## SENIORS CHP INVITES SENIOR DRIVERS TO 'DRIVE SMART' TRAFFIC SAFETY SEMINAR



# CASTRO VALLEY FORUM

**WEDNESDAY, JANUARY 4, 2017** 

NO. 1

#### INSIDE YOUR **FORUM**

#### **FEATURES**

**YEAR 29** 



#### **Heater Safety**

PG&E urges customers to focus on safe heating when temperatures dip

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#### **OUR TOWN**



#### **Movie Night**

Work of Award-winning CV filmaker to be shown Saturday at the Chabot

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#### **SPORTS**



**Right on Track** 

Five Castro Valley Track Club runners excel at national track meet

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PHOTO BY FRED ZEHNDER

# Hello, World! CV's First Baby of 2017

Baby Marces was born just four minutes into the New Year at Eden Hospital in Castro Valley. He weighed 8 pounds, three ounces and was 19-1/4 inches long. Marces' proud parents are Frances Enriquez and Mar-Ion Almendarez of San Leandro.

# Fate of Daughtrey Building Back In Limbo; Developer Drops Out

By Amy Sylvestri CASTRO VALLEY FORUM

The New Year won't be bringing new life to the Daughtrey's building.

The developer behind the project has dropped out, citing the Castro Valley Municipal Advisory Council's (MAC) rejection of his

In November, developer David Greensfelder presented the MAC with a plan to turn the long-empty building at 3295 Castro Valley Boulevard into a children's entertainment zone called "Lost Worlds" with laser tag and a large jungle gym.

But the MAC gave the idea a resounding "no," saying it didn't appeal to the majority of Castro Valley residents.

MAC Chair Marc Crawford called the project a "non-starter" and most MAC members said they wanted a retail store or restaurant on the property.

Greensfelder said that under his agreement with the county, he had an option to purchase the property, but after getting no support for the Lost Worlds plan, he will not be exercising that option.

"We aren't moving forward," community events. said Greensfelder. "I found it extraordinarily disappointing. There derstands why people would want



The fate of the long-empty building at 3295 Castro Valley Boulevard is back in limbo after the developer behind the project dropped out, citing the Castro Valley Municipal Advisory Council's (MAC) rejection of his ideas.

after that performance at the MAC be financially viable for the space. meeting.

The Daughtrey's building has been largely unoccupied since 1991. The most popular idea then constructing and maintaining among public speakers at MAC meetings has been to turn the space into a public park and gathering place where there could be food trucks, concerts, and other

Greensfelder said that he unwas no reason for me to continue a park, but doesn't believe it can

The county would have to pay for environmental clean-up, razing the building and filling the basement, the park – all at taxpayers' expense.

"There would be very significant operating costs," said Greens-

Greensfelder said he was disappointed at the MAC's rejection of Lost Worlds, particularly because he had such a difficult time getting see DAUGHTREY on page 7

# BART's History Captured in Former Spokesman's Book

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PHONE: (510) 537-1792

As today's commuters scramble for seats on crowded Bay Area of the Bay Area Rapid Transit Sys-Rapid Transit (BART) trains, it's tem" contains entertaining anechard to imagine a time before the dotes and behind-the scenes mach-BART system even existed.

BART riders were scarce and funding even scarcer.

In fact, during the 1960s when constructed, many locals questioned the wisdom of even building what is now the backbone of Bay Area transit.

book about BART's history, from might never use a train system like its conception through the present BART.

"BART, The Dramatic History inations to create a lively read.

Yet there were many years — "It was a two-and-a-half year laparticularly in the 1970s — when bor of love," says Healy, who was asked to write the book by BART General Manager Grace Crunican. "I always joke that I knew where the system was conceived and all the bodies were buried, and found a few more as I did research for the book."

California was an automobile culture in the '60s, and suburbs BART's longtime spokesman in Alameda, Contra Costa and Michael C. Healy — nicknamed San Mateo counties were consid-"Mr. BART" — has penned a new ered "crabgrass frontiers" which



see BART on page 2 A BART train heads south on September 8, 1972 with Oakland skyline in the background.

# Warning on Warmers: Focus on Safe Heating When Temps Dip

ITH TEMPERATURES exovernight in the East to be cautious when heating their tional Fire Protection Association.

monitored.

used as a supplemental source of mattresses or bedding. heat. They are not intended to replace the home's central heating system and, when not used properly, can create serious safety hazards," said PG&E spoksman Jake Zigelman.

Fuel-burning appliances, such as gas furnaces, stoves and water heaters, can increase the risk of carbon monoxide poinsoning when at least three feet away from heatthey are not working properly.

pected to remain frosty leading cause of home fires and being used. accounts for about 56,000 structure Bay, PG&E is urging customers fires per year, according to the Na-

Nearly half of these fires occur Electric heating devices, such during the coldest winter months. as space heaters, are a home fire The leading contributing factor to hazard when not properly used or space heater fires is heating equip-Space heaters should only be burn, such as furniture, clothing,

PG&E offers the following tips:

- Place space heaters on level, hard, nonflammable surfaces, not on rugs or carpets.
- heaters or use them to dry items.
- · Turn off space heaters when leaving the room or going to sleep.
- Keep all flammable materials ing sources and supervise children heaters and charcoal.

Heating equipment is the second when a space heater or fireplace is

- Never use cooking devices such as ovens or stoves for home heating purposes.
- Install carbon monoxide detectors to warn if concentration levels are high. All California single-family homes are required ment too close to objects that can to have carbon monoxide detectors. They should be installed near sleeping areas and the batteries replaced at least twice a year.
  - When using the fireplace to stay warm, make sure the flue is open so that the byproducts • Don't put objects on space of combustion can vent safely through the chimney.
    - Never use products inside the home that generate dangerous levels of carbon monoxide, such as generators, barbecues, propane

If customers suspect there is a problem with a natural gas appliance inside their home, they should call PG&E at 1-800-743-5000. A gas service representative will be dispatched to do a thorough inspection. If you detect carbon monoxide in your home, you should get out immediately and

#### **Castro Valley Weather** Jan. 4 - 8, 2017







Thursday Partly Sunny High 55° Low 44°



Friday Partly Sunny High 51° Low 45°



Saturday Rain High 61° Low 57°



Sunday Rain High 61° Low 51°

#### Almanac

Past Week's Rain: 00.28 Season To Date: 12.19 Normal To Date: 21.22 Season Average:

Jan. Jan.

Jan.

Moon Phases

Jan.

Sun sets at 5:04 p.m. today, rises at 7:22 a.m. Thursday.

#### Míchele Markovích Antíques 20407 Santa Maria Ave. and 2510 San Carlos Ave. michele.estatesales@gmail.com

**ESTATE LIQUIDATION Estate Sales & Consignments** Cell-882-3242

## **BART:** System's Grand Opening in 1972

#### continued from front page

Agreements with dozens of cities, unincorporated areas, and public and private entities were sought over the years, affecting the placement - and cost - of the initial12 stations and those that followed. On September 11, 1972 the

first 18 cars were available for the system's grand opening. Over the the organization, and certainly for years, notables from various walks of life came to check out BART, including boxer Muhammad Ali, an Henny Youngman to promote former presidents Lyndon Johnson and Richard Nixon, Britain's Prince Charles and former Prime Minister Margaret Thatcher, and King Gustav of Sweden.

the system closed down twice, cism. Everyone seemed to know once during a lengthy labor dis- and love him," Healy says of pute and another time after a fire in Youngman. the Transbay tube.

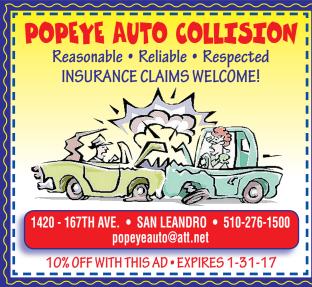
"That was a horrendous year for me," says Healy.

In 1988 BART hired comediridership. Youngman, who was famous for saying, "Take my wife, please!" appeared in ads saying, Take your BART, please!

"That became a very successful A low point came in 1979 when venture, despite a lot of skepti-

see BART on page 6

\$97





#### **B** Beauty Salon & Day Spa 15100 Hesperian Blvd. • #102 • San Leandro • 510-481-7888 10-MINUTE DRIVE FROM CASTRO VALLEY Services: Skin Care, Hair Cut, Color, Hilights, Perm, Permanence Straightening, Waxing, Pedicure, Manicure, Shellac, Fake Nails, Foot Reflexology, Body Massage, Body Scrub **OUR CUSTOMERS' #1 CHOICES:** Oil Body & Shoulder Massage & Stone Foot Massage **\$50** (90 minutes) • **\$65** (120 minutes) You can also request warm stones for your whole back **Sea Salt Body Scrub & Stone Foot Massage • \$60** (90 minutes) Deluxe Pedicure & Warm Stone Massage • \$35 Trimming, shaping and cuticle grooming. Parafin treatment with mask and warm towels. Nourishing, buffing and polishing. Callous treatment with sugar scrub or sea salt. Hot stone massage and warm lotion massage. Men's Haircut: \$12 & up Women's Haircut: ..... Basic Pedicure & Manicure: ...... \$30/person Gel Manicure (Shellac Manicure): ..... PRICES MAY CHANGE AT ANY TIME www.BeautySalonNdaySpa.com • www.sanleandrofootspa.com •



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✓ Accountability

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Comprehensive Programs That Include:

✓ Mental Game



**STARTING POINT: 510.671.1436 | www.LifeStyleReset.biz** 



PHOTO BY KAREN W. SCHNEIDER

Award-winning filmmaker Stacy Poulos at the Chabot Cinema where her music video "Into the Light" and a documentry about the production will be shown free on Saturday morning.

# Award-Winning Filmmaker's Work to be Shown Saturday

Castro Valley filmmaker Stacy how she produced it this Saturday College, were edited together over That was when she saw her local- Castro Valley. ly-produced music video "Into the

Poulos calls it her "wow moment." at the CineLux Chabot Cinema in a month's time.

Light" sharing a theater marquee ing singer-songwriter Sarah Smith half a dozen), "Into the Light" has with Lucas Films' "Rogue One." was shot in a number of local spots won both a 2016 Telly Award and Poulos, a 1983 graduate of Casover two days. The video clips, a 2016 Akademia Music Award tro Valley High School, will be with scenes from such locations for Best Video in the Pop Rock presenting her award-winning mu- as Castro Valley, Bay Trees Park, category. sic video and a documentary about Cal State Hayward and Chabot

Despite the challenges of a low The four-minute video featur- budget and a small crew (less than

see WORK on back page man's pockets.

#### SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



#### **Petty Theft**

#### **Stubborn Guest**

Thursday, December 29: at 3:00 p.m., a 25-year-old woman with Thursday, December 29: at 2:19 no permanent address was arrested on suspicion of failing to leave an apartment on Wilbeam Avenue near Wilbeam Court. Deputies were called to the apartment about a guest who refused to leave. The woman also had illegal drug paraphernalia in her purse. The woman was taken into custody.

#### **Shoplifter Nabbed**

Wednesday, December 28: at 8:27 p.m., deputies arrested a 43-yearold man with no permanent adfrom a drug store on the Boulevard near Marshall Street. The man reportedly walked out of the store with an unspecified amount of unpaid merchandise when he was approached by the store manager. Deputies later found illegal narcotics and drug paraphernalia in the

#### **Wanted Man**

p.m., Sheriff's deputies arrested a a.m., a 46-year-old man from 54-year-old man from Hayward Glendale (Los Angeles County) on suspicion of petty theft from was arrested as part of a warrant dress on suspicion of failing to a grocery store on East Castro for his arrest. Deputies were called Valley Boulevard. Store manag- to Eden Medical Center on Lake ers spotted the man leaving the Chabot Road after hospital securibuilding in the 580 Market Place ty realized the man had a warrant Boulevard near Marshall Street without paying. The man was for a previous offense. The man handcuffed and taken into custody. was transported to Santa Rita Jail pending \$16,000 in bail.

#### **Jaywalker With Drugs**

a.m., deputies arrested a 46-yearold man from El Cerrito (Contra Costa County) after they stopped him for jaywalking across the intersection of Castro Valley Boulevard and Redwood Road. The man was also found with illegal narcot- for her arrest. Deputies took the ics and drug paraphernalia in his woman to Santa Rita Jail pending possession. Deputies handcuffed the man and took him into custody.

#### **Thief Outside Bank**

p.m., a 39-year-old man with no dress on suspicion of shoplifting permanent address was arrested on suspicion of driving without a on suspicion of robbery, making valid registration and driver's lideath threats and destroying a cell cense. The man was also wanted phone being used to call for help. as part of a warrant for his arrest. Deputies were dispatched to a Deputies spotted the man drivbank on Castro Valley Boulevard ing down Lake Chabot Road and near Redwood Road after a 911 call about a robbery in progress. The man was apprehended and taken into custody.

#### Parolee Failed to Register

Thursday, December 29: at 1:56 Wednesday, December 28: at 9:11 Monday, December 26: at 11:03 p.m., deputies arrested a 35-yearold man with no permanent adreport with authorities following his release from jail. The man was hanging outside a drug store on the when deputies approached him for questioning. Deputies took the man back into custody.

#### **Boxing Day Dustup at Eden**

Monday, December 26: at 10:03 a.m., a 43-year-old woman was arrested after failing to leave Eden Medical Center even after being asked to leave by hospital security multiple times. The woman also had an outstanding warrant issued \$2,500 in bail.

#### Illegal Driver

Monday, December 26: at 1:56 Tuesday, December 27: at 1:06 a.m., deputies pulled over and arrested a 49-year-old man from CV stopped him around Somerset Avenue. The man was taken to Santa Rita Jail pending \$5,000 in bail. The vehicle was towed.

# New Technology Means No More **Back Pain for San Leandro Man**

#### Technology Now Available in Pleasanton.. And It's Remarkably Affordable..



Poor Max! He has been complaining of back pain that radiates to his right leg for the longest time. He would feel all kinds of sensations on his leg like tingling, pin pricks and numbness.

"I sought medical attention from my Orthopedic doctor. I have tried steroid shots, taking pain medication, have gone to Physical Therapy, Acupuncture and Chiropractic services" said Max.

Fortunately, Max went to see Jerry Hsieh at the Intero Chiropractic in Pleasanton. Jerry has helped hundreds of back pain and sciatica patients. He was one of the first in the United States to invest in technology that

provides an extremely accurate diagnosis of the back pain. The technology helps Jerry and his team pinpoint the cause of of the back and leg pain.

Using the information, Jerry puts into action a treatment program.

Max from San Leandro Gets Back to Enjoying Life

Max is now fully back to enjoying his life. No more back pain and discomfort. His life is back to normal. All thanks to the new technology found at Intero Chiropractic.

And Max from San Leandro is not alone.

"He relieved my back pain and symptoms after

Another patient wrote ...

"I was shocked that after the first 2 months I was completely pain free. It was amazing how different this type of structural chiropractic care was. Dr. Jerry, I can honestly say has made my quality of life so much better!'

Suzanne from San Leandro had sciatica so bad that she had a lot of pain in her leg, knee and foot for over six months and the pain was becoming unbearable.

Her doctor tried to treat her with medication which initially took the pain away, but came back after 2 days which made her anxious and unable to sleep.

"When my doctor wanted to prescribe another medication for my anxiousness I knew I needed to try a more holistic approach. That is when I found Dr. Jerry at Intero Chiropractic. Now, just one month later, the pain in my leg is about 70-80% gone. I am so glad I found you!!

#### Hundreds of Patients are No Longer Suffering from Back and Leg Pain

Jerry and his team have helped hundreds of patients deal with the back and leg pain associated with Sciatica.

And the number will increase as it becomes even easier to treat Sciatica - thanks to the new technology.

The team at Intero Chiropractic LOVE helping patients. Many patients were told by their GP, "there's nothing I can really do for

Yet Jerry's patients get back to their "normal" lives quickly. That's the power of the new technology at Intero Chiropractic. Why Do People Visit Jerry and His Team?

Here are 8 reasons... based on my research speaking directly with their patients.

- New technology brings relief in days. fast results.
- Average 88% success rate.
- No addictive pain-killers.
- No surgery.
- Proven results... hundreds of people helped in just one clinic.
- Amazingly affordable.
- It's easy to see one of Jerry's team and
- get on their schedule quickly. Get back to enjoying your life on your

#### It's Important to Start Your Treatment NOW

People who are experiencing even moderate back and leg pain should go to Intero Chiropractic immediately

treat certain conditions, including Sciatica,' said Jerry. "So it's vital to start treatment right

The treatment program usually provides relief within a few days. The first step is the initial appointment with Jerry and his team.

> **Initial Appointment Only** \$20... Save \$80. Offer is Only Available for a Limited Time.

For a limited time, Intero Chiropractic is offering his initial consultation for just \$20. The fee is usually \$100. So you save \$80.

Here's what you will receive:

- An in-depth consultation where one of Jerry's team members looks at your full medical history.
- A complete neuro-muscular examination using their new technology
- Technical and biological analysis of the
- A full follow-up report.
- · Full personalized treatment program with no surgery and no prescription drugs.

They only have a limited number of these appointments available. So it's important to

#### **Take These Next Steps** for YOUR Health...

- Phone (925) 255 5805 right now.
- Schedule your \$20 new patient evaluation (a \$100 value).
- Cut out this article and take it to your appointment for the discount.
- Get ready to say goodbye to chronic pain!

programs are extremely affordable and payment plans are available. Phone (925) 255 5805 and mention discount code LOS49BPSM1.



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#### Thursday, January 5: Parkinson's Support Group Meeting

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

#### • Friday, January 6: Eden Area Village

Eden Area Village is developing a non-profit membership based neighborhood "Village" that will help people in the Castro Valley, Hayward, and the San Lorenzo areas stay in their homes as they age. Public outreach meetings are held the first Friday of each month at 2 p.m. at Hayward City Hall. Next meeting is this Friday, Jan. 6.

• Saturday, January 7: Community Garden Open House

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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.



See what your neighbors are growing at an Open House at Paradise Community Garden, 20095 Mission Blvd. in Hayward from 10 a.m. to noon this Saturday, with a free workshop "Raising Backyard Chickens in the Eden Area" at 11 a.m. presented by Rick Hatcher who has 15 years experience. For more info call: Eden Urban Farms 510-909-4077

#### • Saturday, January 7: Getting Published

You wrote a book – now what? Four local writers will share how they navigated the publishing world at 11 a.m. this Saturday at the Castro Valley Library. Learn how they have worked with agents and publishers to get their work to bookstore and library shelves. You'll leave with a wide range of perspectives on the business of being an author and how to keep growing as a writer. Featured writers include Giovanna Capone, Karin Kallmaker, Camille Minichino and Mark Cotta Vaz. No tickets are required for this free library event.

#### • Saturday, January 7: Pet Available for Adoption

Dusty Paws Rescue will showing the available kittens/cats for re-homing this Saturday from 10 a.m. to 1 p.m. at Pet Food Express, 3385 Castro Valley Blvd. Check out www.dustypawsrescue.org for available animals. If interested, complete an on-line application.

#### • Sunday, January 8: Meet a Real Maasai Warrior

Meet Maasai Warrior Sabore Ole Oyie and hear about his life growing up in a small village in the Maasai Mara amongst the wild animals of Kenya, from 2 to 4 p.m. this Sunday at the Hayward Arts Council, 22394 Foothill Blvd. in Hayward. This fun event includes a silent auction, raffle prizes and a meet and greet photo opportunity with Sabore. For adults and children alike! Maasai jewelry and gifts for sale as well. All proceeds and donations support the nonprofit "saboreswell.org"

#### ■ Monday, January 9: Diabetes Support Group Meeting

Health coach Syam will discuss goal-setting at the next meeting of the Diabetes Support Group at 5 p.m. on Jan. 9 at the San Leandro Surgery Center, 15035 East 14 St., San Leandro. Meetings are free.

#### • Monday, January 9: Eagles Auxiliary Bingo Luncheon

Meatloaf, corn souffle, soup, salad, bread and dessert are all on the menu at noon January 9 for a donation of \$8 (includes one bingo card) at the charity bingo luncheon at the Eagles Hall, 21406 Foothill Blvd., Hayward. Help us help people in need. Call 584-1568 for further info.

#### ● Tuesday, January 10: Senior Driver Safety Seminar

Drive smart and save money! The CHP will conduct a seminar that includes tuning-up seniors' driving skills, rules of the road and safe-driving tips, from 1 to 3 p.m. January 10 at the Castro Valley Library. On completion of the seminar, participants will receive a certificate that may entitle them to an auto insurance discount. Registration is required for this free program. Call the library at 510-667-7900

#### • Saturday, January 14: Hearing Loss Association Meets

U.C. Berkeley's Pieter Doevendans, one of the creators of an application for smartphones which provides captioning in real time, will be speaker at the Jan. 14 meeting. 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 the old garage across Howe. For more info, email athos.artist@att.net or call Kay at 886-4717.

#### ■ Saturday, January 14: Crow Creek Restoration

Everyone is invited to join the Friends of San Lorenzo Creek for a morning of work to plant native vegetation and restore habitat on Crow Creek in Castro Valley. The goal is to plant 3,000 native plants! Come Saturday, January 14, from 9 a.m. to noon. Sponsored by The Restoration Trust, Friends of San Lorenzo Creek, and Hands-On Conservation. RSVP at goo.gl/forms/WB7XzVt8HBW3jlTo1. For questions call Emily at 510-622–8110.

#### Saturday, January 14: Annual Flea Market

Find a variety of affordable merchandise; housewares including books, jewelry, toys and clothing at the Hill & Valley Women's Club Annual Flea Market from 9 a.m. to 2 p.m. on Jan. 14 in the clubhouse, 1808 B St. in Hayward (there's parking near by). Lunch will be available at the mini cafe. Proceeds benefit the club's philanthropic programs including college scholarships, children's education and health, aid to women's shelters and veterans hospitals.

#### • Saturday, January 14: 'Living with Dementia' Class Offered

To help give caregivers a better understanding of the dementia and the needs of patients who suffer from it, Hope Hospice presents "Living with Dementia" from 9:45 a.m. to noon on Jan. 14, at 6377 Clark Ave., Suite 100, Dublin (2nd floor conference room). Register at HopeHospice.com or contact Debbie Emerson at debbiee@hopehospice.com.

#### Sunday, January 15: Mass for Martin Luther King Feast

All Saints Episcopal Church at 911 Dowling Blvd. in San Leandro will commemorate the Feast of the Rev. Dr. Martin Luther King, Jr. with a special mass at 10:15 a.m. on Sunday, Jan. 15, which will include African American Spirituals and a mass setting drawing from the African American tradition. All are invited to this festive service! For more information visit www.saintsalive.net

#### ■ Tuesday, January 17:: Chamber's Marketing Meeting

The Castro Valley/Eden Area Chamber of Commerce invites everyone its Annual Membership and Marketing meeting from 6:30 to 8:30 p.m. on Tuesday, January 17 at the Moose Lodge, 20835 Rutledge Road in Castro Valley. Chat with chamber members to learn more about all the activities that are being planned for 2017 and how to be involved. For more information, visit www.castrovalleychamber.com or call the Chamber at 510-537-5300.

#### ● Saturday, January 28: Eden Awards Presentations

The Castro Valley/Eden Area Chamber of Commerce will be saluting the winners of the Annual Eden Awards banquet from 6 to 11 p.m. on Jan. 28 at Redwood Canyon Event Center. Included are the Castro Valley and San Lorenzo Teachers of the Year, as well as First Responder, Volunteer and Business Person of the Year. For tickets or more info, visit www.edenareachamber.com or call 510-537-5300.

#### 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.

- "Monster Concert," witness the excitement as 24 young pianists, many from Castro Valley, perform together on 12 Yamaha pianos at 2 p.m. on Saturday, January 7, at the Center for the Arts, presented by the Southern Alameda County Branch of the Music Teachers Association of California. Purchase tickets online \$10 (\$15 at the door) at: www.eventbrite.com/ (search "Monster Concert"). All proceeds from this concert will go towards student scholarships.
- "Rhythm of the North," celebrating our 50th State Alaska will be presented at 7:30 p.m. on Saturday, Jan. 28. Take this boogie-woogie joy ride with John Bushell (known as "Johnny B.") when he presents this multi-media sensation, with stunning images, sizzling piano and hilarious stories. For tickets (\$20), see above.

#### **ART GALLERIES & EVENTS**

- "Looking Forward," an exhibition by the members of A.R.T., Inc., featuring a variety of media including two and three-dimensional art, will be presented from January 21 to March 4 at the Adobe Art Gallery, 20395 San Miguel Ave. in Castro Valley. Meet and greet the artists at the free awards and reception event from 1 to 3 p.m. on Saturday, Jan. 21. Art judge Angela Johal will select the exhibition awards. Art
- "Local Botanical Beauties, Then and Now," an exhibit of watercolors showing the variety of plant life that once dominated the East Bay landscape as well as plants still seen in our foothills as curated by the Mary L. Hardin School of Botanical Illustration, is currently on display at the Museum for History and Culture at 22380 Foothill Blvd. in Hayward.
- "A Woman's View of the World," a variety of artistic techniques including watercolors, acrylics, pencil, ink and mixed media by the Diablo/Alameda Chapter of the National League of American Pen Women, continues through Jan. 27 at the John O'Lague Galleria in Hayward City Hall, 777 B Street at Watkins, open Monday through Friday from 8:30 a.m. to 4:30 p.m.



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# REAL ESTATE GALLERY



### ESTATE REALI

By Carl Medford, CRS

GUEST COMMENTARY



## **Sellers Beware of New Flipper Tactics**

homeowner had signed course when the deal cancelled. a contract for a new home and ty quickly.

multiple offers and was in escrow. ceedingly difficult. Unfortunately, after two weeks the and, like the first, collapsed after a week.

the price to get a quick offer. By now, the cumulative days on the she was afraid her listing would price reduction. be viewed as tainted. Within a few days, a non-contingent cash offer arrived from a flipper offering less than list price, but able to close in in to the flippers revised terms. seven days. The seller signed and started packing.

Days passed and it became clear the buyer was taking their time getting their deposit into escrow. Afraid of losing a third deal, the seller hesitated in submitting a notice-to-perform.

On day seven, and still with no deposit, the investor stated that they would continue, but only at a much lower price. The seller is-

#### **Fixed Rates** Move Higher

Average fixed mortgage rates moved higher last week for the ninth consecutive week, according to Freddie Mac's weekly survey.

Despite the recent jump in mortgage rates since the election, the annual average for the 30-year fixed-rate mortgage was 3.65 percent in 2016, the lowest annual average ever recorded in records going back to 1971.

Thirty-year fixed-rate mortgages averaged 4.32 percent last week, up from 4.30 percent the week before.

Fifteen-year rates averaged 3.55 percent, up from 3.52 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 3.30 percent, down from 3.32 percent.

#### RECENT HOME SALES

#### **CASTRO VALLEY**

18983 Almond Rd, 94546: \$650,000 18609 Carlwyn Dr, 94546: \$772,500 4418 Gem Ave, 94546: \$480,000 21280 Hobert St, 94546: \$510,000 5026 Kevin Ct. 94546: \$679,000 \$400,000 1884 Knox St, 94546: 19358 San Miguel Ave, 94546: \$624,000 5681 Cold Water Dr, 94552: \$880,000 25593 Crestfield Dr, 94552: \$1,100,000 5956 Skyfarm Dr, 94552: \$1,050,000

**TOTAL SALES:** LOWEST AMOUNT: \$400,000 **HIGHEST AMOUNT:** \$1,100,000 **MEDIAN AMOUNT:** \$664,500 **AVERAGE AMOUNT:** \$714,550

n agent approached me sued a demand-to-close, but with It's a case of Seller Beware, with a tale of woe. A no deposit, had no immediate re- and we recommend the following

It's not a new story. With the needed to sell her existing proper- recent lack of inventory and dra- be in escrow within 24 hours." matic increase in the number of Her home was immediately flippers, finding homes that can be tice-To-Perform for the deposit the listed and within a week, received flipped for a profit has become ex- moment the offer is ratified.

Tired of competition, it seems the deposit is submitted. deal crashed and she was back on a few flippers are trying different the market. Another offer came in tactics. Offering a competitive time, submit a cancellation immeprice, cash and quick close, they beat out the competition and se-Frustrated, the seller lowered cure the deal. Before submitting their deposit to escrow, they "inspect" the home and then come market was approaching 30 and back with a request for a dramatic

have disappeared and the seller is either back on the market or caves Central County Marketing Associ-

when considering an offer:

- 1. Counter with "Deposit must
- 2. Submit a 24-hour No-
- 3. Refuse property access until
- 4. If the deposit is not in on diately and get right back on the market Subject to Cancellation.

Bottom line, if flippers want to start throwing curves, it's time for sellers to step up and play hardball.

Carl Medford is a licensed Realtor with Keller Williams Realty By this time, the other offers and a licensed general contractor. This article is sponsored by the ation at www.ccmgtoday.com.







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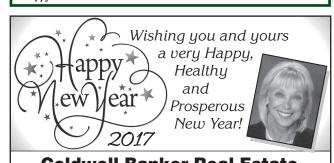
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January					
М	Т	W	Th	F	
2	3	4	5	6	
9	10	11	12	13	

- Place trees next to carts for pick-up on your regular collection day.
- Please remove ornaments, tinsel, nails, and stands. Cut tall trees into lengths no larger than six feet.
- Flocked trees will be collected, but not composted.



Questions? Contact Waste Management of Alameda County, Inc. at (510) 537-5500.

#### OTHER HOLIDAY RECYCLING TIPS & REMINDERS:

- Save holiday bows and ribbon and reuse them next year.
- Save foam packaging pellets and use them in the next package
- Recycle paper wrapping paper in the blue recycling cart or white
- Compost uneaten holiday leftovers (all food scraps and foodsoiled paper) in the green organics cart.

For more great tips, visit www.calrecycle.ca.gov/publiced/Holidays/

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This ad was funded by WMAC Public Education Funds



PHOTO COURTESY OF MIKE HEALY AND HEYDAY BOOKS

From left, BART former public information chief and author Mike Healy with ad man Eddie Spizel and comedian Henny Youngman as they prepare to shoot a commercial for the "Take Your BART, Please" ridership campaign in 1988.

## **BART:** Made Worldwide News as it Filled The San Francisco Bay Area Transit Gap

continued from page 2

Bridge roadway collapsed.

Fortunately BART's Transbay on. tube was unscathed by the magnitude 6.9 temblor — in fact, passengers inside the tube hadn't even felt the earthquake.

the Bay Bridge repairs would take in the Congressional Record. months.

1989 after the Loma Prieta earth- Healy. Ridership shot up by 20 quake, when a section of the Bay percent, and many new riders remained converts from that point

BART made worldwide news as it filled in the San Francisco Bay Area's transit gap. Healy even got U.S. Congressman Don Edwards It quickly became apparent that to include BART's contributions

Numerous scandals and the from bookstores and Amazon.

ontinued from page 2 "BART became the only game system's "growing pains" are also But BART's finest hour came in in town for commuters," notes included in the book, warts and all. The year 2017 will mark BART's 45th year of service, and anyone interested in how the system evolved will enjoy Healy's book.

> "BART, The Dramatic History of the Bay Area Rapid Transit System" is printed by Heyday Publishers of Berkeley, 510-549-3564 (\$20 paperback, e-book available) ISBN 9781597143707. Available



Author Healy in the cab of an early BART train.

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## Daughtrey: It's Back to the Drawing Board for Building

continued from front page property.

Greensfelder said that stores Leandro. including BevMo, Grocery Out-

let, Big 5, and Target Express all for the better part of 20 years," said with every planning document."

declined to open there, most citing Greensfelder. "We found a tenant any businesses interested in the the fact that they already have lo-that was going to activate the buildcations in nearby Dublin and San ing. Under the circumstances, this send out a request for proposals to "The building has been empty use was also dead-on consistent

So now it's back to the drawing board and the county will have was not only a very good use, this see if another developer can make something of the Daughtrey's

#### **Proposed Fairview MAC Headed for Vote Next Week**

Supervisors will hear a proposal (MAC), the Fairview MAC would next week for residents of the unincorporated Fairview area to get munity of about 10,000 residents their own advisory council.

Similar to the Castro Valley ley and Hayward border.

The Alameda County Board of Municipal Advisory Council in the area between the Castro Val-

Hayward Area Recreation District MAC at their Jan. 10 meeting. (HARD) headquarters at 1099 E

The MAC is set to be made up Street in Hayward once or twice of five appointed members who a month. Alameda County Board would advise Supervisor Nate of Supervisors is tentatively set to Miley. The council would meet at vote on formation of a Fairview

—Amy Sylvestri



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(Wells Fargo Plaza)

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# LETTERS to the Editor reasonably measured and professional. However, I have lingering concerns at

#### Wants School District to Investigate 'Teacher Seditious Activity' in Anti-Trump Student Demonstration

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Verbal

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Construction pieces

Prepares to propose

Egos' counterparts

Under the weather

Enthusiastic, plus

"All the Things You \_

Exhaust-pipe output

"G.W.T.W." plantation

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In late November I submitted a critical Letter to the Editor regarding the Castro Valley School District handling of the anti-Trump Castro Valley High activity.

Shortly thereafter, Superintendent Parvin Ahmadi invited me to her office to discuss the issue, after which I called Principal Blaine Torpey for an additional discussion. These two informational opportunities have caused me to significantly change my opinion regarding the administrative response to the event.

I now have a greater appreciation for the impromptu action required for the safety and well-being of the students. Both assured me that no school administrator had advance knowledge of the event, no teachers were known to have actively participated in the walk-out disruption, no classes were dismissed and any student who missed a scheduled class because of the activity was given a "cut" on attendance records. In my estimation, the response was very

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THE FORUM CROSSWORD

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However, I have lingering concerns about the act of sedition (incitement of rebellion) for which I was not able to receive adequate assurance. No one is investigating to assure that teachers did not assist in provoking the event and I did not get a sense that the school district would investigate related teacher seditious activity.

Secondly, issuing a "cut" is perhaps appropriate for individually skipping classes, but group defiance to attending is a far more serious issue and can, in my opinion, encourage even more serious disruptions (involving safety and well-being) in the future.

Castro Valley Unified School District did extremely well in controlling an initial serious disruption/rebellion; but, the administration and the Board of Education need to provide additional leadership to avoid a possible more serious and dangerous similar activity in the future. Developing specific teacher sedition and student defiance policies would hopefully deter and provide specific policy guidelines for similar future activity which could have serious safety and well-being implications for students, citizens and community business activities.

I'm grateful that our school children are in professional and responsible hands. I'm also hopeful that the District will be pro-active in deterring similar disruptions and being prepared for the future.

> Verne Teyler Castro Valley

#### Public Safety Town Hall Meeting on Monday

Editor:

I am deeply saddened to hear about the death of homeless resident Betty Roosevelt, the sudden string of homicides and the recent house fire in Castro Valley. My heart goes out to the community and families affected by these tragic events.

As the Sheriff's Office is conducting its investigations into the homicides, I am confident more information will come to light to help us better understand and begin healing.

The Castro Valley Municipal Advisory Council (Castro Valley MAC) and I are hosting a Special Castro Valley MAC Session and Public Safety Town Hall Meeting next Monday, Jan. 9, at the Castro Valley Library at 6 p.m., for the community to come together and for all those concerned by these events. The Alameda County Sheriff's Office will be there to share the information they have to date.

We look forward to gathering community feedback and taking steps to improve neighborhood safety.

-Supervisor Nate Miley

#### Suggestions for New Signs in Castro Valley

LETTERS TO THE EDITOR

Forum, P.O. Box 2897 Alameda, CA 94501

the right to edit as necessary.

How many residents of Castro Valley know that there is a sign on Redwood Road ("A" Street) that has signs of our service clubs listed with meeting information? Since Castro Valley has boundary signs (we are a Township not a city) on I -580 there seems to be a movement to have some type of identity; the now stored Castro Valley "pickle" sign that caused an uproar is now at rest.

Why not put service/club signs on each end of the boulevard. The Chamber might want to place one at the end of the off ramp at East Castro Valley Blvd. and one in the center of the Blvd. across from the Castro Valley Lumber yard. This would show the public that we service minded. Anyone else have a positive idea?

must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve

Email Letters to: fredz@ebpublishing.com, or mail to: The

-William M. Ferrell Castro Vallev

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#### MELVIN ORGILL May 12, 1924 – November 10, 2016 Melvin Orgill, a 62-year resident of Castro Valley, was born to Alexander Orgill and Margaret Ellen Walker in Egin, Idaho. He attended

Naval Officer Training during World War II. He later served a mission for the Church of Jesus Christ of Latter-day Saints in Czechoslovakia. In 1949, he attended the Konservatorium



music school in Zurich, Switzerland. In 1951, he achieved his dream to study music at the prestigious Conservatoire National de Paris. It was in Paris that he met and married his wife, LaRee

After returning home to the United States, Melvin finished up his Master's Degree at Brigham Young University and moved to Castro Valley. He began teaching string instruments in the Castro Valley school district and was charged with building up a district orchestra which went on to receive many honors. With his colleagues, he was able to build a successful music program which several Bay Area programs were later modeled after

Over the years, Melvin and LaRee raised four children and instilled in them the importance of education, hard work, service, dedication to God, and a love for music. Melvin loved to travel, and as a young man saw much of Europe. After his children left home, he was fortunate to be able to travel the world again. He took his last trip overseas at age 91.

Melvin was an accomplished violinist and served in many capacities in his church and in the community, including Bishop, choir director and teacher. He was ambitious, hard-working, compassionate, and had a great sense of humor.

Melvin is survived by 2 of his 3 sons, 1 daughter, 14 grandchildren, and 5 great-grandchildren. He leaves a great legacy that will be passed onto the following generations. His positive influence on so many people will not be forgotten.

A memorial service will be held at 11 a.m. on Saturday, Jan. 14, at The Church of Jesus Christ of Latter-Day Saints chapel, 3900 Seven Hills Road, in

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Son-gun link

## ATHLETES OF THE WEEK



#### Castro Valley United U13 2004 Green Team

This week's Athletes of the Week are the members of the Castro Valley United U13 2004 Green Team - the 2016 NorCal State Cup Champions in the Gold 3 Division.

The team won the final championship game 1-0, against the Ceres Earthquakes on Dec. 4, in Modesto. Castro Valley's only opportunity for a goal came with 4 minutes left in the game, from Charlotte Caistor, off of a corner kick.

The team's defensive stability has been the basis of their success this year and they were able to hold on for the win, giving them shut outs in their quarter final, semi-final, and Championship

"This really is an incredible achievement, one

in which the girls should be extremely proud of and I hope it stays with them, inspiring them towards future endeavors in the game," said their coach, Brendan McManus. The U13 girls finished third in the Fall League season, scoring 17 goals and only giving up 5 goals.

Shown top row from left, Katherine McElroy, Claire Cason, Mari Mc Kenna, Asst. Coach Matt Abreu and Head Coach Brendan McManus; middle row, Charlotte Caistor, Posie Hall, Marin Michieli, Taylor Seuis, Ce Ce Yao, Kyla Metchette, Maya Gutierrez-Zumudio, Erika Sun, Emma Fogle and Jamie Fong; bottom row, Mattea Abreu, Elisabeth Figueroa and Julia Bailey.

# Five CV Track Runners Excel at National Cross Country Meet

nnually, the second Saturday of December marks the USA Track and Field's National Junior Olympic Cross Country Meet, with top runners from around the country advancing through two qualifying meets in order to compete in this National meet.

Five runners from the Castro Valley Track Club advanced from the Region 14 meet where the top 30 runners from Central California (including the McFarland team, now famous from the movie) and the top 30 runners from the Northern California competed against each other in late November.

A record 3,500 runners converged on Birmingham, Alabama last month to race Nationals. No snow or freezing rain as in prior years, instead, the athletes competed in clear, blue skies and 30 degrees.

Each race held about 300-450 athletes, with each race run by age groupings of two years, 17-18 down to 9-10 and then 8 and under. Distances were 5000 meters for 15-16 and 17-18, 4000 meters for 13-14, 3000 meters 9-10 and 11-12, and 2000 meters for 8 and



The start of the boys' ages 9-10, 3,000-meter race, where the Club's Ryan Gauuan placed 76 out of 407 in a time of 12:39. Gauuan attends Independent Elementary School with the Dughi twins.

in the race, with very fast times of 12:19 and 12:55 over 3000 meters (1.864 miles).

personal improvement in the Region 14 qualifying meet, where Anna beat a girl from the McFarland team to take first place.

In the girls' age 9-10 race, the Chaney, competed with the Club's cvtrackclub.com

Club's identical twins of Anna and CVHS freshman, Seth Miu, in the Maya Dughi finished tenth and crowded 13-14 year old group of forty-first, out of 301, and second 446. In this 4000 meter race (2.485 and eleventh, out of the 9 year olds miles), each ran outstanding races, with Miu finishing 118 and Lucas 178 in times of 13.54 and 14.13.

The Club's mottos of "per-Maya's had the Club's greatest sistence" and "workouts work" showed the success of these great, young athletes, each of whom has a very bright future ahead of them.

Track and field registration be-The Club's eighth grader, Lucas gins now. Details on line at www.

#### CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



Youth Baseball and Flag Football Programs www.CVISPORTSLEAGUE.org



#### **USTA Junior Team** Tennis (age 10-17)

Eight weeks of singles, doubles and mixed doubles matches for intermediate to advanced players, emphasizing competition and tennis as a team sport will be held at Canyon Middle School on Sundays from 3 - 4:30 p.m. beginning Jan. 15. For more info, e-mail Coach Suzi Mills at cvjuniortennis@gmail.com or visit the web site at www.suzistennis.com.

#### USTA HITS (age 6-10) (Honesty/Inspiration/Teamwork/ Sportsmanship) Tennis

Eight weeks of tennis for beginners to intermediate players, incorporating the fundamentals of tennis with life skills enrichment will be held at Canyon Middle School on Saturdays from 9:30-10:30 am beginning Jan. 14 or on Sundays from 10:30-11:30 beginning Jan. 15. For more info, e-mail Coach Suzi Mills at cviuniortennis@ gmail.com or visit the web site at www.suzistennis.com.

#### Castro Valley Track Club

CV Track Information to sign up for youth track and field is on line at JOIN at: cvtrackclub.com

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The committee provides oversight to ensure that bond revenues are expended only for the purposes authorized by law.

The application can be found at: http://www.clpccd.org/bond/documents/COCapplication.pdf

Applications are due Friday, January 27, 2017 at 5 p.m.

Email questions to: dhorner@clpccd.org

Chabot-Las Positas Community College District 7600 Dublin Blvd., 3rd Floor Dublin, CA 94568 www.clpccd.org



#### Work: Film

#### continued from page 3

"Limited budgets force you to be more creative," she says.

Poulos comes from show-business family. Both her dad and an uncle worked in the entertainment field. She took her one and only photography course at the Hayward Area Recreation District when she was 12 and produced her first music video at age

But even as an elementary student in Castro Valley she loved working behind the scenes on school programs.

Today Poulos has a total of 10 prestigious awards, including "Best of Festival Adult Contemporary Music Video" at the Berkeley Video and Film Festival.

Now her latest music video and documentary will be on the big screen for a exclusive look before it gets submitted into film festival competitions around the world.

Doors open at the Chabot Cinema at 10:30 a.m. this Saturday, Jan. 7, with the free show starting promptly at 10:40 a.m. An exhibit of Poulos' fine art photography will be on display in the lobby before and after the show.

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## Seniors: A New Year's Resolution

My wife and I created term care: the our estate planning doc- disability of a uments about 10 years child; and changago and we really hav- es in tax law. en't looked at them since. Do you have any thoughts about when we much as we enshould consider updating them?

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

Yes, I do. I would tie a review and update into a New Year's Resolution.

Many of us resolve to eat healthier and exercise more in the New Year. I would suggest another resolution: persons who have not created an estate plan should resolve to create one; and those who have already created one, such as yourself, should resolve to update them as need and changes in the law may require.

A very basic estate plan would typically consist of the following legal documents: a "Living Trust," a backup Will, a Durable Power of Attorney and an Advance Health Care Directive for each person. These documents are designed to be reviewed, modified and updated as circumstances change.

Benchmarks for updating these documents might include the following: (1) changes in family structure, such as by births, deaths, divorces and marriages; (2) changes in the ability to manage one's own finances and/or the onset of and the corresponding option af-

However, as courage clients to review and

update their estate planning documents, too few actually take that advice.

of deceased parents, prepared two specific calendar deadline is helpor three decades earlier, which still refer to their children as minors, and others that mention only one 31 of the coming year. child when the parents subsequently had more children.

Outdated documents can some-

since you created your documents, you very likely have provisions in old tax laws in mind, and that would now make administration of your estate unduly cumber-

mon practice years ago, when the estate tax exemption was \$1 million per person or less, of requiring asset splitting and sub trust funding at the first death in order to minimize the estate tax bite.

Now, with the federal estate tax exemption at \$5.4-million per person (for persons dying in 2017), incapacity; (3) the need for long- forded married couples to double

that amount, the need for burdensome sub-trust funding is no longer necessary for most couples.

If your 10 year-old plan falls into this category, you may wish to modify it to eliminate this requirement and make trust administration easier for the survivor.

For those who have not created an estate plan, I would encourage them to do so at the earliest In this regard, I have seen wills opportunity. Sometimes setting a ful, such as taking steps to create a plan and have it in place by March

The New Year is a time for renewal. Let's add getting your legal affairs in order to your other restimes be more problematic than olutions. Your elder law or estate planning attorney can assist you If it has been 10 years or so in crafting an appropriate plan to meet your present circumstances.

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

## I refer, specifically, to the com-Safety Class On Tuesday

The California Highway Patrol invites senior drivers to stay safe while saving money by attending this year's first "Drive Smart" traffic safety seminar.

It will be held from 1 to 3 p.m. on Tuesday, Jan. 10, at the Castro Valley Library, 3600 Norbridge Avenue.

The seminar will include such topics as Compensating for Age-Related Changes, Tuning-Up Your Driving Skills, Rules of the Road and Safe Driving Tips.

On completion of the seminar, participants will receive a certificate for completing the course which may entitle them to an automobile insurance discount!

Registration is required for this free program. To register, or for more information, call the Library Info Desk at (510) 667-7900.

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