

THIS
FRIDAY,
NOV. 11

Veterans Day

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 28

WEDNESDAY, NOVEMBER 9, 2016

NO. 45

INSIDE YOUR FORUM

OUR TOWN



Totally Booked

Seven years later, the Castro Valley Library as a community beacon

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LIVING



Sweet Thanks

The best is always saved for last, especially when it comes to Thanksgiving

Page 5

H&F



Early Arrival

Are you pregnant? If so, here's what you should know about preterm birth

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PHONE: (510) 537-1792



PHOTO BY LINDA SANDSMARK

BY DAWN'S EARLY LIGHT: Early morning voters check for their names at right, then line up to cast their ballots at Alameda County Fire Station No. 25 in Castro Valley.

Castro Valley Gets an Early Start on the 2016 Elections

By Linda Sandmark
CASTRO VALLEY FORUM

Residents of Castro Valley were up early Tuesday morning, voting at some 30 polling locations around town. Precincts in schools, churches, halls, community centers, fire stations and garages were up and running at 7 a.m., with lines out in front long before that.

Alameda County Fire station No. 25 on San Miguel Avenue had two precincts inside, plus a yellow drop box for completed ballots.

"I'm here to make some history," said Ernesto Kader, who was first in line at the fire station. "I just want to be the first to vote for Clinton in Castro Valley. It's our civic duty to vote, and it's a freedom that we must appreciate here. In other countries they don't have that right, and we have to appreciate our American freedoms."

"I also wanted to vote early so I can get to work on time," Kader added. I have to be in Sunnyvale at nine."

"I'm here to make some history. I just want to be the first to vote for Clinton in Castro Valley."

—Ernesto Kader

Tom Brewer said his focus was on the many initiatives and local issues on the ballot.

"Voting is critical. It's our constitutional right," said Brewer. "No matter how you feel about the candidates, you should exercise your right to vote. There are lots of measures on the ballot this time, and that's what interests me most."

Kathy Ziegler, who was second

in line, said she got up early to vote for Hillary Clinton. "I think she's the best one for our country," said Ziegler.

Another early voter, Kellee Thomas, did not want to comment on the election — but she didn't have to. She was wearing a t-shirt that said in big letters, "Don't Blame Me, I voted for Bernie Sanders."

Wild Mushrooms Can Be Deadly if Eaten by Your Pet

By Michael Singer
CASTRO VALLEY FORUM

Winnie Marie was a fun-loving dachshund who loved to walk with her owners. But one day last summer, she ate a wild mushroom at Lake Chabot and had to be put down 24 hours later. Sadly, there was nothing her owners could do.

It's a story that unfortunately does happen when dogs eat mushrooms they may find on the trail or in a backyard, according to Dr. Rene Gandolfi with Castro Valley Companion Animal Hospital.

"If you even suspect that your dog ate a mushroom, the best thing you can do is to take it to a veterinary clinic or hospital and get treatment immediately," Gandolfi says. "After two hours of eating something toxic, it will be too late and the damage likely will be irreversible."

While the majority of mushrooms have little or no effect if eaten by an animal, about 1 percent contain toxins that cause life-threatening problems in pets. That was the case with Winnie Marie.



Deadly poisonous Amanita phalloides fungus, commonly known as the death cap.

"We were walking around the lake when we noticed Winnie was pawing at something near an oak tree," says Winnie's owner Linda Devetter-Dearborn. "We didn't see her actually eat anything but later that night she got horribly sick and vomited. We saw something that looked like a mushroom come out
see MUSHROOMS on page 7

AAA PREDICTION

Gas Prices Down For Thanksgiving

Just in time for the Thanksgiving holidays, California fuel prices are predicted to dip further this month, according to the AAA Fuel Gauge Report.

Although the Energy Information Administration reports that West Coast gasoline supplies are hitting record lows because of the fall maintenance schedule, most refineries are set to come back online this month.

The Northern California average price of unleaded regular gas was \$2.69 yesterday, a decrease of 6 cents from a month ago.

Prices in Castro Valley yesterday had dropped to \$2.35 at the Stop N Save at Stanton and San



The Northern California average price of unleaded regular gas was \$2.69 yesterday.

Carlos avenues. Several other stations were selling regular at \$2.41.

South Lake Tahoe has the state's highest average at \$2.93.



Vernon Cumins Joins the 100 Club

On October 19, Vernon E. Cumins joined the growing population of centenarians by celebrating his 100th birthday with three generations of family and numerous friends from the San Leandro Historical Railroad Society. The party was held on October 22 and hosted by his daughters Dru Remer and Marianne Dellner at his granddaughter's home in Walnut Creek. Vern attributes his longevity by being able, every day, to look forward to being with family and good friends he can count on.



GOT A NEWS TIP?
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Castro Valley Weather Nov. 9 - 13, 2016



Wednesday
Mostly Sunny
High 73° Low 55°



Thursday
Mostly Sunny
High 73° Low 54°



Friday
Mostly Sunny
High 70° Low 58°



Saturday
Partly Sunny
High 70° Low 55°



Sunday
Partly Cloudy
High 68° Low 54°

Almanac



Past Week's Rain: 00.00
Season To Date: 05.19
Normal To Date: 01.78
Season Average: 21.22

Moon Phases



Sun sets at 5:02 p.m. today; sun rises at 6:45 a.m. Thursday.

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CVSAN PAYS ANNUAL RECOGNITION TO 4R BUSINESSES AND THEIR EMPLOYEES

Castro Valley enterprises that have received the "4R Star Business" designation were recognized by the Castro Valley Sanitary District last month during the 3rd Annual Recognition Event at CVSan's office.

All of the more than 100 4R Star Businesses have recycling and composting rates well over 60 percent, largely due to the efforts of their employees.

For individual awards were given out:

The Leadership Award went to Charles Smith of Sutter Health's Eden Medical Center.

The Team Award was presented to heating equipment supplier DMG North.

Jerry Vasquez of Redwood Convalescent Hospital received the Educator Award.

The Recycling Champion

Award went to Janelle Walter of Groveview Veterinary Hospital.

More than two dozen were on hand for the event, including representatives of churches and community organizations, as well as CVSan General Manager Roland Williams, Board members Ralph Johnson and Melody Appleton, and members of the district staff.

For more program information, visit: www.cvsan.org/4RStars.

FINALLY - Straight talk About Sciatica

Are you suffering from back pain or sciatica? Then it's likely your biggest problem is pain. But there's another major problem: bad information.

To end sciatica misery, you must have the right information. Pay close attention because I'm going to destroy sciatica myths and give you the facts.

MYTH: Sciatica will just "go away" with some rest.

FACT: If you are dealing with back pain, buttock pain or leg pain, then you must seek help from a sciatica specialist immediately. Left untreated, sciatica can lead to permanent nerve damage - and lifelong pain.

MYTH: Pain is the only problem associated with sciatica.

FACT: In severe cases, sciatica can be associated with inability to control your bowels or bladder - leading to embarrassing situations.

MYTH: You must take pain medications to deal with sciatica.

FACT: Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure the root cause of sciatica.

MYTH: "I must have done something wrong to get sciatica."

FACT: Physical work or simply sitting at a desk for long periods can lead to sciatica. Accidents and trauma can also be the culprits. Pregnancy can cause sciatica. Sciatica can affect anyone - including

super-fit celebrities like Tiger Woods, Sylvester Stallone, and British Olympic medalist Ian Wynne.

MYTH: Stop exercising and get several weeks of bed rest to overcome sciatica.

FACT: Staying active can help to relieve sciatic pain and prevent the pain getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

MYTH: Sciatica requires surgery. **FACT:** NO! There's been a huge breakthrough in the treatment of sciatica and lower back pain. It's a procedure called Non-Surgical Re-Constructive Spinal Care. The excellent results from this treatment have been published in major medical journals. Success rates are up to 90%.

MYTH: "There's nothing anyone can really do. I'm just stuck with this for the rest of my life."

FACT: With the correct treatment from a healthcare professional who specializes in sciatica, you can find relief from the core cause - and the symptoms.

MYTH: Getting sciatica properly diagnosed is expensive.

FACT: Not true. Intero Chiropractic in Pleasanton is currently offering an initial consultation for **Just \$20**.

Dr. Jerry Hsieh and his team of fully-trained spinal care specialists have helped numerous patients find relief from agonizing back pain and sciatica.

He's one of the first professionals in the U.S. to use Non-Surgical Re-Constructive Spinal Care.

This procedure does not require a hospital stay and in most cases you'll be able to continue with your normal daily activities with little interruption. The focus is on finding - and correcting - the original cause of the back pain and sciatica.

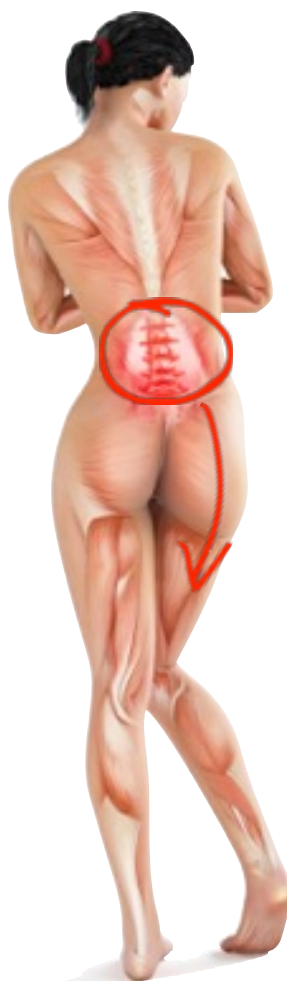
According to Hsieh, "We use a combination of ultra-advanced technology, not found elsewhere in the region, for precisely diagnosing the cause of your low back pain and sciatica. This means superior long-term results for most people."

Almost Immediate Relief From Pain

Because the treatment is non-surgical, safe, and easy, most patients report an almost immediate relief from their back pain.

Patient Narae S. from San Leandro says, "I had pinched nerves and pain in my back and neck. It hurt so much that I couldn't reach up or reach down without sharp pain and walking was hard on my back as well. I attempted to take pain relievers but they did not help. I tell people that Dr. Jerry is a magician. Right after the first treatment my pain was drastically reduced and each time I came with a sore back, the treatments have been really helpful."

Take the Next Step - END the Suffering... Initial Consultation Just \$20



The first step is to secure a thorough examination with one of the specialists at Intero Chiropractic.

Call (925)255-5805 to schedule your appointment. Mention this article (CODE: TC20SCSM12h) and Intero will happily reduce their usual consultation fee of \$100 to just \$20!

Only 100 reader consultations are available at this exclusively discounted rate.

Call them now and get a full and thorough examination to pinpoint the cause of your problem for just \$20. The normal cost of such an exam is \$100 so you will save \$80!

Call them now at (925)255-5805 and cut out or tear off this valuable article and take it to your appointment. You'll be on your way to safe, lasting relief!

You can even call on the weekend and leave a message on their answering machine to secure your spot and they promise to return all calls. During the week staff can be very busy helping patients so if they don't pick up straight away, do leave a message.

Call (925)255-5805 NOW. If it's the weekend or they're away from the phone - they promise they will get back to you. So call now at (925)255-5805 and quote this special discount code: TC20SCSM12h.

PAID ADVERTISEMENT



PHOTO BY FRED ZEHNDER

A typical Sunday afternoon crowd at Castro Valley's spacious Library that began its eighth year on Halloween. The library not only checks out thousands of books each month, it also hosts numerous meetings, debates, film screenings, demonstrations and children's activities.

Seven Years Later, Castro Valley Library as a Community Beacon

By Michael Singer
CASTRO VALLEY FORUM

Even on its quietest day, the Castro Valley Library is a flurry of activity – children curl up with a classic story, young adults browse shelves for research, retirees sharpen their personal and professional skills online.

It's hard to imagine that it was seven years ago that the current library opened its doors to the public. The open floor plan, large windows, and community-inspired artwork look as fresh today as they did on Oct. 31, 2009.

It's not uncommon to see someone glance up from their reading to marvel at the design and amenities the library offers.

More than three times the size of its previous home on Redwood Road, the site on Norbridge Ave. transcends the classic library concept. It became a beacon for residents and an example of what an inspired community can do to improve itself.

"We want everybody to know that this is their library and that the library has a lot to offer them."

library has a lot to offer them," says Branch Manager, Carolyn Moskovitz. "I have people come in here all the time and tell me that how beautiful and wonderful this library is and how it's so full of life."

And that life is in constant motion. During a recent visit, a cluster of teenagers listened intently to a presentation on how to succeed at their upcoming Scholastic Aptitude Tests.

"We want everybody to know that this is their library and that the library has a lot to offer them."

—Carolyn Moskovitz
Castro Valley Library

In the next room, a woman raised her hand to ask a professional tax preparer about itemized deductions. A computer expert coached a couple on how to use Microsoft Windows. A dad used the public fax machine. A middle

school student swiped his library card for a 2-hour laptop rental. A volunteer began setting up chairs for a community discussion scheduled for later that night.

Oh, and by the way. You can borrow books at the library, too.

"We average between 50,000 and 60,000 books that check in and out of the library each month," says Moskovitz. "That does not include the CDs, DVD and online eBooks, which people can also borrow."

That's double the number of books that could be handled at the old library, a building that Moskovitz says had signaled to the community that it was ready to be retired.

"At the end, the heating and ventilation systems needed to be replaced. Everything was jammed into the building. It was very overcrowded and very hard to work in for the amount of people that it served," she says.

The old library's fate is undecided. Alameda County owns the property and allows it to be used

see **LIBRARY** on page 15

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



Petty Theft

Sunday, November 6: at 11:59 p.m., Sheriff's deputies arrested a 56-year-old man with no permanent address on suspicion of petty theft and disrupting a business even after being asked to leave. The man was causing a commotion in a grocery store on Castro Valley Boulevard near Redwood Road and then spotted leaving with an unspecified amount of unpaid merchandise. Deputies handcuffed the man and took him into custody.

Arrested with Drugs

Saturday, November 5: at 6:28 p.m., a 37-year-old man with no permanent address was arrested on suspicion of possession of illegal narcotics, illegal drug paraphernalia, and violating the terms of his probation. Deputies stopped the man for questioning at the intersection of Stanton Avenue and San Carlos Avenue where they discovered his stash. The man was taken into custody.

Stolen Property

Saturday, November 5: at 2:05 a.m., deputies arrested a 48-year-old woman from Castro Valley on suspicion of possession of stolen property. The woman already had an outstanding warrant for her capture. Deputies served the warrant at a home on Lamson Road near Proctor Road when they discovered the stolen goods. The woman was taken to Santa Rita Jail pending \$10,000 in bail.

Felon with Firearms

Wednesday, November 2: at 5:18 p.m., a 39-year-old man was arrested on suspicion of possession of firearms and ammunition following a felony conviction. Deputies were sent to a mobile home park on Castro Valley Boulevard

near Forest Avenue after a parole officer reported weapons on the premises. The man was taken to Santa Rita Jail and held without bail.

Behind the Laundry

Thursday, November 3: at 4:04 a.m., deputies arrested a 31-year-old man from Fremont on suspicion of possession of illegal drug paraphernalia. The man was camped out behind a coin laundry on Castro Valley Boulevard near Park Way when deputies stopped him for questioning and discovered his stash. Deputies took the man into custody.

Traffic Stop

Thursday, November 3: at 12:40 a.m., two people from Castro Valley were arrested on drug-related charges following a traffic stop on Lamson Road and Seven Hills Road. Deputies pulled the couple over after identifying both as having outstanding warrants issued for their capture. The driver, a 47-year-old woman, was charged with possession of illegal narcotics and an illegal amount of marijuana. The passenger, a 56-year-old man, was charged with possession of illegal drug paraphernalia. The couple was taken to Santa Rita Jail pending bail.

Can't Stay Away

Tuesday, November 1: at 9:45 p.m., deputies arrested a 49-year-old woman from Castro Valley on suspicion of violating a court-issued restraining order. The woman was spotted outside a home on James Avenue near La Casa Lane prompting a call into the Sheriff's Department. Deputies handcuffed the woman and took her into custody.

Wanted Man

Tuesday, November 1: at 11:20 a.m., a 58-year-old man from Castro Valley was arrested on suspicion of disrupting a business at the intersection of Center Street and Grove Way. Deputies were called to the scene after the store manager called about a patron who would not leave despite repeated requests. The suspect was also found to have a warrant issued for his arrest. Deputies took the man to Santa Rita Jail pending \$2,500 in bail.

Illegal Squatting

Tuesday, November 1: at 8:30 a.m., deputies arrested a 53-year-old man from San Pablo (Contra Costa County) on suspicion of illegally occupying a property on Crescent Avenue near North Third

see **REPORTS** on page 15



Alan D. West
Attorney at Law

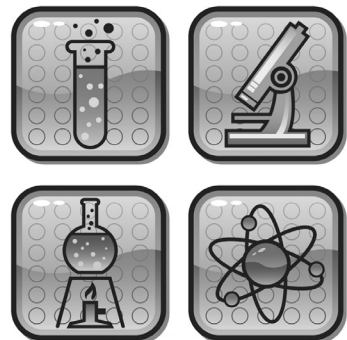
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The Week Ahead

● Wednesday, November 9: *Sons In Retirement Meeting*

SIRS, an organization of retired men, meets today, and the 2nd Wednesday of every month, in the Wedgewood Center at the Metropolitan Golf Links, 10051 Doolittle Drive in Oakland. Happy hour at 11 followed by a noon lunch with great speakers. Guests are welcome. For more info, call Mel at 510-357-0601.

● Thursday, November 10: *School Board Meeting*

The Castro Valley Board of Education will hold a regular meeting at 7 p.m. tomorrow in the Board Room at 4400 Alma Avenue. The agenda and board packet are available at: bit.ly/CVUSDBBoardMeetings

● Thursday, November 10: *Senior Driver Seminar*

The CHP will hold a Senior Driver Traffic Safety Seminar at 1 p.m. tomorrow, covering age-related changes and tuning-up driving skills. On completion, participants will receive a certificate which may entitle them to a discount on their car insurance. To register (required) for this free program, call 510-667-7900.

● Friday, November 11: *TOPS Health Faire*

Come and see how we Take Off Pounds Sensibly at the annual Health Faire and Open House from 9:30 to 10:30 a.m. this Friday at TOPS of Castro Valley in Room 5, United Methodist Church, 19806 Wisteria Ave. in Castro Valley. For info, call Bernice 510-537-0699 or Val at 510-886-3585.

● Saturday, November 12: *Pets Available for Adoption*

Dusty Paws Rescue will show foster kittens, cats and dogs available for adoption from 1-4 p.m. this Saturday at Pet Food Express, 3385 Castro Valley Blvd. See www.dustypawsrescue.org for available kittens.

CASTRO VALLEY FORUM

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Submissions to The Forum

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

VETERANS DAY SCHEDULES

Friday, November 11, 2016

Public Event

The Castro Valley VFW and other veterans organizations will conduct a short program at 11 a.m. Friday at the Castro Valley Veterans Memorial, 18988 Lake Chabot Road.

Park Admission for Veterans

The East Bay Regional Park District will waive admission and parking fees for veterans on Veterans Day.

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. Call 510-506-5821 for sewer emergencies. For information regarding CVSan services and programs, visit www.cvsan.org.

● Saturday, November 12: *New ACT / SAT Combo Test*

Teens are invited to learn about the new changes to the ACT and SAT and partake in a free ACT/SAT combo practice test administered by Kaplan Test & Prep Admissions at the Castro Valley Library from 10 a.m. to 2:30 p.m. this Saturday at the Castro Valley Library. This 4-1/2 hour workshop will offer teens a glimpse into the new changes made to the ACT and SAT tests. Participants will also be provided with test taking tips, strategies and a practice test in order to ready them for the real thing.

● Saturday, November 12: *American Legion Dinner*

The public is invited to attend the 4th Annual American Legion Thanksgiving Dinner fundraiser from 6 to 10 p.m. this Saturday at the Hayward Veterans Memorial Building, 22737 Main Street, featuring live music by the All-Scout Band. Donation: \$10 per person (2 for \$18), \$8 for seniors. Call Ed Castillo at 510-384-7771 for reservations or info.

● Saturday, November 12: *"Hollywood Before Censorship"*

SF Chronicle film critic Mick LaSalle will discuss pre-code films produced before enforcement of the Motion Picture Production Code in 1934 and which are valued for their portrayals of men and women and their relationships. The presentation begins at 1 p.m. this Saturday at the Castro Valley Library. After the discussion, enjoy a showing of "Baby Face" starring Barbara Stanwyck, George Brent and Theresa Harris, which has been called "the most pre-code of the pre-codes."

● Saturday, November 12: *Kiwanis Pasta Dinner*

The Hayward-Castro Valley Kiwanis Club will host a Pasta Dinner community fundraiser from 5:30 to 8 p.m. on Nov. 12 at the Aitken Senior Center, 17800 Redwood Road in Castro Valley. Pasta (alfredo, pesto, red sauce), salad, dessert plus an auction, raffle and prizes. Adults \$20, children 10-16 \$10. For info, call Gerry Cockrill at 510-889-5885.

● Saturday, November 12: *Hearing Loss Association Meeting*

Professor Susan Graham, a member of the presidential commission recommending changes to the care of people with hearing loss, will be speaker, and Meg Wallhagen of the HLAA Board will be moderator in a discussion on hearing aid costs at this Saturday's inter-group meeting with the Diablo Valley Chapter. 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 in old garage across Howe. For info, email athos.artist@att.net or call Kay at 510-886-4717.

● Saturday & Sunday, Nov. 12-13: *Holiday Boutique*

Shop for unique, handcrafted gifts made by 25 local artists and stay for lunch, or browse with a hot cup of tea or coffee at the Palomares Hills Holiday Boutique this Saturday and Sunday from 10 a.m. to 5 p.m. at the Palomares Hills Community Center, 6811 Villareal Drive, Castro Valley. For more information, call 510-415-9403.

● Monday, November 14: *Eagles Thanksgiving Luncheon*

The Fraternal Order of Eagles Auxiliary 1139 will serve a Thanksgiving bingo luncheon at noon Monday which will include turkey and all the trimmings, dessert, coffee and tea, at 21406 Foothill Blvd. in Hayward. For an \$8 donation you will also receive one bingo card. Proceeds will benefit a local charity.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for CFA events listed below are available online at www.cvartsfoundation.org; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. phone 889-8961; or at the CV Adult School, 4430 Alma Ave.

● **The Oakland Youth Orchestra** will present a concert at 8 p.m. this Saturday, November 12. *General admission tickets are \$20 at the door.*

● **Ricky Garcia & the San Francisco Girls Chorus**, one of the world's most widely known and respected vocal ensembles for youth will join for a presentation by the Castro Valley Arts Foundation at 2 p.m. this Sunday, Nov. 13. Jump-start the holiday season with the San Francisco Girls Chorus, recognized as. *For tickets (\$17-\$30) see above.*

● **California Beach Boys Concert**, originally scheduled for this past October 15, has been rescheduled for Saturday, March 11, 2017 at 7:30 p.m. Tickets are now on sale.

THEATRICAL & MUSICAL PERFORMANCES

● **"Spending the End of the World on OkCupid,"** a world premier theatre production written by Jeffrey Lo, will be presented by the Ohlone College Department of Theatre & Dance at 8 p.m. on Nov. 10, 17, 18, 19 at Smith Center at Ohlone College, 43600 Mission Blvd. in Fremont. For tickets, \$10-\$12 (parking \$4), visit smithcenter.com

● **Lost Romantic Symphonies** will be presented by the Oakland Symphony joined by guest violinist Kelly Hall-Tompkins and members of the acclaimed Oakland Symphony Youth Orchestra Friday, Nov. 18, at 8 p.m. at the Paramount Theatre. For tickets (\$25-\$80), visit www.oaklandsymphony.org or call 510-444-0802.

● **"It's a Wonderful Life: A Live Radio Play"** will be presented by the Douglas Morrison Theatre at 8 p.m. on Dec. 1, 2, 3, 8, 9, 10, and at 2 p.m. on Dec. 3, 4, and 11, at the DMT Theatre, 22311 North 3rd Street in Hayward. An Opening Reception will be held on Thursday, Dec. 1. For tickets (\$27-\$29), visit www.dmtonline.org or call 510-881-6777. Enjoy the holiday classic that puts the "heart" in heartwarming.

ART GALLERIES & EVENTS

● **Day of the Dead 2016:** Explore the various stages and symbolism of the celebration of Día de los Muertos (Day of the Dead) through the artwork of more than 25 local artists through this Sunday at the HAHS Museum of History & Culture, 22380 Foothill Blvd., Hayward.

● **Seascape Painting Demonstration** will be presented by award-winning oil and acrylic artist Donald Neff at the next meeting of the San Leandro Art Association at 7 p.m. Tuesday, Nov. 15 at the Main San Leandro Library, 300 Estudillo Avenue. Admission is free.

● **38th Area Artists' Annual Open Show**, open to all artists living or working or taking classes in the HARD area, is on exhibit through Nov. 19 at the Adobe Art Center Gallery in Castro Valley.

CORRECTION: The article "Art Award Goes to Thompson" on page 11 of the Oct. 26 Forum omitted Laura Kenny's name in the list of Honorable Mention award winners in the Adobe Gallery 38th Area Artists Juried Show. The Forum regrets the error.

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All Eyes on the Pies

There are those of us who view the Thanksgiving turkey, the stuffing and cranberry sauce merely as traditions to be tolerated before the desserts are brought on. And the desserts, of course, must be mostly pies.

Pumpkin is the mandatory offering. And although there are several tasty ways to prepare it, the "standard" is from Libby's, which has been the most popular single Thanksgiving recipe in nearly 100 years.

LIBBY'S FAMOUS PUMPKIN PIE

- 3/4 cup granulated sugar
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 2 large eggs
- 1 (15-ounce) can Libby's Pumpkin
- 1 (12-fluid ounce) can evaporated milk
- 1 unbaked 9-inch pie crust

Whipped cream (optional)

Preheat oven to 425°F. Mix sugar, salt, cinnamon, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.

Pour into pie shell and bake for 15 minutes. Reduce temperature to 350°F.; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving.

Note: 1-3/4 teaspoons pumpkin pie spice may be substituted for the cinnamon, ginger and cloves; however, the taste will be slightly different.

CRANBERRY-APPLE COBBLER

- 3 pounds tart apples (such as Granny Smith), peeled, cored and cut into wedges
- 1 (12-ounce) bag fresh cranberries, rinsed, drained and



- picked over
- 1 cup light brown sugar, packed
- 2 tablespoons flour
- 1/2 teaspoon cinnamon
- 2 tablespoons butter
- Pie dough for one-crust pie
- Milk and granulated sugar for finishing crust

Combine apple wedges and cranberries in large mixing bowl. Mix brown sugar, flour and cinnamon and toss with fruit in bowl. Spoon filling into 1- to 1-1/2-quart baking dish. Dot top of filling with butter.

Roll pie dough on floured surface to approximate size of baking

dish and place on filling, making sure dough touches sides of dish all around.

Brush top with milk and sprinkle with sugar. Cut several vent holes in crust.

Bake at 375°F until crust is will colored and filling is gently bubbling, about 40 minutes. Cool slightly. Serve warm or at room temperature.

Makes 8 to 10 servings.

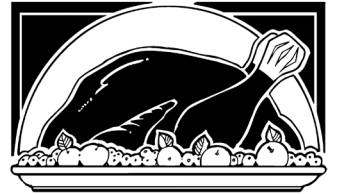
BUTTERY PIE CRUST

- 1-1/4 cups all-purpose flour
- 1/4 teaspoon salt
- 1/2 cup butter, chilled and diced
- 1/4 cup ice water

In a large bowl, combine flour and salt. Cut in butter until mixture resembles coarse crumbs. Stir in water, a tablespoon at a time, until mixture forms a ball. Wrap in plastic and refrigerate for 4 hours or overnight.

Roll dough out to fit a 9-inch pie plate. Place crust in pie plate and press evenly into the bottom and sides of the pie plate or use as a cobbler top crust. Makes 1 single crust.

See LIVING on page 9



COUNTDOWN TO THANKSGIVING

Next Week: The Turkey



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Astronaut Glover to Speak November 16

The public is invited to hear NASA Astronaut Commander Victor Glover speak at Las Positas College at 11 a.m. next Wednesday in the Mertes Center at 3000 Campus Drive in Livermore. Glover will talk about the importance of science and technology in education, and will be followed by a Q&A session. For more information, call 925-424-1010.

CVSan Trash Service Study To Wrap Up

More than 800 homes within the Castro Valley Sanitary District are participating in a several-months-long study to find out whether garbage collection every other week would be feasible.

The "Less Than Weekly" pilot began last June for those living on designated routes, where residents have the option of putting their brown garbage carts out either each week or less than weekly.

Recycling, organics and garbage trucks have continued to serve the area weekly and service levels and rates have remained unchanged during the study.

When the pilot program is complete in two months, the results will be used to analyze potential costs, savings, and participation, and will be presented to CVSan's Board of Directors next spring.

CVSan General Manager Roland Williams said the pilot is designed to determine if every-other-week garbage pick-up is feasible for Castro Valley and, if so, how that might affect future service rates.

"We are conducting this study so that we have that information leading into the next solid waste collection agreement, scheduled to be in place in 2019. Resident participation will greatly help us in this process," Williams said.

The success of this test will be determined by audits that the district will conduct throughout the period to measure the amount of recyclable and compostable material that is being disposed of in brown garbage carts along the pilot routes.

The "Less Than Weekly" study is an effort to increase recycling and composting behavior toward CVSan's goal of Zero Waste to landfill by 2029.



PHOTO COURTESY OF LINDA DEVETTER-DEARBORN

Winnie Marie, a dachshund owned by a Castro Valley woman, died after ingesting a poisonous mushroom at Lake Chabot Park.

Mushrooms: Keep Your Pets Away

continued from front page

of her and went back to the lake the next day to see if we could identify what she ate. It ended up being a death cap mushroom that was under some leaves near the tree. It was so sad to see Winnie go through this."

If a dog eats a wild mushroom, negative responses may include vomiting, diarrhea, weakness and seizures. Veterinarians can first treat the animal by giving it something to clear the stomach.

Depending on the severity of the poison to the liver, kidneys, or brain, the dog could eventually end up on a respirator hooked up to a machine to push fluids.

That's a situation Devetter-Dearborn doesn't want to see any dog go through.

"I'm hoping our story will help prevent another family from having to see their dog suffer from eating a mushroom."

-LINDA DEVETTER-DEARBORN

"I'm hoping our story will help prevent another family from having to see their dog suffer from eating a mushroom," she says.

Dog owners should also be aware that mushrooms can pop up overnight after a rain, which has been the case with the increase in showers in the East Bay.

Retired Teachers Present Check

Marilyn Gage, president of Retired Teachers Division 59 of Southern Alameda County presented a \$100 check to transitional kindergarten teacher Heidi Morgan of Castro Valley's Stanton School last week.

The award, from the California Retired Teachers Association, was for classroom supplies. Any teacher can apply online to CalRTA for a \$100 grant at calrta.org in less than a minute.

Each year, members of the organization donate millions of dollars in volunteer hours.



Marilyn Gage (left) presents a \$100 grant check to Stanton School teacher Heidi Morgan.

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ATHLETE OF THE WEEK

Jimmy Silva

This week's Athlete of the Week is Jimmy Silva, a sophomore at Castro Valley High School. Silva is a member of the Trojan's JV football team, where he plays quarterback, free safety and returns kick offs and punts.

In the last game of the season, Silva helped Castro Valley beat the Berkeley Yellow jackets 35-6 at Berkeley High School on November 4, running a 35-yard touchdown as the quarterback and returning 3 punts.

His third punt return was for 50 yards and the Yellow jackets tackled him at the 5-yard line, but his other 2 punt returns were for 50 yards and 30 yards, with both of them resulting in touchdowns.

Silva also played Free Safety and helped his team hold Berkeley to 6 points.



CVHS Tennis Results

Piedmont 4, Castro Valley 3
on Wednesday, November 2

Singles

1. Rachel Dong (CV) - Angela Huang 6-3, 6-0
2. Elena Lottich (CV) - Hanna Marcus 2-6, 6-2, 6-3
3. Cara Puscasio (P) - Riley Powers 6-0, 6-0
4. Sophia Landes (P) - Lauren Fung 6-0, 6-0

Doubles

1. Anya Mortensen / Angela Ho (CV) - Noreen Auyoung / Megan Aikawa 6-3, 7-6 (5)
2. Kiana Kasroui / Madison Aikawa (P) - Victoria Vitton / Gaby Madison 6-4, 6-1
3. Lauren Young / Megan Chueh (P) - Geneva Lum / Paige Cason 6-4, 6-4



PHOTO COURTESY OF JESSIE WASHINGTON

2016 Creekside 6th, 7th Grade Football Champs

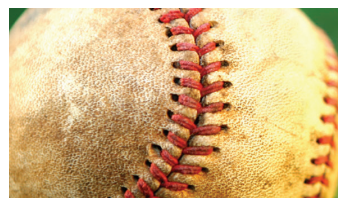
The 2016 Creekside Middle School's sixth and seventh grade flag football team finished the season with a win against Canyon Middle School, on Wednesday, November 2. They have finished the season undefeated and Southern Alameda County Middle-School Athletic League (SACMAL) champions for the second year in a row.

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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 April 29th. 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 and diverted from landfill and clogging sewer pipes!

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This ad was funded by WM Collection Events

CVSan



LIVING: Thanksgiving Desserts *continued from page 5*



PILLSBURY'S EASY MINCEMEAT PIE

- 1 (20.5 oz.) jar ready-to-use mincemeat (2 cups)
- 1-1/2 cups chopped pecans
- 1 Gala apple, peeled, chopped (1-1/2 cups)
- 1/2 cup chopped dried Calimyrna figs

- 1/3 cup packed brown sugar
- 1/3 cup brandy
- 2 teaspoons grated lemon peel
- Pastry for double crust pie

In medium bowl, stir together mincemeat, pecans, apple, figs, brown sugar, brandy and lemon peel. Cover; refrigerate at least 8 hours.

Let pie filling stand at room temperature 30 minutes. Meanwhile, heat oven to 425°F. Stir filling well; pour into crust-lined plate. Top with second crust and flute; cut slits in several places.

Bake on lowest oven rack 40 to 45 minutes or until pastry is golden brown.

Cool completely on cooling rack, about 5 hours.

APPLE BUTTER SPICE CAKE

- 1 cup packed brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 cup chopped pecans
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup butter, softened
- 1 cup white sugar
- 3/4 cup apple butter
- 1 teaspoon vanilla extract
- 1/2 cup whole bran cereal
- 1 cup sour cream
- 2 eggs, beaten

Preheat oven to 350°F. Spray or grease one 9-by-13-inch pan.

Prepare the topping by mixing together the brown sugar, cinnamon, nutmeg and chopped pecans.

Sift together the flour, baking powder, baking soda and salt.

Blend together butter and sugar; add eggs and beat well. Add apple butter, vanilla, wheat germ or bran cereal. Add sifted dry ingredients alternately with sour cream; mix well after each addition.

Pour 1/2 batter into pan, sprin-

kle 1/2 the topping over top. Pour remaining batter and top with remaining topping.

Bake for 40 minutes.

CHOCOLATE-BOURBON PECAN PIE

- 1 9-inch pie shell
- 1 cup sugar
- 1 cup light corn syrup
- 1/2 cup butter
- 4 eggs, beaten
- 1/4 cup bourbon
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 6 ounces semisweet chocolate chips
- 1 cup chopped pecans

Preheat oven to 325°F.

In a small saucepan combine sugar, corn syrup, and butter or margarine. Cook over medium heat, stirring constantly, until butter or margarine melts and sugar dissolves. Cool slightly.

In a large bowl combine eggs, bourbon, vanilla, and salt. Mix well. Slowly pour sugar mixture into egg mixture, whisking constantly. Stir in chocolate chips and pecans. Pour mixture into pie shell.

Bake in preheated oven for 50 to 55 minutes, or until set and

golden. Serve warm or chilled.

SPICED WHIPPED CREAM

- 1 cup cold whipping cream
- 2 tablespoons brown sugar
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- Dash ground nutmeg

Pour chilled cream into medium-sized bowl. Beat cream 3 to 4 minutes until soft peaks begin to form.

Gradually add brown sugar, being careful not to overbeat. Fold in vanilla, cinnamon and nutmeg.

HOT MULLED CIDER

- 1/2 cup brown sugar
- Dash of salt
- 2 quarts apple cider
- 1 teaspoon whole allspice
- 1 teaspoon whole cloves
- 1 (3-inch) stick cinnamon
- Dash of freshly grated nutmeg
- Fresh orange slices
- Extra cinnamon sticks

Combine sugar, salt, and cider. Tie spices in cheese cloth. Add to cider. Slowly bring to a boil. Cover and simmer 20 minutes. Remove spices. Serve hot with floating orange slices and cinnamon stick.

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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Fairytales Can Come True for the Young at Heart

As Chicago basks in the glory of the almost unbelievable World Series comeback and win by their beloved Cubs, I'm reminded of a few lines from a song made famous by Frank Sinatra:

"Fairy tales can come true, it can happen to you, If you're young

at heart.

And if you should survive to 105, Look at all you'll derive out of being alive!

And here is the best part, you have a head start, If you are among the very young at heart."

Founded in 1870, the Cubs are one of the oldest teams in the

game, yet they played this past season like they were truly "young at heart." They needed to — it had been an astonishing 108 years since their last World Series championship in 1908.

All of which proves you can never count anyone out — given enough time and determination, everyone can have their day in the sun.

Like the Cubs, it's been a long, hard haul for many Bay Area homebuyer wannabes. In fact, many have thrown in the towel, concluding that they've been priced out of the market for good and will never celebrate a win they can call "home."

I want to suggest that with some determination, perseverance and a change in the market, their day might actually come.

Good news. The market is changing. We are already beginning to see the Bay Area housing market shift away from a red hot seller's market to being a bit more in favor of buyers. Some neighborhoods have begun seeing declining prices and Days on the Market averages have risen significantly.

With this in mind, I'd encourage buyers to remember:

1. Don't give up. Those that keep at it eventually get a home. It may not be the exact style or location you ultimately want, but it's better to get into a home and move up later than sit in the dug-out forever.

2. This is the best time of the year to buy. There are fewer buyers out looking and home owners selling now are usually highly motivated.

3. Be young at heart. Don't take rejection personally. Sinatra croons, "You can laugh when your dreams fall apart at the seams." Translated: Shrug it off, go to the next home and write another offer.

"And here is the best part, you have a head start, if you are among the very young at heart."

"Young At Heart", music by

Johnny Richards and lyrics by

Carolyn Leigh, 1953.

Carl Medford is a licensed Realtor with Keller Williams Realty and a licensed general contractor. This article is sponsored by the Central County Marketing Association at www.ccmgtoday.com.

RECENT HOME SALES

Castro Valley

| | | | |
|-------------------------|-------|-----------|------------------------|
| 4926 Elrod Drive | 94546 | \$665,000 | 2 BD - 1,236 SF - 1951 |
| 3017 Grove Way #A13 | 94546 | \$420,000 | 2 BD - 1,042 SF - 1992 |
| 4225 James Avenue | 94546 | \$617,000 | 3 BD - 1,773 SF - 1945 |
| 18360 Joseph Drive | 94546 | \$650,000 | 3 BD - 1,172 SF - 1954 |
| 18096 Lamson Road | 94546 | \$880,000 | 5 BD - 2,250 SF - 1955 |
| 3963 Stevens Street | 94546 | \$650,000 | 2 BD - 1,261 SF - 1952 |
| 5021 Vannoy Avenue | 94546 | \$725,000 | N/A BD - N/A SF - N/A |
| 18690 East Cavendish Dr | 94552 | \$880,000 | 4 BD - 1,908 SF - 1979 |
| 6336 Mt. Olympus Drive | 94552 | \$925,000 | 4 BD - 2,327 SF - 1987 |
| 20058 Rawhide Way | 94552 | \$575,000 | 2 BD - 1,350 SF - 1986 |

TOTAL SALES: 10
LOWEST AMOUNT: \$420,000 **MEDIAN AMOUNT: \$657,500**
HIGHEST AMOUNT: \$925,000 **AVERAGE AMOUNT: \$698,700**

San Lorenzo

| | | | |
|---------------------|-------|-----------|------------------------|
| 642 Hacienda Avenue | 94580 | \$565,000 | 3 BD - 1,068 SF - 1948 |
| 597 Heritage Circle | 94580 | \$575,000 | 5 BD - 1,973 SF - 2004 |
| 17464 Via Annette | 94580 | \$530,000 | 3 BD - 1,031 SF - 1953 |
| 1707 Via Lobos | 94580 | \$554,000 | 3 BD - 1,125 SF - 1955 |
| 1270 Via Nube | 94580 | \$650,000 | 4 BD - 2,400 SF - 1950 |

TOTAL SALES: 5
LOWEST AMOUNT: \$530,000 **MEDIAN AMOUNT: \$565,000**
HIGHEST AMOUNT: \$650,000 **AVERAGE AMOUNT: \$574,800**

Sheffield Village

| | | | |
|----------------------|-------|-----------|------------------------|
| 120 Covington Street | 94605 | \$555,000 | 3 BD - 1,412 SF - 1939 |
| 181 Marlow Drive | 94605 | \$705,000 | 3 BD - 2,096 SF - 1947 |

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|------|-----|-----|-------------------|-----------|-------------|--------------------|----------------|----------|
| O | 2-4 | 2-4 | 3701 Magee Avenue | \$650,000 | 3+2 | Pacific Union Int. | Amy Robeson | 828-3478 |
| C | 1-4 | 1-4 | 6688 Edgewood Way | \$699,000 | 3/2.5 | Berkshire Hathaway | The Brent Team | 333-9404 |

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Research has shown that use of digital breast tomosynthesis, also known as 3D mammography, in combination with standard mammography, may improve breast cancer detection rates and reduce unnecessary follow-up services for some patients, according to Sutter Health.

Sutter Health Expands Breast Cancer Services

The Breast Health Center at Alta Bates Summit Medical Center in Oakland has received a \$4 million gift from an anonymous donor.

The donation will be used to improve early breast cancer detection, treatment and patient support services for women at all three Sutter Health hospitals in the East Bay, including Eden Medical Center in Castro Valley.

This includes placing a high priority on breast cancer screening and treatment of African-American women who are estimated to be 40 percent more likely to die of breast cancer than Caucasian women according to the most recent statistics.

"Women have a 1 in 8 chance of being diagnosed with breast cancer in their lifetime," said Julie Petrini, CEO of Sutter Health Bay Area hospitals. "By creating a regional breast cancer program, we are proud to bring the same exceptional mammography screening, treatment and compassionate support services provided at Carol Ann Read Breast Health Center to our three Sutter hospitals."

Research has shown that use of

Pregnant? The Common Complication You Should Know About: Preterm Birth

Not long after the joy of discovering you're pregnant, the worries set in. You may think you know all the threats and take appropriate steps to minimize them. But what do you know about one of the most common pregnancy complications – preterm birth?

About one out of every 10 babies born in the U.S. are preterm – before the 37th week of pregnancy, according to the Centers for Disease Control and Prevention.

Globally, preterm birth rates are on the rise and the U.S. ranks sixth among the 10 countries with the highest numbers of preterm births, according to the World Health Organization (WHO). It is the only developed country among the top 10.

Effects of preterm birth

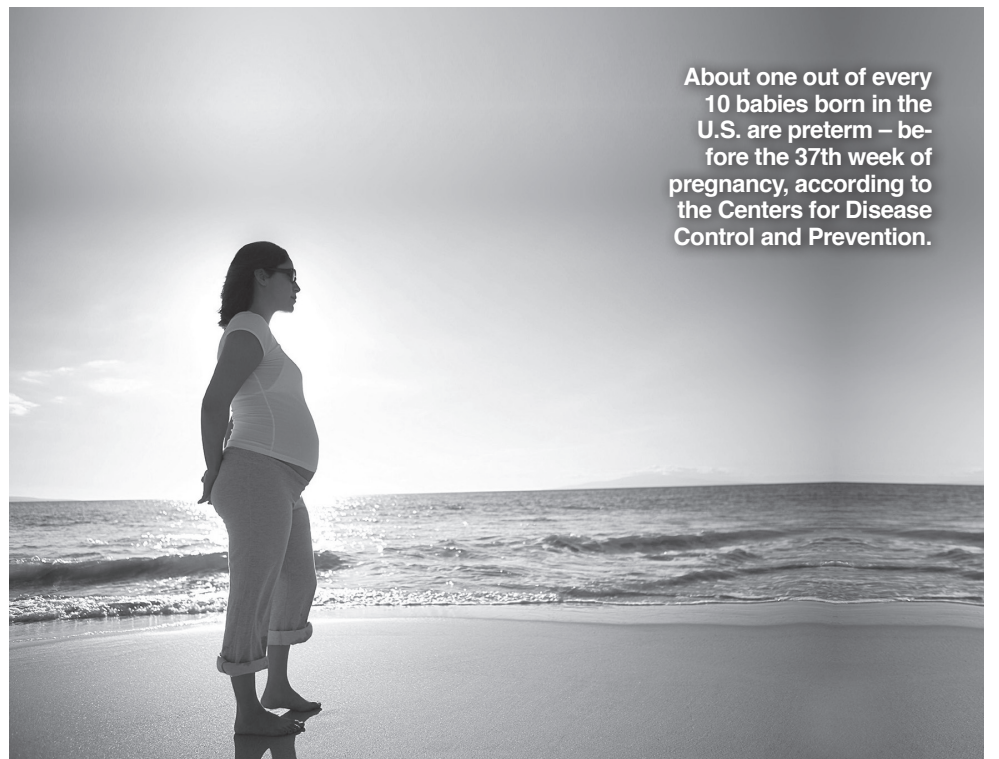
Around the world, complications from preterm birth are the leading cause of death among children younger than 5. While in the U.S., more preterm babies survive, they're still at a higher risk of lifelong health effects, including problems breathing and eating, developmental delays, behavioral problems, vision and hearing impairment, and cerebral palsy.

In addition to the health-related effects preterm birth has on babies and children, the emotional and financial toll on parents and families must be considered.

Reaching full term is best for babies and their families.

The March of Dimes estimates that preterm births cost employers more than \$12 billion annually in healthcare costs. The high cost is attributed to prenatal services, delivery and postpartum care for the mom, as well as the high cost of the hospital NICU and outpatient medical care for the premature babies through their first year of life.

Specifically, babies born prematurely spent an average of 15



About one out of every 10 babies born in the U.S. are preterm – before the 37th week of pregnancy, according to the Centers for Disease Control and Prevention.

days in the hospital and averaged about 20 outpatient medical visits, compared to full term babies, who spent approximately two days in the hospital and had 14 outpatient medical visits.

Identifying risks

No one knows exactly why preterm births occur, but some factors seem to indicate a mother might be at a higher risk, including:

- Having already had one preterm delivery.
- Age - being very young or older.
- Carrying multiples.
- High blood pressure or other chronic disease such as diabetes.
- Smoking.
- Alcohol use during pregnancy.

Many women have no symptoms, warning signs or obvious risk factors for having a preterm

delivery. And, until now, there has not been a clinically validated, prenatal blood test, for asymptomatic women, to assess possible risks for preterm birth.

A new test, The PreTRM test, provides mothers with singleton pregnancies (carrying one child) with their individualized risk of having a preterm birth. This blood test is done early in pregnancy, during the 19th or 20th week. It measures and analyzes specific proteins in the blood that have been shown to be highly predictive of premature birth.

Knowing the risk of preterm birth can empower women and their partners to talk to their doctors about the chances of having a baby prematurely, and to learn what they can do to address that risk.

What you can do

As with any health concern, the

first step is talking to your doctor. Discuss any potential risk factors that you and your doctor may be aware of, and whether testing is right for you.

The CDC also recommends steps that could help reduce the risk of preterm birth, including the following:

- If you smoke, quit.
- Avoid alcohol and illegal drugs.
- Get routine prenatal care.
- Know the signs of preterm labor – which can lead to preterm birth – and get medical help immediately if you experience the symptoms.

A lot of important development takes place during the final weeks of pregnancy. Research and real-world experience show that for most babies, making it to full term will give them the best possible start in life.



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HOROSCOPE by Salomé

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ARIES (March 21 - April 19): A work-related situation that started last month takes on increasing importance this week. The choice is still yours as to how it will evolve. Be careful not to make quick judgments.



TAURUS (April 20 - May 20): "Careful" is the watchword for the prudent Bovine this week. Don't let your emotions overwhelm your logic. Try for balance as you maneuver through a touchy situation.



GEMINI (May 21 - June 20): Your energy levels rise to meet the challenges that will mark much of this month. New opportunities beckon. Look them over, but proceed cautiously before making any kind of decision.



CANCER (June 21 - July 22): Your private life can be a problem this week, as a partner becomes more difficult. Resist a reaction you might regret. Instead of walking away, try to talk things out.



LEO (July 23 - August 22): You should be your usual sunny self these days, as you bask in the admiration you adore. Enjoy it as you move into a new arena to confront an exciting upcoming challenge.



VIRGO (August 23 - Sept. 22): Your perseverance reserves will be tapped frequently this week as you deal with the problems involved in making a new situation work for you. But it'll all be worth it.



LIBRA (Sept. 23 - October 22): You'll find fewer roadblocks turning up as you continue to move ahead with your plans. Expect some important news to come your way by mid-November.



SCORPIO (October 23 - November 21): Good news — you finally get to the bottom of that pesky mystery you've been trying to solve for weeks by using some gentle persuasion to get someone to break his or her silence.



SAGITTARIUS (Nov. 22 - Dec. 21): The best time to take on that important task is now. Move forward one step at a time so you can assess your progress and, if need be, change direction.



CAPRICORN (Dec. 22 - Jan. 19): The new opportunities you hoped to find this month are beginning to open up. Study them carefully to be sure you make the choice that's best for you.



AQUARIUS (Jan. 20 - Feb. 18): Turn a disappointment into a learning experience. Check out possible weaknesses in your approach and strengthen them. A loyal colleague offers good advice.



PISCES (Feb. 19 - March 20): Your new situation offers opportunities to help you get the skills you'll need in order to stop swimming in circles and finally move straight toward your goals. Go for it.

LETTERS

TO THE EDITOR
FREDZ@EBPUBLISHING.COM



Time to Open a Free Health Care Clinic in Castro Valley

Editor:

Thanks to the Sheriff's Report column in the Castro Valley Forum, we are continually informed of the category of crimes being committed within our small community.

Recently, I have noticed a troublesome, upward trend in the number of arrests involving individuals that, according to the Forum, have no permanent address. Much of the time, the charges reported are related to issues involving drugs, alcohol, or mental illness.

My question is; how can the Sheriff's Department justify arresting these individuals? Why aren't they, instead, transported to a detox center, drug rehabilitation program, or a psychiatric hospital?

Do the Officers have a choice? Probably not. However, where is the ethical principle of justice?

As citizens of the United States, is it not our duty to treat all members of our community fairly. There should be no discrepancy made between those that have an address and those that do not.

The truth is that the basis for the homeless problem as it relates to crime, is health care, or lack thereof. The homeless seldom have the luxury of obtaining health care insurance. Even if they qualify for free health insurance, many do not apply, especially if a permanent address is required.

In the name of social justice, let's take action against the injustice. There are several doctors and nurses that reside in Castro Valley. Many of them are committed volunteers.

We, as a community, can work together to open a free health care clinic. There are several commercial buildings in Castro Valley just standing empty. I'm sure we can negotiate affordable rent on one at least one of them.

This has been successfully accomplished in many of our surrounding cities such as Berkeley, San Leandro, Hayward, and San Francisco. Why not Castro Valley?

—Dianne J. Soares

RN, BSN, PHN, Castro Valley

Wear White When Outdoors on Earlier Dark Evenings

Editor:

Our evenings will be dark earlier for the next five months. Please remember to wear a piece of light-colored or reflective clothing when you are out at night and make sure your children do the same.

It's easy to throw a big white T-shirt over whatever else you are wearing. Castro Valley's residential streetlights are feeble, many neighborhoods lack sidewalks and drivers are tired at night. Make sure

Meals on Wheels Fundraiser Next Week

SOS Meals on Wheels will hold its 3rd Annual Boutique Fundraiser on Friday and Saturday, Nov. 18-19, at the Hill and Valley Women's Club, 1808 B St., Hayward.

Friday's hours are noon to 4 p.m., Saturday 10 a.m. to 4 p.m.

If you're not a shopper, come enjoy the food prepared by our Chef. We'll have handmade items and an exciting "Pick Your Prize" raffle.

Help SOS Meals on Wheels serve an average of 1,200 meals a day to seniors in Castro Valley, San Leandro, San Lorenzo, Hayward and Oakland.

For more information, call Gerry at 483-8156 or if you just wish to help out, send your donations to: SOS Meals on Wheels, 2235 Polvorosa, No. 260, San Leandro 94577.

CORRECTION: The article "Art Award Goes to Thompson" on page 11 of the Oct. 26 Forum omitted Laura Kenny's name in the list of Honorable Mention award winners in the Adobe Gallery 38th Area Artists Juried Show. The Forum regrets the error.

you and your precious children are easy to see when walking the dog, riding your bikes and skateboards, or just strolling.

Dark outfits are stylish, but light could save you life.

—Ann McClure, Castro Valley

Removing Feral Cats Only Way to Curb Negative Impacts

Editor:

In reference to Nel O'Neil's commentary on feral cats ("Trap, Neuter, Return" the Humane Way to Reduce Feral Cat Population," Letters, Oct. 19), I agree with Ms. O'Neil's statement that irresponsible cat owners who abandon their cats to live in the wild are responsible for the damage that feral cats do to the environment. Shame on them! And I agree with her recommendation to spay/neuter pets.

But I disagree with her statement that no feral cats are ever adopted. I personally know of several people who have managed to convert feral cats into home cats. It may not be the most common experience, but it does happen.

In any case, while I certainly appreciate the work Ms. O'Neil's organization does to reduce the number of ferals, removing them is the only real way to curb their negative impact on the environment and wildlife. Even a few non-native animals in an ecosystem can do terrible damage.

—Dan Dalton, Fairview

THE FORUM CROSSWORD

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ACROSS

- Like a snail
- Biblical verb suffix
- Venomous vipers
- Swearing-in utterance
- Extinct bird
- Actress Perlman
- Acolyte
- Gruesome
- More indigent
- Runs off to wed
- Soar
- Croon
- Possesses
- Thither
- Scratch-and-___
- Canyon phenomenon
- Scale member
- Great Lake
- Mall unit
- Wrong (Pref.)
- "Ben-Hur" author Wallace
- Volition
- Denials
- Game with lettered cubes
- Put into cipher
- Met melody
- G.I. of WW I
- Bacterium
- Hiatus
- Telegram
- One's performances
- Speech hesitations
- \$ dispensers

DOWN

- Cleanser
- Composer Schiffrin
- "Beetle Bailey" dog
- Harbor structure
- Early life forms
- Also
- 19th president
- French forest region
- 2005 Steve Martin movie based on a novel he wrote
- Father (Fr.)
- Emulates Simon?
- Depend (on)
- Fleur-de-___
- "___ a real nowhere man"
- Do something
- Vegas troupe member
- ___ de plume
- "A pox on thee!"
- A handful
- Folding art
- Police methods
- Right angle
- Composition
- Sill
- Unstressed vowel
- Luggage
- Sandwich cookie
- Last write-up
- Campus quarters
- Spud's buds
- Rowing need

ANSWERS ON PAGE 16

Obituaries



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No Services



FD 1168 CR49

Judith (Judy) Lynn Clark

July 14, 1949 - October 28, 2016

Judy was born at Oakland Naval Hospital. She graduated from Castro Valley High School in 1967. She was a faithful and dedicated volunteer at St Vincent de Paul and St Leander Catholic Church and an active member of Bay-O-Vista Swim Club, where she had many friends.

She is survived by her husband, James Clark; her stepdaughters, Julie Clark and Rosemarie Routson; her granddaughters, Taryn Lausch and Alanna Lausch; her sisters, Janet Gruemmer, Jayme Gruemmer and Joyce Bunch; her niece Judie Nelson; and her nephew, James Hallen. She will be deeply missed by all her family and friends.

A memorial service is planned for Friday, Dec. 9, at 10 a.m. at St Leander Catholic Church, 550 W. Estudillo Ave., in San Leandro.



CASTRO VALLEY FORUM OBITUARIES

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

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Library: Center of Technology Innovation

continued from page 3

for storing books, but the presence of asbestos in the structure and other significant repairs that would be needed puts its future in limbo.

Technologically Advanced

The new library's bookshelves are stocked with technology and media of all current forms, making the branch a center of technology innovation.

A removable floor under most of the library makes it easy for installing power and upgrading computers and other electronics.

And high-tech upgrades in classrooms and meeting rooms makes it easier to conduct demonstrations and stream video to the Internet.

A big technological jewel is the library's roof and its 80 solar panels which regularly generate more energy than the library consumes.

Community Oriented

Besides its regular staff, the library is consistently supported by 50 or so volunteers. The 500-plus members of Friends of the Library run the bookstore near the front of the building, which helps pay for

community programs.

Part of the community spirit is reflected in the sheer number of programs that the Castro Valley Library partners on. Everything from meditation classes to safe-driving workshops hosted for teens and seniors by the California Highway Patrol. And Moskowitz says she's always looking for more.

"If you have an idea or a partnership for a new program, we love the idea of brainstorming, and we are really open to making it happen," she says.

Reports: Castro Valley Halloween Arrests

continued from page 3

Street. The man was also wanted as part of a warrant issued for his arrest. Deputies took the man to Santa Rita Jail pending \$2,500.

Illegal Halloween Tricks

Monday, October 31: at 9:16 p.m., two people without permanent addresses were taken into custody following drug and weapons possession charges. Deputies stopped the pair for questioning following

a traffic stop on Castro Valley Boulevard near Yeandle Avenue. The driver, a 34-year-old man, was found with illegal drug paraphernalia in his possession. The passenger, a 36-year-old woman, was found in possession of an illegal canister of tear gas. Deputies took the pair into custody.

Troublemaker in the Village

Monday, October 31: at 11:25: deputies arrested a 47-year-old

woman with no permanent address on suspicion of disrupting businesses in the Castro Village Shopping Center on Castro Valley Boulevard and refusing to leave the premises. The woman was reportedly walking from store to store on the lookout for Halloween candy. Deputies also identified the suspect as having an outstanding warrant issued for her arrest. The woman was taken to Santa Rita Jail pending \$7,500 in bail.



Teachers Rally for Higher Pay

Roger Kim, president of the Castro Valley Teacher Association, addresses a teachers' rally on the CVHS campus last week calling for a pay raise of 3.75% and a one-time bonus of 3%. The school district has offered the faculty a 1% ongoing salary increase and a one-time bonus of 2%. The next negotiating meeting will be held just after the Thanksgiving holidays.



CASTRO VILLAGE

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5:30 PM – 8:30 PM

TREE LIGHTING AT 6:30 PM

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Older Pets Need Love

November is Adopt a Senior Pet Month. If you are thinking of adding a furry pal to your family, please consider opening your home and heart to an older cat or dog waiting and hoping you'll find them and take them home.

Puppies and kittens are cute, however older pets are just as affectionate and fun as these youngsters. And adopting an older pet comes with bonuses.

Mature pets don't require constant monitoring that puppies and kittens do. Many are already house trained. Since mature pets are fully grown, you will quickly know things such as the pets' personality, activity level, grooming needs, etc., making it easier to choose the right pet to fit into your family.

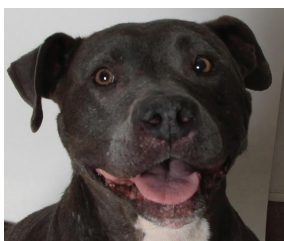
Senior pets are often overlooked and the last to be adopted from shelters. If you adopt a senior pet, you are not only ushering in a lifetime of love, you are also saving a precious life. Older pets seem to sense this and appreciate you that much more.

—Chris Gin, Volunteer
Hayward Animal Shelter

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BESSY is a joy to be around. She's sweet and gentle to all she meets. She loves walks, squeaky toys, cuddles. For more information, call Hayward Animal Shelter. (510) 293-7200.



ANGEL 1-2 years old and is special needs as she did test positive for the feline immunodeficiency virus. For more information, complete an application at: www.dustypawsrescue.org



ANDY is a 4-month-old, sweet, purring boy, loves to be brushed, handled, loved. For more information, please complete an application online at: www.dustypawsrescue.org

Local Tenor Ricky Garcia to Perform In CV With SF Girls Chorus Nov. 13

By Terry Liebowitz
SPECIAL TO THE FORUM

This Sunday, Nov. 13, promises to be a glorious afternoon of song at the Castro Valley Center for the Arts. Both the San Francisco Girl Chorus and tenor Ricky Garcia (CVHS '10) fill the bill at 2 p.m.

The San Francisco Girls Chorus returns to the Center for the Arts for the third time by popular demand ... and for good reason!

The Chorus is recognized as one of the world's most widely known and respected vocal ensembles for youth. More than 300 singers (ages 7-18) from 160 schools in 48 San Francisco Bay Area cities and towns participate in this internationally recognized program.

Forty percent of the singers are East Bay residents. They sing with the San Francisco Opera and Symphony and at venues around the world. SF Symphony Music Director Michael Tilson Thomas calls them "a local treasure."

Since graduating from Castro Valley High School, Ricky Garcia has been pursuing his dream of becoming an international opera star. He studied voice at the University of the Pacific and is now enrolled in the Master's program at the San Francisco Conservatory studying with Caesar Ulloa.

This summer he made his debut with Marilyn Horne's Music Academy of the West in Santa Barbara as the tenor lead in The Battered Bride. Next week he flies



CVHS graduate Ricky Garcia will be performing with the SF Girls Chorus at the CV Center for the Arts this Sunday.

to London to audition for the Jette Parker Young Artist Program with the Royal Opera House. Should he be accepted, this would be a two year contract.

Locally, Garcia regularly appears at the musical pageants at 3 Crosses Church.

He got his start in singing at the Creekside Middle School Choir under the direction of Jan Gidlund. He continued to sing at Castro Valley High School in the choir and in the musicals, but was also serious about playing baseball. By his senior year, Ricky knew that singing would be his future.

"I realized that singing was very athletic," says Garcia. My voice

could fill a hall without a microphone. I could do something that most people couldn't." Currently he lives with his family in San Lorenzo.

This is the fourth offering in the 2016-17 Castro Valley Arts Foundation Series and Sunday's concert is "a great jumpstart to the holiday season," says Mary Ann DeGrazia, president of the Foundation. "These young people are an inspiration of good tidings."

For ticketing information, check the Arts and Entertainment column on page 4 of the Forum.

Terry Liebowitz is a founding member of the Castro Valley Arts Foundation.

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- Sally Barros, City of San Leandro Sustainability Manager
- Jim Browne, Alameda County Flood Control Environmental Compliance Specialist (and Arborist)

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