



CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 28

WEDNESDAY, OCTOBER 26, 2016

NO. 43

INSIDE YOUR FORUM

NEWS



CV Elections

School board candidates meet in public forum to discuss education ideas

Page 2

H&F



Brain Health

Symptoms of dementia are much more than just a simple memory lapse

Page 5

LIVING



Goblin It Up

Celebrate Halloween this Monday with these easy pumpkin inspired recipes

Page 9



The Pick o' The Patch

Two young sports fans (above) made their choices Saturday afternoon, then toted their Jack o'lanterns-to-be to the cashier at Moore's Pumpkin Patch in Castro Valley. The Moore family not only sells thousands of fresh pumpkins (ranging in size from a few ounces to one that weighs 660 pounds), but also has carnival rides, a bounce house, 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 was begun by John Moore in 1984, the entertainment was added five years later.



PHOTOS BY FRED ZEHNDER

MAC MEETING

Medical Pot Issue is Still A Struggle

By Amy Sylvestri
CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council made recommendations on a proposed new county ordinance on medical cannabis dispensaries at Monday night's meeting, but not before expressing some serious misgivings about Supervisor Nate Miley's motivation for changing the ordinance in the first place.

One person who spoke out against additional dispensaries was former MAC member Cheryl Miraglia, who accused Supervisor Miley of having been bought off by the cannabis industry with \$60,000 worth of campaign donations.

"Guess what? It appears that medical marijuana has donated more (to Miley) than the unions," said Miraglia, who added that you'd have to be "smoking something" to think Miley's push for more dispensaries is a coincidence.

The Alameda County Board of Supervisors has tentative plans to expand their medical marijuana ordinance to allow delivery, edible products, and two more dispensaries in the western part of the county, which includes Castro Valley.

At a September council meeting, MAC members said they didn't want any dispensaries in Castro Valley or any of the western unincorporated areas of the county.

MAC chair Marc Crawford then met with Miley, who said that if Supervisor Scott Hagerty would agree to place two dispensaries in eastern Alameda County, Miley would give his word that there would be no additional dispensaries in the Eden Area.

see MAC on page 15

INDEX

Classified Ads	12
Community Calendar ...	4
Crosswords	14
East Bay Living	9
Health & Fitness	5
Homes	10
Horoscope	14
Obituaries	14
Sports.....	8
Weather	2

PHONE: (510) 537-1792

AC Transit: Many New Stops Added to Popular Flex Shuttle

By Amy Sylvestri
CASTRO VALLEY FORUM

AC Transit says its FLEX shuttle service has been so popular, the shuttle is expanding by 45 additional stops. It formerly ran only along the 48 line but now hits stops all over Castro Valley.

The service allows riders to request a pick-up from a bus station via a smart phone, tablet, or

computer any time or by calling 891-5470 Monday through Friday from 6 a.m. to 7 p.m., or weekends 9 a.m. to 5 p.m. You can book pick-ups days or weeks in advance. Just remember to cancel if you find you won't be using the service.

AC Transit recommends that you book at least 30 minutes before you want to ride in their special 16-passenger FLEX busses, which then connect to other major

routes for a transfer to another AC Transit bus or BART.

Cost of the FLEX service is the same as other bus rides, \$2.10 for adults and \$1.05 for youth ages 5 to 18, passengers with disabilities, and seniors over 65. Discounted Clipper fares and day passes apply.

Even if you don't make a reservation, you can still catch a FLEX bus at the Castro Valley BART station at half past the hour.



AC TRANSIT PHOTO

The popular AC Transit FLEX buses are now available at 45 more stops in Castro Valley.

Castro Valley Weather Oct. 26 - 30, 2016



Wednesday
Partly Cloudy
High 74° Low 56°



Thursday
Rainy
High 66° Low 62°



Friday
Partly Cloudy
High 69° Low 62°



Saturday
Showers
High 69° Low 61°



Sunday
Rain
High 67° Low 53°

Almanac



Past Week's Rain: 00.00
Season To Date: 03.01
Normal To Date: 00.88
Season Average: 21.22

Moon Phases



Sun sets at 7:29 p.m. today; sun rises at 6:18 a.m. Thursday.

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

ESTATE LIQUIDATION
Estate Sales & Consignments
Cell- 882-3242

Public Art: MAC to Get an Advance Look at Planned 'Identifying Murals'

Castro Valley Municipal Advisory Council (MAC) talked public art – a perennially touchy subject in town – at last week's meeting.

The Alameda County Arts Commission is having a public call for artists to paint "identifying murals" on three overpasses: in Castro Valley where I-580 goes over Redwood Road, in San Lorenzo at I-880 and Hesperian Bou-

levard, and in Ashland at I-238 and Mission Boulevard.

Nearly two decades after the infamous "canoe" welcoming sign drew such public outcry that it was removed and put into storage, the MAC had concerns the new Castro Valley logo on the overpass could be similarly divisive.

County arts executive director Rachel Osajima repeatedly

assured the MAC the public will have several opportunities to view the proposed mural designs before the \$135,000 project is installed – sometime in spring of 2018.

Meanwhile, the call for artists is open until Nov. 30 and more information is available at www.acgov.org/arts under the "opportunities" tab.

–By Amy Sylvestri

School Board Candidates Have Their Say at Last Week's Forum

By Amy Sylvestri
CASTRO VALLEY FORUM

The five candidates vying for three seats on the Castro Valley School Board met in a public forum last week to share their ideas about education.

Jo A.S. Loss is the sole incumbent and a board member for the past 21 years. Also running are Suresh Gupta, a retired nuclear engineer with grandchildren in Castro Valley schools; Monica Lee, an attorney with a sophomore at CVHS; Tojo Thomas, a probation officer and father of three Castro Valley students; and Lavender Whitaker, an environmental supervisor with PG&E who has a daughter at CVHS where her late husband Nicholas Whitaker was the school's popular activities director.

Asked what is the biggest challenge facing Castro Valley schools, both Loss and Lee said "money."

"It seems like every year, there are more and more cutbacks and less money to accomplish the same things," said Lee.

Loss agreed, saying she has a "huge wish list" for the schools.

"The number one challenge is that California schools aren't adequately funded," said Loss, adding that the district needs to have advocates in Sacramento to bring funds to the local level.

Thomas said the biggest challenge is the adjustment to common core standards and supporting teachers while they make that adjustment.

Gupta said that the teachers need support to handle an ever-increasing amount of diversity in the schools and to handle the needs of a wide-range of kids.

★★★★★
2016
ELECTIONS
★★★★★

Whitaker said the main challenge will be how to best spend the funds from Measure G, the \$123 million bond that passed earlier this year. She vowed to focus on projects that will give the community the most "bang for your buck" and said her professional experience working with contracts and environmental certifications will help her do that.

When asked what they'll bring to the board, all stressed their backgrounds and experiences.

"Education is my passion," said Gupta, who is a classroom volunteer and on the PTA at Jensen Ranch Elementary. "I want to lead students on a path to success."

Lee is also a classroom volunteer and active on the Jensen Ranch PTA, where she has previously served as president and vice president.

"I will bring an appreciation of what it's like to be a teacher," said Lee, who added she also has a background in personnel management.

Whitaker, whose teacher husband died of cancer last fall, said she feels the need to continue his call to serve Castro Valley students.

"I have a lot of experience, I supervise staff, I've been in a union, I've worked on multi-million dollar contracts," said Whitaker. "I also really love this community and I will work hard to make sure everyone has a seat at the table."

Thomas said he'll bring his "honesty and integrity" from his work in law enforcement.

"I'll bring straightforwardness," said Thomas. "Communication is key."

Finally, Loss said she'd bring her two decades of experience as a board member and her passion to continue doing that work.

"I am a champion for public education," said Loss. "I believe in it strongly and I'm not afraid to stand up and be an advocate."

The forum was hosted by the Eden Area League of Women Voters and the Castro Valley Library.

Who Else Wants To Get Rid Of Sciatica And Back Pain Without Surgery?

If You're One Of More Than 20 MILLION Adults In The US Suffering This Crippling Pain, This Could Be Your Salvation!

Chronic back and leg pain can make you feel old and worn out.

It is painful to work, difficult to sleep, and almost impossible to do the things you enjoy most each day.

Suzanne P. from San Leandro describes it like this:

"I had a lot of pain in my leg, knee and foot.. The pain was becoming unbearable.. made me anxious and unable to sleep."

Do any of these telltale signs sound familiar?

- Pain radiating from your lower back to your buttock and down the back of your leg
- Numbness, tingling, and muscle weakness in the affected leg
- Nagging discomfort that feels like anything from a mild ache, to a sharp burning sensation, to excruciating pain

If you are suffering from any of these discouraging symptoms, it is entirely possible you may have sciatica.

So What Exactly Causes Sciatica?

Sciatica is your body's signal that there is too much pressure on a nerve in your lower back. The most common cause of this pressure is a bulging or herniated lumbar disc.

Many mistakenly think the extreme measure of back surgery is the only way to relieve their pain. The problem is, often this type of back surgery simply doesn't work.

Your Safe, Drugless, Non-Surgical Solution

Fortunately, if you suffer from any of the conditions listed above, there is hope!

Now your pain can be relieved or eliminated by new non-surgical therapeutic techniques that are extremely effective.

Recent results published in medical journals bear this out. With success rates as high as 90% for Non-Surgical Re-Constructive Spinal Care, some back surgeons are recommending it as the preferred option before surgery is considered.

Dr. Jerry Hsieh wholeheartedly agrees. At his Intero Chiropractic Clinic in Pleasanton, Jerry and his whole team are seeing stunning results.

For Some People It Is Almost Miraculous

Jerry states, "We have helped over hundreds of patients suffering from this agonizing condition to say goodbye to their pain, and start living again."

Jerry continues, "In my years of practice, I've never seen a treatment as effective as this for sciatica and low back pain. It is almost miraculous how it gives our patients back their joy for life."

Jerry went on to say, "There's nothing natural about living with chronic pain."

And now thanks to the advanced technology used at the Intero Chiropractic, there simply isn't any reason to endure it."

Jerry's face lights up when he describes the state-of-the art technology he and his team utilize for their patients.

"The ultra-advanced technology we use is not found anywhere else in Pleasanton. We can precisely diagnose the cause of your low back pain and sciatica, and create a

personalized program for reconstructing the damaged area. We are seeing superior long-term positive results for almost all of our clients."

Jerry Hsieh shared what some of their patients say about their experiences with this breakthrough technology...

"He not only treats the immediate problem but all the other things that might pop up. To me he's a miracle worker."

"Now, my life is back to normal!"

"Within the first couple of weeks I was able to start walking again and the improvements I am experiencing make me a strong believer of Intero Chiropractic!"

This means in just a matter of a few short weeks, you could be back to engaging in your favorite activities, able to work, enjoying your love life, or traveling again.

Jerry is eager to open the door to healing to as many as possible. So for a limited time he has reserved 100 new patient consultations for our readers at a substantial discount.

He urges our readers, "It's time for you to find out if Non-Surgical Re-Constructive Spinal Care will be your lasting solution to the anguish of sciatica and low back pain."

Call today and you will receive everything listed below for just \$20. We usually charge \$100 for this extensive evaluation!"

Here's what you will get:

- An in-depth consultation where we gather your full medical history.
- A complete neuro-muscular examination.
- Peerless high precision technical analysis of the problem.

- A full follow up report.
- A detailed, personalized program for the best non-invasive, non-surgical reconstructive care for your specific issues.

Here's What To Do Next To Get Your \$80 Discount

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

Read What Another Patient Says... And Then CALL!

"I went into see the chiropractor unable to function and was always sick. Every doctor I saw could not help. I have been seeing Dr. Jerry for 6 months now and am able to take care of my children and run my own business! It has been a journey of healing as I have been sick for many years. I am no longer taking prescription medications and am functioning and am happy!!" Regina S.

**Don't Suffer Another Day
Call (925) 255 5805 Right Now!**

Code: BOS49SCTL10hb

PAID ADVERTISEMENT



BRIEF BANK ROBBERY SCARE: A citizen's report that a man with a gun had entered Citibank on Castro Valley Blvd. last Wednesday morning brought a fleet of Sheriff's deputies to the downtown. The "gun" turned out to be nothing more than a cell phone.

PHOTO BY MARY POMINVILLE

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



Throwing Rocks at Cars

Sunday, October 23: at 9:42 p.m., an anonymous call about a man throwing rocks driving down Castro Valley Boulevard near Lake Chabot Road sent deputies to the scene. There they arrested a 26-year-old man who refused to give an address on suspicion of public intoxication. The man reportedly was stumbling around the corner area with no shoes. While there was no indication that the man was throwing rocks, deputies did take him to a sobering center.

man and took him to Santa Rita Jail pending \$15,000 in bail.

Drove Under Influence Of Drugs and Alcohol

Sunday, October 23: at 1:20 a.m., a 32-year-old man from Manteca (San Joaquin County) was arrested on suspicion of driving under the influence of drugs and alcohol. Deputies pulled the man over on Somerset Avenue near Lake Chabot Road after noticing he was weaving in lanes. The man was taken into custody.

Inpatient Hospital Patient

Saturday, October 22: at 3:26 a.m., a 53-year-old woman with no permanent address was arrested on suspicion of interfering with medical staff at Eden Medical Center on Lake Chabot Road. Deputies were called to the scene after hospital staff could not contain the woman who was seeking treatment but refused to cooperate and ended up in an altercation with nurses. The woman was subdued, handcuffed, treated, and eventually taken into custody.

Spousal Spat

Sunday, October 23: at 8:30 p.m., a 37-year-old woman from Castro Valley was arrested on suspicion of spousal abuse. A 911-call about a loud and aggressive-sounding argument sent deputies to a home on Doris Court near Seaview Avenue. There, the man claimed his wife had been assaulting him. The wife claimed that she slapped the man while she was trying to close her laptop. Deputies took the woman into custody.

Wanted Man

Saturday, October 22: at 10:25 p.m., deputies arrested a 21-year-old man from Castro Valley on suspicion of possession of illegal narcotics. The man was also wanted as part of a warrant issued for his arrest. Deputies spotted the man traveling on Castro Valley Boulevard near Wisteria Street and made a positive identification. The man was taken to Santa Rita Jail pending \$5,000 in bail.

Public Intoxication

Saturday, October 22: at 12:34 a.m., deputies arrested a 23-year-old man from Hayward on suspicion of public intoxication. The man was traveling on Castro Valley Boulevard near Wisteria Street when deputies noticed he was having a hard time walking and standing up. The man failed his field sobriety test and was taken into custody.

see **REPORTS** on back page

Something to Smile About: Dentistry Team Celebrates its 20th Year in CV

East Bay native Dr. James Wilson is celebrating 20 years of family dentistry in Castro Valley.

Dr. Wilson's office is in an historic home at 20085 Redwood Road and his practice is famous among patients for on-time appointments, friendly service and

fresh-baked cookies.

Dr. Wilson is a graduate of the U.C. School of Dentistry in San Francisco and he has completed hundreds of hours of advanced education in dentistry. His team has a total of more than 125 years of dental experience

He and his wife, Eileen have three sons who participate in soccer, baseball and basketball activities. Dr. Wilson takes time out to coach and umpire, and play a round of golf whenever he can.

For more information, visit www.jameswilsondds.com

Shoplifted Baby Formula

Saturday, October 22: at 8:00 a.m., deputies arrested a 24-year-old man who gave no address on suspicion of shoplifting baby formula from a grocery store on Castro Valley Boulevard near Redwood Road. The man was also wanted as part of an active warrant for his capture. Deputies handcuffed the

Michael O'Brien, MD

A Concierge Medical Practice

- SERVICE is our number-one priority
- You won't be treated like a number
- We see patients the same day they call
- Housecalls for homebound patients in Castro Valley area

Join my Concierge Practice for \$125/mo
CALL 510-581-7677 for a FREE consultation
Or check out: DocOBrienMD.com

Serving the community for over 25 years

20100 LAKE CHABOT ROAD • CASTRO VALLEY
California Care PPO and Cash Patients Welcome



Village Barber Shop
Made In The U.S.A
An Old Fashioned Barber Shop

In The Village Shopping Center
3372 Village Dr., Castro Valley
881-9555
Just Walk In
Open: Tuesday-Friday 9am - 5:30pm
Saturday 8am - 4pm
www.villagebarbershop.com

Al Spence

Al Ernie

Vote Dan Walters Oro Loma Sanitary District

- Protect San Francisco Bay
- Keep Rates Low
- Stay Debt Free



- Current Director/Secretary
- Business Owner
- Chemical Engineer/MBA
- Chair, Alameda County Workforce Development Board
- Chair, LINKS Shuttle
- Vice Chair, CA Small Business Association
- Board, CA Collaboration for Youth

**PROVEN DEDICATION TO LEADERSHIP
AND COMMUNITY SERVICE**

www.facebook.com/DanWaltersOroLoma

YOU'RE INVITED TO

THE ADVENTURE'S



Bring this
ad in for a
FREE
Popcorn!

**SATURDAY
OCTOBER 29TH
10:00am - 1:00pm**

Activities include: **Petting Zoo, Pony Rides, Pumpkin Patch, Dunk Tank, Inflatables & Games!** Kids can come in costume (no scary costumes please!) Pumpkins and snacks are for sale, but everything else is free! Located in the back parking lot (or in the gym if it is raining)

3Crosses Church • 20600 John Drive Castro Valley

JOB WELL DONE!

Congratulations to Castro Valley's Newest

4R Star Businesses

REDUCE • REUSE • RECYCLE • ROT

Mr. Pickles

20674 Rustic Drive, Castro Valley
510-398-8532 | www.mrpickles.com

Lake Chabot Public Market

18911 Lake Chabot Road, Castro Valley
510-538-6262
www.facebook.com/lakechabotpublicmarket

Mama Cho's BBQ

18911 Lake Chabot Road, Castro Valley
510-538-6262
www.facebook.com/lakechabotpublicmarket

**4R Star businesses go above and beyond recycling
and organics to reduce waste from the start!**

CASTRO VALLEY SANITARY DISTRICT
510-537-0757 | www.cvsan.org/4RStarDirectory

The Week Ahead

● Wednesday, October 26: Toastmasters Open House

The public is invited to Toastmasters' Open House in Bayfair Mall in San Leandro at 1 p.m. today. Enter through Door 5 facing Century Theaters and go to the meeting room – signs will be posted. Learn the art of public speaking. Refreshments will be served. For more information, call Wayne Hankins at 510-407-0048.

● Wednesday, October 26: Reformation Book Fair & Festival

Stop by the book fair sale featuring over 30 books up to 50% off with free shipping, and stick around for free family-friendly activities, games, and more from 4 to 8 p.m. today at Faith Lutheran Church, 20080 Redwood Rd in Castro Valley. For more information, visit www.fllccv.org/refo500 or call 510-582-0818.

● Thursday, October 27: School Board Meeting

The Castro Valley Board of Education will hold a public hearing on the reappointment of Toni Wilkerson to the Personnel Commission during the regularly scheduled Board meeting at 7 p.m. tomorrow in the School District Board Room at 4400 Alma Avenue, Castro Valley. For the complete meeting agenda and board packet, visit bit.ly/CVUSDBBoardMeetings

● Friday, October 28: Halloween Carnival

Castro Valley Elementary School's Halloween Carnival, a benefit for the CVE Parents and Teachers Association, will be held from 4 to 7 p.m. this Friday at the school, 20185 San Miguel Avenue, with a spooky haunted house, games, food, used book sale, craft table, a DJ and \$12 wristbands for unlimited games.

● Saturday, October 29: Halloween Festival & Costume Parade

Bayfair Center Certified Farmers' Market at East 14th & Fairmont in San Leandro will hold its Halloween Harvest Festival, and Costume Parade and Contest from 9 a.m. to 1 p.m. Saturday. Family farmers bring local produce and heirloom variety fruits and vegetables that they grow themselves. Guess the weight of the Giant Pumpkin, with a \$50 prize.

● Saturday, October 29: Meals on Wheels Bike Ride

Join Meals on Wheels of Alameda County for the 7th Annual Wheels for Meals Ride on four supported routes through the Livermore Valley to help fight senior hunger, returning for a BBQ lunch. Advance registration closes at 6 p.m. this Friday or when 1,200 cyclists are registered. For details, visit www.wheelsformealsride.com

● Saturday, October 29: Pets Available for adoption

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

● Saturday, October 29: Haunted House on Cold Water Drive

The Cold Water Drive Haunted House (half a mile up the hill) will rise again from 7 to 9 p.m. on Saturday and Monday nights. Donations are welcome for the Castro Valley High School Relay for Life to reach its goal toward finding a cure for cancer.

● Monday, October 31: Halloween Haunt

Join the Wilfongs at their Home Haunt on Charter Oaks Drive on Halloween night from 5:30 to 9 p.m. Walk through display, photo ops, and trick or treats for all ages. Your donations will go to the local pet shelter. Come have some spooky fun and help abandoned animals!

● Tuesday, November 1: Buon Tempo Six-Course Dinner

The Buon Tempo Club (the name means "good times"), will have a six-course Dinner at 7 p.m. on Nov. 1 at Transfiguration Church at 4000 East Castro Valley Blvd. Everyone is invited. For reservations (\$15 members or \$20 guests), call 510-483-6929. The deadline for reservations is this Friday, October 28. Buon Tempo, a social welfare organization, celebrates Italian food and culture. Over the years Buon Tempo has donated over \$160,000 in scholarships to East Bay high schools and students, and has also donated frequently to the George Mark Children's Hospice in San Leandro.

● Tuesday, November 1: Rich Wicker Annual Pool Tournament

The Kenneth C. Aitken Senior & Community Center, 17800 Redwood Road in Castro Valley, will host the 7th Annual Rich Wicker Pool Tournament at 10 a.m. Nov. 1, in memory of the Center's dear friend, Rich Wicker. All skill levels are welcome. The cost to enter is \$5 per person and prizes will be awarded to the top players in each bracket (Beginner/Advanced). Light refreshments will be served. Players must register by Thursday, Oct. 27. Call the Senior Center for more details at 881-6738.

● Tuesday, November 1: Ohlone Audubon Meeting

Marine biologist and reference-guide author Peter Pyle will discuss "Molt Patterns, and More, in Birds" at the next meeting of Ohlone Audubon at 7:30 p.m. Nov. 1 at the San Leandro Library, 300 Estudillo Avenue. Pyle has developed a special interest in bird molt and how it can be used to age birds. No admission charge to attend and refreshments will be served. Visit www.ohloneaudubon.org for more information.

● Tuesday, November 1: CV Sanitary District Meeting

Castro Valley Sanitary District (CVSan) will hold its monthly Board Meeting at 6:30 p.m. in CVSan's Board Room, 21040 Marshall Street. Visit cvsan.org/BoardAandM for the agenda.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

● **San Francisco Master Chorale** will perform at 6:30 p.m. on Sunday, Oct. 30. *Tickets are \$20 at the door.*

● **Fall Concert** will be presented by the Castro Valley Adult School Orchestra at 2 p.m. on Sunday, November 6. *For tickets (\$5-\$10) see above.*

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

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

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

THEATRICAL & MUSICAL PERFORMANCES

● **Aileen Chanco**, internationally renowned concert pianist, will perform music by composers of the Romantic period, including Beethoven, Ravel and Mussorgsky, this Friday evening at 8 p.m. at Smith Center at Ohlone College, 43600 Mission Blvd. in Fremont. For tickets, \$15-\$25 (parking \$4) visit smithcenter.com or call 510-659-6031.

● **"Spending the End of the World on OkCupid,"** a world premier theatre production written by Jeffrey Lo, will be presented by the Ohlone College Department of Theatre & Dance at 8 p.m. on Nov. 4, 5, 10, 17, 18, 19 at Smith Center at Ohlone College, 43600 Mission Blvd. in Fremont. For tickets, \$10-\$12 (parking \$4), visit smithcenter.com

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

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

ART GALLERIES & EVENTS

● **Day of the Dead 2016:** Explore the various stages and symbolism of the celebration of Día de los Muertos (Day of the Dead) through the artwork of more than 25 local artists through Nov. 13 at the HAHS Museum of History & Culture, 22380 Foothill Blvd., Hayward.

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

● **39th Area Artists' Annual Open Show**, open to all artists living or working or taking classes in the HARD area, is on exhibit through Nov. 19 at the Adobe Art Center Gallery in Castro Valley.

CASTRO VALLEY FORUM

ESTABLISHED: 1989 • CIRCULATION 22,500

© 2016 EASTBAY PUBLISHING CORPORATION - ALL RIGHTS RESERVED

Published every Wednesday by EastBay Publishing Corp.
2060 Washington Ave., San Leandro 94577
Corporate Address: P.O. Box 2897, Alameda, CA 94501
Tel: 510-537-1792 • Fax: 510-814-9691

Fred Zehnder, Editor & Publisher
fredz@ebpublishing.com

Claudette E. Morrison, Business Mgr.
cm@ebpublishing.com

Howard Morrison, Assoc. Publisher
howardm@ebpublishing.com

Patrick Vadnais, Classified Ads / Obituaries
patrickv@ebpublishing.com

Helen Burkett, Advertising Design Mgr.
helenb@ebpublishing.com

Mary Florence, Advertising Sales
861-3270 mpominville4582@aol.com

Moxie Morrison, Layout Design
moxmore@yahoo.com

Linda Nakhai, Advertising Sales
lnakhai@comcast.net

Contributors:

Amy Sylvestri, News
amys@ebpublishing.com
510-614-1561

Thomas Lorentzen
Winda Shimizu
Linda Sandsmark

Jim Carrizo, Sports
jimcvsports@gmail.com
510-967-3759

Linette Escobar
Terry Liebowitz

Trevin Smith
Simon Wong

Carl Medford
Michael Singer

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.

30% OFF On Any Budget Blinds Products



Great Selection of Attractive Styles to Handle Light, Privacy and Energy Issues.

We have the Best Warranties in the Business!

Shutters • Draperies • Wood Blinds
Honeycomb Shades • Roller Shades
Vertical Blinds • Silhouettes®
Woven Woods

Professional Measuring and Installation.
Quality, Convenience, Value!

925-216-4857

Lafayette, Moraga, Orinda,
Oakland, Berkeley,
Castro Valley & Hayward

FREE In-Home Consultation & Estimates
Locally Owned & Operated

Budget Blinds

a style for every budget.

www.budgetblinds.com

CASTRO VALLEY WOMEN'S CLUB



HOLIDAY BOUTIQUE

Come Join Us!

18330 Redwood Rd., Castro Valley
Opening Night Friday, Nov. 4
From 5 to 8 p.m. and
Saturday, Nov. 5
From 9 a.m. to 3 p.m.

Unique Hand Crafted Items from
Local Artists and Tasty Treats!

BRING A FRIEND
& COME EARLY
FOR BEST SELECTION

PRIZES PROVIDED BY LOCAL BUSINESSES

Drawing Proceeds will go to the CV Women's Club projects benefiting our community.

Ad Sponsored By:

Kristy Peixoto, Realtor® • J. Rockcliff Realtors
925-251-2536 • Estatesandranches.com

Birthright Of San Lorenzo

A non-profit CRISIS PREGNANCY CENTER helping women to identify life-affirming resources and receive guidance in planning for her and her baby's future.

- Free Pregnancy Tests
- Volunteer Opportunities
- Medical Referrals
- Housing Referrals
- Free Maternity / Baby Clothes (as available)
- Friendship for Life

WE BELIEVE: "It is the right of every pregnant woman to give birth... and the right of every child to be born."

24-HOUR HOTLINE
1-800-550-4900

1048 GRANT AVENUE • SAN LORENZO • 510-481-9677

Check us out at: www.birthrightofsanlorenzo.com

Text and Email: info@birthrightofsanlorenzo.com

Preserving The Sight Of Seniors

It's a fact of life. When people reach their senior years, they are at high risk for developing age-related eye diseases that can lead to blindness if not caught and treated in time.

But people can take steps to protect themselves. The first step is to get a simple, painless eye exam by an ophthalmologist, the medical doctors that detect and treat these conditions.

To help seniors who haven't seen an ophthalmologist in three or more years, the EyeCare America program may be able to help. It has been matching Americans 65 and older with volunteer ophthalmologists across the country for more than 30 years.

These volunteers provide eligible seniors with medical eye exams often at no out-of-pocket cost, and up to one year of follow-up care for any condition diagnosed during the initial exam for the physician services.

The program also offers a glaucoma eye exam to eligible, uninsured individuals who are at increased risk for glaucoma, determined by their age, race and family history. Visit www.aao.org/eyecare-america to see if you or a loved one is eligible.

Drug Discounts

Connecting people with a volunteer ophthalmologist isn't the only way EyeCare America helps seniors. It can also help people deal with the challenges of affording prescription medications, especially for seniors who may live on a fixed income.

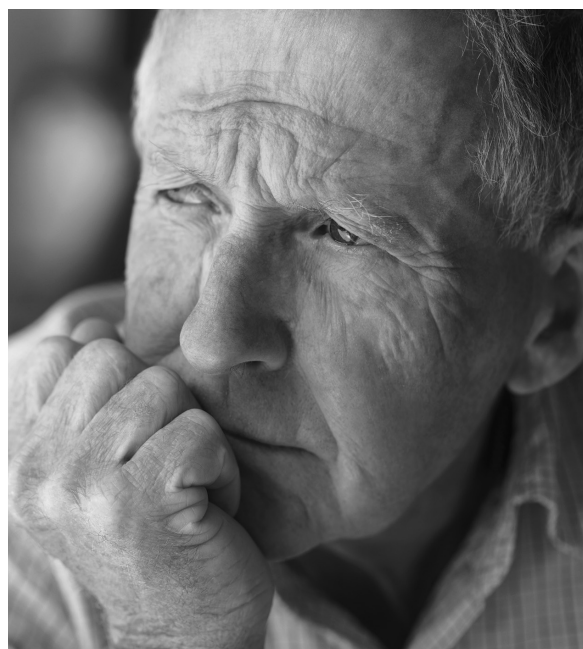
A new drug discount card can help people save up to 80 percent on drug costs and can be used as often as needed at over 65,000 pharmacies nationwide, including all major chains.

The card can also be shared with friends and family. It's free, with no fees or registration, and it never expires. Download the card today and start saving by visiting the Assistance with Medications page at www.aao.org/eyecare-america.

Senior Eye Exams

The American Academy of Ophthalmology recommends people 65 and older get medical eye exams with an ophthalmologist on an annual basis. Through comprehensive eye exams, ophthalmologists can check a person's eyes for hidden signs of eye disease, which may have no noticeable symptoms in their early stages. Once diagnosed, ophthalmologists can provide treatments to help prevent vision loss. Learn more about eye and how to protect your sight at www.aao.org/eyesmart.

—North American Precise Synd., Inc.



Don't Ignore these Signs of Dementia

Many seniors worry about memory lapses as they get older fearing it may be the first signs of Alzheimer's disease or some other type of dementia.

To get some insight on the seriousness of this problem, here are some resources you can turn to for help.

Warning Signs

As we grow older, some memory difficulties — such as forgetting names or misplacing items from time to time — are associated with normal aging. But the symptoms of dementia are much more than simple memory lapses.

While symptoms can vary greatly, people with dementia may have problems with short-term memory, keeping track of a purse or wallet, paying bills, planning and preparing meals, remembering appointments or traveling out of the neighborhood.

see **DEMENTIA** on page 11



MARTINS CHIROPRACTIC

Specific, Effective & Gentle Care

WELLNESS & PAIN MANAGEMENT

Providing FDA approved laser treatment for

- Chronic neck & shoulder pain
- Chronic heel pain/plantar fasciitis
- Post operative pain



510-727-0660 • www.DrMartinsDC.com
20995 Redwood Road, Castro Valley



MEMORY DAYBYDAY

A NEW MODEL OF CARING

Your Memories Are Fragile.
I Promise To Hold Them Gently.

Services Offered:


- Memory Screening
- Mental Activities & Support Groups for Early Dementia
- Memory Cafe in San Leandro (Call 931-9336 for more info.)

111 Jackson St., Hayward • 876-5880
tricia@memorydaybyday.org • www.memorydaybyday.org


On Sale in October!

New Chapter Vitamins

25% OFF



Add Life to Your Years
and Years to Your Life
at Health Unlimited



Since 1969

San Leandro
182 Pelton Center
(510) 483-3630

Castro Valley
3446 Village Dr.
(510) 581-0220

When it Comes to Kids, Alcohol, Get Conversation Started Early

By Robert M. Vincent
SPECIAL TO THE FORUM

Talking to your kids about alcohol may feel like a daunting task, but doing so can help prevent future health challenges and risks.

It's important to broach the topic early: Many kids have their first drink as young as 9 years old, and 50 percent of 15-year-olds have tried alcohol.

Young people often begin drinking alcohol after experiencing stress, peer pressure, and difficult life transitions such as moving or divorce. While many adolescents consider drinking to be a rite of passage, the reality is drinking poses a serious threat to a young person's growing brain, development and overall health. By having several small, low-key conversations with your kids about alcohol, you can create a comfortable and open space for them to discuss the dangers of underage drinking and strategies for avoiding it, without feeling awkward.

Studies show that parents have a significant effect on young people's decisions about alcohol consumption, especially when they create supportive and nurturing environments in which their children



Teen alcohol consumption is a significant health challenge nationwide.

can make their own decisions. And since so many kids begin to use alcohol at a young age, the sooner you begin talking to your children about drinking, the better.

"Parents are the number one influencers on a young person. If every parent communicated a strong

message about underage drinking, we would already have a delay on the onset of alcohol use," said Frances Harding, Director of Federal Center for Substance Abuse Prevention.

Teen alcohol consumption is a significant health challenge nationwide. Nearly 23 percent of people between the ages of 12 and 20 are current alcohol users, according to the most recent national survey by the Substance Abuse and Mental Health Services Administration.

This age group consumes alcohol more than any other substance, including tobacco and other drugs. While teens tend to drink less frequently than adults, they drink larger quantities, often having five or more drinks during a single occasion. More than 5 million adolescents binge drink, while 1.3 million are heavy consumers of alcohol, according to the survey.

see **ALCOHOL** on page 6

MEETING DATE CORRECTION:

The San Leandro Parkinson's Support Group will hold their next meeting on Thursday, Nov. 3 (not today, Oct. 26) at 10 a.m. at the San Lorenzo Community Church at 945 Paseo Grande. Karen Marshall from Community Resources for Independent Living will be the speaker. For information call Lona White at 510-276-3119.

CROSSWORD PUZZLE ANSWERS

A	S	H	D	O	C	N	E	A	T
S	T	U	N	E	R	A	A	K	I
K	O	L	A	W	A	R	M	E	L
S	W	A	M	P	L	O	R	E	
	E	E	L	B	U	D	D	H	A
P	R	E	T	Z	E	L	G	R	U
E	A	C	H	G	I	N	O	K	R
P	S	H	A	W	Z	I	P	P	E
S	P	O	T	O	N	P	O	P	
	T	O	O	K	W	E	L	S	H
B	E	A	U	R	A	W	R	A	N
Y	A	W	N	A	L	I	S	W	I
E	R	L	E	H	E	N	N	T	H



FACIAL\$35


HOT STONE
60 minutes....\$50

FOOT & BODY TREATMENT
70 minutes....\$40 • 90 minutes....\$45

510-889-0268 • 10am - 9:30pm Daily
20660 Redwood Rd., Castro Valley
(Wells Fargo Plaza)

Bring In Ad Get **\$5 Off** On All Services over \$30

Cannot be combined with any other offers. Exp. 11/1/16



VOTE FOR DR. CHIKE UDEMEZUE

Oro Loma Sanitary District 2016 Board of Directors

MY GOALS AS A BOARD MEMBER:

- To insure rates do not go up
- To work for fiscal responsibility
- To be a committed public servant
- To work for a cleaner environment
- To improve customer service
- To modernize the equipment

MY QUALIFICATIONS & EXPERIENCE:

Ph.D in Applied Management, Claims Examiner for Calif. • Shop Steward for Service Employees International Union (SEIU), Member of San Leandro Recreation and Parks Commission • Member of Bayfair Transit Oriented Development Committee
Member of San Leandro School District's LCAP Parent Advisory Committee
Member of the John Muir Middle School Site Council • Financial Analyst and Author

PARTIAL LIST OF ENDORSEMENTS:

Nate Miley - Alameda County Supervisor
Donald White - Alameda County Treasurer/Tax Collector
Elisa Marquez - Councilmember - City of Hayward
John Faria - Former Mayor - City of San Leandro
Surlene Grant - Former Vice Mayor - City of San Leandro
Corina Lopez - Councilmember - City of San Leandro
Mike Katz - Former President - Board of Trustees - S.L. Unified School Dist.
Diana Prola - Trustee - S.L. Unified School Dist.
Monique Tate - Trustee - S.L. Unified School Dist.
Ed. Shapiro - City Commissioner - Appointed by S.L. Unified School Dist.
Robert Fox - Parks Commissioner - City of San Leandro
Pete Ballew - Retired Police Captain - City of San Leandro
Ezra Strange - Regional Director - John Stewart Company

Leo Sheridan - Trustee - San Leandro Unified School Dist.
Katherine Ward - Retired Educational Administrator - Oakland School Dist.
Mario Tuscano - Local Business Leader
Enrique Ahumada - Local Business Leader
Chika Mbakogu - Local Business Leader
Building and Construction Trades Council of Alameda County
International Brotherhood of Electrical Workers Local 595
Plumbers and Steamfitters Union Local 342
Carpenters Union Local 713
Laborers Union Local 304
Sprinklers and Fitters Local 483
Sheetmetal Workers Union Local 104
Operating Engineers Local 3
Evolve Inc.,

Paid Political Ad by Vote Dr. Chike Udemezue for Oro Loma Sanitary Dist. 2016* P.O. Box 3139, San Leandro *FPIC ID #1381366

Local Moms and Dads Learn Strategies at Parent University

By Linette Escobar
SPECIAL TO THE FORUM

Your daughter has a temper tantrum at the store. Your fourth-grader is struggling with math – and you never liked it either. Your middle-schooler is starting to talk back when he isn't glued to a screen.

Parenting is full of pitfalls. Over 100 parents came out to the 5th Annual Parent University on October 15 at Castro Valley Adult & Career Education to get help with this important job of guiding children to be their best selves.

Keynote speaker and author Nancy Rose set the tone by identifying certain traits of the core self and offering strategies for parents to help them accept the child they have, even if their way of interacting with the world is different.

For example, if you are a low intensity person but your child responds to both good and bad things with high intensity, how do you talk or think about them?

Perhaps you sometimes call them "hyper." A way to reframe this behavior is to consider them "dynamic." The same goes for a child who is low energy. Is he lazy or calm?

Rose stressed that while children still need to be taught how to behave appropriately, parents are more likely to get a much better response and connection by accepting who they are naturally.

The importance of the parent-child connection was stressed in many workshops. Parent Educator Rachel Sklar stressed this connection in a workshop about raising resilient and cooperative sons.

One strategy she suggested was temporarily ignoring undesirable behavior to focus on the connection and trying to understand what is beneath the behavior. This allows the child to come down from his fight or flight response and be less defensive as you continue to talk.

The psychological aspect of parenting even affects math. Sharon Friedman talked about how feelings about math are almost more important than skills. Statements like, "I'm just not a math person," lead children to not raise their hands in math class and fear around math.

Attitude affects how we learn. Parents praised the thought-provoking morning keynote, the variety of workshops, and the parent resource fair. Missy Kirtly said she came "because being a parent is the most important job I'll ever have, and I'm constantly learning to do it better."

Perhaps the greatest testimonial was that after the social media workshop ended a parent asked, "I know we are all busy but would you mind if we continue our conversation a little longer?" All the parents stayed to share tips. It's true. It really does take a village to raise a child.

see STRATEGIES on page 11



Nancy Rose (pictured on right) signs a copy of her book "Raise the Child You've Got" at the Parent University parenting conference held at Castro Valley Adult & Career Education on October 15.

Alcohol: Talk To Your Child About Risks

continue from page 5

This trend in underage drinking comes with significant risks. Adolescents who use alcohol are more prone to have legal issues and participate in unsafe sexual behaviors. They are at increased risk for using other drugs, hurting themselves or someone else, and being dependent on heavy drinking later in life.

There's a fatal risk, too: Underage drinking is responsible for approximately 5,000 teen deaths per year—mostly from vehicle crashes, but also from alcohol poisoning and other accidents.

You can help your children prevent these problems by talking to them on a consistent basis about the dangers of underage drinking.

Helpful resources and advice can be found at samhsa.gov/underagedrinking, including a tool that illustrates the dos and don'ts of talking to kids about alcohol use.

Robert M. Vincent is a Public Health Analyst.

—North American Precise Syndicate, Inc.

Searching for the Castro Valley Forum?

The Forum is available all over town. If you have trouble finding a copy of the Forum, here are just a few of the pick-up locations:

Al's Food Market
3550 Somerset Ave.
Aran's Art Studio
3313 Village Redwood Rd.
Baywood Ct.
21966 Dolores St.
Bonfaire Market
19125 Redwood Rd.
Bud Adams Auto Repair 18811
Lake Chabot Rd.
Burrito Shop
1843 Castro Valley Blvd.
Castro Valley Library
3600 Norbridge Ave.
China Bowl
2690 Castro Valley Blvd.
Curves
20273 Patio Drive
Castro Valley Adult School
4430 Alma St.
CV Forum Office
3742 Castro Valley Blvd.

CV Unified School Dist.
4440 Alma St.
C. V. Chamber of Commerce
3467 Castro Valley Blvd..
Doug's Place
Lucky Shopping Ctr.
Eden Medical Center
20103 Lake Chabot Rd.
Eden Pet Hospital
1920 Knox St.
Hay. Chamber of Commerce
22561 Mission Blvd.
Pete's Hardware
2560 Castro Valley Blvd.
Rudy's Donut House
3692 Castro Valley Blvd.
R&J Quick Cleaners
2522 Castro Valley Blvd.
C. V. Senior Center
17800 Redwood Rd.
Village Barber Shop
3372 Village Drive

\$MART \$HOPPER

COUPON SAVINGS

WORLEY'S

"The One-Stop Decorating Store Since 1952"

Home Design Center

FREE 18"x27" Doormat

Interior Design

- Bath/Kitchen Remodeling
- Counter Tops
- Wood, Laminate & Vinyl
- Carpet & Custom Area Rugs
- All Types of Window Coverings
- Custom Draperies
- Custom Reupholstery
- New Foam Cushions
- Antique Refinishing
- Base/Crown Molding
- Fireplace Refacing
- Wallpaper/Paintings

510-248-4310 | 2751 Castro Valley Blvd., Castro Valley | www.WorleysHomeDesignCenter.com

15% OFF

ON ANY IN-STOCK ITEMS

WITH THIS AD. MAY NOT BE COMBINED WITH ANY OTHER OFFER. EXCLUDES DOG & CAT FOOD. EXPIRES 11-30-16.

10% OFF

ON ALL DOG & CAT FOOD, AND FRONTLINE, ADVANTAGE & SERESTO FLEA CONTROL.

WITH THIS AD. MAY NOT BE COMBINED WITH ANY OTHER OFFER. EXPIRES 11-30-16.

710 E. 14th St. • San Leandro
510-638-2005
www.mikesfeedandpets.com
MON-SAT 9AM-7PM • SUNDAY 10AM-6PM

COMMUNITY VETERINARY CLINICS

Every Sunday from 1:30 to 3 p.m.

vip.petcare

Visit our wide selection of exotic fish and reptiles!

\$SMART \$SHOPPER COUPONS\$



CASTRO TIRE PROS

Valley "Installing Peace of Mind"

2470 Castro Valley Blvd., Castro Valley
510-581-0661
Open Weekdays 8am - 5pm
Sat 7:30am - 3:30pm

MICHELIN Continental GENERAL TIRE BFGoodrich

Oil Change

\$24.88 Reg. \$38.95
Some filters extra
Environmental disposal fee.

Change Oil up to 5 Qts. Bulk Motor Oil (Synthetics Extra) Exp. 11/30/16

FREE

Tire Rotation & Brake Check

Offer expires 11/30/16



Old Fashioned Ice Cream Sundae

(Hot Fudge, Chocolate, Strawberry or Caramel)
TASTE-FREEZ

America's Most Wanted Hot Dog
510-581-3838

\$1.99 POLISH SANDWICH

Plus sales tax.

Good thru 12/31/16. Offer #460. Customers pay all applicable sales tax. Each coupon good for up to TWO orders on same visit and coupon must be surrendered at time of purchase. Not good with any other offer. Good at participating Wienschnitzels only. (Kraut extra.)

\$1.99 CHILI DOG AND SMALL FRIES

(Cheese extra.) Plus sales tax.

Good thru 12/31/16. Offer #395. Customers pay all applicable sales tax. Each coupon good for ONE order and coupon must be surrendered at time of purchase. Not good with any other offer. Good at participating Wienschnitzels only.

CHILI CHEESE DOG CHILI CHEESEBURGER CHILI CHEESE FRIES

\$4.99 Plus sales tax.

Good thru 12/31/16. Offer #357. This coupon good for up to three orders. Not good with any other offer. Available at participating Wienschnitzels only. (Valid for Original Chili Cheese Dog only.)

At Participating Wienschnitzel • 1010 A St., Hayward, Ca Only

Auto Analysts II

BMW Specialists

510-582-0201

19592 Center Street, Castro Valley, CA 94546

www.Autoanalysts2.com | 5 Stars on yelp




Dino's

RESTAURANT

510-537-1454
20390 Lake Chabot Rd., Castro Valley
Fri & Sat: 7a.m. - 10p.m. / Sun - Thur: 7a.m. - 9p.m. (CVF)

20% OFF

Monday - Friday only. Excluding Early Bird Specials & Holidays. Bring in Coupon for Discount. Exp. 11/30/16(CVF)

Breakfast

Pancakes, Eggs & Bacon, Joe's Special, Omelets, New York Steak, Waffles

Lunch

Hot & Cold Sandwiches, Seafood, Hamburgers, Fries, Chicken Wings



Dupree's FURNITURE

SAVE EVEN MORE ON SPECIALS THROUGHOUT THE STORE!

\$50 BILL

CAN BE USED FOR ANY PURCHASE OF \$499 AND UP

- Does not apply to prior purchases or layaways
- Discount bills are good for furniture purchases only
- Appreciation money is valid until 11-30-16.

1900 E. 14TH STREET • SAN LEANDRO • 510-357-3000
DECORATING HOMES FOR OVER 40 YEARS - "MAKE YOUR HOUSE A DUPREE'S HOME"
www.Duprees-Furniture.com

APPRECIATION MONEY






BLACK FRIDAY PRICED BASIC PAINT SERVICE

REGULARLY \$499.95 **ONLY... \$299.95**



TOP-OF-THE-LINE FACTORY PAINT

2/STAGE WITH CLEAR COAT

*PAINT ONLY • REGULARLY \$1,699.95 • MUST PRESENT COUPON AT TIME OF ESTIMATE. OFFER GOOD FOR A LIMITED TIME ONLY! VALID AT HAYWARD LOCATION ONLY. OFFER EXPIRES 11/30/16. ESTIMATE GOOD FOR 30 DAYS.

1942 NATIONAL AVE. • HAYWARD • 510-785-8100

Trucks, Vans, SUVs and oversized vehicles by estimate. Body work, rust repair, prep work and stripping of old paint extra. Not valid with any other offer. MAACO® Collision Repair & Auto Painting centers are independent franchises of MAACO® Franchising, Inc. Prices, hours and services may vary.



David McBarron
Operations Manager
LDA #52

BASIC Document Services

"SELF HELP" Do It Yourself Not By Yourself!

• Divorce	• Name Change	• Evictions
• Mediation Services	• Living Trust	• 3-Day Notices
• Legal Separation	• Deed	• 30-Day Notices
• Paternity	• Incorporation/LLC	• 60-Day Notices
• Child Support Orders	• Small Claims	

510-728-7600 • 930 C St., Hayward • basicdocuments@gmail.com



Bay-O-Vista

Great Family Atmosphere, Full Gym, Cardio Equipment Pools, Hot Tub, Tennis, BBQ & Picnic Area & More

Get One Month FREE A \$192 value - Go to our website for more details.

Included in Your Membership

All Fitness Classes, Pilates, Cycles, Weights & Strength Equipment, Aerobics, Yoga, Lap & Childrens Pool, Sauna & Steam Room, Hot Tub & Locker Room



1881 Astor Dr. & Lake Chabot Rd., Next to Lake Chabot Dam
510-357-8366 • www.bovswim.com • swim@bovswim.com



Make their special day exactly that.

NOTHING bundt CAKES

Free Bundtlet

with the purchase of a Bundtlet

San Leandro
699 Lewelling Boulevard #210 • San Leandro, CA 94579 • (510) 895-4422

Dublin
7106 Dublin Boulevard • Dublin, CA 94568 • (925) 803-9210

Walnut Creek
1551 Botelho Drive • Walnut Creek, CA 94596 • (925) 979-9131

Expires 11/30/16. Limit one coupon per guest. Cannot be combined with any other offer. Redeemable only at the bakery listed. Must be claimed in-bakery during normal business hours. No cash value.



Manor Grill

BREAKFAST • LUNCH • DINNER
BREAKFAST SERVED ALL DAY

\$3.00 Off Breakfast or Lunch

WITH THE PURCHASE OF 2 DRINKS
Buy any breakfast or lunch entrée, Get a second entrée of equal or lesser value for \$3.00 Off.
Valid 7:00am-2:00pm. Excluding holidays. One coupon per table. Not valid with any other offer. Expires 11-30-16. — Manor Grill —

\$3.00 Off Dinner

Buy any dinner entrée, Get up to \$3.00 Off your second entrée of equal or lesser value WITH THE PURCHASE OF 2 DRINKS
Valid 4:00pm-9:00pm. Excluding holidays. One coupon per table. Not valid with any other offer. Expires 11-30-16. — Manor Grill —

526 Manor Boulevard • San Leandro • 510-969-7354
Open 7 Days 7am-9pm

COUPON ONLY VALID IN-HOUSE

Don't Break Your Piggy Bank!

We Have the Coupon Deals With the Most Savings in Your Neighborhood!
Distributed in both the Castro Valley Forum and the San Leandro Times Newspapers.

For more information about advertising call...
Mary Florence at 510-861-3270 or
Linda Nakhai at 510-915-1513

Visit Our Website: www.castrovalleyforum.com

Expand your coupon market and reach over 61,000 readers!





TSURU SUSHI

JAPANESE RESTAURANT
Sushi Bar & Grill

Buy 2 Chicken Teriyaki Dinners, Get 3rd One... **FREE**

Buy an Order of Ramen Noodles, Get One California Roll... **FREE**



MAY NOT BE COMBINED WITH ANY OTHER OFFER.
EXPIRES 11/30/16.

1427 E. 14TH ST. • SAN LEANDRO • (510) 352-3748 • WWW.TSURUSUSHI.COM

ATHLETES OF THE WEEK



This week's Athletes of the Week are the members of the U9B (2008) Green and U10B (2007) Yellow Teams. These two teams finished in first and second place at the 2016 Footie Fest, held at Canyon Middle School, over the weekend of September 24 and 25. The two teams met each other in the Championship game.

Both teams worked hard, but at the end of regulation the score was tied, 1-1. Caleb Condit-Gordon scored off of a corner kick, for U10 yellow team and Dominic Bolender scored off of a free kick, for U9 green team, to tie the game. Still tied after overtime, the game went into Penalty Kicks, with the U10B team taking the win.

CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



**Youth Baseball and
Flag Football Programs**

www.CVSPORTSLEAGUE.org



SPORTS SCHEDULE

CROSS COUNTRY

Thursday, October 27, 3:30 p.m. CV is participating in Center meet with the 11 other teams from the Western Alameda County Conference, at Oyster Bay

FOOTBALL

Thurs., Oct. 27, 4 p.m. Frosh vs. Tennyson at Sunset
Fri., Oct. 28, 4 p.m. JV vs. Alameda at CVHS
Fri., Oct. 28, 7 p.m. Varsity vs. Tennyson at CVHS

GIRLS TENNIS

Thurs., Oct. 27, 3 p.m. CV vs. Piedmont at CVHS
Tues., Nov. 1, 3:30 p.m. CV vs. Mt. Eden at CVHS

GIRLS VOLLEYBALL

Thurs., Oct. 27, 4 p.m. JV vs. Piedmont at CVHS
Thurs., Oct. 27, 5:15 pm Varsity vs. Piedmont at CV

SPORTS NOTES

Volleyball

NorCal Top Gun Girls Volleyball Club is having tryouts for the 2017 club season for U17 girls on Saturday, November 5, from 10 a.m.-12 p.m. and on Sunday, November 6 from 3-5pm. Tryout fee is \$20 per player. No open gym scheduled for Top Gun. For registration and tryout locations, please contact Kathy Yao at bgyao@meiyao.net or visit <http://norcaltopgun.com>. Top Gun is also looking for a few passionate volunteer coaches to coach some younger age groups.

Baseball

Castro Valley Little League will be having live registrations for the Spring 2017 Season, at Creekside Middle School, in the Multi-Purpose Room, at 19722 Center Street. Sign-ups are for Boys and Girls Ages 4 to 16 and begin next month. Fees range anywhere from \$130 to \$250. Fee includes: Registration and Insurance, Jerseys, Opening and Closing Day Ceremonies, Trophies or Medals and basic Photograph Package. Visit: www.castrovalleylittleleague.org/

CVHS Freshman Football Undefeated

Castro Valley High School's Freshman football team presently boasts an undefeated record, so far, this season. At 8-0, this team has faced and beaten teams like Archbishop Riordan, Miramonte, San Leandro, and O'Dowd.

The team has only two games left. The first of the two will be held tomorrow at 4:00 p.m. against Tennyson, at Sunset field. Their last game will be at 4:00 p.m., on Thursday, November 3, at Castro Valley High School.

MEMBERSHIPS NOW AVAILABLE!



Year End Special!
3 Months FREE
Oct., Nov. & Dec.
If You Sign-Up Early
Don't Pay Until 2017
Exp. Oct. 31, 2016

ONE TIME INITIATION FEE

Family - \$300 up to 6 members
Single - \$150

*Best Deal for Families & Singles
in the EastBay*

Previous Members of 12 months or Less are Not eligible for this Promo. Can't be combined with other offers.



**NEW YOUTH & ADULT
SWIM LESSONS PROGRAMS
(Members Only)**

No long-term Contracts

Visit Our Website for
more information and Watch the Video.
WWW.BOVSWIM.COM

- 5 Aqua-Aerobic Classes Weekly
- Yoga & Pilates Classes
- 50 Fitness Classes Weekly
- Personal Training
- New Pickleball Courts!
- Massage Therapy
- Sauna & Hot Tub, Steam Room
- Spin-Cycle Classes
- Family Orientated
- GYM
- \$1 Hour Babysitting



FREE TOURS

Come on down!
No Appointment Needed!
Sign Up After Tour!

CONNOLLY'S

since 1945

FURNITURE & MATTRESS



At Connolly's you'll find many fun, fresh, inspiring looks... as well as lots of comfort. Whether you're planning on redecorating one room or your entire house, we'll help make it all fun, easy and worry free for you!

For 70 years our family has been helping people throughout the Bay Area make their homes more beautiful and comfortable. With an extra 10% off, now is a great time to come visit us! We stand behind what we sell and treat you like family.

Our Promise to You:
Exceptional Service. Unbeatable VALUE!
- The Connolly Family

\$100 off

*Restrictions apply. Minimum purchase of \$499 or more. See store for details.

CONNOLLY'S
since 1945
FURNITURE & MATTRESS
CONNOLLYSFURNITURE.COM

CASTRO VALLEY
20600 Redwood Rd.
Castro Valley, CA 94546
(510) 733-2541

Store hours: Monday-Friday 10-8 • Tuesday-Thursday 10-7
Saturday 10-7 • Sunday 11-6.
See store for details.



Bay-O-Vista

**Family Group Fitness, Gym,
Swim & Tennis a Private Club**

510-357-8366 • Fax 510-357-1009 • Email: swim@bovswim.com
Corner of 1881 Astor Dr. & Lake Chabot Rd, on the Castro Valley, San Leandro Border



Not Just Another Pretty Face

Jack-o'-lanterns are our annual reminders of the fall harvest and of pumpkins turning golden in the fields. From late October through Christmas, they occupy a very important part of America's culinary traditions.

But this member of the squash family can wear many faces, adding moisture to an entire range of baked goods and acting as a superb carrier for the flavors of subtle holiday spices.

It's also worth noting that pumpkin is one of the best sources of Vitamin A, and one cup of cooked pumpkin contains a scant 80 calories. And there's no season — just open a can and it's ready to use any time of the year.

PUMPKIN GINGERBREAD

2 cups all-purpose flour
1 cup whole-wheat flour
1 cup sugar
1 teaspoon cinnamon
1 teaspoon ginger
1/2 teaspoon nutmeg
3/4 cup butter or margarine

2 large eggs
1 can (1 pound) pumpkin
1/2 cup light molasses
1/4 cup milk
1-1/2 teaspoons baking soda
Whipped cream

In a large bowl, stir together flours, sugar and spices. With a pastry blender or your fingers, cut or rub in butter until mixture resembles coarse meal. Set aside 2/3 cup of the mixture.

In a small bowl, beat eggs, pumpkin, molasses, milk and baking soda to blend. Add to dry ingredients and stir until just evenly moistened. Pour into a greased 8- by 12-inch baking pan. Sprinkle with reserved flour mixture.

Bake in a 350°F oven until top is firm to touch, about 50 minutes. Cool slightly. Serve gingerbread warm, adding whipped cream to taste. Serves 8 to 10.

PUMPKIN-ORANGE BREAD PUDDING

2 cups bread cubes
1/2 cup raisins
1 cup orange juice

2 tablespoons butter
1/3 cup sugar
1 tablespoon grated orange zest
1/4 teaspoon orange extract, plus a few drops
1 cup scalded milk (see note)
3 eggs, lightly beaten

1 cup canned pumpkin
Whipped cream

Preheat oven to 325°F. Place the bread cubes in buttered 2-quart 8- by 11-inch baking dish. Sprinkle on raisins. In bowl, blend orange juice, butter, sugar, orange zest, extract and milk.

Blend in the eggs and pumpkin and pour over bread mixture. Bake about 30 minutes, or until set. Serve with whipped cream flavored with the few drops of orange extract. Serves 6.

Note: To scald milk, slowly heat it until small bubbles appear around the edges. Do not let milk boil.

PUMPKIN-CRANBERRY BREAD

3 cups all-purpose flour
5 teaspoons pumpkin pie spice
2 teaspoons baking soda
1-1/2 teaspoons salt
3 cups granulated sugar
1 (15-ounce) can pumpkin
4 eggs
1 cup vegetable oil
1/2 cup orange juice
1 cup fresh or frozen cranberries (thawed)

Preheat oven to 350°F. Grease

and flour two 9 x 5-inch loaf pans.

Combine flour, pumpkin pie spice, baking soda and salt in large bowl. Combine sugar, pumpkin, eggs, vegetable oil and orange juice in large mixer bowl; beat until just blended. Add pumpkin mixture to flour mixture; stir just until moistened. Fold in cranberries. Spoon batter into prepared loaf pans.

Bake for 60 to 65 minutes or until wooden pick inserted in center comes out clean. Cool in pans on wire racks for 10 minutes; remove to wire racks to cool completely. Yields two 9x5-inch loaves (24 servings).

PUMPKIN-BLUEBERRY MUFFINS

1-2/3 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1 cup Libby's Pumpkin
1/4 cup low-fat milk
1/2 cup (1 stick) butter, softened
1 cup packed light brown sugar
1 large egg
1 tablespoon all-purpose flour

1 cup fresh or frozen blueberries
Streusel topping (see below)

Preheat oven to 350°F. Paper-line or grease 12 regular muffin cups.

Combine 1-2/3 cups flour, baking soda, baking powder, salt, cinnamon and allspice in large bowl. Combine pumpkin and milk in another small bowl. Beat butter and brown sugar in large mixer bowl until creamy. Add egg; beat until fluffy. Alternately add flour and pumpkin mixtures to butter mixture; beating just until blended. Combine blueberries and 1 tablespoon flour in small bowl. Stir gently into mixture.

Spoon batter gently into prepared muffin cups. Sprinkle Streusel Topping over batter.

Bake for 30 to 35 minutes or until wooden pick inserted in center comes out clean. Cool in pan for 10 minutes; remove to wire rack to cool. Store muffins in covered container.

For Streusel Topping: Combine 2 tablespoons flour, 2 tablespoons granulated sugar and 1/4 teaspoon cinnamon in small bowl. Using a fork, cut in 1 tablespoon butter until mixture is crumbly.

PIER 29
WATERFRONT RESTAURANT
Early Bird Dinners
Monday-Friday 3-7pm
Saturday & Sunday 3-6pm
— \$13.95 - \$17.95 —
Entree, Soup or Salad, & Dessert
Prime Rib • Filet of Sole
Calamari Steak • Teriyaki Chicken
Veggie Pasta • Fried Prawns
Teriyaki Pork Loin • Pork Chops
Chicken Fried Steak • Lamb Shank
Salmon • New York Steak
Chef's Special Changes Daily
HOME-STYLE COOKING • FRESH INGREDIENTS
1148 Ballena Blvd. Alameda • 865-5088

LUCKY SHOPPING CENTER
CORNER OF REDWOOD RD. & CASTRO VALLEY BLVD.
ANNUAL - SAFE TRICK OR TREATING
Monday, October 31
1pm to 4pm
Participating Stores:

Canyon Vet. Hospital	Silken Nails	Rhode's Country Mouse
Papa Murphy's Pizza	G&A Haircuts	Doug's Place
Quickly's	The UPS Store	Pet Food Express
	El Burrito Taqueria	Chase Bank
	Launderland	Katsu Restaurant
	Norma Jean's	Manor Cleaners
	Golden Jewelers	Genghix Restaurant

EVEN NIGHT DEAD
COMMUNITY EVENT OPEN TO ALL AGES
FRIDAY OCT. 28TH
SATURDAY OCT. 29TH
MONDAY OCT. 31ST
20700 MISSION BLVD
HAYWARD, CA
6P - 9P
HALLOWEEN HAUNTED HOUSE
FACEBOOK.COM/EDENNIGHTLIVE
WWW.EDENNIGHTLIVE.COM
@EDENNIGHTLIVE
MUSIC • LOCAL VENDORS
FOOD & CANDY
KIDS COSTUME CONTEST
COSTUME PARADE

ACT
Arlene Chan
Arlene Chan
Arlene Chan

CASTRO VALLEY/EDEN AREA CHAMBER OF COMMERCE
Serving Ashland, Castro Valley, Cherryland, and San Lorenzo

CLACKAMOUNT COUNTY DEPUTY SHERIFFS' ACTIVITIES LEAGUE

REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Bathroom Styles Enjoy a Renaissance

As a kid, we frequently went camping and could always rely on outdoor toilets. We also had a few country friends on farms with outhouses. Trips to the backyard biffy were never fun: The smell and insects kept visits short; and, if it was cold outside, outings were measured in seconds.

I actually lived near the largest two-story outhouse in the world located behind the Windsor Hotel in Heritage Park in Calgary, Canada. Boasting four main-level stalls and two second-story units, it was constructed in such a way as to prevent the mayhem seen on *The Simpsons*.

We've come a long way since bathrooms moved indoors and,

if you've done much travelling outside the U.S.A., you'll have developed a strong admiration for modern American plumbing. Next to the kitchen, bathrooms are the most renovated rooms, and we are currently seeing a renaissance of sorts in the privy.

The National Kitchen & Bath Association has released its "Top Bathroom Trends for 2016."* And, if you've visited many open houses lately, you will likely have seen some of these high-lighted items:

1. Greater acceptance of aging-in-place amenities: no-threshold showers, grab bars, higher vanity heights and chair-height toilets. With aging boomers comprising a growing segment of soci-

ety, bathrooms are adapting to boomer desires to remain in their homes as they grow older.

2. Neutral colors rule the bath. Coupled with whites and off-whites, grays are gaining in popularity, along with beige and bone shades.

3. More open shelving and floating vanities. Taking cues from upscale European hotels, vanities are starting to hang from the walls. Once only seen in commercial buildings, Euro-styled wall-mounted toilets are now appearing in homes.

4. Greater use of shower amenities such as lights, built-in seats and benches, and hand shower in addition to the mounted shower-head.

5. Undermount sinks are far and away the most popular sink style. Quartz products are also gaining popularity as the material of choice for counters.

6. When tubs are installed in master bathrooms, they are most likely to be freestanding.

7. Polished chrome is the most popular faucet finish. Satin or brushed nickel are next, and brass is out.

Factor in electric radiant floor heating, master bathrooms with coffee bars, wet bars and microwaves, TVs built into mirrors, soft-close toilet seats and steam showers... and those super-short visits of old may have gone the way of the outhouse.

*Taken from www.nkba.org, *Inside Look at the Top Ten Bathroom Trends of 2016*.

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

RECENT HOME SALES

Castro Valley

18060 Jaymark Court	94546	\$925,000	4 BD - 2,310 SF - 1958
3546 Quail Avenue	94546	\$749,000	4 BD - 1,548 SF - 1959
17943 Redwood Road	94546	\$650,000	4 BD - 1,395 SF - 1950
5295 Winifred Drive	94546	\$901,000	3 BD - 1,956 SF - 1956
19756 Zeno Street	94546	\$663,000	3 BD - 1,428 SF - 1928

TOTAL SALES:	5		
LOWEST AMOUNT:	\$650,000	MEDIAN AMOUNT:	\$749,000
HIGHEST AMOUNT:	\$925,000	AVERAGE AMOUNT:	\$777,600

San Leandro

1400 Carpenter St #317	94577	\$350,000	2 BD - 968 SF - 1983
2463 Dundee Court	94577	\$510,000	2 BD - 1,371 SF - 1979
13809 Bancroft Ave #13	94578	\$380,000	2 BD - 811 SF - 1970
14549 Kings Court	94578	\$390,000	3 BD - 1,195 SF - 1974
14023 School Street	94578	\$520,000	2 BD - 1,358 SF - 1956
14421 Corvallis Street	94579	\$546,000	3 BD - 1,081 SF - 1951

TOTAL SALES:	6		
LOWEST AMOUNT:	\$350,000	MEDIAN AMOUNT:	\$450,000
HIGHEST AMOUNT:	\$546,000	AVERAGE AMOUNT:	\$449,333

San Lorenzo

269 Loma Verde Drive	94580	\$420,000	3 BD - 1,010 SF - 1985
660 Via Aires	94580	\$550,000	3 BD - 1,068 SF - 1947
1438 Via Coralla	94580	\$580,000	N/A BD - 48 SF - 1951

TOTAL SALES:	3		
LOWEST AMOUNT:	\$420,000	MEDIAN AMOUNT:	\$550,000
HIGHEST AMOUNT:	\$580,000	AVERAGE AMOUNT:	\$516,667

Sheffield Village

239 Marlow Drive	94605	\$710,000	3 BD - 1,340 SF - 1942
------------------	-------	-----------	------------------------



Open Sat., Oct. 29
& Sun. Oct. 30 • 1-4pm

Entertaining in this single level, 4 Bd., 3 Ba., 3036 sq. ft. home will be a joy. From the spacious, gourmet kitchen with center island, to the banquet sized dining room, to the elegant living room with vaulted ceilings and fireplace; this house was built to make your guests feel special. King size master bedroom with charming master bath provide room to stretch out. Three additional large, bright rooms with roomy closets offer family members and guests plenty of privacy. Additional features include beautiful hardwood floors, large family room with fireplace, valley views, two water heaters, three car garage with plenty of storage. Award winning Castro Valley Schools make this area "in demand".



4971 Henson Pl., Castro Valley • \$995,000



LESLIE PETERSON TEAM
Making Dreams Come True
...One Home at a Time.
BRE #01452724



Call the Leslie Peterson Team
to get your home sold!

Leslie Peterson
510-697-1208

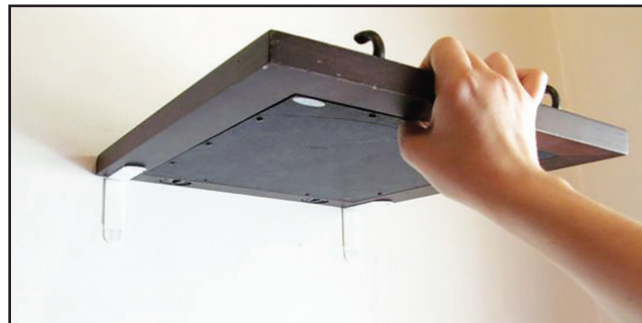
leslie@lesliepetersonteam.com
www.lesliepetersonteam.com



You Can Hang Art on Cement Walls

By Samantha Mazzotta
Special to the Forum

Q: I have a dry basement that I turned into an extra workspace and play area. The outer concrete walls are covered by a layer of wallboard with little or no space between. I'd like to hang pictures and a whiteboard in this area, but I am afraid of drilling through the concrete. How can I accomplish this?



The Command series of picture hangers can support up to 8 pounds.

A: Drilling into concrete isn't impossible — special masonry drill bits are available — but you're right to be cautious about drilling holes in the walls of a dry basement. However, you do have options outside of drilling into the mortar.

Light objects that won't bear

extra weight can be attached to the wall using an adhesive product like the Command series of picture hangers. These have the added benefit of not marring the wallboard even when the adhesive is removed later. They're available at home-improvement and office-supply stores.

For a more secure attach-

ment, place small picture-hanger hooks into the wallboard using the smallest nails available. The items being hung should be less than 5 pounds and not hold any extra weight — so a shelf or a cork board laden with notes might not hold up.

For heavier objects, or if you want shelving near your workspace, you'll have to get more creative. If there is a little space between the wallboard and the concrete, you can drill a hole and place expansion bolts, which pop open behind the wallboard to keep the bolts in place. Toggle (or Molly) bolts will work if there is about an inch of space between the concrete and the drywall.

Because the bolts are not anchored in studs, you should brace the shelf or picture with extra expansion bolts on the bottom, and limit the load to less than 50 pounds. In fact, if you're planning to add shelving to hold books, consider using a free-standing bookshelf instead of a weight-bearing wall shelf.

Another option for heavier items is suspending them from the ceiling. Try locating the ceiling's framing material or the floor joists using a stud finder, and drill sturdy bolts or hooks into the joists.

© 2016 King Features Synd., Inc.

OPEN HOMES

SATURDAY & SUNDAY
OCTOBER 29TH & 30TH

CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
C	1-4	1-4	4971 Henson Place	\$995,000	4/3	Re/Max Accord	Leslie Peterson	697-1208



Visit our new website at www.castrovalleyforum.com and find all of this week's news, sports, events, letters and more!

FULL ISSUES OF THE NEWSPAPER ARE ALSO AVAILABLE IN PDF FORMAT.

One-Line Open Home Listings run Wednesdays in the Castro Valley Forum (22,500 circ.) and Thursdays in the San Leandro Times (38,500 circ.) for \$25. For more information and a listing form, call 614-1558. DEADLINE: TUESDAY AT NOON.

CITY GUIDE

A = SAN LEANDRO • B = SAN LORENZO • C = CASTRO VALLEY • D = DUBLIN • F = FREMONT • H = HAYWARD • K = BERKELEY
O = OAKLAND • P = PLEASANTON • S = SHEFFIELD VILLAGE • SR = SAN RAMON • W = WALNUT CREEK • Z = ALAMEDA



All real estate advertised in the Castro Valley Forum is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination because of race, color, religion, sex, handicap, marital status, national origin, or intention to make any such preference, limitation or discrimination. The Castro Valley Forum will not knowingly accept any advertisement for real estate that is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

Thinking about buying or selling a home?

Call me today to see how I can make
Buying or Selling Real Estate easy!
Put my 35 years of experience to work for you!



Kremer & Company

REALTORS®

Ken Kremer, CRS, GRI, e-Pro, ABR, SRES
510-301-1957
Ken@KremerCompany.com
BRE# 00550782

Amy Robeson, Realtor®



510.828.3478
amy@amyrobeson.com
www.amyrobeson.com
BRE #01433093

Has the market peaked?
Call me to discuss your
options for 2017.





"Death Valley to High Sierra" by Gerald Thompson

Art Award Goes to Thompson

Hayward Arts Council co-president and A.R.T., Inc. member Gerry Thompson received a \$150 Award of Merit for his painting "Death Valley High Sierra," which also won the Mona Froyland Memorial Award at the the 38th Area Artists' Annual Juried Show at the Adobe Art Gallery.

The juror, muralist Dan Fontes, chose 63 pieces from 145 entries.

In addition, Thompson was awarded Honorable Mention for his work "Crater Lake."

Other Merit Award winners were Marge Atkins, Jason Overbeck and Lisa Rigge. Other Honorable Mentions went to Shari Benson, Susan Hersch, Lisa Rigge, Ronald Rigge, and Doyle Wegner.

The show continues through November 19 at the Gallery, 20395 San Miguel Avenue in Castro Valley.

The Gallery is open to the public Thursday through Saturday, from 11 a.m. to 3 p.m.



Gerry Thompson

Strategies: 5th Annual Parent University

continued from page 6

Parent University is supported by Castro Valley Unified School District and the Castro Valley Chamber of Commerce.

In 2016, Parent University received major underwriting from Kaiser Permanente, with additional sponsorship from Sutter Health

East Bay Medical Foundation. Safeway, Starbucks, and Big Apple Bagel provided food donations. The Castro Valley High School Interact Club provided volunteers.

To learn more about Castro Valley Adult & Career Education, or the Parent University visit www.cvadult.org or find their Facebook.

Linette Escobar is Marketing Chair of Castro Valley Adult & Career Education.

Dementia: Get a Handle on Memory Loss With National Memory Screening Program

continued from page 5

To help recognize the difference between typical age-related memory loss and a more serious problem, the Alzheimer's Association provides a list of 10 warning signs that you can assess at 10signs.org.

They also provide information including the signs and symptoms on the other conditions that can cause dementia like vascular dementia, frontotemporal dementia, Parkinson's disease, Huntington's disease, chronic traumatic encephalopathy and others – see ALZ.org/dementia.

Memory Screening

Another good place to help you get a handle on memory problems is through the National Memory Screening Program, which offers free memory screenings throughout National Memory Screening Month in November.

Sponsored by the Alzheimer's Foundation of America, this free service provides a confidential, face-to-face memory screening that takes about 10 minutes and consists of questions and/or tasks to evaluate his memory status.

Screenings are given by doctors, nurse practitioners, psychologists, social workers or other healthcare professionals in thousands of sites across the country. It's also important to know that this screening is not a diagnosis. Instead, its goal is to detect problems and refer individuals with these problems for further evaluation.

To find a screening site in your area visit NationalMemoryScreening.org or call 866-232-8484. It currently lists three locations in the Bay Area:

- Living Well Assisted Living, San Francisco, 1st Wednesday morning of each month, phone 800-805-7104

- Living Well Assisted Living, Sausalito, ongoing afternoon screenings second Tuesday of the month, phone 800-805-7104

- Senior Access, San Rafael, single-day screening from 8:30 a.m. to 12:30 p.m. on Wednesday, Dec. 7, phone 415-456-9062

HELP RECOGNIZE THE DIFFERENCE BETWEEN AGE-RELATED MEMORY LOSS AND ALZHEIMER'S

It's best to check for a screening location at the end of October, because new sites are constantly being added.

See a Doctor

If you can't make it to a screening site, make an appointment with your primary care doctor to get a cognitive checkup. This is covered 100 percent by Medicare as part of their annual wellness visit.

If his doctor suspects any prob-

lems, he or she may give a Memory Impairment Screen, the General Practitioner Assessment of Cognition, or the Mini Cog. Each test can be given in less than five minutes.

Depending on the score, the doctor may order follow-up tests or simply keep it on file to see if there are any changes down the road. Or, the may provide a reference to a geriatrician or neurologist who specializes in diagnosing and treating memory loss or Alzheimer's disease.

Keep in mind that even if you or a loved one is experiencing some memory problems, it doesn't necessarily mean dementia. Many memory problems are brought on by other factors like stress, depression, thyroid disease, side effects of medications, sleep disorders, vitamin deficiencies and other medical conditions. And by treating these conditions he can reduce or eliminate the problem.

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

JOB WELL DONE!

Congratulations to Castro Valley's Recertified

4R Star Businesses

REDUCE • REUSE • RECYCLE • ROT

Yogurt Deluxe

4065 E Castro Valley Blvd., Castro Valley
510-397-0302 | www.facebook.com

Mountain Mike's Pizza

20261 Patio Drive, Castro Valley
510-537-1400 | www.mountainmikes.com

Castro Valley Masonic Center

4521 Crow Canyon Road, Castro Valley
510-247-0725
www.calodges.org/no551/eventcenter.org

4R Star businesses go above and beyond recycling and organics to reduce waste from the start!

CASTRO VALLEY SANITARY DISTRICT
510-537-0757 | www.cvsan.org/4RStarDirectory



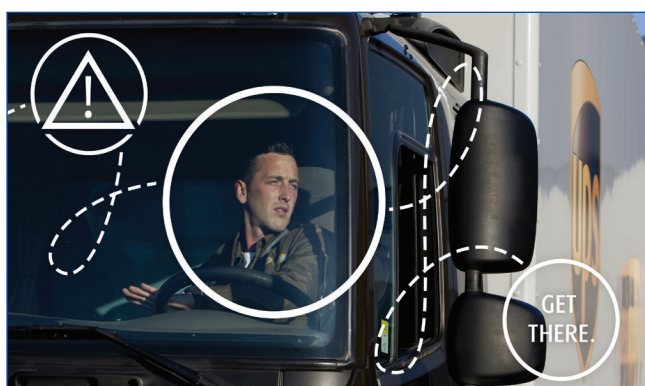
Alan D. West Attorney at Law Specializing in Estate Planning

LIVING TRUSTS

...Avoid probate
...Eliminate or significantly reduce estate taxes

510-889-6692

19992 Redwood Rd., Castro Valley, CA 94546



From a stalled future to a higher gear.

UPS Freight is NOW HIRING in San Leandro!

Full-Time City Drivers:

Competitive Pay | Must be 21 or older | CDL A Required

Part-Time Dockworkers:

Competitive Pay | Morning and Evening Shifts Available | Must be 18 or older

Visit jobs-ups.com/print or text "FREIGHT" to 33588

*By participating, you consent to receive text messages sent by an automatic telephone dialing system. Consent to these terms is not condition of purchase. Message and data rates may apply. T&C Privacy Policy: www.SMS-terms.com/ups

Get there
jobs-ups.com/print



UPS is an equal opportunity employer - race/color/religion/sex/national origin/veteran/disability/sexual orientation/gender identity.



**Tender Loving Care
Pet Grooming** 25 years Experience

Walk-Ins Welcome

DOG GROOMING: Just
Sm. Dog \$40 / Med. Dog \$45 / Lrg. Dog \$55
Includes: Bath, Haircut, Ear Cleaning, Anal Cleaning, Nail Trimming, Brush Teeth

BATH: Only
Sm. Dog \$25 / Med. Dog \$30 / Lrg. Dog \$40
Nail Trimming Only, \$5 to \$8

CAT GROOMING: \$55 (Exp. 10/31/16)

To make an appointment call:
510-589-6801
Sat. - Thur.: 9am-5pm
Closed Friday

16242 E. 14th Street, San Leandro

ADVERTISE WITH EAST BAY PUBLISHING AND REACH OVER 65,000

TO PLACE A CLASSIFIED AD

CALL 510-614-1558

FAX 510-483-4209

EMAIL Classifieds@ebpublishing.com

TO VIEW THE CLASSIFIED ADS

Visit our Websites 24 hours a day
www.sanleandrotimes.com
www.castrovalleyforum.com
2060 Washington Ave., San Leandro, CA 94577

CLASSIFIED AD DEADLINE

New ads, cancellations or ad changes:
MONDAY BY 5:00 P.M.
Call 510-614-1558 (Mon. - Fri., 9 a.m - 5 p.m.)
VISA, MASTERCARD & DISCOVER ACCEPTED

AUTOS / TRUCKS

\$30 10 words
(3 weeks)

GARAGE SALES

\$25 10 words
(1 week)

HELP WANTED

\$30 10 words
(1 week)

MISC. FOR SALE

\$25 10 words
(3 weeks)

RENTALS

\$30 10 words
(1 week)

SERVICES

\$25 10 words
(1 week)

ALL CLASSIFIED ADS ALSO RUN FREE ONLINE! • AD MUST BE PREPAID WITH CASH, CHECK OR CREDIT CARD • ADDITIONAL WORDS ARE \$1.00 EACH
CLASSIFIED ADS RUN EVERY WEDNESDAY IN THE CASTRO VALLEY FORUM AND EVERY THURSDAY IN THE SAN LEANDRO TIMES

AUTOMOBILES/TRUCKS CYCLES/TRAVEL TRAILERS

1971 Pontiac T-37, auto. \$1,500.
Call 510-575-6780.

1996 SUBARU Outback, salvaged,
repaired & now clean inside & out.
Runs excellent. Needs smog. \$1,850
o.b.o. Call 510-909-3470.

2007 Nissan Sentra, 145K miles,
\$1,500 o.b.o. Call 510-582-3822.

CONCRETE SERVICE

CV CONCRETE. FREE Estimates.
Excellent Quality Work for over 25
years. Lic.#870781. 510-772-2537.

MP CONCRETE. Driveway, Patio,
Retaining Wall, Asphalt, Hauling.
Lic.#1004427. Milo 510-502-9336.

NEED - MUSIC LESSONS or PIANO TUNING?

Check the Classified Ads under
"MUSICAL SERVICES" for help.

CONTRACTOR SERVICE

NOTICE TO READERS

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

VIEW the CLASSIFIED Ads
Online at
sanleandrotimes.com or
castrovalleyforum.com

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

ELECTRICAL SERVICE

RABBOTT POWER COMPANY
"Residential Specialist." Minimum
charge just \$89. CA-Lic.#571675.
Call 510-582-8556, 7:00am-7:00pm.

EMPLOYMENT WANTED

Experienced Accountant/ Bookkeeper
with GAAP, Quickbooks, Microsoft,
Outlook experience available im-
mediately. Call 510-334-3516.

LOOKING FOR WORK?

(Some restrictions may apply)
Limited Time Offer! You can run
a FREE 15 word "Employment
Wanted" ad. Ad runs in the San
Leandro Times & Castro Valley
Forum. Call **510-614-1558** to
place an ad or for more info.
We really hope you find work!

CLASSIFIED AD DEADLINE:
Monday 5:00 p.m.

FENCES/DECKS

A.T. WOOD FENCES & DECKS
Fence, Concrete, Tree, Lawns,
Painting, Cleanups. 510-507-1457/
510-507-0968.

FENCE LEANING? Don't replace...
repair and save! Call Randy 510-
706-6189.

THANK-YOU for supporting the Castro Valley Forum and San Leandro Times!



We greatly appreciate our many
advertisers who make it possible for
us to publish these newspapers.

GARAGE SALES



GARDENING

****D.A.'s LANDSCAPING****
Landscape Design/Installation,
Irrigation, Drip System, Concrete,
Cleanup, etc. Bus. Lic.#30229.
Dominic 510-478-2448.

To Place a Garage Sale Ad
call **614-1558**

GARDENING

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

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

*NAVA'S COMPLETE LANDSCAP-
ING: Mowing, trees, cleanup/haul-
ing. FREE estimates. 510-512-5857/
510-356-8166.

JAIME'S GARDENING
Maintenance, Trimming, Clean-
ups, Hauling, Sprinkler Repair/
Timers. FREE Estimates. Insured.
510-299-9583

LUIS GARDENING & HAULING
SERVICE. Maintenance, Mowing,
Weeding, Cleanups, Hauling, etc.
Insured. Unlicensed. 510-499-5453

HOME SERVICES DIRECTORY

Construction

BUILDERS UNLIMITED INC. General Contractor

- Residential & Commercial
- New Construction
- Remodels / Additions
- Bathrooms / Kitchens
- C-8 Concrete License
- Tenant Improvements
- Soft Story Seismic Retrofits
- Free Estimates

510-783-1979

builders-unlimited.com
LIC. #894212

Earthquake Retrofitting

AVANT-GARDE Your Local FEMA Trained Earthquake Brace + Bolt Specialist

Also Additions
Remodels &
New Construction

FREE ESTIMATES
510-881-6573

LICENSE #1005420
www.Avant-GardeCE.com

Fences/Decks

Randy's Fence & Gate Repair

I can save you money!
*Repair of the existing fence or
gate is my specialty.*

CALL NOW FOR YOUR
FREE ESTIMATE!
510-706-6189

Gardening / Tree Service

PEREZ Gardening & Maintenance TREE SERVICE

Pruning, Topping, Removing, Synthetic
Grass Installation, Planting, New Lawns &
Lawn Care, Sprinkler Systems, Lots & Hill-
sides Cleaned & Planted, Drainage/Gutters,
Fences, Decks, Patios, Arbors, Concrete, etc.

CALL 510-385-2122

FREE ESTIMATES
EXCELLENT REFERENCES / SINCE 1994
INSURED / ALL WORK GUARANTEED / UNLICENSED

HOME SERVICES DIRECTORY

Utilize the best tool in your box...
Advertise!

Reach over 60,000 readers for one low price!

CASTRO VALLEY FORUM
San Leandro Times

For more
information
on how to
advertise in
this section,
call Patrick
at 614-1558.



Thank-You...

Diego Painting for advertising
with us for over 10 years!

Diego Painting

- Residential/
Commercial
- Interior/
Exterior
- Power Washing



FREE ESTIMATES

Lic. #855054 • diegopainting@comcast.net
www.diegopainting.com

(510) 331-6152

We truly appreciate all
of our advertisers!

San Leandro Times / Castro Valley Forum

Heating & A/C

Your Local HEATING EXPERT

- Repair What's There
- System Replacement
- Quality & Qualified
- Safe & Reliable
- Reasonable Rates
- Old-fashioned Service

DynaTherm
Lic# 807462

436-5000

House Cleaning

Tender Loving Care

House Cleaning Service
Family Owned Since 1980

WEEKLY • BI-WEEKLY • MONTHLY
EMPLOYEES
COVERED BY
WORKERS'
COMP. STATE
DISABILITY
INSURANCE

Specializing
in detailed
cleaning tailored
to your home
FREE ESTIMATES

Email: PATTYATTLIC@AOL.COM
www.tlc-housecleaning.com
510-481-9193
BONDED & INSURED • ALL TAXES PAID

Roofing

Lic. #311818

K REED ROOFING Complete Residential & Commercial Roof Systems

(510) 357-5116

Call Now For A Free Written
Roof Analysis & Estimate

Serving San Leandro & The Entire
Bay Area. For Those Who Demand
Superior Personalized Attention.

SINCE 1975 / FULLY INSURED

Roofing / Gutters / Solar

RIDOUT ROOFING CO. ~ SINCE 1922 ~

ALL TYPES OF ROOFING & GUTTERS
P.V. SOLAR / SKYLIGHTS

FREE ESTIMATES
SENIOR DISCOUNTS

(510) 351-1922

621-A WILLIAMS • SAN LEANDRO
STATE CONTRACTORS LICENSE NUMBER 260176

Roofing & Painting

San Leandro Painting & Roofing

Family Owned Since 1966 • Bonded & Insured • Lic. #883326

- Residential and Commercial Roofing • Re-roofing • Certified Roof Inspections
- Roof Repair • Rain Collection Systems • Attic Ventilation
- Gutter Installation and Cleaning
- Painting

510-798-9674



20% OFF WITH THIS AD

GIVEAWAYS

Free - 15 gently used lab coats. Call 510-538-9196.

Firewood - Scrap wood from construction (good for firewood). Call 7am - 3pm, 7 days a week at 510-909-6182, San Leandro. Will not accept restricted phone numbers.

FREE - 6 drawer dresser in good condition (blonde wood). Call Ray 510-303-6113.

FREE - BALDWIN Organ in good condition. Also free piano (just needs tuning). Also free office chair and white wicker chest of drawers. 510-677-7127.

FREE - Pallets for firewood. Call 510-909-6182, San Leandro. Will not accept restricted phone numbers.

Vintage records: classical, rock n' roll, jazz, country and much more! 510-538-1765

HANDYMAN SERVICE

A to Z HOME REPAIRS/ RE-MODELING. Kitchen/ Bathrooms, etc. Reliable. Lic.#1016019. Miguel 510-557-5768.

ABEL'S HANDYMAN SERVICE. Hardwood floors, tile, painting, gardening, cleanups, hauling. Excellent references. Fast service. 510-358-0307.

CRUZ TREE SERVICE - Since 1994. Pruning, Topping, Removing, Synthetic Grass Installation, Planting, New Lawns and Lawn Care, Sprinkler Systems, Lots & Hillside Cleaned and Planted, Weed Whacking, Drainage, Gutters, Fences, Decks, Patios, Arbors, Concrete, Maintenance, etc. **Call Jose 510-294-9017.**

CLASSIFIED AD DEADLINE:
Monday 5:00 p.m.

HANDYMAN SERVICE

HANDYMAN & HOME REPAIRS
Painting, Cleanups, Weed Whacking, Maintenance, etc.
Jose Cruz 510-294-9017

HANDYMAN & HOME REPAIRS
Painting, Cleanups, Weed Whacking, Maintenance, etc.
Jose Cruz 510-294-9017

HONEST RELIABLE HANDYMAN. Everything from garden prep to tile work. Deck refinishing a specialty. 510-385-1544.

TORRES, A PERFECT HANDYMAN
•Honest •Dependable •Responsible
Painting, Plumbing, Retaining Walls, Fences, Tiles, etc. **FREE** Estimates.
510-305-3205

HAULING SERVICE

***SMALL/LARGE JOBS.** Wood, trash, concrete, furniture. Low rates. 510-268-1412/ 510-328-8616

HAULING: Small and Big Jobs. Furniture, Concrete, Wood, Trash, Metal, etc. 510-715-1578.

HEALTH CARE SERVICES



LIFE ElderCare Inc.

Do you need VIP rides? Do you have mobility, frailty, vision, or other impairments that hinder you from shopping or seeing your doctor? See if you qualify for our VIP Rides Program. Trained drivers can provide you a ride and help you get to your destination. Call 510-856-9010 or email to: info@lifeElderCare.org Donations requested but no one is turned away for inability to pay.

HELP WANTED

GENERAL



The City of San Leandro is now accepting on-line applications for the following positions:

Economic Development Manager - \$10,247-\$12,455/month
Office Assistant (Part-time) - \$10.37 - \$12.62/hourly

For more detailed information, please visit www.sanleandro.org EOE

St. John Kronstadt Health Care Center has various employment opportunities available including janitorial and activity assistant positions. For information, please call Caitlin at 510-889-7000.

LightHouse Industries seeks Journeyman Mechanic. Submit résumé to: hr@lighthouse-sf.org

Customer Service Rep/ Family Fitness Club needed to meet, greet and sign in customers, office work, etc.

Also: **Club Attendant / DSR** needed to Observe and Maintain facility for Members, etc.

Also: **Babysitters** needed part-time to full-time. You must be experienced, reliable, responsible and be 18 or older. Required background check.

Apply in person at

1881 Astor Drive, San Leandro
or get application at:
www.BOVSWIM.com employment

HELP WANTED

Dignity

☞ LIFE WELL CELEBRATED™ ☞

Are you looking for a New, Powerful and Rewarding Career Path?

We are **HIRING** for Sales Professionals throughout the Bay Area Market!
~ Excellent Sales Opportunity while Assisting Families ~
Paid Training/Full Benefits, Earn Great Income/Set Your Schedule.

Please Email your Resume with Interest to:
marcella.martinez@sci-us.com
Or Call: 408-795-2051
www.sci.jobs.com

SECURITY OFFICERS

Security Patrol persons needed immediately: Armed Mon-Fri and unarmed weekends. Must have reliable transportation. Please call 510-672-7444/ 510-712-1893.

SECURITY OFFICERS WANTED
Must have CA guard card, own car, HS Grad or GED, Valid CDL, call 510-783-2696, 9am-5pm.

HOUSE CLEANING

***CONNIE'S NATURAL CLEANING**
Licensed/ Insured/ Bonded
Make Your Home a Pleasant and Healthy Environment
www.conniesnatural.com
Call 510-506-5053

Cristina House Cleaning, free estimates, senior discount. Bus.-Lic. #121121. 510-825-0459.

EDITH'S HOUSE CLEANING
Excellent references. Free estimates. Low rates. 510-314-7030.

HOUSE CLEANING

WALTON'S JANITORIAL
Licensed / Bonded / Local

For a **SPARKLE CLEAN**

OFFICE or Home

Windows • Floors

• Carpets • Restrooms

Phone 352-7948

Member of S.L. Chamber of Comm.

LOST & FOUND

FOUND - Orange & white male cat. Also found female calico cat (between Butti Court & Hillside) in Castro Valley around 10/6/13. Call 510-582-1175.

MISC. FOR SALE

APPLIANCES

12 cu.ft. Apt size Hotpoint refrigerator (white), excellent condition. \$50. 510-258-6537.

FREE - Convection Oven in good condition. Also free box spring & mattress. Call 610-733-5271.

FURNITURE

Duncan Phyfe style dining set with 6-chairs. Needs repair. \$100. Call 510-483-5860 between 3pm-8p.m.

Duncan Phyfe style dining set with 6-chairs. \$100. Call 510-483-5860 between 3pm-8p.m.

Vibrating Massacre Chair (heavy duty from head to toe) ... Built to last a lifetime. \$275 o.b.o. Call 510-258-6537.

ESTATE/ MOVING SALE. Selling Everything! Call 510-258-6537 or 510-407-1533 for appointment.

Light walnut China cabinet w/glass doors 60"x 84"x 18"D. Excellent condition. \$250 o.b.o. 510-357-5577.357-5577

Oak table w/2 chairs \$275, king-size bed set \$375, 32" Sony HD TV w/remote \$165. 510-813-6550.

4-pc pink and white bedroom set (hardwood) w/Sealy mattress, side table, 7-drawer cabinet, 7-drawer dresser & frame. \$400 o.b.o., also white (hardwood) dining cabinet \$150, dining bar metal top table w/4 white legs \$150 o.b.o. Call 510-278-3419.

Entertainment Center, solid unfinished wood in beautiful condition. \$50. 510-538-1765

HEALTH & FITNESS

Women's exercise bike \$30. Call at 610-733-5271.

SCOOTERS

PRIDE Ultra X Go-Go scooter, has basket, charger, and new batteries. \$600 o.b.o. Call 510-352-5801.

SPORTS

Oakland Raider white Albert Lewis #29 jersey (size 42). 510-276-4110.

VARIOUS ITEMS

Swiss Army Wenger analog (new) wrist watch. \$50 o.b.o. 510-813-6550.

MISC. WANTED

Wanted: Qualified Spanish teacher. After school for second grader(s). 951-660-5392. etambora@yahoo.com

WANTED: Used acoustic electric guitar. Call 510-517-3351.

MUSICAL SERVICES LESSONS

EAST BAY MUSICIAN - Lessons, Good with Kids. Call 510-427-3955.

REAL ESTATE AGENTS



Are you interested in buying or selling a home or property?

Would you like the help of a Professional Agent?

For assistance call ...

***SCOTT HARRISON** - Realtor
Coldwell Banker 510-388-4536

RENTALS

CWP Property Management

510-352-6310 www.cwpmgmt.com
198 Juana Avenue,
San Leandro.

Need a rental property before the holidays?

We can assist you!

FREE RENTAL LISTINGS

FREE Online Tenant/Owner Access

APARTMENTS

Castro Valley 2-bedroom, 1-bath, Walk to BART and Village. Gated, laundry, pool, fitness. \$1,795. 510-582-8389.

www.bartplazaapartments.com

Hayward 1-bedrooms \$1,245 - \$1,345, 2-bedrooms \$1,545 & up (check availability). Patios, balconies, pool, ample parking, storage, spacious. 510-887-6633.

Hayward spacious 1-bedroom \$1,100+, 2-bedroom \$1,400+. Balcony, patio, pool. 510-581-4702.

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

RENTALS/ROOMS

Hayward quiet, clean, furnished master bedroom w/private bath, yard, near shopping/ transporting. N/S, N/D. No pets. \$995+ deposit. 510-688-7160.

SERVICES

SELL YOUR CAR OR TRUCK with a Classified Ad
For more info or to place an ad call 510-614-1558
San Leandro Times/Castro Valley Forum

TREE SERVICE

***A CAREFUL TREE SERVICE.** Certified. Arborist. Lic.#694067. Trimming, Removals. **FREE** Estimates. Bonded. Call 510-581-7377.

YOUR INFO

Advertise your Home for rent in the San Leandro Times & Castro Valley Forum
DON'T LET ANOTHER WEEK SLIP BY!
- A vacancy day is money lost forever -
To place an ad call **510-614-1558**

CLASSIFIED AD DEADLINE:
Monday 5:00 p.m.

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

NEED - MUSIC LESSONS or **PIANO TUNING?**
Check the Classified Ads under "MUSICAL SERVICES" for help.

Need Remodeling?
How about a new kitchen or bath?



CHECK OUT OUR CLASSIFIED ADS & HOME SERVICES FOR HELP!

THANK-YOU
for supporting the Castro Valley Forum and San Leandro Times!



We greatly appreciate our many advertisers who make it possible for us to publish these newspapers.

HOME SERVICES DIRECTORY

REACH OVER 60,000 READERS

Advertise your services in both of our newspapers... at one low price!

CASTRO VALLEY FORUM
San Leandro Times

HOME SERVICES DIRECTORY

For More Information, Call 614-1558



Handyman

HANDYMAN SERVICES

Serving Castro Valley & San Leandro for 28 Years

Big or Small - We Do It All!
(925) 548-4202

Hardwood Flooring

FERREIRA'S HARDWOOD FLOORING

Sand • Install • Refinish
Glista • Oil Base
25 Years Experience

FREE ESTIMATES
Call Jeff Today!
510-366-6491

Lic. #803455

Painting

Diego Painting

- Residential/ Commercial
- Interior/ Exterior
- Power Washing



FREE ESTIMATES

Lic. #855054 • diegopainting@comcast.net
www.diegopainting.com

(510) 331-6152

Plumbing

CAPELLI PLUMBING & DRAIN CLEANING

Compare Our Prices!

FREE ESTIMATES
24/7 SERVICE



BBB Military & Senior Discounts
Family Owned & Operated

510-969-4358
LIC. #904794

Plumbing

Service 4 Plumbing

www.service4plumbing.com

(510) 614-5887

Bonded & Insured • CA License #1004766
24-Hour Service

FREE ESTIMATES • Se Habla Español



Low Water Pressure?
25 Years in Business!

MEMBER Re-Piping Old Galvanized Pipes With Copper Type "L"

MENTION THIS AD AND RECEIVE 15% OFF YOUR NEXT PLUMBING SERVICE

Roofing

BANNER ROOFING CO.

★ New Roofs ★ Re-Roofs ★ Roof Repairs ★

ROOFING TYPES RESIDENTIAL & COMMERCIAL GUTTER TYPES

ASPHALT SHINGLES
FIREPROOF TILE & SLATE
CEDAR SHINGLES
METAL ROOF SYSTEMS
TAR & GRAVEL
SINGLE-PLY SYSTEMS

LICENSED / BONDED / INSURED • 2424 CLEMENT ST., ALAMEDA

LIC # 657692 **FREE ESTIMATES** SENIOR DISCOUNTS

895-4433

Roofing



FAMILY OWNED & OPERATED

Over 25 Years Experience
Reroofs • Repairs • Inspections
Dry Rot Repair • Seamless Gutters
(Pre-painted)
FREE ESTIMATES



\$200.00 OFF
COMPLETE REROOFING WITH TEAR-OFF
One Coupon Per Customer • Expires 12/31/16

(510) 538-1530

We Specialize in Residential Roofing

HOROSCOPE by Salomé

© 2016 King Features Synd., Inc.



ARIES (March 21 - April 19): Mars, your ruling planet, begins a journey that will open up a growing number of possibilities. Put that surging Arian energy to good use and explore it to your heart's content.



TAURUS (April 20 - May 20): This is the time to prepare for a career move coming up next month. Update your resume. Get those proposals in shape. And don't forget to buff up that Bovine self-confidence.



GEMINI (May 21 - June 20): Your Gemini instincts will guide you to the right people who might be able to help you get over that career impasse that has been holding you back. Expect to make changes.



CANCER (June 21 - July 22): You're getting closer, but you still have a ways to go before reaching your goals. Continue to stay focused, no matter how difficult it can be for the easily distracted Moon Child.



LEO (July 23 - August 22): Your Leonine pride might be keeping you from getting to the source of a disturbing situation. Don't be shy about asking questions. Remember: Information is power.



VIRGO (August 23 - Sept. 22): It's a good time to shake up your tidy little world by doing something spontaneous, like taking an unplanned trip or going on a mad shopping spree.



LIBRA (Sept. 23 - October 22): This is a good week to get advice on your plans. But don't act on them until you feel sure that you've been told everything you need to know to support your move.



SCORPIO (October 23 - November 21): Be careful. You might be probing just a little too deeply into a situation that you find singularly suspicious. The facts you seek will begin to emerge at a later time.



SAGITTARIUS (Nov. 22 - Dec. 21): This is a good week to make new friends and to look for new career challenges. But first, get all those unfinished tasks wrapped up and out of the way.



CAPRICORN (Dec. 22 - Jan. 19): Relationships need a fresh infusion of tender, loving care. Avoid potential problems down the line. Stay close to loved ones as the month draws to a close.



AQUARIUS (Jan. 20 - Feb. 18): Aspects favor relationships, whether platonic, professional or personal. On another note: Be a mite more thrifty. You might need some extra money very soon.

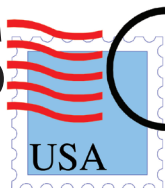


PISCES (Feb. 19 - March 20): This is the absolute right time to let those often-hidden talents shine their brightest. You'll impress some very important people with what you can do.

LETTERS

TO THE EDITOR

FREDZ@EBPUBLISHING.COM



EDITOR'S NOTE:

The Forum will print as many letters supporting local political candidates as space allows next week. We will not, however, publish any attacks on candidates, since there would be no opportunity for a response prior to the election.

—Fred Zehnder
Editor & Publisher

Teachers "Frustrated and Insulted" Over 1% Salary Offer

Editor:

Since the Castro Valley Teachers Association learned of the 1% salary offer from the District, we have been feeling frustrated and insulted.

We continue to work hard since the district is asking us to do more, meaning teachers are putting extra time and money into our classrooms for our students.

A 1% raise for a first year teacher in CV is \$30/month. \$30 doesn't cover a teacher's rent increase. \$30 doesn't cover gas to commute to a second job. Thirty dollars doesn't cover what we pay out of pocket for our health insurance.

The worst part is that the money is there. This year, the district is projecting leftover funds of \$12,400,000. We will receive over \$2,000,000 more than last year from the state.

Lottery funds remain unspent, \$515,000 this year alone. \$638,000 is being saved for "carryover expenses for designated projects." A whopping \$1,500,000 is simply labeled "one-time carryover."

Cafeteria mismanagement costs the District \$500,000/year, and we don't even have a fancy espresso machine! I could go on and on. What good does this money do if it sits in the bank? We still have hundreds of students without a permanent teacher. The District needs to address the teacher shortage crisis *now*.

Our proposal of a 3.75% raise would cost \$2,500,000, reasonable and fair. We are not asking the District to spend every single dime. It leaves many millions of dollars to put towards our students' needs *and*

to save for a rainy day.

During a site visit last week, a first year teacher told me he turned down a job in Fremont for \$20,000/year more. He asked frankly, did he make a mistake? I didn't have an answer for him. Then I thought, it's not my responsibility to give him an answer. That belongs to the school board. They bear the responsibility to explain their actions and tell that teacher if he made a mistake or not.

—Roger Kim, President
Castro Valley Teachers Association

Former Superintendent Endorses Loss for School Board

Editor:

The schools in the Castro Valley Unified School District (CVUSD) are one of the community's greatest resources. Many people move to Castro Valley due to the quality schools.

As the former CVUSD superintendent, I am often asked about the district, especially in an election year. This year, I am endorsing only one candidate for the CVUSD School Board – Jo Loss.

As a board member, Jo has guided the district through the good times and bad times of California education for the past 21 years. She has the experience and knowledge to continue effectively leading the district as it implements the \$123 million bond approved by voters in June. Jo is strongly committed to the success of every student in the district and has demonstrated that over the many years of her service.

Jo has been active in the local, regional and state PTA. During her two years as President of the California State PTA, Jo regularly met with the Governor and statewide leaders on educational issues.

There is no other candidate that brings the commitment and experience that Jo brings. Join me in voting for Jo Loss on Nov. 8.

—Jim Negri, Castro Valley

Urges Support for Whitaker for School Board

Editor:

I am writing to strongly urge support of Lavender Whitaker for Castro Valley Unified School District. Lavender is a mother of a teenage daughter who attends CVHS and is the late wife of Nick Whitaker who was the student activities director at the high school.

Prior to his death, Nick was pursuing his administration credential to make a more positive impact within Castro Valley Unified. Lavender is running, in part, to continue his work and to complete some of the things he wanted to change within the district. And yes, the time for change has come.

While I have great respect for those that serve in elected office, I also believe in holding our elected officials accountable.

In 2014, you may recall that both Trustee Gary Howard and Jo Loss voted to spend nearly \$15,000 to purchase an industrial espresso machine.

Following public outcry, the district retracted this decision and issued a rather messy statement defending their vote. These funds could have and should have been used to serve students.

While I have great respect for Jo Loss, I can't help but question why her 21 years of elected service didn't lead her to the conclusion that our school board should purchase textbooks and not gourmet kitchen equipment.

Lavender is endorsed by the Castro Valley Teachers Association, the Alameda County Democratic Party, the Castro Valley Democratic Club, the South Alameda County Young Democrats as well as by several elected officials including Assemblymember Bill Quirk, Alameda County Board of Education Trustee Aisha Knowles, East Bay Regional Park District Trustee Dennis Waespi and CVUSD Board Member Dot Theodore.

As a former CVUSD student, I strongly urge your support of Lavender this coming November! For more information visit her website at www.whitakerforcv.com

—Austin Bruckner, Castro Valley

Sanitary District Board Members Urge Re-election of Three Incumbents

Editor:

On Nov. 8, we will have the opportunity to exercise our right to vote. Three seats on the Castro Valley Sanitary District Board will be filled.

While filling of these three seats may seem small in comparison with the current presidential election, it is your opportunity to select people that you know and who will make a significant contribution to your community in Castro Valley.

Over the last few years, the Sanitary District has developed an unusually efficient governmental agency having high customer satisfaction, full environmental compliance, and maintains one of the lowest customer service fees in the Bay Area.

You have a chance to return Daniel Akagi, Timothy McGowan and Dave Sadoff to the Board. Their performance has been integral to the Board's successful stewardship.

Daniel Akagi is a professional Civil Engineer and brings a strong engineering background to the Board. He is the senior member of the Board and has played an important role in guiding the District in the areas of customer service, recycling and the LAVWMA and EBMUD pipeline impacts.

Tim McGowan is a professional Civil Engineer and brings a strong financial and engineering background to the Board. His active leader-

Letters continue on page 15

THE FORUM CROSSWORD

1	2	3		4	5	6		7	8	9	10
11			12		13			14			
15					16			17			
18				19		20		21			
			22		23		24		25	26	27
28	29	30			31		32				
33					34		35		36		
37				38		39		40			
41					42		43				
			44			45		46		47	48
50	51	52			53		54		55		
56					57				58		
59					60					61	

ACROSS

- 1 Fire residue
- 4 One of the Seven Dwarfs
- 7 Spruced up
- 11 Dazzle
- 13 Historic period
- 14 Related (to)
- 15 Caffeine-rich nut
- 16 Battle
- 17 Dissolve
- 18 Okefenokee, e.g.
- 20 Traditional tales
- 22 Conger, for one
- 24 The Enlightened One
- 28 Knot for human consumption?
- 32 Thin porridge
- 33 Apiece
- 34 Martini ingredient
- 36 Gumbo base
- 37 "Hogwash!"
- 39 Sleeping bag closers
- 41 Exact
- 43 Burst
- 44 Stole
- 46 Cardiff's people
- 50 Suitor
- 53 Uncooked
- 55 Hindu princess
- 56 React with boredom
- 57 Clay, now
- 58 Mouthful of drink
- 59 ___ Stanley Gardner
- 60 Coop dweller
- 61 To the ___ degree

DOWN

- 1 Requests
- 2 Pack away
- 3 Hawaiian dance
- 4 Morning moisture
- 5 Verbal
- 6 Chocolate substitute
- 7 B-list braggarts
- 8 ___ out a living
- 9 Have a bug
- 10 Explosive letters
- 12 Old music-based game show
- 19 Candy known for its dispensers
- 21 Carpet
- 23 Lower limb
- 25 Top-ranking noble
- 26 Mr., in Munich
- 27 "Sad to say..."
- 28 Energizes, with "up"
- 29 Grate
- 30 Reverberate
- 31 Claiborne of fashion
- 35 Pinch
- 38 Court
- 40 "Bam!"
- 42 O'Donnell of TV news
- 45 Hardy cabbage
- 47 Home turf?
- 48 Fit of peevishness
- 49 Lofty
- 50 "See ya"
- 51 Listener
- 52 Puncturing tool
- 54 Triumph

ANSWERS ON PAGE 5

Letters to the Editor

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

Obituaries

CASTRO VALLEY
FORUM OBITUARIES
may be emailed to:
obits@ebpublishing.com or
faxed to 510-483-4209. Include
a phone number. For help, call
Patrick Vadnais at 510-614-1558

Since 1965

Jess C. Spencer
Mortuary &
Crematory
21228 Redwood Rd.,
Castro Valley
581-9133

In Our Care

Gary James Enos
Resident of Castro Valley
Oct. 15, 1939 ~ Oct. 18, 2016

VISITATION
Friday, Oct. 28, at 1:30 p.m.

MILITARY HONORS
& **SHARING TIME**
Friday, Oct. 28 at 3 p.m.

FD 1168 CR49

SARA L. ENNOR
LAWYER

- Wills & Trusts
- Benefits, ERISA
- QDROs

510-633-9985

THE ONLY LOCALLY
OWNED AND
OPERATED
NEWSPAPER
DELIVERED TO
EVERY HOME
IN CASTRO
VALLEY!

castrovalleyforum.com

LETTERS TO THE EDITOR *continued from page 14*

ship in the finance committee has helped maintain the financial health of the District.

Dave Sadoff is a professional Geologist and brings a strong environmental and business background to the Board. Dave is also a member of the Castro Valley MAC and represents the District on The Alameda County Waste Management Authority. Dave's leadership has helped the District be a leader in Bay Area recycling.

We believe Daniel Akagi, Timothy McGowan and Dave Sadoff are well connected with the community, bring a good variety of experience, are capable of making difficult decisions and are the most qualified candidates to handle the upcoming challenges, such as, sewer system pipeline improvements, achieving zero waste, and maintaining low rates.

We encourage you to re-elect Daniel, Timothy and Dave to serve you on the Castro Valley Sanitary District Board of Directors.

—**Ralph Johnson & Melody Appleton**
Castro Valley Sanitary District
Board of Directors

**Mellon: "Real Choice" for CVSan Board:
Supports McGowan and Maher**

Editor:

This time there is a major difference among the candidates for the Castro Valley Sanitary District Board.

Timothy McGowan and John Maher are committed to keeping pickups of garbage just as it is

now – weekly. The other two candidates (both incumbents) not only have committed to every other week for pickups, regardless the need of the household, they would not reduce your garbage pickup fees.

The rate payers of the Sanitary District are entitled to get what they are paying for – weekly pickups.

There is a real choice this time for the Sanitary District Board, elect McGowan and Maher and keep getting what you are paying for – weekly pickup on garbage.

—**Frank Mellon,**
Castro Valley

**Only a Few More Days to See "Stunning"
Day of Dead Exhibit at HAHS Museum**

Editor:

I want to encourage families to attend the *stunning* exhibit of Souls Returning: Day of the Dead 2016 at the HAHS Museum of History & Culture at 22380 Foothill Blvd in Hayward.

I was overwhelmed with the magic that curator Winda Shimizu created. The top notch art work by Castro Valley and Hayward artists and the colorful presentation are a feast for your eyes.

I came away finally understanding the joyful significance of this holiday. The exhibit closes November 13. (Hours: Wednesday thru Sunday, 10 a.m. to 4 p.m.)

—**Terry Liebowitz**
Castro Valley

MAC: Medicinal Pot Discussion Continues

continued from front page

At Monday's meeting, the MAC's recommendations including that there be no sales of edible products until government regulation of such products are created and that there be no more than 100 pounds of product in stock at any dispensary.

Those recommendations were made under a certain amount of duress, with the fear being that if the MAC rejected the ordinance outright, the county Board of Supervisors could simply ignore them and do what they wanted, including placing additional dispensaries in the Eden area.

"This is the best we can do, unfortunately," said MAC member Ken Carbone.

Crawford agreed and pointed out that the county could still place a dispensary on its own property – at Fairmont hospital for example.

"This process is going to go forward with or without our concerns," said Crawford. "I'd love to slow it down, but I think the political reality is that that's not going to happen."

The Alameda County Sheriff's office has spoken out against additional dispensaries, as has the public at previous MAC, San Lorenzo Village Homes Association, and Unincorporated Services Committee meetings.

"This process is going to go forward with or without our concerns. I'd love to slow it down, but I think the political reality is that that's not going to happen."

—**Marc Crawford**
MAC CHAIR

The public response at Monday's MAC meeting was largely supportive of additional dispensaries, though many of those speaking in favor of the dispensaries work in the medical cannabis industry.

Other speakers urged the MAC to be realistic about medical cannabis and the likely legalization of recreational marijuana use.

"Whether you like it or not, this is on our doorstep," said speaker Jason Teramoto. "It would be to the benefit of Castro Valley and the surrounding communities to keep an open mind."

The MAC said that even though they granted a recommendation, they still had a plethora of questions, including the logistics behind the delivery of cannabis to patients and the storage of product.

"I don't see how this ordinance is manageable," said MAC member Linda Tangren.

Janet Everson, another council member, said the process felt rushed and said she was concerned about Miley's motivation. She cast the sole dissenting vote against the recommendation, saying she'd prefer the ordinance be thrown out, or at least delayed.

The county ordinance could be voted on by the Board of Supervisors as soon as next month. If approved, it would go into effect 30 days later.

Trick-or-Treat at the Village!



Monday, October 31
3:00 - 6:00 p.m.

**Plus, Children's Concert
with
Lori & RJ Cotton Candy
Express Music!**

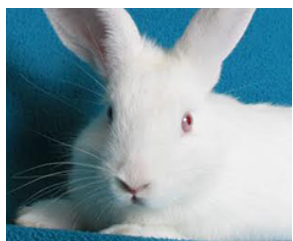
Concert is located near Lime Leaf Thai.

CASTRO  VILLAGE

www.CastroVillage.com • Like Castro Village on 

CASTRO VALLEY BOULEVARD AT SANTA MARIA AVENUE

ADOPT-A-PET



SNOWSHOE is a young, happy bunny. He loves veggies and munching on hay. He's neutered and ready to go home with a loving family. Info: Hayward Animal Shelter. (510) 293-7200.



NALA is a very gentle, quiet, 7 years young gal. She's easy to walk and her endearing spirit made her a shelter volunteer favorite. Info: Hayward Animal Shelter. (510) 293-7200.



ANDY is a DSH, 4 1/2 months old, originally a stray on the streets, but now safe in Dusty Paws Rescue. For more information, complete an application at: www.dustypawsrescue.org



BELLA is a dainty 3-year old tabby with ticked markings and white paws. She came to us from a family that was splitting up. For more info, please visit: www.dustypawsrescue.org

Reports: Crime Around CV

continued from page 3

Unwelcome Customer

Saturday, October 22: at 4:19 a.m., a 56-year-old woman with no permanent address was arrested on suspicion of refusing to leave a business after repeated requests from the management. Deputies were called to a restaurant on the Boulevard near Wilbeam Avenue after a waitress called to complain about a homeless woman camping out in a booth. Deputies took the woman into custody.

Liquor Store Rumble

Thursday, October 20: at 1:37 p.m., an emergency call about a loud and aggressive argument sent deputies to a liquor store on Redwood Road near the Boulevard. There, they arrested two people involved in an altercation, for disturbing the peace, and felony-level drug possession. Involved were a 57-year-old man and a 38-year-old woman both with no permanent address. Deputies reported that the woman also had a warrant issued for her capture. The woman was taken to Santa Rita Jail pending \$5,000 in bail. The man was taken into custody.

Family Fight

Wednesday, October 19: at 1:19 p.m., deputies arrested a 19-year-old woman from San Leandro on suspicion of assault on a family member. An anonymous call about a loud and aggressive-sounding argument sent deputies to an apartment on Lake Chabot Road near the Boulevard. She was handcuffed and taken into custody. The victim was treated at the scene.

Narcotics Possession

Tuesday, October 18: at 7:53 p.m., a 30-year-old woman from Hayward was arrested on suspicion of possession of illegal narcotics. The woman also had a warrant issued for her arrest. Deputies stopped the woman for questioning outside a business on Castro Valley Boulevard near Park Way when they discovered her stash. She was taken to Santa Rita Jail and held without bail.

Illegal Drug Paraphernalia

Tuesday, October 18: at 9:59 a.m., a 40-year-old man with no permanent address was arrested on suspicion of possession of illegal drug paraphernalia. Deputies spotted the man hanging outside a storage facility on Grove Way near Redwood Road and discovered his stash during questioning. The man was taken into custody.

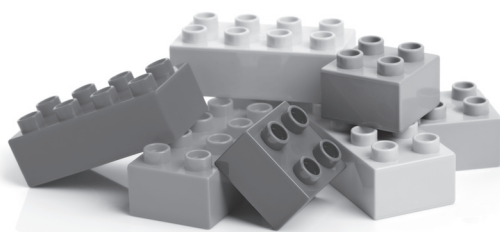


A Cut Above

Paper-cutting artist Alice Helen Masek of Castro Valley is showing a collection of large scale art at the Holiday Show at Foothill Gallery, 22394 Foothill Blvd. in Hayward. Masek will share with visitors the fascinating paper cutting technique she has mastered for the last 20 years at a "Meet the Artist" reception this Saturday, Oct. 29, from 1 to 3 p.m.. Masek is shown above with her piece "Hawaiian Healer" on display until Dec. 1.

ZERO WASTE IDEA:

RENT TOYS
INSTEAD OF
BUYING
NEW!



Did you know you can rent toys for your kids online? Children outgrow toys fast and it can be expensive trying to keep up with the latest toys! Try renting instead of buying new to save money and keep resources out of the landfill.

www.pley.com - A toy subscription service with an extensive online toy library for kids 0-12 years old. This is a local company headquartered in Santa Clara!

www.habitot.org - The Habitot Museum in Berkeley has a toy lending library. Check out their website for more info.

www.cvsan.org/ReuseSwaps - Organize a toy swap with your neighbors or friends. CVSan's website has helpful tips on how to prepare for a successful toy swap event!

The above is provided by CVSan for informational purposes and is not sponsored or recommended by CVSan.

REDUCE **REUSE** RECYCLE ROT

CASTRO VALLEY SANITARY DISTRICT

Effective Environmental Services since 1939

510-537-0757 | www.cvsan.org

This ad was funded by Measure D



— Welcome to all Rite Aid & Walgreens Customers —

- Prescriptions
- Wheelchairs
- Walk Aids
- Braces - Stockings
- Homecare Beds



- Ostomy Supplies
- Bathroom Safety Equipment
- Wound Care Supplies
- Incontinence

CLAYWORTH Healthcare
PHARMACY

NOW SELLING SCRUBS! OPEN 7 DAYS A WEEK
MON-FRI 9:00-5:30 • SAT-SUN 10:00-3:00

10% SENIOR DISCOUNT ON MEDICAL SUPPLIES — DAILY

RENTALS • SALES **510-537-9402** SINCE 1980

20353 Lake Chabot Rd., Suite 101, Castro Valley

FREE DELIVERY IN CASTRO VALLEY

Thank you for supporting your locally owned pharmacy.

www.clayworthpharmacv.com

DAVE'S TAVERN TAXI SERVICE

Mon - Sat 7am - 7pm
Off Sunday
Airports & Amtrak Transportation
Open 24 Hours
With Prior Notice



TO OAKLAND AIRPORT **Only \$30**

TO/FROM BART **\$600 - \$12**

TO SF or SJ AIRPORT **\$60**

510-303-3478

Castro Valley teachers support Lee, Thomas & Whitaker!



An attorney and mother of two sons raised in our schools, **Monica Lee** served as president of the Jensen Ranch PTA, on the Jensen Ranch and Creekside school site councils and on the Superintendent's Parent Leadership Group.



A deputy probation officer with a master's degree in counseling psychology and father of three Castro Valley students, **Tojo Thomas** serves on the executive board of Independent Elementary School's PTA.



An environmental supervisor and MBA candidate at UC Davis, **Lavender Whitaker** is the mother of a freshman daughter. She assisted her late husband Nick Whitaker at CVHS leadership events and volunteers at school dances.

Elect parents & leaders to CV school board

Paid for by Castro Valley Teachers Association PAC ID # 1348896. 14895 E 14th Street Ste 450, San Leandro 94578. Roger Kim, president. Paid political advertisement.