



# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 29

WEDNESDAY, NOVEMBER 8, 2017

NO. 46

## INSIDE YOUR FORUM

### LIVING



#### Dinner After Dark

The switch back to PST is the perfect time to break out the Crock-Pot

Page 6

### H&F



#### A Gut Feeling

Just stomach pain, or do you suffer from Irritable Bowel Syndrome?

Page 8

### NEWS



#### A Grand Gift

Pianos Plus to gift grand piano to Castro Valley Center for the Arts

Page 15

## INDEX

Classified Ads .....	12
Community Calendar ...	4
Crosswords .....	15
East Bay Living .....	6
Homes .....	11
Merchants .....	5
Obituaries .....	14
Our Town .....	3
Sports .....	10
Weather .....	2

PHONE: (510) 537-1792

PAUL RHODES

## Historic Vintner Of CV

By John Christian  
SPECIAL TO THE FORUM

Paul Rhodes is one fascinating character in Castro Valley's history.

Rhodes was born in Germany in 1896. His parents were winemakers, which Paul would eventually become himself, but not before a few detours.

Paul Rhodes was 18 years old at the onset of World War I and immediately enlisted to fight for Germany. Rhodes became a German military pilot and spent several years fighting against the allied forces.

He claimed to have shot down two French planes and one Russian. He was shot down himself at some point, but survived unscathed.

After the war, Rhodes returned to Germany, but fearing the outbreak of another war, left his home country for South America where he worked in Uruguay, Argentina and Brazil.

Years later he moved to Canada. Then in 1936 he finally came to the United States. In 1938 he began operation of the Rhodes Winery in Castro Valley.

The winery was located about where the 238 interchange is now between Castro Valley Boulevard and Mattox Road. By many accounts, Rhodes' wine was well regarded among area residents.

Not content with just being a winemaker, Rhodes became heavily involved in the civic affairs of Castro Valley. He served for more than 25 years on the Eden Hospital Board of Directors.

During his tenure, Rhodes developed a reputation for being more than a little outspoken. In 1956, after only a year on the board, a gag rule was imposed on Rhodes to keep him from talking to the press. In response he declared in his trademark German accent, "I still have a right to speak, I will voice my opinion whenever I feel like it."

Later he would vote against paying the hospital's bills because he did not agree with accounting

see RHODES on page 3



Colonel Jordan Chroman, a graduate of Castro Valley High School, is one of the country's most highly-decorate colonels.

## Most Highly Decorated Colonel in the US Army

By Amy Sylvestri  
CASTRO VALLEY FORUM

One of the most highly decorated colonels in the United States Army is a Castro Valley native who is retiring next month after nearly 30 years in the service.

Colonel Jordan Chroman was born and raised here and graduated from Castro Valley High back in the 1980s. His mom, dad, and sister still live in Castro Valley and he visits frequently from his home near Monterey.

In his long career, Chroman has served as professor of military science at Santa Clara University, as the chief of a United Nations Field Office in Bosnia, and has worked at the Pentagon, and participated in Operations Desert Storm and Iraqi Freedom.

As a teenager, Chroman said he knew he wanted to join the Army, but he never really thought he'd make a career out of it.

"I come from an immigrant family – my mom's a Holocaust survivor – see DECORATED on page 15

CV SCHOOLS

## Superintendent Calls for Budget Cut of \$2 Million

By Amy Sylvestri  
CASTRO VALLEY FORUM

Over \$2 million must be cut from the next school year's budget, barring an influx of cash from the state or another source, according to Castro Valley Unified School District Superintendent Parvin Ahmadi.

"Expenses must be reduced," said Ahmadi.

Currently, the district's annual budget is \$100 million, with 88 percent going to salaries and benefits.

Ahmadi gave a pair of twin budget presentations to the community this week. At Monday night's meeting at Castro Valley High, the audience was largely made up of teachers. Many teachers were concerned about cuts and grilled Ahmadi on why the district keeps reserves greater than what are required by the state.

The district must keep at least 3 percent in reserves and the school district would like to have more. Having more in reserve helped the district's credit rating when they were selling bonds last year as part of the \$123 million bond measure and helped them avoid paying more in interest.

But one woman in the audience asked what good is it to have beautiful campuses made over with the bond money if staffing and programs at those schools have been slashed.

Complicating the budget process is the fact that the state requires each district to submit a budget before the state itself discloses how much funding they will be providing.

The state's final budget is usually adopted in late June and the school district would have to notify staff of any possible layoffs in March.

"The cycle that the state uses for the budget doesn't match what we have to do," said Ahmadi. "We basically have to guess."

Ahmadi said that one funding solution could be a parcel tax.

Castro Valley is one of three district's in Alameda County that doesn't have a parcel tax contributing to its revenue. Unlike a bond, a parcel tax could be spent on salaries and unlike state money, the district would have full control of how its spent.

see BUDGET on page 10

## Annual Light Parade, Street Party Saturday

Castro Valley's 6th Annual Light Parade and Meet-in-the-Street party comes to the Boulevard this Saturday and this year's event promises to be the biggest ever.

The street fair, with food trucks and entertainment, begins at 3 p.m. and the popular light parade sets off at 5:30 p.m. from San Miguel Ave. moving down the boulevard

to Redwood Road where it makes a U-turn and proceeds back to Wilbeam Avenue.

The Bay Area's Fleet Street Band will be on hand to entertain the crowd from 6:30 to 8:30 p.m. Other entertainment will be provided by the Jim Bedford Studios.

Unique to Castro Valley, the Light Parade was begun by Alameda County and the Castro Valley Chamber of Commerce in 2012 to celebrate the completion of the months-long Boulevard redevelopment and beautification project.

It was the brainchild of Mel Speed of The Music Company in Castro Valley who had remembered seeing lighted boat parades in the Bay during the holiday season.

Speed produces the colorful show which features dozens of vehicles, floats and people decorated with thousands of lights.

Last -minute entries should call Speed at 510-537-9334 or 510-909-9334.

The show winds up around 9 p.m. when kids' photos with Santa will be available at Knudson's Ice Creamery.



## Castro Valley Weather Nov. 8 - 12, 2017



Wednesday  
Afternoon Rain  
High 65° Low 51°



Thursday  
Showers  
High 65° Low 54°



Friday  
Partly Cloudy  
High 64° Low 57°



Saturday  
Partly Sunny  
High 60° Low 45°



Sunday  
Partly Sunny  
High 59° Low 44°

### Almanac



Past Week's Rain: 00.35  
Season To Date: 00.73  
Normal To Date: 01.88  
Season Average: 21.22

### Moon Phases



Sun sets at 5:03 p.m. today, rises at 6:44 a.m. Thursday.

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## RCHS Student Volunteers Lend Hand to North Bay Fire Victims

Six Redwood Christian High School students recently traveled with their Spanish teacher, Mrs. Phillips, to First Spanish Baptist Church in Rohnert Park where Pastor Rodriguez and his congregation had opened a soup kitchen.

The church was offering free home-cooked meals to people affected by the fires, including all first responders and personnel assisting Sonoma County.

Church volunteers are serving three meals a day and are distributing goods for displaced families. However, because this is a small church, additional volunteers are needed to meet the anticipated needs.

The students – Nathan Calvert, Caleb Enos, Michael Goldman, Danielle Harrell, Giana Pepsin, and Braeden Smith – worked throughout the day making 300 tamales from scratch, grinding the corn for the dough and folding the husks.

In addition to food prep, the students helped vacuum, clean bathrooms, sort and fold clothes, and unload vehicles arriving at the church with donations.



PHOTO COURTESY OF RCHS

**Sonoma County community members enjoy homemade tamales prepared by students from Redwood Christian High School at First Spanish Baptist Church in Rohnert Park.**

"It was a great experience for students because not only did they work hard to fulfill a significant need, but they were immersed in the Spanish culture," said their teacher, Mrs. Phillips. "Being in a Spanish-speaking neighborhood

and church, students were challenged to speak with and understand those they worked with and those they served."

The group also took a small tour around Santa Rosa to see the fire damage.

## Honor Our Veterans: CV Services Saturday

On the 11th hour of the 11th day of the 11th month of 1918 an armistice between Germany and the Allied nations came into effect, ending World War I.

On November 11, 1919, Armistice Day was commemorated for the first time as President Wilson proclaimed the day should be "filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory."

In 1926, the United States Congress officially recognized the end of World War I and declared that the anniversary of the armistice

should be commemorated with prayer and thanksgiving.

The Congress also requested that the president should "issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples."

In 1938, an act was approved which made November 11 in each year a legal holiday to honor veterans of World War I.

After World War II and the Korean War, veterans service organizations urged Congress to change the word "Armistice" to "Veterans." Congress approved this change and on June 1, 1954, November 11 became a day to honor all American veterans, where ever and whenever they had served.

### Castro Valley Services:

Castro Valley Veterans invite you to join the 6th Annual Veterans Day Services at the Castro Valley Veterans Memorial Saturday morning at 11 a.m. for an hour-long ceremony.

Guest speakers will be Sue Alverson of the VFW National Home for Children, and USMC Sgt. Maj. Jason Deitschman. Honor Guard will be provided by the VFW and the American Legion.

Chairs will be provided but those attending can bring their own. For more information, contact Jim Uhlik VFW Post 9601 service officer at 510-593-6703 or juhlik55@gmail.com

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## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Driving while Under Influence of Alcohol

Sunday, November 5: at 11:26 p.m., Sheriff's deputies arrested a 21-year-old man from Castro Valley on suspicion of driving while under the influence of alcohol. The man was traveling on Castro Valley Boulevard near Park Way when deputies noticed the man swerving in traffic and pulled him over. The man failed his field sobriety test and was taken into custody.

### Public Intoxication

Friday, November 3: at 1:33 p.m., a 31-year-old man from CV was arrested on suspicion of public intoxication. Deputies stopped the man outside a home on Heyer Avenue near Center Street. The man failed his field sobriety test and was taken to a sobering center.

### Traffic Stop Ends in Arrest

Thursday, October 2: at 11:10 a.m., deputies pulled over and arrested a 25-year-old man with no

permanent address on suspicion of possession of stolen property, possession of illegal narcotics and related drug paraphernalia, providing a false ID to authorities, assuming a fake identification to authorities, and violating the terms of his parole. The man was also wanted as part of a warrant issued for his arrest. Deputies pulled the man over as he was exiting the Interstate 580 freeway near Grove Way. The man was taken to Santa Rita Jail pending \$27,500 in bail.

### Back to Jail

Wednesday, November 1: at 6:49 p.m., a 54-year-old man who refused to give his address was arrested on suspicion of public intoxication and violating the terms of his probation. Deputies stopped the man for questioning outside a business on Redwood Road near Grove Way. He failed his field sobriety test and was taken to Santa Rita Jail and held without bail.

### Family Assault and Battery

Tuesday, October 31: at 11:22 a.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 30-year-old man from Santa Monica (Los Angeles County) on suspicion of assault and battery on a family member, assault with intent to do bodily harm, and false imprisonment. The man was also wanted for his arrest. Deputies handcuffed the man and took him to Santa Rita Jail pending \$135,000 in bail. The victim was treated at the scene.



## Free Jazz Concert

Castro Valley musician Dave Rocha and his group will present a free concert at 2 p.m. this Sunday, Nov. 12, at the Castro Valley Library. Rocha's band has been performing an eclectic mixture of jazz standards, "pop" tunes and original compositions, covering a wide variety of styles from up-tempo bebop, swing and blues, to Latin jazz, ballads and jazz waltz for more than 20 years in New York, Los Angeles, San Francisco and other major cities. In addition to his trumpet expertise, Rocha is also an accomplished flugelhorn player.

## TELEVISION STAND SALE!

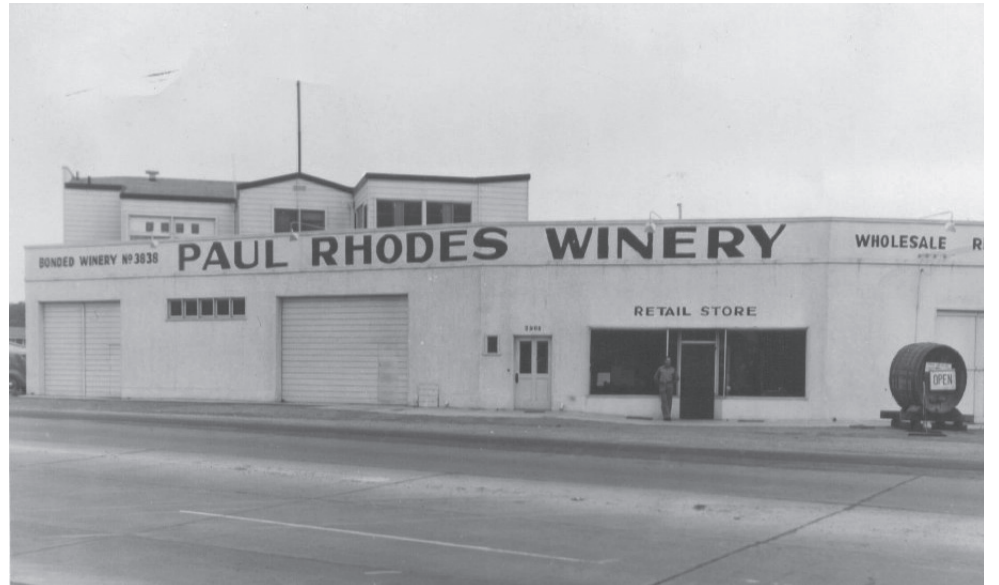


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HAYWARD AREA HISTORICAL SOCIETY PHOTOS

Paul Rhodes Winery on the northwest side of Castro Valley Boulevard. This photo was taken around the time it opened in 1937. It closed 31 years later.

## Rhodes: Pilot, Vintner and CV Civil Leader

*continued from front page*

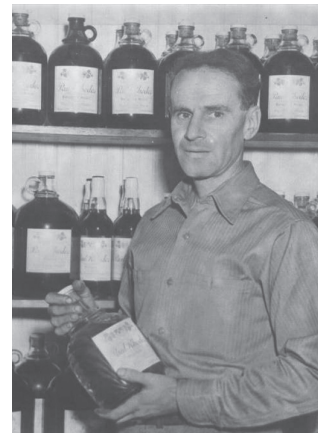
procedures. His fiscally conservative stances often made him a lone voice of dissent as Castro Valley developed and grew after World War II.

Despite his brashness, Rhodes earned the respect of many colleagues for fighting for more public transparency and a willingness to challenge powerful officials.

He was honored by the hospital board late in life for his quarter-century of service.

While Paul Rhodes was best known for his winery business and his time on the hospital board, he was involved with countless causes in Castro Valley.

He ran unsuccessfully for Alameda County Supervisor in 1958 and 1962. He was also past president of the Castro Valley Taxpayers Association, fighting against ef-



Paul Rhodes in the retail store of his Castro Valley Boulevard winery.

was also a member of the Castro Valley School Board from 1969-1977.

These are just a few of the causes he took up with his tireless energy and gruff persona.

After almost 50 years in public life, Paul Rhodes succumbed to cancer in August of 1984. As controversial as he could be, there is no question that Paul Rhodes was committed to the community he called home for so many years.

If you are interested in researching local history please visit the Hayward Area Historical Society at 22380 Foothill Boulevard in downtown Hayward. Visit our website [haywardareahistory.org](http://haywardareahistory.org) or call 510-581-0223 for more information.

John Christian is associate archivist of the Hayward Area Historical Society.

forts to incorporate Castro Valley.

In the early 1960s he led Castro Valley's Civil Defense efforts at the height of the Cold War. He



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**November 14, 2017 – 5:30 to 7 p.m.**  
**Pizza and Refreshments**  
**will be served.**

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## The Week Ahead

### ● Wednesday, November 8: *Yoga for Self-Care*

Eden Medical Center will host a free workshop from 6 to 8 p.m. this evening, featuring certified yoga trainer Madelyn Kimball who will demonstrate self-care strategies for dealing with the stress of cancer, at 20101 Lake Chabot Road, Medical Office Building, 2nd Floor, in Castro Valley. All patients and caregivers are welcome regardless of where they typically receive care. Call 925-933-0107 to register.

### ● Thursday, November 9: *Upgrade Your Computer Skills Free*

Upgrade your computer and job-search skills at a free, 4-week training course beginning tomorrow at JVS Business Administration Bootcamp at The Stride Center in downtown Oakland. Apply online at [www.jvs.org/baclass](http://www.jvs.org/baclass)

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

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

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### VETERANS DAY SCHEDULES Observed this Friday, November 10, 2017

#### Government Operations

All federal, state, county and city offices will be closed, except for emergency services.

#### Business Offices

Banks will be closed; stock exchanges will be open; most business offices, including the Forum, will be open.

#### Stores & Restaurants

Most will operate on a normal schedule.

#### Public Transportation

BART and AC buses will operate on a normal schedule.

#### Garbage Collection

Waste Management garbage pickup will operate as normal. For service questions, call WMAC at 510-537-5500 (residential) or 510-613-8700 (commercial/business). WMAC offices will be open Friday.

Castro Valley Sanitary District offices will be closed Friday. Call 510-506-5821 for sewer emergencies. For information regarding CVSan services and programs, visit [www.cvsan.org](http://www.cvsan.org).

### ● Saturday, November 11: *Veterans Day Ceremony*

Castro Valley Veterans invite the public to their 6th Annual Veterans Day Services at the Veterans Memorial in Castro Valley's Community Park at 11 a.m. this Saturday. Guest speakers will be Sue Alverson of the VFW National Home for Children and Sgt. Maj. Jason Deitschman USMC. After the ceremony, we will be raffling off a Henry Salute to the Military Rifle with all the proceeds going to the VFW National Home. Honor Guard will be provided by the VFW and the American Legion.

### ● Saturday, November 11: *Veterans Day Thanksgiving Dinner*

American Legion Post No. 68 in Hayward will be conducting its annual Thanksgiving Dinner, including music and dancing, from 5 to 9 p.m. on Veterans Day, this Saturday, at the Veterans Memorial Bldg., 22737 Main St. in Hayward. Everyone is invited. The cost is \$10 per person and the proceeds will be donated to the American Legion Veterans Affairs & Rehabilitation Foundation.

### ● Saturday, November 11: *6th Annual Light Parade*

Join the festivities from 3 to 9 p.m. this Saturday as the Castro Valley/Eden Area Chamber of Commerce presents the 6th Annual Meet in the Street Party and Light Parade (parade starts at 5:30) on the Boulevard, with entertainment, live bands and food trucks.

### ● Saturday, November 11: *Hearing Loss Association Meeting*

Music is our speaker's theme: Lauren Jacobs, UCSF Research Specialist, has researched the effects of musical rhythm on visual long-term memory. She earned a degree from Tufts University in Clinical Psychology and Music. Refreshments at 9:30 a.m.; Program at 10, at the Oakland Kaiser Permanente Hospital, Fabiola Bldg., 3801 Howe St., Lower Level, Room G26. Park free on Saturday in garage across Howe. Email: [athos.artist@att.net](mailto:athos.artist@att.net) or call Kay at 510/886-4717.

### ● Saturday, November 11: *SAT Practice Test CANCELED*

A SAT practice test to have been administered by The Princeton Review at the Castro Valley Library on Nov. 11 has been canceled.

### ● Saturday, November 11: *Texas Hold 'em Tournament*

The Buon Tempo Club holds its first-ever Texas Hold'em Tournament at Transfiguration Church, 4000 E. Castro Valley Blvd. at 11 a.m. on Nov. 11. Proceeds benefit the Buon Tempo Scholarship Fund. A \$50 buy-in gets you lunch and 20,000 in chips. Great prizes, too. To reserve a seat call 510-483-6929, and select Option 4. Leave your name, phone number and the number of players you are reserving for. For more info contact Jim Murphy at 510-427-8980 or [jim4murphy@comcast.net](mailto:jim4murphy@comcast.net)

### ● Sunday, November 12: *Fall Lantern Walk*

Families are invited to a free Fall Lantern Walk from 5 to 6:15 p.m. this Sunday at the Cull Canyon Regional Recreation Area to welcome the shift in daylight as we move from fall to winter. Register at [tinkergarten.com/classes/25820](http://tinkergarten.com/classes/25820)

### ● Tuesday, November 14: *Library "Friends" Meeting*

The annual meeting of Friends of the Castro Valley Library will be at 6 p.m. on Nov. 14 in the library's Chabot/Canyon Room. It will include the annual report for 2017, the proposed budget for 2018, and the

### REGULAR GOVERNMENT MEETINGS

• Castro Valley Municipal Advisory Council (MAC) meets on land-use issues on the 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 meets at 7 p.m. on the second and fourth 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.

• Alameda County Board of Supervisors meets every Tuesday at 10:45 a.m. in the Supervisors Chambers in Oakland.

election of officers. Current members of Friends will be eligible to vote.

### ● Thursday, November 16: *Thanksgiving Luncheon*

Enjoy a delicious turkey lunch with all the trimmings, live music and friendly company at noon on Nov. 16 at the Hayward Area Senior Center, 22325 North 3rd Street, sponsored by the Hayward Rotary Club. Free to the first 150 sign-ups. Register at [www.haywardrec.org](http://www.haywardrec.org) or call 881-6700.

### ● Saturday, November 18: *"Occupation of American Mind"*

The South Alameda County Peace and Justice Coalition invites the public to a screening of the documentary "The Occupation of the American Mind," at 2 p.m. on Nov. 18 at the Castro Valley Library. The film is said to explore how the Israeli and U.S. governments have joined forces to shape American media coverage of the conflict in Israel's favor.

### ● Saturday, November 18: *Fundraiser for Fire Victims*

The Palomares Hills Home Owners Association Social Committee is planning a '70s Family Disco Dance Party from 8 to 11 p.m. on Nov. 18 at the Palomares Hills Recreation Center, 6811 Villareal Drive in Castro Valley. Appetizers and drinks will be provided. Suggested donation \$25 adults, \$10 youth. All proceeds will go to the American Red Cross. To buy tickets, visit [palomaresdiscopartyfundraiser.eventbrite.com](http://palomaresdiscopartyfundraiser.eventbrite.com)

### ● Saturday, November 18: *Jazz Concert*

The Eden Youth and Family Center celebrates its 40th Anniversary with a Jazz Concert featuring Virginia Ayers Dawson at 6:30 p.m. in the Hayward City Hall Rotunda, 777 B Street. To purchase tickets (\$55) visit [40thanniversaryjazzconcert.eventbrite.com](http://40thanniversaryjazzconcert.eventbrite.com)

## Arts & Entertainment

### THEATRICAL & MUSICAL PERFORMANCES

● **Free Jazz Concert** will be presented by Castro Valley's Dave Rocha from 2 to 3 p.m. this Sunday, Nov. 12, at the Castro Valley Library, featuring Dave on trumpet and flugelhorn, Brad Buethe on electric guitar, and Ravi Abcarian on upright bass. Rocha's jazz trio has been performing an eclectic mix of jazz standards, pop tunes and original compositions for more than 20 years in New York, Los Angeles, San Francisco and other major cities.

● **"The Illusion,"** written by Pulitzer Prize-winning playwright Tony Kushner, will be presented by Ohlone College at 8 p.m. on Nov. 9, 11, 16, 17 and 18 at the Smith Center, 43600 Mission Blvd. in Fremont. Set in 17th Century France, it's the story of a father who seeks a sorcerer to find his long-lost son, a play with humor and suspense offering a surprising twist at the end. For tickets (\$15-\$10) visit [www.smithcenter.com](http://www.smithcenter.com) or call 510-659-6031. Event parking is \$4.

### AT THE GALLERIES

● **"Celebrate Women,"** an exhibit featuring the works of 50 artists from the members of Nor Cal Pen Women, will be on display through Nov. 17 at the John O'League Galleria in Hayward's City Hall at 777 B Street, sponsored by the Hayward Arts Council. Gallery hours are Monday through Friday 9 a.m. to 5 p.m. Visit [haywardartscouncil.org](http://haywardartscouncil.org) for more info.

● **The 40th Area Artists Annual** continues at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. The exhibit explore the relationship between process, materials and expression. Emphasis is placed on the essential connection between what the artists use to express themselves and how meaning is discovered through their hand. Open Thursday to Saturday from 11 a.m. to 3 p.m. and by appointment. The exhibit will end this Saturday. Visit [www.adobegallery.org](http://www.adobegallery.org) for information.

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

● **"Made By Hand" Photography**, an exhibition of handmade photographs featuring the artwork of nationally recognized practitioners of unique contemporary and historic processes, will run through Nov. 27 at the PhotoCentral Gallery, Lower Level, HARD Offices, 1099 E St. in Hayward. Info at [www.photocentral.org/](http://www.photocentral.org/)

● **Runes Revealed – Contemporary Artists Respond to an Ancient Alphabet**, a mixed media exhibition by Nordic 5 Arts inspired by the ancient form of writing no longer in use, will be on display from Dec. 2 (with a reception from 1-3 p.m.) until Jan. 13, at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. Select works will also be on exhibit from Nov. 30 to Jan 5 at PhotoCentral Gallery, 1099 E St. in Hayward. For info, visit [www.nordic5arts.com](http://www.nordic5arts.com)

### HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** Your honesty continues to impress everyone who needs reassurance about a project. But be careful you don't lose patience with those who are still not ready to act.



**TAURUS (April 20 - May 20):** Pushing others too hard to do things your way could cause resentment and raise more doubts. Instead, take more time to explain why your methods will work.



**GEMINI (May 21 - June 20):** Be more considerate of those close to you before making a decision that could have a serious effect on their lives. Explain your intentions and ask for their advice.



**CANCER (June 21 - July 22):** You might have to defend a workplace decision you plan to make. Colleagues might back you up on this, but it's the facts that will ultimately win the day for you. Good luck.



**LEO (July 23 - August 22):** The Big Cat's co-workers might not be doing enough to help get that project finished. Your roars might stir things up, but gentle purrr-suasion will prove to be more effective.



**VIRGO (August 23 - Sept. 22):** Someone you care for needs help with a problem. Give it lovingly and without judging the situation. Whatever you feel you should know will be revealed later.



**LIBRA (Sept. 23 - October 22):** While you're to be admired for how you handled recent workplace problems, be careful not to react the same way to a new situation until all the facts are in.



**SCORPIO (October 23 - November 21):** Rely on your keen instincts as well as the facts at hand when dealing with a troubling situation. Be patient. Take things one step at a time as you work through it.



**SAGITTARIUS (Nov. 22 - Dec. 21):** Your curiosity leads you to ask questions. However, the answers might not be what you hoped to hear. Don't reject them without checking them out.



**CAPRICORN (Dec. 22 - Jan. 19):** Be careful not to tackle a problem without sufficient facts. Even sure-footed Goats need to know where they'll land before leaping off a mountain path.



**AQUARIUS (Jan. 20 - Feb. 18):** Appearances can be deceiving. You need to do more investigating before investing your time, let alone your money, in something that might have some hidden flaws.



**PISCES (Feb. 19 - March 20):** Your recent stand on an issue could make you the focus of more attention than you would like. But you'll regain your privacy, as well as more time with loved ones by week's end.



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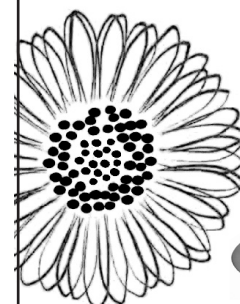


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## 101 Happy Years

A very Happy Birthday to Marie Gilley who celebrated her 101st birthday with loved ones on Oct. 27th. Formerly of Castro Valley, Marie now lives in Union City. Despite being a deaf mute since the age of 3, she has lived a happy and healthy life and has raised two children, Jimmy and Louise.

### SENIOR CENTER SEEKS VOLUNTEERS

The Castro Valley Library's Job Lab, which provides a quiet space for job seekers to use the library's laptops, is looking for volunteers to help with employment-related tasks such as updating or creating a resume, searching for jobs online, etc. Volunteers should be able to interact with clients in a professional but empathetic manner, have computer skills (Word, email), and be eager to learn. Experience in human resources or as a hiring manager is useful, but not essential. The Job Lab is open on Mondays from 12:30 to 3 p.m. and Wednesdays from 10:30 a.m. to 3 p.m. If you enjoy helping others, please contact Lyn Leone at 510-608-1138 or send an e-mail to lleone@aclibrary.org.

### LIBRARY JOB LAB SEEKS VOLUNTEERS

The Kenneth C. Aitken Senior and Community Center at 17800 Redwood Road is looking for enthusiastic, responsible and dependable volunteers. If you enjoy working with people and bringing a smile to their face, the Center has the perfect volunteer opportunity for you. Volunteer positions include front desk/clerical, the nutrition program, bingo callers and senior van drivers. Schedules are flexible and training is provided for all positions. For more information, please call Jennifer Tibbetts at 510-881-6742.



PHOTO COURTESY OF THE CV WOMEN'S CLUB

## CV Women's Club Celebrates

Members of the Castro Valley / Eden Area Chamber of Commerce joined the Castro Valley Women's Club recently for a ribbon-cutting and tour of the club house at 18330 Redwood Road, followed by a luncheon.

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## Medicare's Open Enrollment Period Runs Through Dec. 7

By Greg Dill  
SPECIAL TO THE FORUM

When you shop for a new car, you don't just buy the first one you see, do you?

Probably not. You usually shop around, looking for the best deal you can get on a vehicle that fits your driving needs as well as your pocketbook.

Well, it's the time of year when you should think about shopping around for a Medicare health or drug plan.

Medicare's open enrollment period runs through Dec. 7.

If you have Original Medicare, meaning that you can choose any doctor or hospital that accepts Medicare, you don't need to think about open enrollment.

But if you have a Medicare Advantage (Part C) health plan, or a Medicare (Part D) prescription drug plan, you may want to see whether there's another plan on the market that would be a better match for you, at a lower price.

If you're enrolled in a plan and you're happy with it, you don't need to do anything.

But Medicare health and drug plans – run by private insurers approved by Medicare – can change from year to year. A plan can raise its monthly premium or drop a medicine that you need.

So it makes good sense to review your coverage each year. Make sure your plan still is a good fit for you in terms of cost, coverage, and quality.

If it isn't, look for another plan.

During open enrollment, you can sign up for a Medicare Advantage health plan or Part D prescription drug plan, or switch from one plan to another. Your new coverage will take effect Jan. 1, 2018.

How do you shop for a new plan?

One way is the "Medicare & You" handbook, mailed each fall to every Medicare household in the country. This booklet lists all the Medicare health and drug plans available where you live, along with basic information such as premiums, deductibles, and contacts.

There's also the Medicare Plan Finder, at [www.Medicare.gov](http://www.Medicare.gov). Look for a green button that says,

"Find health & drug plans." Click on that, plug in your zip code, and you'll see all of the Medicare Advantage and Part D plans available in your area. You can compare them based on benefits, premiums, co-pays, and estimated out-of-pocket costs. Contact information for the plans is listed.

If you don't have access to a computer, call 1-800-MEDICARE (1-800-633-4227). Our customer service representatives can help you with questions about Medicare health and drug plans. The call is free.

Another terrific resource is the State Health Insurance and Counseling Program (SHIP).

SHIP is an independent, non-profit organization that provides free, personalized counseling to people with Medicare. You can make an appointment to speak with a SHIP counselor in-person or over the phone.

SHIP counselors are well-trained volunteers who often are enrolled in Medicare themselves, so they know the issues. They can help you sort through different health and drug plans and help find one that's right for you.

To contact your local SHIP office, go to [www.shiptacenter.org](http://www.shiptacenter.org).

If you're enrolled in a Medicare Advantage plan as of Jan. 1, 2018 but you're not satisfied with it, you have a 45-day window to dis-enroll. Between Jan. 1 and Feb. 14, 2018, you can drop your plan and return to Original Medicare. You can also sign up for a Part D drug plan during that time.

Having trouble paying for your Part D plan? You may be eligible for the Extra Help program, which helps cover your premiums, deductibles, and co-pays. Medicare beneficiaries typically save about \$4,000 annually with Extra Help.

For more information on Extra Help, go to [www.SSA.gov/prescriptionhelp](http://www.SSA.gov/prescriptionhelp).

You can always get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227).

Greg Dill is Medicare's regional administrator for California and other western states.

## Its COPD Awareness Month

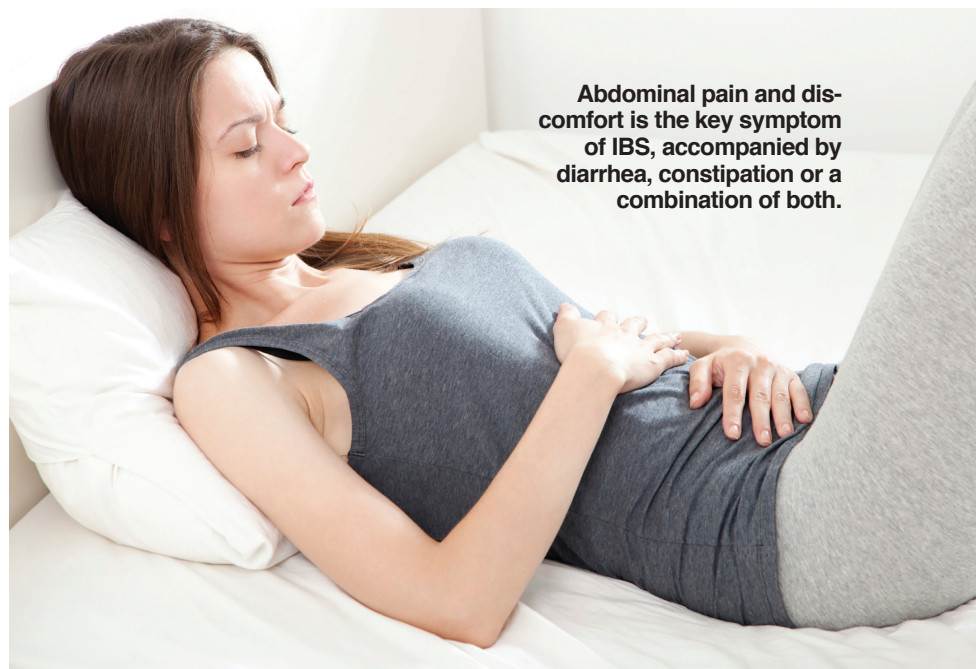
Chronic obstructive pulmonary disease (COPD), a progressive lung disease that makes it hard to breathe, is the third leading cause of death in the U.S. and a leading cause of disability.

While awareness about the disease is on the rise, many people with symptoms of COPD are not talking to their health care providers about them. In fact, one in 10 Americans has symptoms of COPD, which include chronic coughing, wheezing and shortness of breath. And, one in four adults with symptoms has not spoken about them with a health care provider.

An earlier diagnosis can often lead to an improved quality of life. November is National COPD Awareness Month. If you think you or someone you love may have COPD, talk to a health care provider. For more, visit [COPD.nhlbi.nih.gov](http://COPD.nhlbi.nih.gov).



—StatePoint



Abdominal pain and discomfort is the key symptom of IBS, accompanied by diarrhea, constipation or a combination of both.

## A Gut Feeling: Living with Irritable Bowel Syndrome

By Vishal Ghevariya, M.D.  
SPECIAL TO THE FORUM

Irritable bowel syndrome (IBS) is a common disorder that causes episodes of abdominal pain, cramping, diarrhea or constipation.

IBS is a chronic condition that needs to be managed long term. The good news is that IBS rarely leads to more serious diseases and symptoms can be controlled by lifestyle changes, medication and managing stress.

### Signs and Symptoms of IBS

Abdominal pain and discomfort is the key symptom of IBS, accompanied by diarrhea, constipation or a combination of both. The pain is often relieved by having a bowel movement and can sometimes get worse after eating.

Symptoms can also change over time, alternating between frequent flare-ups and periods when symptoms disappear. Other common symptoms of IBS include bloat-

ing, urgent need to use a restroom, white or yellow mucus in the stool, and excess gas.

People diagnosed with IBS have these symptoms for at least six months.

### Causes of IBS

It's not known exactly what causes irritable bowel syndrome, but a variety of factors play a role.

Health experts believe that faulty communication between the brain and the intestinal tract is one cause of symptoms. Poorly coordinated signals can make your body overreact to the digestive process, causing spasms and cramps.

The opposite may also occur, where weak intestinal contractions slow food passage and lead to constipation.

Abnormalities in your gastrointestinal nervous system also may play a role. Unusually sensitive intestines can cause you to feel greater discomfort when your abdomen stretches from gas or stool.

Certain stimuli have also been known to trigger IBS symptoms, including:

- Eating certain foods
- Stress, anxiety or depression
- Hormonal changes, such as those occurring during a menstrual cycle

• Some medicines, such as antibiotics

• Gastroenteritis (bacterial infection in the digestive tract)

• Genetics

### Managing Your Symptoms

There is no cure for IBS, but there are things you can do to help relieve symptoms.

Lifestyle changes, such as diet or reducing stress can alleviate symptoms. If certain foods set off or worsen symptoms, reduce or avoid them. It may also be helpful to eat smaller and more frequent meals. Getting enough rest and exercise can help reduce stress levels and positively influence IBS.

See IBS on back page

## Medshare Honors Sutter Health with Award

MedShare, a humanitarian aid organization, honored Sutter Health last week with a Global Humanitarian Award.

The event on Thursday in San Francisco was in recognition of Sutter Health's outstanding leadership in supporting at-risk communities that require medical supplies

and equipment.

The award was accepted by Sutter Health's President and CEO Sarah Krevans.

The event also recognized local Bay Area supporters who were instrumental in MedShare's ability to deliver on-demand humanitarian aid.

As a major supporter of MedShare's mission, Sutter Health has donated more than \$8 million

worth of lifesaving medical supplies and equipment to improve global health—including a recent donation of 20 pallets of medical supplies focused specifically on maternal and child health in developing nations.

Sutter has also helped MedShare provide high-quality care for over 442,000 people worldwide, including two free clinics in the Bay Area.

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PHOTO COURTESY OF ST. ROSE HOSPITAL

Joining in the recognition of Fremont Bank's \$375,000 donation were, from left, Julie Zhu, Michael Cobb, Julie Moore, Fred Naranjo, Nahid Pouya, Fremont Bank Vice President Brian Hughes and St. Rose Hospital Chief Executive Officer Aman Dhuper.

## Donation Means New Pharmacy To St. Rose Hospital in Hayward

Fremont Bank and the Fremont Bank Foundation have donated \$375,000 to build a new, state-of-the-art, in-patient pharmacy at St. Rose Hospital in Hayward.

St. Rose is an independent community hospital that has been an integral part of the local community for 55 years. It serves as a safety net facility, providing healthcare

access to those who otherwise would not receive care.

Fremont Bank and its foundation are long-time supporters of St. Rose, having donated more than a million dollars to various projects at the hospital for the past 20 years.

"We look for established organizations in our community where their mission is to enhance the

quality of life for all people," said Brian Hughes, Fremont Bank Vice President. "The doctors, nurses and staff at St. Rose Hospital work hard to keep people healthy, which leads to a stronger community."

St. Rose CEO Aman Dhuper said Fremont Bank's continued support allows the hospital to maintain providing quality healthcare to the community.

## State Taking Action to Increase Supplies of Hepatitis A Vaccine

Governor Jerry Brown has declared a state of emergency to help control California's hepatitis A outbreak and increase the supply of adult vaccines to meet current needs.

"Vaccinating people at risk of exposure is the most effective tool we have to prevent the spread of hepatitis A infection during an outbreak," said State Public Health Officer Dr. Karen Smith.

To help combat the outbreak, the health department has already distributed nearly 80,000 doses of the vaccine that were obtained through the federal vaccine program, but those supplies must be increased to continue to address the outbreak.

The governor's declaration allows California to immediately purchase additional vaccines directly from manufacturers and coordinate distribution to people at greatest risk in affected areas.

Adult hepatitis A vaccine is different than the one given to



children, of which there is ample supply.

The risk of hepatitis A infection is associated with poor sanitation and hygiene and is transmitted through ingestion of contaminated food and drink or through direct contact with an infectious person.

The current outbreak has largely impacted people experiencing homelessness and some illicit drug users. The virus can live for months in a contaminated environment, particularly in the absence of good sanitation.

Vaccination of people in affected areas who are homeless or us-

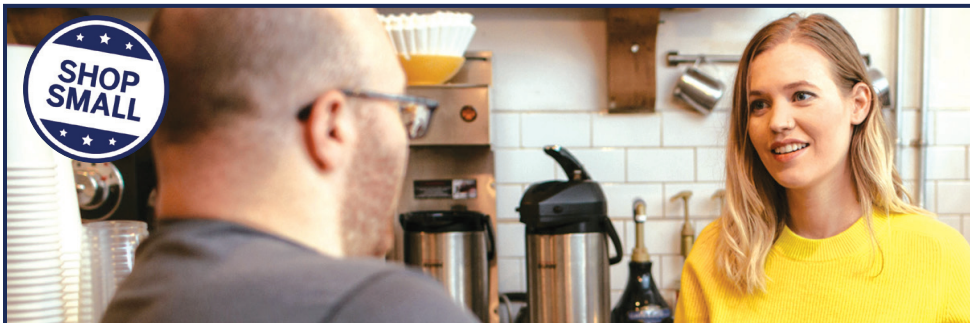
ing illicit drugs is recommended to control the outbreak and prevent further spread. Vaccination is also recommended for people who have frequent, close contact with at-risk populations in affected areas.

The Health Department is working with counties to monitor the outbreak and implement vaccination efforts and is also providing guidance on improving sanitation, including access to handwashing facilities and toilets, to lessen the spread of the virus.

Hepatitis A infection typically causes fever, a general ill feeling with lack of appetite and nausea, and, later in the course of the infection, yellowness of the skin and eyes.

Severe hepatitis A infection is rare but does occur in people with underlying liver disease and can cause the liver to fail, potentially leading to death.

For more about hepatitis A and to review frequently asked questions, visit [www.cdph.ca.gov/](http://www.cdph.ca.gov/)



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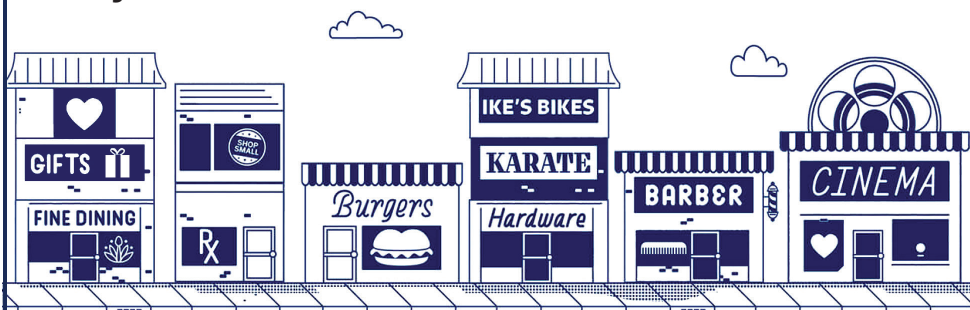
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## CVHS SPORTS SCHEDULE

**CVHS winter sports are having tryouts now, but will begin their seasons on the upcoming dates:**

### BOYS BASKETBALL

Monday, November 27, 5:30 p.m. JV vs. Oakland Tech away  
Monday, November 27, 7:00 p.m. Varsity vs. Oakland Tech away  
Thursday, November 30, 6:30 p.m. Varsity vs. California at Washington High School in the Rob Vares Varsity Tournament

### GIRLS BASKETBALL

Tuesday, November 21, 4:00 p.m. JV vs. Salesian at CVHS  
Thursday, November 30, 5:30 p.m. JV vs. Clayton Valley Charter away  
Thursday, November 30, 7:00 p.m. Varsity vs. Clayton Valley Charter away

### BOYS SOCCER

Saturday, November 25, 10:00 a.m. JV vs. Antioch away  
Saturday, November 25, 12:00 p.m. Varsity vs. Antioch away  
Season opener, non-conference game  
Monday, November 27, 4:00 p.m. JV vs. Amador Valley at CVHS  
Monday, November 27, 6:00 p.m. Varsity vs. Amador Valley at CVHS

### GIRLS SOCCER

Tuesday, November 28, 4:00 p.m. JV vs. California at CVHS  
Tuesday, November 28, 6:00 p.m. Varsity vs. California at CVHS

## TENNIS RESULTS

CVAT PIEDMONT ON TUES., OCT. 31  
PIEDMONT 5, CASTRO VALLEY 2

### SINGLES

1. Makenna Thiel (P) - Elena Lottich 6-2, 6-2
2. Rachel Dong (CV) - Kiana Kasrovi 6-1, 6-0
3. Megan Aikawa (P) - Lauren Leong 6-2, 6-3
4. Noreen Auyoung (P) - Gaby Madison 6-4, 6-3

### DOUBLES

1. Madison Aikawa / Lauren Young (P) - Riley Powers / Victoria Vitton 6-1, 7-5
  2. Paige Cason / Sammie Lee (CV) - Ella Lee / Megan Chueh 5-7, 6-2, 7-5
  3. Emily Becker / Audrey Call (P) - Kele Fong / Alex Tam 7-5, 6-2
- Castro Valley record 17-4 overall and in WACC 13-3

## SPORTS NOTE

### Basketball

If you need to get ready for Middle School or High School basketball tryouts, Swag is providing an opportunity for basketball players to work out with their experienced coaches in the last scheduled bas-

ketball camp from 2 to 4 p.m. on Sunday, Nov. 19, at Bancroft Middle School, 1150 Bancroft Ave. in San Leandro. There is a \$20 fee. For more information, please email: joseph@ebswag.com or dina@ebswag.com

## Budget: Cut Of \$2 Million

*continued from front page*

Ahmadi said that a few years back, the district did a survey gauging public support for a parcel tax and did not find anything close to the 66 percent of voters support that would be required to pass a tax measure.

Only about 30 percent of Castro Valley voters have kids in school, so they could be hard to sway.

Pensions and benefits for employees continue to increase each year, said Ahmadi. This school year, the district's contribution to the state's pension fund was \$9.3 million. Back in 2013, it was \$4.7 million and in 2020 it will be \$12.1 million – a change of over 150 percent over a seven year period.

In Castro Valley, the average certificated teacher costs the district \$110,000 annually including salary, benefits, and things like workers compensation insurance for 180 days of work. The average classified employee costs \$60,000 and the average management employee costs \$140,000 for 220 work days.

Ahmadi said the next step in the budgeting process is for the community to indicate where they may want to see budget cuts if they do become necessary.

Some ideas floated by the district include keeping staffing at minimum levels, reducing overtime, and reducing conferences and training for teachers.

Ahmadi stressed that the cuts being discussed are just at the idea stage and no decisions have been made. A list of possible reductions is expected to be presented to the school board in December.

"We need solutions," said Ahmadi.

Those wishing to give feedback to the district are encouraged to visit [bit.ly/CVUSD\\_Reductions](http://bit.ly/CVUSD_Reductions)

## ATHLETES OF THE WEEK



### Canyon Condors Flag Football Team

This week's Athletes of the Week are the members of the Canyon Middle School's sixth and seventh grade flag football team who recently won the Southern Alameda County Middle School's flag football league Championship.

Canyon lost its first game of the season to Bohannon Middle School, then went on to win the remaining five regular season games, shutting out their opponents in 3 of those games.

The Condors were able to redeem themselves in the league Championship game in a rematch

with Bohannon at Chabot College where the Condors were victorious 12-6, on Nov. 2.

Shown above, front row from left, Trevor Yen, Jadon Redd, Braxton Johansen, Colton Downing, William DeCarli and Ethan Tekawa-Pon; back row, Head Coach Kevin Pon, Aiden San Julian, Joshua Kim, Ben Rogge, Michael Olsen, Zach Gardner, Lionell Smith, Nolan Barnes, Caleb Coffelt, Jacob Levy and Elijah Ong. Not pictured were Coach Jeff Barnes, Braden Lewa and Malik Alfaro.

## CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



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Flag Football Programs**

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Visit Our Website and Watch Our Video. [www.bovswim.com](http://www.bovswim.com)

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- 50 Fitness Classes Weekly
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- Spin-Cycle Classes
- GYM - Cardio w/ Machines & Free weights
- Kid Fit Kids Pools

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Monthly Dues  
includes the  
whole family up  
to 6 members.  
\$192 Monthly  
Dues for singles.**

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VALLEY!**



PHOTO BY LINDA SANDSMARK

### WALSH PROPERTY MANAGEMENT

## Celebrating 40 Successful Years

*By Linda Sandmark*  
CASTRO VALLEY FORUM

Walsh Property Management of Castro Valley is celebrating a major milestone today. Ed and Ilona Walsh started the company exactly 40 years ago.

Mr. and Mrs. Walsh opened the business while living in a condo. After getting involved with their local association, they realized they

could build a community management company of their own.

In those 40 years, the company has grown to manage over 80 communities in the Bay Area, including Five Canyons Home Owners Association, Palomares Hills, Columbia Community Association and Castro Valley Springhill.

While growing the business, Walsh Property Management has retained a family-oriented of-

fice environment. In an industry known for high turnover, many employees have worked for them upwards of 20 years.

"I am proud to work for the Walshes, as any one of us are," says accounting and escrow assistant Debbie Drake. "They make you feel like a person, not an employee."

Walsh Property Management office is located at 20401 Santa Maria Ave., Castro Valley.



# REAL ESTATE GALLERY

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## North Bay Fires Fuel Housing Crisis

The wine county fires may be cooling, but the devastation, including at least 8,400 homes and other buildings, will have long-lasting effects.

Santa Rosa alone lost 5 percent of its total housing and is facing a crisis of unfathomable proportions that has local officials struggling to know where to begin.

Quoted in the Los Angeles Times, Santa Rosa Mayor Chris Coursey stated "Nobody has been through this before. We had a housing problem three weeks ago; now we have a housing problem... minus 3,000 more houses."

The crisis has been felt close to home: our son and daughter-in-law live in a rental property in

Santa Rosa and were looking to purchase as soon as possible.

"Every home we looked at in the past few months has been destroyed," he informed. "The entire neighborhood where we were hoping to buy is completely gone. Our moving plans are totally on hold."

They are not alone. Ramifications are being felt far beyond the immediately affected areas. A Fremont seller just cancelled his listing, explaining: "With fires consuming so many homes in the area that we had hoped to move to, our relocation plans are up in smoke. An already tight market has suddenly become next-to-impossible."

I'm sure this will be one of many cancellations, resulting in even tighter inventory in the Bay Area.

While the word on the streets in Santa Rosa is "Rebuild," those who suffered losses in the 1991 Oakland Hills fires affirm it will be a long, slow road. The affected areas will first need to be cleaned up, and some affected residents are already voicing concern about the lengthiness of the process. It will be months before most burned sites will be ready for rebuilding.

Once the ground is ready, count on the rebuilding process taking a very long time. To start, the building departments for the affected regions are currently not set up to handle the sheer number of applications that will soon be appearing.

Additionally, as mentioned in this column recently, we already have a skilled labor crisis in the region, which will cause additional building delays.

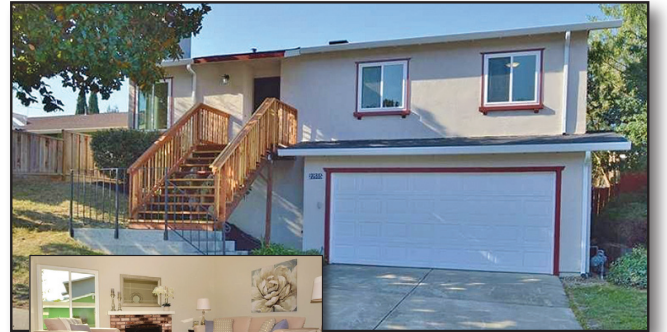
An even larger issue is temporary housing for displaced residents, with some being forced to leave the area.

While many insist they will rebuild, these are still early days. As the process grinds on and on, some, especially elderly homeowners, may conclude the time has come to cash out and move on.

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.



Just move in to this lovely updated throughout family home with 1,280 sq ft of living area all on one level, situated on an over sized 6,539 sq ft corner lot. Over-sized 2 car garage on lower level, with the option to convert to more living area, along with laundry area and door to back yard. Features of the property include new roof, interior paint, new tile flooring, new carpets, quartz counter tops, dual pane windows, all new light fixtures new appliances and new entry stairs. Living Room boasts a vaulted ceiling, brick wood burning fireplace and picture windows. Kitchen with vaulted ceilings, large eating area and slider to covered deck. Master bedroom with double closet and bath with shower over tub, new vanity, quartz counter, tile flooring, new toilet and fixtures. There are 2 additional bedrooms and hall bath with shower over tub, new vanity, tile flooring, toilet and fixtures. All this and so much more!



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Wayne Licsak: 510-303-7765 / wayne.licsak@BHSDrysdale.com / CalBRE #01850870



## RECENT HOME SALES

### Castro Valley

21071 Ashfield Avenue	94546: \$735,000	3 BD - 1,314 SF - 1956
18824 Cameo Court	94546: \$900,000	3 BD - 1,528 SF - 1975
5349 Camino Alta Mira	94546: \$1,003,000	4 BD - 2,513 SF - 1988
3669 Christensen Lane	94546: \$776,000	4 BD - 1,380 SF - 1959
2793 Cortez Court	94546: \$375,000	1 BD - 782 SF - 1970
2823 Jennifer Drive	94546: \$865,000	3 BD - 2,318 SF - 1969
19678 Kinney Court	94546: \$601,000	3 BD - 1,259 SF - 1950
18017 Laird Court	94546: \$895,000	5 BD - 2,466 SF - 1959
17923 Lamson Road	94546: \$875,000	3 BD - 1,921 SF - 1958
20139 Normandy Court	94546: \$760,000	3 BD - 1,339 SF - 1957
21079 Nunes Avenue	94546: \$650,000	3 BD - 1,668 SF - 1948
5004 Proctor Road	94546: \$780,000	3 BD - 1,656 SF - 1960
18982 Santa Maria Avenue	94546: \$705,000	3 BD - 1,086 SF - 1948
7300 Greenville Place	94552: \$840,000	4 BD - 1,887 SF - 2000
5343 San Simeon Place	94552: \$633,000	3 BD - 1,640 SF - 1981
5349 San Simeon Place	94552: \$565,000	2 BD - 1,322 SF - 1981

### San Leandro

655 Begier Avenue	94577: \$885,000	3 BD - 1,954 SF - 1938
1132 Carpentier Street	94577: \$475,000	2 BD - 1,180 SF - 1983
2407 Cheshire Court	94577: \$560,000	2 BD - 1,371 SF - 1977
451 Elsie Avenue	94577: \$795,000	4 BD - 2,275 SF - 1947
2500 Fairway Drive	94577: \$500,000	3 BD - 1,296 SF - 1972
2570 Humboldt Drive	94577: \$750,000	3 BD - 2,550 SF - 1959
657 Macarthur Boulevard	94577: \$615,000	3 BD - 1,732 SF - 2007
351 Pershing Drive	94577: \$570,000	2 BD - 1,133 SF - 1939
1389 Sandelin Avenue	94577: \$700,000	3 BD - 1,912 SF - 1947
1718 140th Avenue	94578: \$500,000	3 BD - 1,231 SF - 1947
797 Arguello Drive	94578: \$695,000	3 BD - 1,635 SF - 1955
16006 East 14th Street	94578: \$322,000	1 BD - 791 SF - 1987
14101 East 14th Street	94578: \$362,000	2 BD - 1,000 SF - 1986
3646 Figueroa Drive	94578: \$575,000	3 BD - 1,114 SF - 1954
16704 Foothill Boulevard	94578: \$360,000	2 BD - 1,400 SF - 1983
1116 Grace Street	94578: \$635,000	3 BD - 1,340 SF - 1948
16380 Panoramic Way	94578: \$668,000	3 BD - 1,330 SF - 1953
662 Tierney Way	94578: \$660,000	4 BD - 1,817 SF - 2008
3867 Wedgewood Street	94578: \$406,000	2 BD - 896 SF - 1987
14842 Acacia Street	94579: \$620,000	3 BD - 1,096 SF - 1953
14686 Hanover Street	94579: \$457,000	3 BD - 1,477 SF - 1951
1024 Marquette Way	94579: \$582,000	3 BD - 1,386 SF - 1956
15300 Mendocino Street	94579: \$648,000	3 BD - 1,166 SF - 1955
1189 Tulane Avenue	94579: \$761,000	4 BD - 1,803 SF - 1951

TOTAL SALES: 24  
LOWEST AMOUNT: \$322,000 MEDIAN AMOUNT: \$598,500  
HIGHEST AMOUNT: \$885,000 AVERAGE AMOUNT: \$587,900

## Mortgage Rates Hold Steady

Average mortgage rates held steady last week after the big jump two weeks ago, according to Freddie Mac's weekly survey.

The 30-year fixed-rate mortgage averaged 3.94 percent, the same as the week before. A year ago at this time, the 30-year rate averaged 3.54 percent.

Fifteen-year fixed-rate mortgages averaged 3.27 percent last week, up from the previous week when it averaged 3.25 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.23 percent, up from 3.21 percent.



### Vegetables

For a bumper harvest of broccoli, pinch out the main shoot a month after planting. This will result in fewer — but larger — side shoots and the biggest overall yield. Cutting the main shoot after the head has already formed will result in more side shoots, but they will be smaller in size.

Set out garlic, onions and shallots from sets, planting them where they can dry out for the month before harvest next June or July.

### Roses

Stop watering and feeding roses. Prune lightly to remove long, bloomed-out canes, but hold off hard pruning until January when the bushes are fully dormant.



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## OPEN HOMES

SATURDAY & SUNDAY  
NOVEMBER 11<sup>TH</sup> & 12<sup>TH</sup>

CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
A	—	1-4	770 Victoria Avenue	\$624,000	2/1	Pacific Union Real Estate	Michelle Miller	701-3442
A	—	1-4	1718 138th Avenue	\$710,000	3/2	Robert Jones & Associates	Matt Jones	357-0120
C	—	1-4	4455 E Castro Valley Blvd.	\$899,000	3/2	J. Rockcliff Realtors	Kristy Peixoto Team	925-251-2536
C	1-4	1-4	4205 Danielle Way	\$1,195,000	4/3.5	J. Rockcliff Realtors	Lisa Ferraris	304-1271
C	—	1-3	35600 Palomares Rd.	\$1,259,000	4/3	J. Rockcliff Realtors	Kristy Peixoto Team	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 = SAN LORENZO • BW = BRENTWOOD • C = CASTRO VALLEY • D = DUBLIN • E = EMERYVILLE • F = FREMONT • H = HAYWARD • K = BERKELEY • L = LIVERMORE  
N = NEWARK • O = OAKLAND • P = PLEASANTON • PH = PLEASANT HILL • S = SHEFFIELD VILLAGE • SR = SAN RAMON • U = UNION CITY • 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.







## GARAGE SALES



### SAN LEANDRO

**GARAGE SALE to Benefit East Oakland Pet Support.** Sun. 11/12, 10am-. 881 St. Marys Avenue, San Leandro.

**PRE-MOVING SALE** Fri. 11/10 & Sat. 11/11, 9am-5pm. 27 years of Halloween stuff; Coffins, props, costumes, too much to list. 151 Castro Street, San Leandro.

### SAN LORENZO

**ESTATE/ GARAGE SALE** Fri. 11/10 & Sat. 11/11, 8am-2pm. 680 Via Alamo, San Lorenzo.

## GARDENING

**\*ANY YARD WORK.** Cleanups & Maintenance. Free Estimates. Call 510-798-1833.

**\*BEAUTY GARDEN LANDSCAPING** Design - Construction - Maintenance. Cleanups, New Lawn, Irrigation, Patios, Pathways, Brick, Stone, Concrete Fence/Decks. Free Estimates! Lic.#925130. 510-691-8852

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## GIVEAWAYS

**FREE** - 7 1/2" x 60" weather dog ear redwood fence boards (appr. 40 linear feet). Must take all. Call 510-278-0546, San Leandro.

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## HELP WANTED

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1881 Astor Dr. San Leandro 94577

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## HELP WANTED

**Landscape/ Gardening** assistants needed for full-time work. Based out of Castro Valley. \$16/hr to start plus benefits. Advancement opportunities. Must have CDL, good DMV. Please do not call, please kindly email: hansen.steve@comcast.net

**FULL TIME Community Manager** wanted. Family owned property management company is looking for a positive/ energetic manager for our quiet apartment community located in Castro Valley, CA. Responsibilities/ Qualifications: • Possess two years of leasing management experience and provides excellent customer service. • Good communication skills with positive attitude in person and over the phone. • Ability to perform basic computer skills and operate property software. To Apply: Please attach resume with cover letter and fax to: 925-886-3302.

### HEALTH CARE

**Carlton Senior Living NOW HIRING Caregivers** AM/PM/NOC & Part-time LVN. Apply online at: CarltonSeniorLiving.com Walk-ins Welcome! 1000 E. 14th Street, San Leandro.

### RESTAURANT

**SERVERS & CASHIERS** needed. Apply Sizzler - San Leandro. 510-483-0110.

## HOUSE CLEANING

**\*CONNIE'S NATURAL CLEANING** Licensed/ Insured/ Bonded Make Your Home a Pleasant and Healthy Environment [www.conniesnatural.com](http://www.conniesnatural.com) Call 510-506-5053

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## HOUSE CLEANING

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## MISC. FOR SALE

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### MEDICAL EQUIPMENT

**CPAP Machine** (sleep better) with accessories. Best offer. Call 510-725-2505.

## MISC. WANTED

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**WANTED:** Reel to reel music tapes. Call Patrick at 510-517-3351.

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## REAL ESTATE AGENTS



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## RENTALS

**Castro Valley** 2-bedroom, 1-bath, Walk to BART and Village. Gated, laundry, pool, fitness. \$1,995. 510-582-8389. [www.bartplazaapartments.com](http://www.bartplazaapartments.com)

**Effective November 1, 2017,** Broadmoor Plaza an affordable senior housing community located in San Leandro, CA, announces the closing of its waiting list. For further information or questions, please contact the office directly. Broadmoor Plaza, 232 East 14th Street, San Leandro, CA 94577 Phone: 510-553-9250 TDD: (800) 545-1833 ext. 478.

## APARTMENTS

**Hayward** 1-bedrooms \$1,325 - \$1,425, 2-bedrooms \$1,595 - \$1,695 (check availability). Patios, balconies, pool, ample parking, storage, spacious. 510-887-6633.

**Hayward** spacious 1-bedroom \$1,200+, 2-bedroom \$1,500+. Balcony, patio, pool. 510-581-4702.

**LANDLORDS** - Advertise your units! A vacancy day is money lost forever ... R. Bowman

## SERVICES

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San Leandro Times/Castro Valley Forum

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## YOUR INFO

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**LANDLORDS** - Advertise your units!

- A vacancy day is money lost forever -

R. Bowman

**VIEW the CLASSIFIED Ads**

**Online at**

**[sanleandrotimes.com](http://sanleandrotimes.com) or [castrovalleyforum.com](http://castrovalleyforum.com)**

For help or for more info call **510-614-1558.** E.B. Publishing

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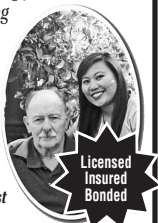
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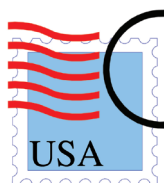
**San Leandro Times / Castro Valley Forum**





# LETTERS TO THE EDITOR

FREDZ@EBPUBLISHING.COM



## Says Senator Wiecewski Ignored His Request for an Explanation of his 'Yes' Vote on New Gas Tax

Editor:

I have contacted Senator Wiecewski's office by email and talked to his representative in person. No one has offered any explanation as to why he voted yes on this gas tax bill.

The tax also gives electric cars three more years of paying no

taxes at all. In the meantime we are paying at the pump.

Senator Wiecewski is up for reelection in 2018. Our representatives are supposed to work for us, not ignore us. In 2018 election I will be voting for someone else that can represent and respond to their constituents.

—Joe Randisi  
Castro Valley

## Takes Issue with Trump Critic: 'President Has Done Nothing That is an Impeachable Act'

Editor:

Let me get this straight: Consumer confidence is the highest its been since the year 2000. Jobless claims are the lowest they've been since 1973. And anybody who doesn't know what's happening on Wall Street simply isn't invested.

And yet Robert Thomas ("Doubts that Republicans Will Take Action Against Trump," *Letters*, Nov. 1), an alleged former psychologist (note: anybody can call themselves anything they want in a letter to the editor) says, "America Be Damned."

I would call this hypocritical thought process not based on facts. Neither Republicans or by far the majority of Democrats are calling for impeachment because the President has done nothing that is an impeachable act. And, in fact, President Trump has done exactly what he campaigned on and that is to "Make America Great Again"

Billionaire Tom Steyer is the person in need of psychological help if he truly believes his impeachment commercial is going to do any good.

As President Trump said, Steyer has gone to battle with Trump over many issues for many years now and has yet to win one.

It is sad to see so much money that could be used for charitable use going to such a lost cause.

—Jane Mason  
Castro Valley

## Claims Neither Democrats Nor Republicans 'Want Anything to Do With Impeachment of the President'

Editor:

Interesting that Mr. Thomas (*see previous reference*) and his liberal friends blame the Republicans for not going forward with impeachment of President Trump.

A headline in the Nov. 2 Politico states, "Pelosi Moves To Muzzle Trump Impeachment Talks." The article goes further in saying that Nancy Pelosi called Tom Steyer's 10 million dollar impeachment ad on TV a "distraction."

Democrats don't want anything to do with impeachment of the President any more than Republicans do. It's a dead – or most certainly dying – issue in Washington as it should be in the liberal tent of California also.

Please Mr. Thomas and all other Trump-haters out there, get your facts straight before blaming Trump for all your sorrows.

—Charles Scott  
Castro Valley

## Flashing Red Lights a Reminder of the Commitment of Our First Responders

Editor:

Returning from the gym this morning I was reminded how fortunate and blessed we are to have committed and gifted First Responders serving us in Castro Valley.

I saw the lights up a street I was passing and there was an ambulance as well as a fire engine responding to another emergency within our community. I was reminded again to be thankful for these servants and their leaders, including Fire Chief Dave Rocha.

First Responders: please know that although we do not thank you often enough for the safety and services you provide, your Castro Valley community is so thankful for each one of you.

—Bruce D. Johnson  
Castro Valley

## CROSSWORD PUZZLE ANSWERS

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## 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

## Obituaries

### Michael Everett White

Michael Everett White, 62, was born in Oakland, the son of Dennis Patrick White and Ellender Elizabeth West White. He passed away October 7, 2017 peacefully surrounded by loving family and friends following a stroke at Eden Hospital. He is predeceased by his parents, two siblings and daughter, Amber Louise. Michael is survived by his wife of 18 years, Karleen; his twin brother, Mark; son, Markus; and several grandchildren.

In retirement, bowling became his passion and he bowled several leagues weekly including a traveling league.

A celebration of his life will be held Saturday, Nov. 19, in lieu of services, at the Matt Jimenez Community Center in Hayward from noon to 4 p.m.



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FD 1505  
FDK 651

- HATCHER, Stephen Williams
- LAYTON, James Alfred
- WHITE, Michael Everett

### CASTRO VALLEY FORUM OBITUARIES

may be emailed to:  
obits@ebpublishing.com  
or faxed to 510-483-4209.  
Include a phone number.  
The deadline is noon  
Tuesday for that week.  
Brief notices are published  
free. Longer obituaries,  
including pictures, are  
available for a fee.  
For assistance, please call  
Patrick Vadnais at  
510-614-1558

### James Alfred Layton

If fidelity to the golden rule yields a place at the round-table of souls that rest peacefully, James Alfred Layton earned a seat of honor over his 81 years. Surrounded by family in the home he infused with such warmth and class, Jim passed away November 4th. As he himself wrote with trademark candor and modesty, Jim loved his family, took part in community services, and was a dedicated Area Manager for the Del Monte Corporation. But the quality of his character, and the quantity of those who loved him, demand a longer detailing.

Born in New York and raised in Diablo, Jim inherited his remarkable honesty and decency, in addition to an in-depth knowledge of paper products, from his father, A.B. Layton. Jim often vividly described the adventures he and his brothers, Steve and Pat, enjoyed in a post-WWII East Bay Area that was more hills than homes. Following his graduation from Lowell High School in San Francisco, Jim joined the US Army, earned a degree from Washington State, and spent his full career with Del Monte.

Jim's ability to gain and earn trust, along with his passion for the efficient production of ketchup and fruit cocktail, made him a universally respected manager at Del Monte. However, his best decision while at the company was asking a joyful and empathic switchboard operator, Virginia, to be his wife. Over the subsequent 40 years, the vast majority lived in Castro Valley, their partnership produced two proud sons (Ryan and Neil), two accomplished daughters-in-law (Sarah and Kate), three remarkable granddaughters (Eloise, Rory, and Lucia), and one very playful grandson (Harrison). Early retirement allowed Jim the time to help raise, and dote, on all. His accomplishments in retirement are widely known amongst friends but still bear final witness: no drink was ever placed on an end table without a coaster, leaves found no purchase in his yard, the Warriors had an arm-chair point guard watching every game, the Castro Valley Sanitary District Board and numerous youth sport organizations were graced with his thoughtful stewardship, and no thoroughbred could possibly ask to run for a nobler set of silks.

In short, Jim lived a happy, rich life full of people who loved and respected him. His legacy of responsibility, kindness, and fairness will be long remembered by his family and friends. In keeping with Jim's wishes, no formal services will be held. In lieu of flowers, remind a loved one to use a plate before eating a snack over your carpet and smile as you remember Jim fondly.



### Stephen Williams Hatcher

Stephen Williams Hatcher, age 76, passed peacefully on October 12, 2017 with his sons at his side.

Born and raised in Oakland, Steve attended Castlemont High School, Class of '59, where he was on the swim team and president of his fraternity, Sigma Chi. Marrying his high school sweetheart, Diane Larimer Hatcher, he settled in San Lorenzo, raising his two sons, Rick Hatcher and Keith Hatcher.

He was a lifelong Teamster, working for Athens Bakery of Oakland for 30 years, never missing a day of work due to sickness. Always having fresh buns, Steve was the master at the BBQ. As a young father, Steve dedicated many long weekends to his sons' swim team, the Flying Fins. Making lifelong friendships through the 10 years of swim meets, he enjoyed travel via cruises and family trips that took him across the country and seas. Early retirement at the age of 56 allowed Steve to sit back and enjoy his later years. He spent much time along the Hayward Shoreline, taking pictures of all the wildlife and making sure the family saw his daily log of pictures. Steve liked to say that he was a good provider for his family and always did the best he could; well, dad, you couldn't have done better, we thank you.

Steve leaves his muscle car, a Dodge Charger. His car gets first billing since he was so proud of it. Along with his two sons and their wives, Piper McKnight and Leah Hatcher, he leaves his granddaughters, Sierra Brook, Naomi Summer and Kelah Forest; and his grandson, Asa Rain. A memorial was held on Oct. 14 at his house. There will be a small gathering for interment at the Chapel of the Chimes in Hayward at a later date. We would like to thank Suncrest Hospice for their dedication to helping families.



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Decorated: Chroman to Retire Next Month Monarch Butterflies Returning

*continued from front page*  
and growing up I felt a very strong love for the nation,” said Chroman. “It was important for me to serve in some way. I thought I’d do just a few years, but I realized what an incredible calling it is and I love it.”  
One of Chroman’s most unique honors came in 2008 when he was awarded the Order of the British Empire by Queen Elizabeth II for work he did improving the United Kingdom’s military logistics capability – he and his team developed a system to rapidly get materials out into a conflict zone.  
Since Chroman is American and not a British citizen, you don’t have to refer to him as “Sir Jordan,” however.



Colonel Jordan Chroman of CV will retire next month after serving his country in the U.S. Army for 30 years.

“That was a really unexpected event and the process was strange, but really exciting,” said Chroman. “All of a sudden I get a call late at night in D.C. where I was living at the time and they said ‘We aren’t saying we are going to do this (award), but if we were, would you accept it?’ And then I didn’t hear anything more for months and then I was told I received it

and there was a ceremony. It’s the kind of thing the British know how to do well – lots of pomp but not overdone.”  
Veterans Day is coming up

Pianos Plus to Give Grand Piano to Center for the Arts

By Terry Liebowitz  
SPECIAL TO THE FORUM

“When pianos are on the wish list for the Castro Valley Arts Foundation (CVAF), Bob is our resident angel,” exclaimed Foundation President Mary Ann DeGrazia.  
Pianos Plus owner, Bob Engel, just announced that he is gifting another piano to the Center for the Arts, a Yamaha C2X grand piano for the Exhibition Room. Having that beautiful piano will allow the Exhibition Room to be used for recitals, rehearsals and rentals.  
When the Center for the Arts (CFA) opened in 2005, Bob and the Alameda County Music Teachers Association gifted the 7-foot 6-inch Yamaha concert grand C7 used on stage for concerts. Later, Bob gave a Yamaha Studio upright P 22 for the Green Room/Drama

class at the CFA, which is used for rehearsals.  
The Creekside Middle School choir department needed to replace its tired piano and, again, Bob came to the rescue with a Yamaha Studio upright.  
Bob has been in business since 1974 when he opened his store at Bayfair. He moved to his present location on A Street in 1986. Pianos Plus offers the complete line of Yamaha acoustic and digital pianos as well as disklaviers and Enspire, new and used.  
Bob has always supported the music programs in Castro Valley public schools. He is quick to say, “What would this world be without music?” He has made sure that Castro Valley students will make music on beautiful instruments!  
Terry Liebowitz is a founding member of the Castro Valley Arts Foundation.

THIS SUNDAY  
Free Med Take-Back Event

Eden Medical Center has partnered with MED-Project to host a one day free take-back event from 10 a.m. to 2 p.m. this Sunday, Nov. 12.  
Residents are urged to drop off expired and unwanted medications at the booth, which will be facing Lake Chabot Road in the Eden

Medical Center North parking lot, across the street from 19954 Lake Chabot Road.  
The MED-Project is committed to medication education and disposal in Alameda County.  
For a list of accepted and not accepted medications see med-project.org/locations/alameda/events

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FazilatAhmadi, BRE01934778 Re/Max Accord

on Saturday and Chroman says the holiday is a good reminder to reach out to the members of our community who have been in the military.  
“You see those old guys shuffling around wearing (military) hats, so talk to them,” said Chroman. “I guarantee they’ll have some stories for you. It’s doesn’t have to be on Veterans Day, reach out to these men and women.”  
“Veterans Day to me is really about honoring a legacy – those brave men and women who were able to fight for the ideals that the country was founded on.”

Park Public Meeting Tonight

The East Bay Regional Park District will hold the last of three public meetings on Measure CC accomplishments and future park needs from 2:30 to 4:30 p.m. this afternoon, Nov. 8 in the 19th floor David I. Wendel Conference Cen-

ter at 1111 Broadway in Oakland.  
Measure CC goals include public safety, wildfire prevention, park infrastructure, environmental stewardship, and habitat protection.  
For more information, visit [www.ebparks.org/MeasureCC](http://www.ebparks.org/MeasureCC).

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Tom Lorentzen of Castro Valley with Susan Eisenhower, the former president’s granddaughter, at the groundbreaking ceremony for the Eisenhower Memorial in Washington, D.C. last week. Lorentzen serves as a senior consultant on the National Advisory Committee to the Eisenhower Commission. He and former Secretary of State George Shultz are the only two Californians on the Commission. Dedication of the memorial is envisioned for the 75th Anniversary of VE Day, May 8, 2020.

THE FORUM CROSSWORD

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  - 16 Boxer’s ploy
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  - 20 Glove material
  - 21 Halves of 38-Across
  - 22 Coffee, slangily
  - 23 Mixed metal
  - 26 Barber’s task
  - 30 Fish eggs
  - 31 Intent
  - 32 Bobby of hockey fame
  - 33 Pirate’s sword
  - 36 Nuts
  - 38 Type squares
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  - 43 Relief print of a sort
  - 47 Curtail
  - 49 Troubles
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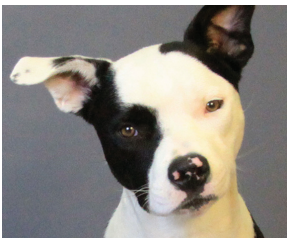
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  - 31 Fool
  - 34 Contacts, e.g.
  - 35 Asian nursemaid
  - 36 Zodiac sign
  - 37 Fodder for Ripley’s column
  - 39 Singer Lenya
  - 40 Antioxidant berry
  - 41 Carpets
  - 42 Needle case
  - 43 Small songbird
  - 44 Hint
  - 45 Arm bone
  - 46 Despot
  - 48 Bear, in Barcelona
- ANSWERS ON PAGE 14**



## ADOPT-A-PET



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**LIONA** is a 120 lb. Newfoundland mix, a very sweet large dog 3-4 years old. She loves to romp around, however, she is a couch potato at heart. For more info, visit: [dustypawsrescue.org](http://dustypawsrescue.org)



**CRISSY** is a beautiful tricolor long hair Maine coon mix. She is about 10 months old and has cute white toes and beautiful eyes. For more info., please visit: [dustypawsrescue.org](http://dustypawsrescue.org)

## IBS: Relief

*continued from page 8*

If lifestyle changes do not completely relieve IBS symptoms, a number of medications may be helpful, including antispasmodics, anti-diarrheal medications, laxatives or anti-anxiety medications.

There is some evidence that certain probiotics may help improve IBS symptoms. Recent clinical trials have also shown that antibiotics, which reduce or alter the bacteria in the gut, may relieve the symptoms of IBS.

### When to see a doctor

It's important that you see your doctor if you have a persistent change in bowel habits or if you have any other signs or symptoms of IBS for an extended period of time.

Also, see a doctor if you have any of these additional symptoms which may indicate a more serious condition: Rectal bleeding, blood in the stool, Abdominal pain that progresses or occurs at night, Unexplained weight loss, Anemia, Fever.

Vishal Ghevariya, M.D., is a board-certified gastroenterologist and is affiliated with Eden Medical Center.



EAST BAY REGIONAL PARK DISTRICT PHOTO

You can once again bike, hike and walk around Lake Chabot now that the retrofit of Lake Chabot Dam is complete. Residents can access the newly reopened loop trail through several entry points throughout the Park District's Anthony Chabot Park and Lake Chabot Park.

## Lake Chabot Trail Reopened After Retrofit of Chabot Dam

The Lake Chabot Loop Trail around the entire Lake Chabot has been reopened.

For the past 17 months, the segment running from the West Shore Trail to the Bass Cove Trail has been closed to allow East Bay Municipal Utility District (EBMUD) to seismically retrofit the 142-year-old Lake Chabot Dam.

The trail closures, created a

small gap in the 12-mile Lake Chabot Loop Trail, preventing visitors from traveling around the entirety of the lake.

"The dam retrofit project was completed on schedule and park visitors can once again bike, hike, and walk around the entirety of Lake Chabot," said East Bay Regional Park District Public Information Supervisor Dave Mason.

Residents can access the newly reopened loop trail through several entry points throughout the Park District's Anthony Chabot Park and Lake Chabot Park.

San Leandro's Chabot Park near the dam remains closed. EBMUD and the City of San Leandro are working on plans to reopen San Leandro's Chabot Park in 2018.

## CVSan RECYCLES DAY

**CANYON MIDDLE SCHOOL**  
**19600 Cull Canyon Road**  
**SATURDAY, APRIL 28, 2018**  
**8:00 a.m. to 2:00 p.m.**

### DO YOU HAVE OLD TURKEY FRYER OIL?

If you are a CVSan resident and have cooking oil such as turkey fryer oil, bring up to 10 gallons in plastic, glass, or metal containers to the CVSan Recycles Day event on Saturday, April 28th. Used cooking oil that is solidified, semi-solid, or liquid will be accepted.



How can you tell if cooking oil is old, spoiled, or going bad?

- Light-colored oil will turn dark and dark oil will turn darker
- Oil will smell different when heated
- The time it takes to cook can be doubled and the food cooked in it may taste bitter

Small amounts of cooking oil (about 1 cup per weekly collection) may be mixed with food scraps, food-soiled paper, and plant debris in the green organics cart.

Clear out that old oil from your kitchen or garage and bring it to CVSan Recycles Day. An event staff member will assist you with unloading. Oil collected will be beneficially reused, diverted from the landfill and from clogging sewer pipes!

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