

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 29

WEDNESDAY, OCTOBER 25, 2017

NO. 44

INSIDE YOUR FORUM

NEWS



Team Effort

With homecoming games cancelled, teams collect donations for fire victims

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HALLOWEEN



All Pump'd Up

'Tis the season of all things pumpkin-spice. Here are some to try

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H&F



Eye Health

Many health conditions can be detected during a simple eye exam

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PHONE: (510) 537-1792

PICK O' THE PATCH



PHOTO BY LARRY ROSA

Lily Richard and her brother Miles from Pleasanton look for the perfect pumpkin at Moore's Pumpkin Patch in Castro Valley on Monday evening. The Moore family not only sells thousands of fresh pumpkins, some weighing more than 600 pounds, but also has carnival rides, a train and a giant slide among other attractions. The pumpkins are shipped in from growing regions in the San Joaquin Valley and in Oregon. The patch, next to the Rowell Ranch Rodeo Grounds, was begun by John Moore in 1984.

Castro Valley Sports Hall of Fame Selects Its New Class

By Lowell Hickey
SPECIAL TO THE FORUM

Athletes, coaches, an athletic trainer and 10 different sports are represented in the 2018 Castro Valley Sports Hall of Fame class, announced this week by the Castro Valley Sports Foundation.

Sixteen men and women, representing sports as far-ranging as baseball, football and barefoot water skiing, will be inducted into the Hall of Fame at a banquet and ceremony, Saturday, April 21, 2018, at the Redwood Canyon Event Center.

Two members of Castro Valley High's 2011 North Coast Section basketball championship team – Roderick Bobbitt and Juan Anderson – are part of the fifth class to be inducted into the Hall of Fame. A new class has been honored every two years since the Sports Hall of Fame's inception in 2010.

Bob Milano, the University of

California's all-time winningest baseball coach and a Castro Valley resident for 15 years, joins former CVHS track coach Peter Brewer and Redwood Christian baseball coach Jim Cleveland as coaching inductees, while wrestler Brad Vadnais and basketball standout

16 men and women will be inducted into Hall of Fame at a banquet and ceremony in April of 2018 at the Redwood Canyon Event Center

Jackie Wilson-Moog earn Hall of Fame honors in dual roles as athletes and coaches.

Wilson-Moog is one of five women in the 2018 class, the others being Mariah Cameron (soccer), Alexis Koliass (volleyball), Sasha Wallace (track and field)

and Kelsey Santistaban (cross country).

Former CVHS and University of Oregon lineman Michael Klews, a Rose Bowl starter, and quarterback Mike Proulx, who excelled at Humboldt State after graduating CVHS, represent football. Nick Lima, a former All-Pac-12 selection at Cal and a current member of the professional San Jose Earthquakes, makes the Hall for soccer.

San Francisco Giants assistant trainer Anthony Reyes, who owns three World Series rings, and record-setting barefoot water skier Scott Pellaton round out the outstanding 2018 class.

Castro Valley Hall of Fame inductees are elected by a committee appointed by the Castro Valley Sports Foundation's Board of Directors, with nominations solicited and accepted from the public. The committee has been involved in the selection process since February.

MAC MEETING

Mural, Townhouses OK'd; Three Other Projects Continued

By Amy Sylvestri
CASTRO VALLEY FORUM

Castro Valley Municipal Advisory Council (MAC) members faced a packed agenda Monday night and continued three of the five items saying the projects just weren't up to snuff yet.

The MAC did approve two matters – the “community identifier mural” and a plan for a housing development.

The Mural

There have been plans to paint a large mural reading “Castro Valley” on the I-580 underpass at Redwood Road since 2015, but the process of selecting an artist and a design has been lengthy – largely in part to the community's reluctance to have another widely-disliked piece of art like the infamous “canoe” sign from the 1990s.

After various designs were displayed online and at the library all summer, the county and a citizen's selection committee chose artist Robert Minervini to create the Castro Valley mural. It depicts rolling green hills, a blue sky, and “Castro Valley” written in the green and gold colors of the high school.

The MAC approved the design by a vote of 6-1, with MAC member Chuck Moore dissenting. Moore has long been vocally critical about spending tax dollars on the arts while other projects go unfunded. The county is spending a total of \$400,000 on three murals in the unincorporated areas.

“I just completely disagree with the spending,” said Moore. “I'd rather buy school books and pencils for kids who can't afford them.”

The mural now needs approval from the Alameda County Board of Supervisors and Caltrans before painting begins, likely sometime in the spring.

20 Townhouses Approved

The MAC also unanimously approved the construction of 20 townhouses – each 35-feet tall – on a one-acre site at 20785 and 20957 Baker Street.

MAC member Ken Carbone said the project got his vote be-

cause it complies with all criteria the county sets out, but said he didn't like the trend towards high-density projects.

“I just don't like it – the whole design of it – it's not going to be a good project,” said Carbone. “But I really hope the development proves me wrong.”

MAC member Shiela Cunha said that it's a simple fact that high-density housing will be part of the future in Castro Valley and throughout Bay Area.

“Things are changing,” said Cunha. “There is a housing shortage.”

And MAC Chair Marc Crawford agreed.

“This is the direction our development is headed in,” said Crawford.

Another KFC Rejection

Meanwhile, the MAC did not approve a second try by Kentucky Fried Chicken to get approval for an interior and exterior makeover at their store at 3625 Castro Valley Boulevard. KFC originally proposed a bold striped paint job that echoed their buckets of chicken, but the MAC refused to consider that.

At a meeting last month, the MAC threw out the fast food chain's second proposal, saying it needed faux rocks or other texture on the facade so it doesn't look like a stucco box. This time, KFC submitted essentially the same proposal with no stonework and the MAC sent them back to the drawing board.

“This actually looks worse than the bucket design,” said Crawford. “We want a better looking project than what is proposed.”

If the MAC doesn't approve a new design, the store will just stay as is. That's a technique they used on Jack in the Box when they essentially waited out the owners until a design the MAC liked was submitted.

“Right now, this is just straight up warehouse-looking,” said Carbone. “It just looks so bad, I don't know what to say. Be creative; a stucco wall is not going to work.”

see MAC on page 7

Castro Valley Weather Oct. 25 - 29, 2017



Wednesday
Sunny
High 85° Low 57°



Thursday
Sunny
High 84° Low 55°



Friday
Sunny
High 80° Low 52°



Saturday
Sunny
High 78° Low 52°



Sunday
Partly Sunny
High 74° Low 51

Almanac



Past Week's Rain: 00.25
Season To Date: 00.38
Normal To Date: 00.79
Season Average: 21.22

Moon Phases



Oct
27



Nov
3



Nov
10



Nov
18

Sun sets at 6:18 p.m. today, rises at 7:30 a.m. Thursday.

Michele Markovich Antiques
20407 Santa Maria Ave. and 2510 San Carlos Ave.
michele.estatesales@gmail.com

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DONATE TREE FRUIT OR GARDEN SURPLUS

FIGHT HUNGER BY GLEANING!

Do you or your neighbors have excess tree fruit or a garden surplus that needs a home? If so, please don't waste it, glean and donate it instead!



Gleaning is the time-honored tradition (from ancient text) of harvesting extra fruit and vegetables for those in need. Gleaners can use **FallingFruit.org**, a database of neighborhood trees and food-bearing plants designed to help share extra food. The Falling Fruit 'edible map' is opensource so look up your neighborhood and consider joining the community.

Once you've gleaned or saved your extra produce, you can use **AmpleHarvest.org** which connects those with extra fruit and veggies to food pantries that will take it, liability free.

Another great option to reduce home-grown food waste is to share it with friends, families, and co-workers! Visit www.cvsan.org/Reduce for more food waste tips.

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This ad was funded by Measure D



Drivers For Survivors Expanding

DRIVERS FOR SURVIVORS, which provides free transportation service and supportive companionship for ambulatory cancer patients, is asking for help.

The non-profit organization expanded its service area this summer to Castro Valley, Ashland, Cherryland, San Lorenzo and San Leandro and is in need many more volunteer-companion drivers.

It is approaching five years of service to the Tri-City area where its volunteer-companion drivers have supported more than three-hundred cancer patients who are going through treatment and have provided over 12,000 rides.

The program is funded by the Alameda County Transportation Commission, charitable individuals, organizations, and local businesses.

It relies on volunteers to drive clients to and from oncology-related appointments while providing caring companionship at a most challenging time. They can help to alleviate some of the stress associated with some of the practical aspects of a cancer diagnosis by this act.

Volunteer drivers must have a five-year good driving record *see DRIVERS on page 8*

Save the Date!



Chabot Homecoming game!

Chabot College vs. Modesto Junior College

**October 28th
6pm**

FREE Pre-Game Carnival with Games, Rides, Food, Giveaways 1- 6pm

**\$5.00 Admission for Students
\$10.00 General Admission**

Register by 10/23 for Early Bird Discounts!

Special VIP PACKAGES available at:
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For more info email life@chabotcollege.edu





PHOTO COURTESY OF DEE SCHULLER

Mini-Village on Walnut Road

Dee Schuller of Castro Valley has been creating lovely "miniature gardens" for years, displaying them at her yard at 17967 Walnut Road. In a car, one might drive right past without noticing, but approach on foot and a wonderful little world is there to cheer the passersby. "I think it is a good idea to share, because it puts a smile on people's faces. People are in a good mood while looking at the garden, like they are transported to a different place for just a moment," says Schuller. She has recently built four new neighborhoods: English Country Village, New England Seaport, Victorian, and Western frontier. She welcomes visitors to visit her yard, and hopes they will enjoy the view. "It is done for now — unless I decide to build more worlds," she says.

CV Outreach: Help for Parents in Need

The goal of Castro Valley Outreach, a non-profit organization, is to reach out to parents of children attending schools within the Castro Valley Unified School District during times of temporary need. This year, Castro Valley Outreach

will be providing Thanksgiving food boxes, Christmas presents and Christmas trees.

If you wish to apply for the program, please fill out the application (available online at goo.gl/7ZGN-nC or pickup a paper document in

the School District office at 4400 Alma Ave.) and return it by Friday, Nov. 3.

All info will be kept confidential. For more info, contact Theresa Koscinski, interim Chairperson, at tmkoscinski83@gmail.com.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



Home Robbery Thwarted

Sunday, October 22: at 12:32 p.m., Sheriff's deputies arrested a 24-year-old man with no permanent address on suspicion of robbery at a home on San Miguel Avenue near Somerset Avenue. An anonymous tip about suspicious activity at the home led deputies to investigate. The suspect was apprehended outside the house. Deputies handcuffed the man and took him into custody.

Shoplifter Stopped

Sunday, October 22: at 2:45 p.m., a 50-year-old man with no permanent address was arrested on suspicion of shoplifting at a grocery store on Redwood Road near Castro Valley Boulevard. Deputies were called to the scene after store security spotted the man walking out of the store with unpaid merchandise. The man was also found with illegal drug paraphernalia in his possession. Deputies took the man into custody.

Traffic Stop Ends in Arrest

Sunday, October 22: at 4:02 p.m., deputies pulled over and arrested a 29-year-old man from Walnut Creek on suspicion of possession of illegal drug paraphernalia. The man was driving westbound on Interstate 580 when deputies observed a traffic violation and pulled him over on Eden Canyon Road near the off-ramp. Deputies

spotted the man's stash during the investigation. The man was taken into custody.

Stolen Car

Sunday, October 22: at 5:02 a.m., a 31-year-old man with no permanent address was arrested on suspicion of driving a stolen vehicle and possession of illegal narcotics. Deputies pulled the man over on Grove Way near Redwood Road after identifying the car as being stolen. The man was also wanted as part of a warrant for his arrest. Deputies took the man to Santa Rita Jail pending \$5,000 in bail.

Illegal Drug Possession

Thursday, October 19: at 8:26 a.m., deputies arrested a 47-year-old man from San Francisco on suspicion of possession of illegal

narcotics and illegal drug paraphernalia. The man was loitering around the back end of several buildings including a grocery store and bowling alley when deputies approached him and discovered his stash. The man was also wanted as part of a warrant issued for his capture. Deputies took the man to Santa Rita Jail pending \$10,000 in bail.

Nuisance Customer

Wednesday, October 18: at 10:10 p.m., a 48-year-old man with no permanent address was arrested on suspicion of interfering with a business operation and violating the terms of his probation. Deputies were called to a grocery store on Redwood Road near Castro Valley Boulevard after store manager

see **REPORTS** on page 7

An Apology

Last week's page 3 article "Shared Parking Project Weeks Behind Schedule" carried quotes attributed to "Caryl Mahar of the Chamber of Commerce."

Mahar, who had left her employment with the Castro Valley Eden Area Chamber of Commerce, disputed the Forum article, saying the quotes were untrue and did not reflect either the Chamber's or her own feelings about the project.

A letter from Mahar appears on page 14 of this week's Forum.

The Forum apologizes to both Ms. Mahar and the Castro Valley Eden Area Chamber of Commerce for the inaccuracies in the story.

—Fred Zehnder, Editor

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HOROSCOPE

by Salomé

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ARIES (March 21 - April 19): You're eager to Ram headfirst into that new project. But before you do, find out why some of your colleagues might not appear to be as gung-ho about it as you are.

TAURUS (April 20 - May 20): All that dedicated hard work you've been putting in pays off better than you expected. So go ahead, reward yourself with something befitting a beauty-loving Bovine.

GEMINI (May 21 - June 20): It's a good time to take on that new challenge. And if your self-confidence is sagging, instead of telling yourself why you can't do it, list all the reasons why you can.

CANCER (June 21 - July 22): This is one time when you might want to put some distance between you and the job at hand. It will give you a better perspective on what you've done and still need to do.

LEO (July 23 - August 22): Resist that occasional lapse into Leonine laziness that sometimes overtakes the Big Cat. Don't cut corners. Do the job right at this time, or you might have to redo it later.

VIRGO (August 23 - Sept. 22): You know how you like to do things. And that's fine. But watch that you don't impose your methods on others. A current financial crunch soon eases.

LIBRA (Sept. 23 - October 22): Someone might try to take advantage of your generosity. But before your sensitivity toward others overwhelms your good sense, check his or her story out carefully.

SCORPIO (October 23 - November 21): Your strong Scorpion sense of fairness lets you see all sides of a dispute. Continue to remain impartial as you help each person work through his or her particular grievance.

SAGITTARIUS (Nov. 22 - Dec. 21): Trust your keen Sagittarian insight to help you see through an offer that might not be all it claims. A closer look could reveal disturbing elements.

CAPRICORN (Dec. 22 - Jan. 19): With the Goat exhibiting a more dominant aspect these days, you could find it easier to make your case in front of even the most skeptical audience.

AQUARIUS (Jan. 20 - Feb. 18): Take things nice and easy as you continue to build up your energy reserves for a big change that's coming with the full Hunter's Moon on Oct. 29.

PISCES (Feb. 19 - March 20): Recent news from someone you trust could help you make an important decision. Also, be prepared to confront an upcoming change in a personal situation.

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The Week Ahead

● Wednesday, October 25: Special School Board Meeting

The Castro Valley Board of Education will hold a special open meeting beginning at 5 p.m. today at the School District Headquarters, 4400 Alma Avenue. The complete agenda and board packet are available at bit.ly/CVUSDBBoardMeetings

● Thursday, October 26: Business Law for Entrepreneurs

Learn how to start and structure your business, hire employees, select a business name and more at a free workshop sponsored by the Alameda County Small Business Development Center at the Castro Valley Library from 3-5 p.m. tomorrow. Topics include leases, contracts and intellectual property basics. For more info visit www.acsbdc.org or to register visit www.acsbdc.org/events/business-law-entrepreneurs-0

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

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

CASTRO VALLEY FORUM

CASTROVALLEYFORUM.COM

ESTABLISHED: 1989 • CIRCULATION 22,500

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Published every Wednesday by EastBay Publishing Corp.
2060 Washington Ave., San Leandro, CA 94577
Corporate Address: P.O. Box 2897, Alameda, CA 94501
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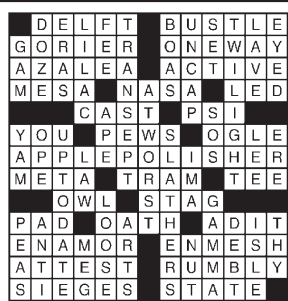
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Carl Medford

Terry Liebowitz

Linette Escobar

CROSSWORD PUZZLE ANSWERS FOR OCTOBER 25



● Thursday, October 26: Design Thinking for Innovation

New categories of human jobs are being created every day, and these new jobs require an entirely new and drastically different set of skills. Attend a free presentation on Design Thinking for Business Innovation from 9 to 10:30 a.m. tomorrow at the Castro Valley School of Music, 3300 East Castro Valley Blvd. Pre-register by calling 510-397-0721.

● Thursday, October 26: Workshop on "Message Songs"

Award-winning singer and music historian Rhonda Benin conducts an interactive workshop exploring the lyrics of 7 popular "message songs" written by Black American musicians and investigates the relationship between popular music and the issues of the times, from 7 to 10 p.m. tomorrow at Smalltown Society, 22222 Redwood Road in Castro Valley. Admission is \$15. Visit www.smalltownsociety.com for more info.

● Friday, October 27: Dynamic Dinner

The Castro Valley Educational Foundation invites you to the annual Dynamic Dinner this Friday at the Castro Valley Masonic Center, 4521 Crow Canyon Place, as it goes "Back to the '80s." No host cocktails, dinner, dancing and a live dessert auction from 6 to 11 p.m. Seating is very limited, so purchase tickets in advance at www.cvef.org.

● Saturday, October 28: Kiwanis Pasta Dinner

Join the Hayward-Castro Valley Kiwanis Club for a pasta dinner and a night of entertainment with Laurie De Seguirant, from 5:30 to 8 p.m. this Saturday at the Aiken Senior Center, 17800 Redwood Road in Castro Valley. Tickets for this annual community fundraiser (\$20 for adults, \$10 for children, under 10 free), call Lisa Wilhite at 510-332-6068 or stop by Intero Real Estate, 3185 Castro Valley Blvd.

● Saturday, October 28: Celebrate Interfaith Collaboration

Learn how to leverage your time for Interfaith Action at Eden Area Interfaith Council's annual meeting and celebration with dancing, singing and music, from 4 to 6 p.m. this Saturday at Holy Cross Episcopal Church, 19179 Center St. in Castro Valley (info@edeninterfaith.org).

● Sunday, October 29: Run to the Dam

The Inaugural "Run to the Dam 2017," sponsored by Castro Valley Sports Foundation and Eden Health District, will take place this Sunday, with a 5K Walk/Run and a 10K Trail Run from the Chabot staging area at 7000 Miller Road beginning at 8:30 a.m. Packet pickups and race day registration begins at 7:30 a.m. The Run helps to raise funds to provide charitable assistance and to support the health and well-being of school-age Castro Valley athletes. Register at: runsignup.com/runtothedam

● Tuesday, October 31: What's Happening in Hayward?

Find out, when Hayward Mayor Barbara Halliday presents a "State of the City" address at the Castro Valley Rotary Club lunch at noon on Oct. 31 at the Redwood Canyon Golf Course. For more information go to www.castrovalleyrotary.org or contact Jim Negri at 650-996-9173. The buffet lunch is \$20 and reservations must be made by 9:00 a.m. on Monday, Oct. 30.

...and Beyond

● Wednesday, November 1: Diabetes Support Group

Those with diabetes and their loved ones are encouraged to attend this free self-help group discussion facilitated by a health educator, at 1 p.m. on Nov. 1 at the Carlton Plaza, 1000 E. 14th St. in San Leandro. For more info, call Amber Bennett at 510-636-0660.

● Thursday, November 2: Parkinson Support Group

Carol Evans, a Nurse Practitioner, will be speaker at the next monthly meeting of the San Leandro Parkinson Support Group at 10:30 a.m. on Nov. 2 at the San Lorenzo Community 945 Paseo Grande. For more information, call Lona White 510-276-3119.

● Friday, November 3: Eden Area Village Meeting

Hear about the virtual village of members and volunteers helping seniors remain active and engaged in the community at the next meeting of Eden Area Village a 2 p.m. on Nov. 3 at Hayward City Hall (ask at front desk for room number). For more info, visit edenareavillage.org or email info@edenareavillage.org

● Friday & Saturday, Nov. 3-4: Boutique for Meals on Wheels

Start your holiday shopping with unique hand-crafted items from local artists at the Castro Valley Women's Club 5th Annual Holiday Boutique Fundraiser to benefit SOS/Meals on Wheels, on Friday from 5 to 8 p.m. and Saturday from 9 a.m. to 4 p.m. at 18330 Redwood Road. Exciting "Pick-your-Prize" drawing with prizes provided by local businesses, and a Bake Sale table with homemade treats. For more info, visit www.castrovalleywomensclub.weebly.com or call 510- 461-7692.

● Saturday, November 4: 'Rewired to Inspire' Workshop

Join an interactive workshop from 3 to 4 p.m. on Nov. 4 at the Castro Valley Library for youth from 5 to 18 and adults 55 and older, to encourage cultural exchange, enhance emotional intelligence, develop communication and leadership skills and boost critical thinking through games, discussions, and crafts. Adult and high school volunteers welcome. Apply at rewiredtoinspire.weebly.com/get-involved. Questions? Call 510-371-1268 or email rewiredtoinspire@gmail.com

● Saturday, November 4: Hill & Valley Scholarship Bazaar

The Hill & Valley Club at 1808 B St. in Hayward will hold its annual bazaar to raise funds for student scholarships, from 9 a.m. to 2 p.m. on Nov. 4. Find bargains in collectibles, books, jewelry, home decorations and buy homemade candy and baked goods. For a \$5 box lunch, call Joann Silveira at 510-785-2053 by Monday, Oct. 30.

● Saturday, November 4: Celebrate Marine Corps' Birthday

The Lt. Frank Reasoner Detachment, Marine Corps League will host a breakfast celebrating the 242nd Marine Corps birthday at 8 a.m. on Nov. 4 at the San Leandro Veterans Building, 1103 Bancroft Ave. Tickets are \$20 at the door. For info, call Ron Saunders at 510-489-4186.

● Saturday & Sunday, Nov. 4-5: Palomares Hills Boutique

Shop for unique, one-of-a-kind gifts created by talented, local artisans including fresh fudge, local honey, gourmet foods, handcrafted jewelry, holiday ornaments, garden art, home decor and more, from 10 a.m. to 5 p.m. on Nov. 4-5 at Jensen Ranch Elementary School at 20001 Carson Lane in Palomares Hills. Stay for lunch or just enjoy a cup of coffee.

● Sunday, November 5: Chakra Balancing for the Holidays

Join Certified Hypnotherapist Marion Oldenage to learn about the seven key points in the subtle body that are thought to be vortexes of energy (known as chakras) and the benefits of chakra balancing, at 2 p.m. on Nov. 5, at the Castro Valley Library. By healing the energetic centers of your body, your overall healthy will improve. The program is free and no advanced registration is required.

Arts & Entertainment

THEATRICAL & MUSICAL PERFORMANCES

● **Summer String Quartet Concert**, with Chris Cooper, Gary Osias, Esteban Zapiain, and Myra Chachkin, will be presented at 2 p.m. this Saturday, Oct. 28, at the Castro Valley Library. The program will feature Borodin's String Quartet No. 2 as well as jazz and pop favorites. Admission is free.

● **"The Addams Family,"** a magnificently macabre musical comedy, is being presented by Chanticleers Theatre through Sunday, Nov. 5. In the kooky, upside-down world of the Addams Family, a grave crisis is brewing. It is every father's worst nightmare but in reverse. Curtain time for Friday and Saturday evenings is 8 p.m., and Sunday matinees start at 2 p.m. For tickets (general-\$25, seniors and students-\$20), call SEELIVE (733-5483) or visit chanticleers.org. Chanticleers is in Castro Valley Community Park at 3583 Quail Avenue.

● **"The Illusion,"** written by Pulitzer Prize-winning playwright Tony Kushner, will be presented by Ohlone College at 8 p.m. on Nov. 3, 4, 9, 11, 16, 17 and 18 at Smith Center, 43600 Mission Blvd. in Fremont. Set in 17th Century France, it's the story of a father who seeks a sorcerer to find his long-lost son, a play with humor and suspense offering a surprising twist at the end. For tickets (\$15-\$10) visit www.smithcenter.com or call 510-659-6031. Event parking is \$4.

AT THE GALLERIES

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

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

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

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

● **Paintings by James Sayre**, an exhibition of original works by this Castro Valley artist, are currently on display at the Kenneth C. Aitken Community Center at 17800 Redwood Road in Castro Valley.

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PHOTOS COURTESY OF STACY KINSELLA

Carloads of food, beverages and other supplies for fire victims in the North Bay were collected by Castro Valley High School sports teams when their athletic events were cancelled because of smoke pollution.

CVHS Teams Collect For Wildfire Victims

When all of the outdoor Homecoming events were cancelled at Castro Valley High School, the Cross Country and Football teams put their time to good use over that Thursday and Friday, collecting donations for the families affected by the fires in the North Bay. Football team Mom Stacy Kinsella delivered all of the supplies to the San Ramon Police Department on Saturday for distribution to the shelters.



Car Technology Drives Motorists to Distraction

New vehicle infotainment systems take drivers' eyes off the road and hands off the wheel for potentially dangerous periods of time, according to research from the AAA Foundation for Traffic Safety.

A new study found drivers using in-vehicle technologies like voice-based and touch screen features experienced very high levels of visual and mental demand for more than 40 seconds when completing tasks like programming navigation or sending a text message.

Removing eyes from the road for just two seconds doubles the risk for a crash, according to previous research.

"Using these technologies while driving can have dangerous consequences, as motorists could miss stop signs, pedestrians and other vehicles for over half a minute while their eyes and attention are off the road and hands off the wheel," said Michael Blasky, AAA Northern California spokesman.

Researchers from the University of Utah to examine the visual (eyes off road) and cognitive (mental) demand as well as the time it took drivers to complete a task using the infotainment systems in 30 new 2017 vehicles.

Participants were required to use voice command, touch screen and other interactive technologies to make a call, send a text message, tune the radio or program navigation, all while driving down the road.

Researchers developed an advanced rating scale to measure the visual and cognitive demands and the time it took to complete a task experienced by drivers using each vehicle's infotainment system. The scale ranged from low to very high levels of demand.

A low level of demand equates to listening to the radio or an audiobook, while very high demand is equivalent to trying to balance a checkbook while driving.

None of the 30 vehicle infotainment systems evaluated produced low demand, while 23 systems generated high or very high levels of demand on drivers.

Programming navigation was the most distracting task, taking an average of 40 seconds to complete. At 25 mph, a car can travel the length of four football fields during the time it could take a driver to enter a destination in navigation.

• Cars Requiring a *moderate* level of demand were:

Chevrolet Equinox LT
Ford F250 XLT
Hyundai Santa Fe Sport
Lincoln MKC Premiere
Toyota Camry SE
Toyota Corolla SE
Toyota Sienna XLE

• Cars requiring a *high* level of demand were:

Cadillac XT5 Luxury
Chevrolet Traverse LT
Dodge Ram 1500
Ford Fusion Titanium
Hyundai Sonata Base
Infiniti Q50 Premium
Jeep Compass Sport
Jeep Grand Cherokee Limited
Kia Sorento LX
Nissan Maxima SV
Toyota Rav 4 XLE

• Cars requiring a *very high* level of demand were:

Audi Q7 QPP
Chrysler 300 C
Dodge Durango GT
Ford Mustang GT
GMC Yukon SLT
Honda Civic Touring
Honda Ridgeline RTL-E
Mazda3 Touring
Nissan Armada SV
Subaru Crosstrek Premium
Tesla Model S
Volvo XC60 T5 Inscription

Researchers found that most infotainment systems tested could easily be made safer by locking out text messaging, social media and programming navigation while the car is in motion.

For more information, visit AAA.com/distraction.



Volunteers Sought

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



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PHOTO BY JIM KNOWLES

Demolition of 1949 Landmark

A demolition company is razing the old Kraft Foods plant in San Leandro at the corner of Halcyon and Washington avenues. When it closed last year, it was operating 24 hours a day, seven days a week and employed 130 people, making such products as Jell-O, Maxwell House and Yuban coffees. It was shuttered along with six other plants in the U.S. and Canada after Kraft merged with the H.J. Heinz Company.

Yoga For Self-Care

By Joanne Sexton
SPECIAL TO THE FORUM

The emotional and physical toll of fighting cancer — whether you're the patient or a caregiver — can strain even the most resilient person.

In my job I routinely meet patients, and their caregivers, who are challenged by the daily demands of life with cancer. Sleep patterns are affected, eating habits are altered, and the normalcy of everyday life is forever changed.

Being able to offer patients tools to manage stress and physical hindrances of daily life is extremely important. Simple things like moving, not necessarily exercise, but basic arm movements or leg lifts, can make a huge difference in fighting fatigue, for example.

Yoga for Self-Care

Many people find yoga, aromatherapy, reiki and mindfulness comforting in times of overwhelming stress. It is that movement which can help alleviate feelings of exhaustion so you do not miss your numerous doctor's appointments or treatments, which can have a negative effect on fighting your disease.

Madelyn Kimball, certified yoga trainer, is scheduled to share these self-care strategies during a free public workshop titled "Yoga for Self-Care" which will be held on Wednesday, Nov. 8, from 6-8 p.m. on the second floor at the Eden Medical Center, Medical Office Building, 20101 Lake Chabot Road.

Caregivers are often so focused on their loved one that they don't realize their own health and well-being are suffering.



I'd like to emphasize that caregivers are also welcome to attend, and all are encouraged to register by calling 925-933-0107.

Come Prepared to Learn

This workshop is different from a support group. It will focus on teaching participants practices that help re-connect you with your sense of self and help your relax — goals that are achieved through self-care.

Participants will be led through very gentle chair yoga, breath work techniques and mindfulness practices for dealing with the stress of cancer.

Finally, this workshop will connect participants to community resources, including Eden Medical Center's Cancer Support Group, held on the 1st and 3rd Wednesday each month from 6-8 p.m. This drop-in group is free and available

to people with cancer and their loved ones, regardless of where they receive treatment.

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

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

For info, contact the Outpatient Rehab Facility at 510-727-2800.

Joanne Sexton is manager of tumor registry and cancer data services at Eden Medical Center.

CVUSD Budget Meetings

Hear the Castro Valley Unified School District's fiscal update at either of two community budget meetings.

The first will be at 6 p.m. on Thursday, Nov. 2, in the Canyon

Middle School Cafeteria, at 19600 Cull Canyon Road.

The second will be held at 6 p.m. on Monday, Nov. 6, in the Castro Valley High School Cafeteria at 19400 Santa Maria Avenue.



Grandparents Honored

Redwood Christian Elementary hosted a special assembly to honor students' grandparents, great-grandparents, and adopted grandparents on Friday. After poems, songs, and accolades were presented, grandparents were invited to visit their grandchild's classroom. First responders and those serving or have served in a branch of the armed forces were also honored.

MAC: Old Sign; Liquor Store Upgrades

continued from front page
Old Sign Must Go

The MAC also shot down plans for an awning at the Rose Motorcars shop that is set to replace the old Marinello's Beauty School at 2806 Castro Valley Boulevard.

The awning was okay, but there is an illegal sign on a tall pole in front of the shop that should have been removed years ago. The MAC told the owners to include plans to get rid of the pole in their next proposal.

Liquor Store Upgrades

And the MAC was quite harsh with the new tenant of a liquor store at 22058 Center Street.

There was a lapse in the liquor license due to some clerical misunderstandings and a change in tenants, and the new tenant needs a conditional use permit to sell alcohol.

The MAC said that this is an opportunity to get the operators to make improvements to the building by withholding the permit until

upgrades are made.

"We have a responsibility to the community to fight blight when we can," said Crawford, who told the operators that it was their job to convince the MAC of the necessity of another liquor store. "Make it look better, give us reason to grant a (conditional use permit)."

The MAC recommend improvements including removing the bars from the windows, which Crawford said gave the property a "West Oakland feel."

Reports: High-Risk Sex Offender; Drugs

continued from page 3

agers reported a disruptive customer who had been repeatedly been asked to leave. The man had a previous warrant for his arrest. Deputies took the man to Santa Rita Jail and held him without bail.

Assault on Family Member

Wednesday, October 18: at 5:37 p.m., deputies arrested a 57-year-old man with no permanent address on suspicion of assault with a deadly weapon and assault on a family member. The man was spotted on Grove Way near the I-580 overpass in an altercation. Deputies handcuffed the man and took him into custody.

Public Intoxication

Wednesday, October 18: at 10:02 a.m., a 33-year-old man who refused to give a home address was arrested on suspicion of public intoxication. Deputies stopped the man outside a business on Castro Valley Boulevard near Lake Chabot Road. The man failed his field sobriety test and was taken into custody.

High-Risk Sex Offender Arrested

Monday, October 16: at 9:40 a.m., a 40-year-old man with no permanent address was arrested on suspicion of being a high-risk sex offender near a school zone.

Deputies responded to calls about a suspicious person hanging out on the corner of Virgil Street and Grove Way. The man fitting the description was wanted as part of a warrant issued for his capture. Deputies took the man to Santa Rita Jail and held him with no bail.

Illegal Narcotics and Drug Paraphernalia

Monday, October 16: at 11:08 p.m., deputies arrested a 26-year-old woman from Berkeley on suspicion of possession of illegal narcotics and illegal drug paraphernalia. The woman was

see **REPORTS** on back page

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ATHLETE OF THE WEEK

Tyler Randall of the Mariner's JV Team

This week's Athlete of the Week is Tyler Randall, a freshman at Moreau Catholic High School who plays offensive and defensive tackle for the Mariner's JV team.

This Spring, Randall participated in a tryout for USA Football (the national governing body for youth football) and earned an invitation to the development games, which he attended over the Summer at UC Davis.

After participating in the U.S. National Team Program, Randall was recently selected from a pool of 10,000 athletes to the USA Football Under-16 Select Team as a defensive tackle.

The select team will play Unidad Mexico in the International Bowl IX at AT&T Stadium in Texas on January 19.



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Eden Health District Sponsors the
CASTRO VALLEY SPORTS FOUNDATION
Run-to-the-Dam 5K/10K

Join Castro Valley Sports Foundation & Eden Health District's inaugural run to help raise funds to provide charitable assistance and support for youth sports and athletics in Castro Valley. The scenic course begins at the Chabot Staging Area and continues to the upper San Leandro Reservoir and back. Course is measured and chip timed.

Register at <https://runsignup.com/runtothedam>

What/When/Where:

5K Walk/Run and 10K Trail Run
Sunday, October 29, 2017
7:30 am Packet Pickup & Race Day Registration
8:30 am 5K Run/Walk & 10K Run Start Time
Chabot Staging Area
Redwood Road & Miller Road
(just past Redwood Canyon Golf Course by the Castro Valley Tree Farm)

Packet Pick-up:

Bibs and Shirts will be available for pick up on race day at the event location. Shirts are only guaranteed to pre-registered participants. You must register by October 13th, 2017 to be guaranteed a shirt. Race day t-shirts will be "first-come, first-served" basis.

Awards:

Placement medals to overall top three Male & Female Winners (5K & 10K)
Awards Ceremony will be held at 10 am.

Registration:

Early Bird Discount:
\$35 for 5K Walk/Run; \$45 for 10K Run, Online/Mail by Oct. 13th
\$40 for 5K Walk/Run; \$50 for 10K Run, Online/Mail by Oct. 25th
Day of Registration:
\$45 for 5K Walk/Run; \$55 for 10K Run (Checks or Cash Only)
Group/Corporate Discount: Save \$5/entry for groups of 3 or more regardless of distance selected, must register in one transaction. Online/Mail by October 25th
Event is RAIN/SHINE. No refunds. Sorry, no strollers or dogs.

Volunteers Needed:

An event of this nature can't be accomplished without our wonderful volunteers. If you are interested in volunteering, please go to:
<http://www.signupgenius.com/go/8050c4aaca2b0-inaugural>
Thank you!

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CVHS TENNIS RESULTS

BERKELEY AT CV
ON THURS., OCT. 19
CV 6, BERKELEY 1

Singles

1. Elena Lottich (CV) - Solta Valentine 6-2, 6-4
2. Rachel Dong (CV) - Sarah Bruno 6-0, 6-0
3. Lauren Leong (CV) - Julia Wheeler 6-3, 6-1
4. Gaby Madison (CV) - Carly Wright 6-2, 6-1

Doubles

1. Charlotte Seilewicz / Tara Shahandeh (B) - Riley Powers / Victoria Vitton 6-4, 6-4
2. Kele Fong / Alex Tam (CV) - Zo Pancoast / Leah Wildmann 7-5, 6-2
3. Sky Kim / Matilda Kristiansen (CV) - Abbie Albazian / Mallika Hari 6-2, 6-2

PIEDMONT AT CV
ON WED., OCT. 18
PIEDMONT 4, CV 3

Singles

1. Makenna Thiel (P) - Elena Lottich 3-6, 6-2, 6-0
2. Rachel Dong (CV) - Kiana Kasrovi 6-0, 6-1
3. Anya Mortensen (CV) - Norreen Auyoung 7-6 (3), 6-4
4. Lauren Leong (CV) - Megan Aikawa 6-4, 6-3

Doubles

1. Madison Aikawa / Lauren Young (P) - Victoria Vitton / Gaby Madison 6-3, 6-1
2. Ella Lee / Megan Chveh (P) - Riley Powers / Paige Cason 3-6, 7-5, 7-6 (6)
3. Emily Becker / Audrey Call (P) - Alex Tam / Kele Fong 7-5, 6-1

CVHS SPORTS SCHEDULE

CROSS COUNTRY

Thursday, October 26, 4:00 p.m.
CVHS All levels vs. Berkeley, Alameda, Arroyo, CV, Encinal, Hayward, Mt. Eden, Bishop O'Dowd, Piedmont, San Leandro, Tennyson Away

GIRLS TENNIS

Thursday, October 26, 3:30 p.m.
CVHS All levels vs. Arroyo at CVHS
Tuesday, October 31, 3:30 p.m.
CVHS All levels vs. Piedmont away

FOOTBALL

Thursday, October 26, 4:00 p.m.
Freshmen vs. Alameda at CVHS
Friday, October 27, 4:030 p.m.
JV vs. Tennyson at Sunset Field
Friday, October 27, 7:00 p.m.
Varsity vs. Tennyson at Sunset Field

VOLLEYBALL

Thursday, October 26, 4:00 p.m.
JV vs. Piedmont away
Thursday, October 26, 6:30 p.m.
Varsity vs. Piedmont away

WATER POLO

Friday, October 27, 4:00 p.m.
Varsity Championships vs. Encinal away

SPORTS NOTES

Basketball

If you need to get ready for Middle School or High School basketball tryouts, Swag is providing an opportunity for basketball players to work out with their experienced coaches during 4 scheduled basketball camps. There is a \$20 fee per camp. The camps will be held from 2 to 4 p.m. on the Sundays of Nov. 5 and Nov. 19, at Bancroft Middle School, 1150 Bancroft Ave. in San Leandro. For more info, email: joseph@ebswag.com or dina@ebswag.com

Volleyball

NorCal Top Gun Girls Volleyball Club will hold tryouts for their 2018 club season. For U18 girls, tryouts will be held on Saturday, Nov. 4, from 10 a.m. to noon. Tryouts for U12 and U13 girls on will be held on the weekend of Nov. 4 and 5, from 8-10 a.m. Tryout fee is \$20 per player. No open gym scheduled for Top Gun. For online registration and tryout locations, please visit norcaltopgun.com or contact Kathy Yao at bgyao@meiyao.net.



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Drivers: Two Fundraisers Coming Up

continued from page 2

and pass a background check and are only required to meet a minimum of providing one ride every three months of their choosing. Of course more is welcome.

There are other volunteer opportunities to help besides driving, or you can donate some other service.

Contact Drivers for Survivors by calling 510-579-0535 between 9 a.m. and 5 p.m., or send an email to: info@driversforsurvivors.org for more information.

Two fundraising events for the organization are coming up. On Dec. 9, the 2nd Annual Holiday Pancake Breakfast with Santa will take place from 8 a.m. until noon at the Newark Community Center, 35501 Cedar Blvd. in Newark, and on April 7, 2018, the Annual Black and White Gala will be held at Castlewood Country Club in Pleasanton.

REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Prepare for Disaster

The rash of wildfires obliterating parts of California are a stark reminder that disaster can strike at any time.

While statistics confirm that most of us will never experience the anguish associated with being a disaster victim, that should not prevent any from being fully prepared.

Natural disasters include earthquakes, tsunamis, floods, hurricanes, tornadoes and fires.

While earthquakes have historically been the primary concern of those living here in the East Bay, we've also had flooding from El Niño related rains, the Oakland Hills fire and a number of storms severe enough to damage roofs, knock down fences and more.

While some disasters come

with enough warning to adequately prepare, others happen very quickly and leave no time to respond in a thoughtful, organized manner.

We recommend that you plan ahead so that if an event occurs, you have a plan ready to go. FEMA (Federal Emergency Management Agency) and the Ad Council have partnered together to provide a resource to help you establish a plan.

Named "Ready," it can be accessed at www.ready.gov and provides explanations, checklists and a multitude of practical resources. It is a tremendous place to start.

In the aftermath of the fires in the Northern Bay Area, many who lost their homes found themselves wishing they had done a

few simple things ahead of time to prepare. While some had time to grab computers, clothes and other necessities, others were forced out in the middle of the night and had absolutely no time to think about what to take with them.

Here are two recommendations: **Video your home.** In the event you need to make insurance claims, you might not have the documentation necessary to validate your belongings.

Additionally, some have trouble remembering all their belongings. A video record can be very helpful. Use your phone to make the videos and go to every room, open every door, drawer and other place you house your belongings. Upload the videos to a cloud storage solution such as iCloud, Carbonite, Dropbox, etc.

Scan your important documents. Birth certificates, passports, immigration documents, all insurance policies, vehicle registrations, healthcare documentation — any items you will need to confirm your identity, file insurance claims and so on. Upload the scans to the same location as your videos.

While no one plans to be the victim of a disaster, effective preparation can make any recovery process go a lot smoother.

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.



Stunning Bay and San Francisco City Views from this updated San Leandro hills home. Say goodbye to that small house and S-T-R-E-T-C-H out in this spacious 4-bedroom, 2.5 bath beauty. The main level boasts 3 sizable bedrooms, 2 full bathrooms, large family room with vaulted ceiling, formal dining room, captivating living room with rich, warm hardwood floors and abundant sunlight to take in the amazing views of the San Francisco Bay, City Skyline, Bay and San Mateo Bridges, Sutro Tower and more. Enjoy preparing family meals in the open, functional kitchen with granite counters, stainless gas stove and three ovens; perfect for entertaining. Downstairs is set up as a potential in-law unit including a bedroom with separate entrance, 1/2 bathroom, huge bonus room; perfect for a large family or multi-generational living. Additional features include 3 fireplaces, new carpet, fresh paint throughout and many more "must see" features. Great commute location near Freeways & BART.



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21071 Ashfield Avenue 94546: \$735,000 [3 BD - 1,314 SF - 1956
18824 Cameo Court 94546: \$900,000 [3 BD - 1,528 SF - 1975
5349 Camino Alta Mira 94546: \$1,003,000 [4 BD - 2,513 SF - 1988
3669 Christensen Lane 94546: \$776,000 [4 BD - 1,380 SF - 1959
2793 Cortez Court 94546: \$375,000 [1 BD - 782 SF - 1970
2823 Jennifer Drive 94546: \$865,000 [3 BD - 2,318 SF - 1969
19678 Kinney Court 94546: \$601,000 [3 BD - 1,259 SF - 1950
18017 Laird Court 94546: \$895,000 [5 BD - 2,466 SF - 1959
17923 Lamson Road 94546: \$875,000 [3 BD - 1,921 SF - 1958
20139 Normandy Court 94546: \$760,000 [3 BD - 1,339 SF - 1957
21079 Nunes Avenue 94546: \$650,000 [3 BD - 1,668 SF - 1948
5004 Proctor Road 94546: \$780,000 [3 BD - 1,656 SF - 1960
18982 Santa Maria Avenue 94546: \$705,000 [3 BD - 1,086 SF - 1948
2901 Susan Lane 94546: \$940,000 [4 BD - 1,618 SF - 1976
22041 Vergil Street 94546: \$715,000 [4 BD - 1,540 SF - 1949
25179 Century Oaks Circle 94552: \$1,240,000 [5 BD - 3,236 SF - 1996
5319 Fairweather Court 94552: \$1,008,000 [4 BD - 2,092 SF - 1998
21940 Nugget Canyon Drive 94552: \$640,000 [3 BD - 1,626 SF - 1989
5663 Sun Ridge Court 94552: \$900,000 [4 BD - 2,119 SF - 1975

TOTAL SALES: 19
LOWEST AMOUNT: \$375,000 **MEDIAN AMOUNT:** \$780,000
HIGHEST AMOUNT: \$1,240,000 **AVERAGE AMOUNT:** \$808,579

San Leandro

655 Begier Avenue 94577: \$885,000 [3 BD - 1,954 SF - 1938
1132 Carpentier Street #405 94577: \$475,000 [2 BD - 1,180 SF - 1983
2407 Cheshire Court 94577: \$560,000 [2 BD - 1,371 SF - 1977
451 Elsie Avenue 94577: \$795,000 [4 BD - 2,275 SF - 1947
2500 Fairway Drive 94577: \$500,000 [3 BD - 1,296 SF - 1972
2570 Humboldt Drive 94577: \$750,000 [3 BD - 2,550 SF - 1959
657 Macarthur Boulevard 94577: \$615,000 [3 BD - 1,732 SF - 2007
351 Pershing Drive 94577: \$570,000 [2 BD - 1,133 SF - 1939
1389 Sandelin Avenue 94577: \$700,000 [3 BD - 1,912 SF - 1947
1718 140th Avenue 94578: \$500,000 [3 BD - 1,231 SF - 1947
797 Arguello Drive 94578: \$695,000 [3 BD - 1,635 SF - 1955
16006 East 14th Street #212 94578: \$322,000 [1 BD - 791 SF - 1987
14101 East 14th Street #307 94578: \$362,000 [2 BD - 1,000 SF - 1986
3646 Figueroa Drive 94578: \$575,000 [3 BD - 1,114 SF - 1954
16704 Foothill Boulevard #2 94578: \$360,000 [2 BD - 1,400 SF - 1983
1116 Grace Street 94578: \$635,000 [3 BD - 1,340 SF - 1948
16380 Panoramic Way 94578: \$668,000 [3 BD - 1,330 SF - 1953
662 Tierney Way 94578: \$660,000 [4 BD - 1,817 SF - 2008
3867 Wedgewood Street 94578: \$406,000 [2 BD - 896 SF - 1987
14842 Acacia Street 94579: \$620,000 [3 BD - 1,096 SF - 1953
14686 Hanover Street 94579: \$457,000 [3 BD - 1,477 SF - 1951
1024 Marquette Way 94579: \$582,000 [3 BD - 1,386 SF - 1956
15300 Mendocino Street 94579: \$648,000 [3 BD - 1,166 SF - 1955
1189 Tulane Avenue 94579: \$761,000 [4 BD - 1,803 SF - 1951

TOTAL SALES: 24
LOWEST AMOUNT: \$322,000 **MEDIAN AMOUNT:** \$598,500
HIGHEST AMOUNT: \$885,000 **AVERAGE AMOUNT:** \$587,542

Store Garden Tools Properly

By Samantha Mazzotta
Special to the Forum

Linseed oil is considered a good medium to protect wooden-handled tools, but there are also other wood-conditioning blends available — some with linseed oil and some without.

The oil protects handles from cracking as the wood expands and contracts from cold to hot temperatures, dryness or humidity.

However, the metal surfaces of your hand tools should not be coated with linseed oil. Instead, clean them well, removing debris and any rust. Some people even sharp-

en trimming tools one last time for the season. Then, put a light coat of protective oil on the metal portions, including the blades and any hinge points. (Some use motor oil, but oils developed for lawn tools are available at hardware stores.)

How you store the tools is up to you. The most important thing is to keep them out of direct weather — in a storage shed, basement or garage — and off the floor.

The next priority is to store them so that the metal blades don't touch each other. If your only option is to place them on a shelf, lay them in opposite directions to min-

imize metal-to-metal contact.

DIYers with a garage or storage shed often designate a section of the wall for hanging tools. A classic, fast and inexpensive way to get a lot of tools into one section is to put up a piece of pegboard with metal hooks. This can be quickly configured and reconfigured since the hooks can simply be lifted up and repositioned into another peg. Hang tools by their handles.

Long tools, like shovels, can be suspended by placing the shovel head on two hooks with the handle pointing downward.

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C	1-4	1-4	18837 Lamson Rd.	\$1,225,000	4+3	Berkshire Hathaway	The Brent Team	510-381-1065
C	—	1-4	9150 Crow Canyon	\$1,399,000	3/2	J. Rockcliff Realtors	Kristy Peixoto	925-251-2536
SR	—	1-4	5655 Bruce Dr.	\$2,999,888	5/3.5	J. Rockcliff Realtors	Debra Allen	925-251-2536

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Halloween Safety Tips for Parents and Kids

With Halloween only days away, parents are reminded to be extra vigilant of the potential dangers that children face while trick or treating.

According to the National Highway Traffic Safety Administration, children are more likely to be struck by a motor vehicle on Halloween than on any other day of the year.

Children are always at greater risk as pedestrians because of their shorter stature and unreliable judgment about when and where to cross streets.

According to the Centers for Disease Control and Prevention, the number of deaths among young pedestrians from ages 5 to 14 is four times higher on Halloween, between 4 p.m. and 10 p.m.

"Combine children walking after dark, candy, vision-compromising costumes, and adult partygoers on the road and you have a recipe for disaster," said AAA Northern California spokesperson Cynthia Harris. "Children are safer the more visible they are. There are many easy and inexpensive ways for parents to make sure that Halloween costumes are easy for drivers to see at a distance and easy for children to see out of."

Safety Tips for Motorists

- Slow down in residential neighborhoods and obey all traffic signs and signals. Drive at least 5 mph below the posted speed limit to give yourself extra time to react to children who may dart into the street.



SCARY TRUTH: According to the National Highway Traffic Safety Administration, children are more likely to be struck by a motor vehicle on Halloween than on any other day of the year. Ensure safety by staying out of roadways, cross streets only at the corner, and never cross between parked vehicles or mid-block.

borhoods and obey all traffic signs and signals. Drive at least 5 mph below the posted speed limit to give yourself extra time to react to children who may dart into the street.

- Watch for children walking on roadways, medians and curbs. In dark

costumes, they'll be harder to see.

- Look for children crossing the street. They may not be paying attention to traffic and cross the street mid-block or between parked cars.

- Carefully enter and exit driveways and alleys.

- Turn on your headlights to make yourself more visible – even in the daylight.

- Broaden your scanning by looking for children left and right into yards and front porches.

see HALLOWEEN on back page

Halloween Safety Tips For Seniors

While seniors may love to see children in costumes on Halloween night, the constant door knocking, masked visitors and unfamiliar faces can be intimidating. After all, one-third of all seniors who live at home, live alone and most are women. Visiting Angels offers these tips to seniors and their families:

- Keep guests outside – never let an unknown trick-or-treater inside to use the bathroom or make a phone call.

- Turn on interior and exterior lights during trick-or-treating hours even if no one is home or if the senior chooses not to answer the door. While a dark home may signal to trick-or-treaters that there is no candy, it also tells vandals the house could be empty.

- Stay inside while handing out candy.
- Post a sign on the door that says "Sorry, No More Candy" when the goodies run out.

- Make sure all floors, entry ways and porches are free from decorations.

- Remove any Halloween décor that involves flames, such as a lit pumpkin, from outside stairs and footpaths.

- Avoid window decorations that block light or the view of the front entry.

Trick-or-Treat at the Village!



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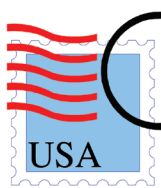
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LETTERS

TO THE EDITOR

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Calls Forum's Quotes in Shared Parking Story 'Untrue'

Editor:

In your Oct. 18th article titled "Shared Parking Project Weeks Behind Schedule" there were several quotes attributed to me that I did not say on or off the record, nor did I speak on behalf of the Castro Eden Valley Chamber of Commerce.

I made Forum writer, Amy Sylvestri, aware of the fact that I am not employed by the CV/EA Chamber of Commerce, yet the article continually mentions the Chamber, of which I am no longer affiliated.

I was led to believe that Ms. Sylvestri was contacting me to obtain background information only and would then solicit input from concerned businesses, residents and Alameda County staff to write an informative article that would accurately reflect the feelings of all parties.

Unfortunately, and for whatever reason, that did not happen. Instead, quotes were attributed to me that were simply untrue.

The reporting that I had "received some complaints from businesses and customers" is categorically false, as I never received any such feedback from business owners or community members.

For the record, my opinion as a Castro Valley resident, is that while the Shared Parking Project is slightly behind schedule, this is not unusual for a construction project of this magnitude.

I am looking forward to the completion of the Shared Parking project. I am hopeful that approved parking plan will be beneficial to both nearby businesses and the residents and visitors who wish to patronize them, as I intend to.

Perhaps, the aforementioned quote, attributed to me as a community resident, could be used to write the constructive and balanced article that I thought would be published in your newspaper.

—Caryl Mahar, Castro Valley

Blames Wild Boar Problem on Homeowner's 'Elitism'

Editor:

To the Summerglenn Homeowner's Association (regarding "Wild Boars Tearing Up CV Lawns, Page 1, The Forum, Oct. 18):

So, let me get this straight. A couple of decades ago the developers

of your aesthetically monstrous upper bourgeois pleasure dome of a community destroyed a large chunk of nature so you could live on a hill with a clubhouse and a view.

And now that the nature that you invaded is attempting to find food in the midst of the destruction that your appetite for ghastly million dollar homes wrought, your first instinct is to destroy more nature so that your jogging routine doesn't get interrupted?

I am not sure which is more staggering, your ignorance of what it might mean to live in a wildlife-adjacent housing development, or the brazenness of asking a species to get professionally hunted so that you don't have to change your landscaping plans.

"But my jogging! \ But my dog-walking regime!" are magnificent examples of that casual elitism which does not blanch at asking for literal blood to be spilled in order to preserve its chosen Lifestyle at a certain level. Your thirst for high scale housing removed from we vulgar masses created your problem, and if you can't deal with the consequences, you are welcome to move.

—Dale DeBakcsy, Castro Valley

Fears Trump's Behavior Could Threaten National Security

Editor:

I am all for a healthy debate on opposing policy views – that's the foundation of our democracy. But whether or not one agrees with Mr. Trump's policies, it seems clear that his impulsiveness and erratic behavior could threaten national security.

He has the authority to start a nuclear war and doesn't appear to have the impulse control or temperament to modulate his moods, actions, or statements.

He seems to be wreaking havoc on our democracy with his disregard for ethics and the rule of law, and alienating us from our international allies and each other at an alarming rate.

I invite you to consider the views of a large group of mental health professionals who are speaking out on this issue, at www.adutytowarn.org or look up "Duty to Warn" on YouTube. There is consensus that Mr. Trump seems to share characteristics of some dictators and cult leaders in history who have led their followers to ruin.

We can learn from history, or we can repeat it.

I also suggest reading section four of article 25 of the U.S. Constitution, regarding removal of a president for inability to serve – not impeachment – and ask yourself whether it's time to invoke that article.

We may agree or disagree with Mr. Pence's policies as much as we do with Mr. Trump's, but our democracy and national security would undoubtedly be improved by having an emotionally stable president.

—Mal May, Castro Valley

Obituaries

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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Donna Marie Biddinger
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FUNERAL MASS
October 26, 2017 at 11 a.m.
Our Lady of Grace Church,
Castro Valley

Jay Arlen Boyd
May 11, 1931 ~ Oct. 18, 2017
MEMORIAL MASS
October 26, 2017 at 10 a.m.
Church of the
Transfiguration,
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FD 1168 CR49

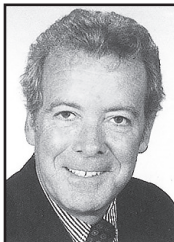
Jay Arlen Boyd

Jay Arlen Boyd passed away peacefully on Wednesday, October 18, 2017 after living with Parkinson's Disease for many years. He touched many lives through his kind spirit and positive approach to life.

Jay was born in Oakland and graduated from Fremont High School. After serving honorably in the Air Force for four years during the Korean Conflict, Jay had successful careers in the furniture business and in real estate. He and his wife, Evelyn, lived in Castro Valley for 57 years, where they enjoyed raising their children and volunteering in the community. He especially loved golf, aviation and big band jazz music. Wherever he went, Jay always found the time to listen to other veterans talk about their service and was known to quietly lend a hand to those who needed help.

Jay is survived by his devoted wife of 62 years, Evelyn; his loving children, Sandra Griffin (Peter) of Edina, Minnesota and Stephen Boyd of Rohnert Park, California; and grandchildren, Sarah and Nicholas Griffin, Casey Boyd, and Elizabeth Boyd-Israel. He is also survived by his sister, Barbara Frederickson (Roy) of Los Gatos, California. His generous and loving spirit will be missed by everyone who knew him.

Friends and family are invited to attend the memorial mass on Thursday, Oct. 26, at 10 a.m. at Transfiguration Catholic Church, 4000 E. Castro Valley Blvd., in Castro Valley. Reception to follow in the church hall. In lieu of flowers, please make donations to Transfiguration Church (Bread of Life Ministry). Jess C. Spencer Mortuary, Castro Valley, 510-581-9133.



Scott Higgins



Scott Higgins passed away on October 1, 2017 at the age of 75.

He is survived by his wife of 46 years, Carla; his children, Jim Higgins, Christy Nouque and Jared Higgins; 7 grandchildren; and numerous family members and friends, and his dog, Raider. Scott was a long-time resident of Castro Valley. He enjoyed spending time at his vacation home in Clearlake Oaks, California. He was a carpenter for 40 years, and a devoted Christian man.

In lieu of flowers, please donate at Scott's request to: Youth Camps at 3Crosses Church. A Celebration of Life will be held at 3Crosses Church, 20600 John Dr., in Castro Valley on Thursday, Nov. 2, at 2 p.m.

A Word of Thanks to the Community for its Support of the Castro Valley Lions Breakfast Club

Editor:

To the Castro Valley Community: Thank you for your support of our Castro Valley Lions Breakfast Club through your participation in our fundraising events.

Your contributions make it possible for us to help others. In addition to monetary support for a variety of local organizations; i.e. Ruby's Place, Building Futures for Women and Children, FESCO, Castro Valley Outreach, to name just a few, our club also maintains a disaster relief fund. Lions Club International has a disaster relief fund that is tapped anytime a natural crisis occurs globally.

Our club chooses to send money directly to a Lions Club local to the affected area. We feel that grassroots aid is quicker and more effective.

With your support, this year CV Lions have sent money to the following Lions communities: Houston, Florida, Mexico City, Puerto Rico, and Santa Rosa. Many of our club members also added personal funds to these donations.

Our club meets the first and third Wednesday of the month at 7 a.m. at Shari's Restaurant. You are welcome to have breakfast with us and consider joining. It's an early meeting, but a great way to start the day.

Thank you again for helping us help others.

—Lydia Osias, President
Castro Valley Lions Breakfast Club

LETTERS TO THE EDITOR

must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. We do not withhold names or print unsigned letters. Email letters to: fredz@ebpublishing.com, or mail to: The Forum, P.O. Box 2897,

THE FORUM CROSSWORD

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- 55 Like thunder
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ANSWERS ON PAGE 4

In Focus: Clearing Up a Few Misconceptions About Eye Exams

People are constantly reminded to eat right and exercise to stay healthy. But what about eye health?

Dozens of eye diseases and conditions, such as diabetes, high blood pressure and some cancers, can be diagnosed and detected during a simple eye exam.

This is because the eye is actually part of the nervous system. An eye physician can detect abnormalities in the fine blood vessels at the back of the eye before they're seen in other parts of the body.

Trouble spotted in the eye may signal health-related changes that may otherwise go undetected.

Here are the facts on a few common myths about eye exams:

- **Myth:** Eye exams only provide a prescription for eyeglasses.

- **Fact:** There are two different types of eye examinations:

1. A comprehensive medical eye exam is typically performed by an ophthalmologist, a physician who specializes in medical and surgical eye care.

Your ophthalmologist will dilate your eyes with drops. This lets him or her thoroughly examine your retina and optic nerve, located at the back of your eye, for signs of

damage from disease.

2. A routine eye exam determines whether you need glasses or contact lenses to see clearly. You will be asked to read a standardized chart to determine how well you see at different distances. This exam is typically performed by an optometrist.

- **Myth:** An eye exam is unnecessary unless you have a vision problem.

- **Fact:** Don't wait to notice a vision problem before you get an eye exam. Some eye diseases and conditions have no early warning signs until vision is lost. If they're detected early, however, vision can usually be saved.

Eye Exam

Recommendations

The American Academy of Ophthalmology recommends that people get a baseline eye examination at age 40, the time when early signs of disease or changes in vision may occur.

This exam is just as important as a baseline screening for diabetes or certain cancers. If you're age 65 or older, have your eyes checked every year or two for signs of age-related eye diseases such as cataracts, macular degeneration, and glaucoma.



The eye is part of the nervous system. An eye physician can detect abnormalities in the blood vessels at the back of the eye before they're seen in other parts of the body. Trouble spotted in the eye may signal health-related changes that may otherwise go undetected.

Sight-Saving Care

If you are 65 or older and worry about the cost of an exam, the American Academy of Ophthalmology's EyeCare America program may be able to help.

EyeCare America provides medical eye exams, often at no out-of-pocket cost, to eligible people through a network of approximately 6,000 volunteer ophthalmologists. Nearly 2 million

people have been helped through EyeCare America's two programs.

The Seniors program connects eligible seniors with a volunteer ophthalmologist for a medical eye exam at no out-of-pocket cost for

up to one year, while the Glaucoma program offers a glaucoma eye exam to eligible individuals who are at increased risk for glaucoma, determined by their age, race, and family history.

Program Eligibility (Seniors):

- Must be a U.S. citizen or legal resident, age 65 or older
- Cannot have an HMO or have eye care benefits through the VA
- Has not seen an ophthalmologist in three or more years

Glaucoma Program:

- Must be a U.S. citizen or legal resident
- Cannot have an HMO or have eye care benefits through the VA
- Cannot have an HMO or have eye care benefits through the VA
- Cannot have an HMO or have eye care benefits through the VA
- Cannot have an HMO or have eye care benefits through the VA
- Cannot have an HMO or have eye care benefits through the VA
- At increased risk for glaucoma, determined by your age, race, and family history

Learn More

For further information about the program and to see if you, a family member or anyone else you know may be eligible, visit www.aao.org/eyecareamerica.

—North American Precise Synd., Inc.

Can You Hear Me Now? Vital Advice for Hearing Aid Wearers

By Dr. Navid Taghvaei
SPECIAL TO THE FORUM

Some disasters, such as hurricanes, can be tracked in advance so you have time to prepare before they actually strike. Others descend with little to no advance warning.

If you have hearing loss, the wisest course is to put an emergency plan into place while there is no threat brewing. These four tips can help:

1. Register for all available emergency alert systems. Opt into all available alert systems and text notifications so if an urgent situation arises, you'll get the warning.

For information on the various national level alerts, including Wireless Emergency Alerts (WEAs), visit www.ready.gov/alerts.

Your emergency plan should include the locations of nearby shelters. If you have a service dog, make sure you have all its identifying paperwork, tags or vest ready, along with bedding and at least

three days' supply of food, water and medication.

2. Put together a list of your health and medical needs. Your emergency kit should include:

- Names and contact information for your doctors
- List of any allergies or other chronic medical conditions
- List of any required medications and dosages
- Your blood type
- Any medical and communications devices you might require (hearing aids, hearing aid accessories)

- Health insurer name and full membership information (plan name, group number)
- Names and contact information for your preferred hospital and pharmacy
- Hearing aid make, model, and manufacturer information.

3. Assemble all possible communication methods. Figure out all the alternatives you can use to communicate, such as hearing aid accessories (assistive listening devices, or ALDs) that let you hand

someone a microphone so you can hear what he or she says directly in your hearing aids.

If your devices are equipped with telecoils (T-coils), make sure you know how to activate that setting.

If you have difficulty speaking, create and store text messages in a smartphone or tablet (for example: "I am hard of hearing," "Do you know sign language?" or "I can't hear you, please write").

Write the same messages in a notebook or on cue cards as backup, in case your high-tech devices

fail or run out of power.

4. Gather supplies and store in a carry-on bag somewhere you can access quickly. It should have:

- Bottled water
- Jerky, protein bars, cheese or peanut butter crackers, and similar nourishing snacks
- Copies of important documents sealed in a waterproof bag (insurance cards, driver's licenses, Social Security cards)
- Flashlight and spare batteries (alternately, a crank-powered flashlight)
- \$100 cash, in small bills, also

sealed in a waterproof bag

- Backup supplies for any medical devices (hearing aid charger, hearing aid batteries)
- Cell phone charger and backup rechargeable battery supply
- Compact travel blanket, pillow
- Personal hygiene items (toothbrush and toothpaste, sanitary pads)
- All-weather packable jacket
- Consider a separate emergency kit for your car with a first-aid kit, repair tools, flares and booster cables.

Don't wait for disaster to strike. The time to prepare for an emergency is while everything is going well.

For further facts on hearing loss and hearing aids, go to www.signiausa.com.

Dr. Navid Taghvaei, an educational specialist with Signia, conducts individual and group technical training courses and activities involving new and existing developments in audiology, software and technology for employees and customers.

—North American Precise Synd., Inc.

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Reports: CV

continued from page 7

hanging outside a grocery store on the Boulevard near Redwood Road. Deputies stopped the woman for questioning and discovered her stash. The woman was taken into custody.

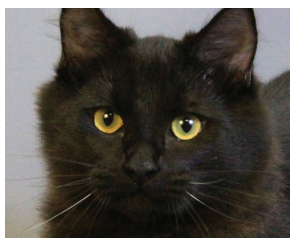
Wanted Man

Tuesday, October 17: at 12:49 a.m., a 50-year-old man from Castro Valley was arrested on suspicion of possession of illegal narcotics and driving with a suspended license. The man was also wanted as part of a warrant issued for his capture. Deputies stopped the man while he was driving on Lake Chabot Road near the Boulevard. The man was taken to Santa Rita Jail pending \$6,000 in bail.

She Fought the Law

Monday, October 16: at 3:22 p.m., deputies arrested a 55-year-old woman on suspicion of resisting arrest outside a grocery store on the Boulevard in the 580 Market Place shopping center. The woman was outside of the store when deputies approached her for questioning. The woman became combative and was taken into custody.

ADOPT-A-PET



CURLY is a sweet 5-month-old kitten who'd love a home where he can sit in the sun, and have a comfy lap to lounge on. For more info, call: Hayward Animal Shelter. (510) 293-7200.



SINGER is a 7-month-old sweetheart who's loving and outgoing. Looking for a conversationalist? He's your love bug. For more info, call: Hayward Animal Shelter. (510) 293-7200.



WINNIE is a 5-months-old short haired brown Tabby. She is very fond of her brother Christopher and would love to be adopted with him. For more info, please visit: dustypawsrescue.org



CHRISTOPHER is a short haired Lynx Point Siamese mix. He is approximately 5 months-old. He is shy but very sweet. For more information, please visit: www.dustypawsrescue.org

Halloween Safety Tips for Pets

Halloween can be the spookiest night of the year, but keeping your pets safe doesn't have to be tricky. The ASPCA recommends taking these simple, common sense precautions to keep your pet happy and healthy.

• Stash the Treats

The candy bowl is for trick-or-treaters, not Scruffy or Fluffy. Several popular Halloween treats are toxic to pets.

Chocolate in all forms—especially dark or baking chocolate—can be very dangerous for cats and dogs, and sugar-free candies containing the artificial sweetener xylitol can cause serious problems in pets.

If you suspect your pet has ingested something toxic, call your veterinarian or the ASPCA Poison Control Center at 888-426-4435 immediately.

• Watch the Decorations and Keep Wires Out of Reach

While a carved jack-o-lantern certainly is festive, pets can easily knock over a lit pumpkin and start a fire.

Curious kittens are especially at risk of getting burned or singed by candle flame. Popular Halloween plants such as pumpkins and decorative corn are considered relatively nontoxic, but can produce stomach discomfort in pets who nibble on them.

• Be Careful with Costumes

For some pets, wearing a costume may cause undue stress. The ASPCA recommends that you don't put your dog or cat in a cos-



For some pets, wearing a costume may cause undue stress. The ASPCA recommends that you don't put your dog or cat in a costume unless you know he or she loves it.

time unless you know he or she loves it.

If you do dress up your pet for Halloween, make sure the costume does not limit his or her movement, sight or ability to breathe, bark or meow.

Check the costume carefully for small, dangling or easily chewed-off pieces that could present a choking hazard. Ill-fitting outfits can get twisted on external objects or your pet, leading to injury.

Be sure to have your pet try on the costume before the big night. If he or she seems distressed or shows abnormal behavior, consider letting your pet wear his or her "birthday suit" or don a festive bandana instead.

• Keep Pets Calm and Easily Identifiable

Halloween brings a flurry of activity with visitors arriving at the door, and too many strangers can often be scary and stressful for pets. All but the most social dogs and cats should be kept in a separate room away from the front door during peak trick-or-treating hours.

While opening the door for guests, be sure your dog or cat doesn't dart outside. And always make sure your pet is wearing proper identification — if for any reason he or she does escape, a collar with ID tags and/or a microchip can be a lifesaver for a lost pet.

—ASPCA

Halloween: Safety Tips for Parents, Kids

continued from page 11

Safety Tips for Parents

• Be sure an adult or older, responsible youth is available to supervise children under age 12.

• Plan and discuss the route your trick-or-treaters will follow.

• Instruct children to travel only in familiar areas and along established routes.

• Teach children to stop only at well-lit houses and to never to enter a stranger's home or garage.

• Establish a time for children to return home.

• Tell children not to eat any treats until they get home.

• Review pedestrian and traffic safety rules.

Safety Tips for Trick-or-Treaters

• Wear reflective tape on cos-

tumes and treat buckets to improve visibility to motorists and others.

• Wear disguises that don't obstruct vision and avoid facemasks. Instead, use nontoxic face paint. Also, watch the length of billowy costumes to help avoid tripping.

• Ensure any props are flexible and blunt-tipped to avoid injury from tripping.

• Carry a flashlight with fresh batteries, and place it face down in the treat bucket to free up one hand. Never shine it into the eyes of oncoming drivers.

• Stay on sidewalks and avoid walking in streets if possible.

• If there are no sidewalks, walk on the left side of the road, facing on-coming traffic.

• Look both ways and listen for traffic before crossing the street.

• Cross streets only at the corner, and never cross between parked vehicles or mid-block. Trick-or-treat in a group if someone older cannot go with you.

Drinking Drivers

As part of AAA's on-going commitment to keeping the roads safe on holidays, AAA's Topsy Tow Program will offer a free tow for drivers who have been drinking from 6 p.m. on Oct. 31st to 6 a.m. on Nov. 1 in Northern California. Members and non-members alike can call 800-222-4357 for a free tow of up to ten miles.

"Just tell the AAA operator, 'I need a Topsy Tow,' and a truck will be on its way," said Harris. "Service is restricted to a one-way ride for the driver and his or her vehicle to the driver's home."

CVSan FILTER EXCHANGE PROGRAM



MISSING YOUR USED OIL FILTER EXCHANGE COUPON?

Did you participate in this month's CVSan Used Oil Filter Exchange Program but have not received your coupon for a free oil filter? Please call (510) 537-0757 ext. 102.

It's not too late to participate in the program! CVSan single-family residents who notify Waste Management of Alameda County, Inc. (WMAC) at least 24 hours before setting out used oil and filter(s) curbside until November 10th will receive a coupon* in the mail from Castro Valley Sanitary District for a new filter.

*Coupon is for a limited time only and expires November 27, 2017. Details on the coupon. Please call WMAC's Customer Service Center, Monday-Friday 8:00 a.m. – 5:00 p.m. at (510) 537-5500. CVSan reserves the right to alter or cancel the program at any time for any reason.

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