow the head
- 53 Pumps up the volume

DOWN

- 1 Lazy person
- 2 Historic period
- 3 Ovum
- 4 Kingdoms
- 5 Hoosgow
- 6 Tars' org.
- 7 Netherlands city
- 8 Cause to go
- 9 Leave out
- 10 Stead
- 11 Automaker Ransom Eli
- 16 Speed
- 20 Hostels
- 21 Study at the last minute
- 22 Sitarist's offering
- 23 Enthusiastic
- 24 Carries on
- 26 Subway employee
- 27 Layer
- 28 Between jobs
- 29 Filly's brother
- 31 Wait
- 34 Devastate
- 35 Indy Jones' hat
- 37 Crib
- 38 Polio vaccine pioneer
- 39 Met melody
- 40 Fasting period
- 41 On in years
- 44 Mil. address
- 45 Felon's flight
- 46 Little devil
- 47 Fool

ANSWERS ON PAGE 3



HAYWARD HISTORICAL SOCIETY PHOTO

HAUNTED HISTORY: Explore true tales of tragic ends, Victorian death traditions and superstitions during a guided tour of the historic McConaghy House, 18701 Hesperian Blvd. in Hayward on Friday, Oct. 18

'Spooky Tours' Coming To McConaghy House

Autumn is the season for long nights and mysterious stories, and nothing is spookier than when the stories are rooted in the truth.

This fall, the Hayward Area Historical Society is bringing back a beloved program with a new name: Shrouded Tales is now "Haunted History!"

More like a spooky historical tour, these tours are not your usual haunted house packed with jump scares and flashing lights. The Historical Society's ghostly tour guides will escort brave souls by flickering candle-light through this reportedly haunted Victorian mansion. Visitors will hear tragic tales of local families and dark deeds of unsavory characters, all tinged with insight into Victorian-era death traditions.

McConaghy House is a fully-furnished Victorian house museum next to Kennedy Park. The house is usually open only on the first weekend of every month, and is rarely open at night, so this is an unusual opportunity to peek inside this local treasure.

Members of the McConaghy Family lived in the home from 1888 to 1973, and it has been uninhabited ever since.

Tours begin at 7 p.m., 8 p.m., and 9:00 p.m. on Friday, Oct. 18 and are \$15 in advance, \$20 at the door. Advance ticket purchase is recommended as day-of ticket sales are subject to availability.

Tickets and more information are available online at www.haywardareahistory.org or by calling 510-581-0223.

Vigil: Led by Bend the Arc

continued from front page
grant rights advocates.

During the days between Rosh Hashanah and Yom Kippur, on the holiest days of the Jewish year, thousands of Jews around the country mourned the lives lost in immigrant detention centers and took action to stop attacks on immigrant families.

The vigil was one of 20 actions led by volunteer Bend the Arc leaders across the country during the High Holidays, a time when Jewish people ask for forgiveness and make commitments for the year ahead.

"As a father, a pediatrician, and constituent of Congressman Swalwell's, I am extremely upset about the abhorrent conditions under which asylum-seeking immigrant families, but especially children, are being detained at Department of Homeland Security facilities at the border," said Michael Ruiz.

"I strongly encourage Congressman Swalwell to oppose any appropriations package that increases funding for Immigration and Customs Enforcement and Customs and Border Protection, Ruiz continued. "ICE and CBP should not be allowed to transfer funds from other government agencies like FEMA to help fund detention and deportation activities."

Rahel Ruiz, also a doctor and Swalwell constituent, said, "How money is appropriated to ICE and CBP literally determines whether and how migrants will live or die."

For more information on the Bend the Arc movement, contact Daniel Kaplan at 847-903-4895.



PHOTO BY JIM NEGRI

PRESENTATION OF CASTRO VALLEY ROTARY GRANTS: From left, Dwight Perry, Grants Committee; Gary Howard, Grants Committee Chair; Suzy Chan Assistant Superintendent for Business Services; School Superintendent Parvin Ahmadi; Amy Ramos of the CV Educational Foundational Board; Rotary President Todd Anglin; Charlie Deterline, Executive Director, SOS Meals on Wheels.

Rotary Awards Grants for Making Positive Difference in Community

The Rotary Club of Castro Valley this month awarded five checks to programs that are making a positive difference in the community.

The club's grants program received nine very deserving applications. After the difficult challenge of selecting the recipients, the club awarded grants during its Oct. 1 meeting to:

- Adobe Art Center and Gallery, a public fine art gallery committed to promoting and encouraging visual arts, for easels;
- Meals on Wheels, a community-based organization dedicated

to provide nutrition and helping to eliminate isolation to the elderly;

- Castro Valley Education Foundation's Program for school plays;

- Creekside Middle School for timers that will serve a wide range of science students;

- Chabot Elementary School's Music Program for stage lights.

The grants ranged in value from \$500 to \$2000 for a total of \$6,000 awarded this round. Another round of grants will be funded in March 2020.

In addition to supporting nation-

al and international projects, President Todd Anglin stated, "Our members are committed to supporting programs that will make a positive impact in and on our community for individuals of all ages."

The Rotary Club of Castro Valley meets at noon on Tuesdays at Redwood Canyon Golf Course and is always searching for individuals who want to make a positive impact locally, nationally and internationally.

For more information, visit the Rotary website at www.CastroValleyRotary.org

Soroptimist Accepting 'Live Your Dream' Applications

Soroptimist International of the East Bay invites applicants to apply for the annual \$1,000 "Live Your Dream" Award.

If you are a woman with financial responsibility for yourself

and a dependent and are enrolled in an undergraduate or technical training program, apply at: bit.ly/LYDA-apply or contact Donna Whitehouse at 510 924-7622 or rambosmom@comcast.net for

more information.

The Soroptimist Live Your Dream: Education & Training Awards for Women program has been helping women around the world since 1972, providing cash

grants to women who are working to better their lives through additional schooling and skills training.

Deadline for applications is Nov. 15, 2019.

Christmas in October!

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HAYWARD ANIMAL SHELTER

Black and White 'Fur' Ball Saturday

It's that time of year again when a lot of the homeless pets at the Hayward shelter are black, black and white, and white. So the volunteers at the shelter are holding their 16th Annual Black and White Fur Ball from noon to 6 p.m. this Saturday, Oct. 12.

There are plenty of dogs, peopies, cats, kittens and bunnies to

choose from.

Adoption of pets with black, black and white, and white fur are free, sponsored by Bissell Clear the Shelters program. Other colors are just \$20. Hayward residents are required to pay a \$17 license fee for dogs.

Come out and visit the animals and enjoy hors d'oeuvres, non-al-

coholic cocktails, music, raffle prizes and more!

The Hayward Animal Shelter is located at 16 Barnes Court, Hayward, near the DMV at Jackson and Soto Road. Visit www.facebook.com/haywardanimalshelter and www.bissellpetfoundation.org/empty-the-shelters/ for more information.

Reports: CV

continued from page 10

Petty Thief Confesses

Thursday, October 3: at 9:19 p.m., a 32-year-old woman with no permanent residence was arrested on suspicion of petty theft and violating the terms of her probation. Deputies were called to a grocery store on East Castro Valley Boulevard in the 580 Market Place after store security detained the woman for shoplifting. Confronted by deputies, the woman confessed to the crime. She was taken to Santa Rita Jail and held without bail.

Caught with Drugs

Wednesday, October 2: at 11:25 p.m., deputies arrested a 56-year-old man with no permanent residence on suspicion of possession of methamphetamine drugs and violating the terms of his parole. The man was traveling on Lessley Avenue near Ada Street when deputies stopped him for questioning and discovered his stash. Deputies took the man into custody.

Thief Made Death Threats

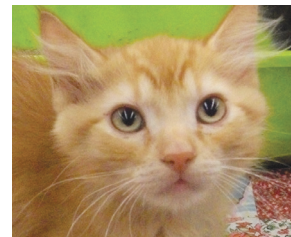
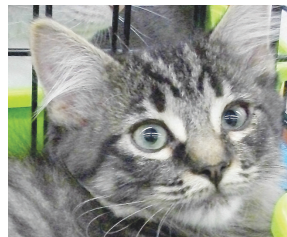
Tuesday, October 1: at 5:28 p.m., a 31-year-old man with no permanent residence was arrested on suspicion of making death threats in the parking lot of a fast-food restaurant on Redwood Road near Castro Valley Boulevard. The man was also wanted for his arrest. The man was taken to Santa Rita Jail pending \$100,000 in bail.

ADOPT-A-PET



EDWARD is a handsome, sweet 5-month-old black tabby. He loves to wrestle, play and cuddle with other kittens. He'd love to have another kitty friend to play with at his new home. Neutered. For more information, call the Hayward Animal Shelter at: 510-293-7200.

ROMEO, a 6 month old gray tabby, can come across as a bit reserved but don't let that fool you! He's quite affectionate and active. He loves playing and wrestling with other felines. For more information, call the Hayward Animal Shelter at: 510-293-7200.



GRAHAM is a handsome 3 month old dark tabby with medium-length fur. He's very active and playful and would love a home with another playful cat. Neutered, vaccinated, microchipped and FIV/FelV negative. Email: Loveallpawzrescue@gmail.com.

SUNNY is a sweet, 3 1/2 month old tabby with orange, medium-length fur. He's a very affectionate boy who loves to snuggle. Neutered, vaccinated, microchipped and negative for FIV/FelV. For more info, email: Loveallpawzrescue@gmail.com.

CVSAN BUSINESS RECOGNITION EVENT

CVSan is hosting its 6th Annual Employee Recognition Brunch



WHO: All CVSan businesses are invited and 4R Star businesses are eligible for awards. Please RSVP for this event.

WHEN: Friday, October 25th from 10:45 a.m. - 12:00 p.m.

WHERE: CVSan Office, 21040 Marshall Street, Castro Valley

All CVSan businesses are invited to this special event where CVSan will recognize the achievements of 4R Star business employees. Come to network and enjoy a presentation on the Alameda County Green Business Program.

RSVP by October 19th to purvi@cvsan.org or call 510-537-0757 ext. 117.

Not a 4R Star Business? Join today! Visit cvsan.org/BecomeA4RStar for more details.



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