

CASTRO VALLEY FORUM

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YEAR 28

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NO. 41

INSIDE YOUR FORUM

OUR TOWN

Teacher of Year

Alameda County's 2016 'Teacher of the Year' is from Castro Valley

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LIVING

Fall Classics

Simple one-pot casserole meals that your family is sure to fall in love with

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H&F

Check Your Neck

Rate of thyroid cancer in the U.S. has been on the rise for the past 20 years

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PUBLIC MEETING

Eden Fate Remains In the Air

The first of three meetings has been scheduled for 5:30 p.m. next Monday, Oct. 17, at the Castro Valley Library to hear from the public on the fate of the Eden Township Healthcare District, also called Eden Health District, headquartered in Castro Valley.

The District's critics, including the Alameda County Grand Jury, have recently asserted that the District should be dissolved.

Under review are the services the District currently provides, its financial position including any future obligations, and a fiscal analysis of various governance options, including its dissolution.

Monday evening's hearing is being held by the Alameda Local Agency Formation Commission (LAFCo), established by the State Legislature to periodically review the services provided by local agencies.

LAFCo approved a request from the City of Hayward to prepare a "Special Study" to help determine the future of Eden Health.

The study is to discover what, if any, specific needs and priorities the District should address; and whether the District's functions should continue to be provided by another entity.

The District covers Castro Valley

see FATE on page 11

PHOTO BY LINDA SANDSMARK

Eucalyptus trees are being cleared for a bridge and 21 new home sites, at the Roberts Ranch development between Crow Canyon Road and Veronica Avenue.

Former 'Boundary Creek' Housing Project Begins

By Linda Sandsmark

CASTRO VALLEY FORUM

Twenty-one new homes will be built off Crow Canyon Road, and tree removal at the site is already in progress.

The Roberts Ranch project (formerly known as Boundary Creek) is located at the end of Crow Canyon Place, a few blocks south of Earl Warren Park and its off-leash dog park.

It was approved by both the Alameda County Board of Supervisors and the Castro Valley Municipal Advisory Council this year.

"Boundary Creek project came before the MAC twice this year for a reduction and redesign of the original approved 28 lots down to 21. The MAC approved it, as did the Planning Commission and Board of Supervisors," confirmed MAC Chairman Marc Crawford in an e-mail.

According to the Planning File from the April 25 MAC minutes, "Crow Creek runs through the Project site within a steeply banked ravine."

A bridge will be built over Crow Creek to allow access from Crow Canyon Place. Parking would be provided along an internal private

see PROJECT on page 7

MAC MEETING

Medical Pot Law Update

By Amy Sylvestri

CASTRO VALLEY FORUM

Monday night's Castro Valley Municipal Advisory Council (MAC) meeting saw major developments in two of the town most buzzed about topics – the Apricot Way care home and the proposed county ordinance that would allow a medical marijuana dispensary in Castro Valley.

An agenda item to discuss the county marijuana ordinance was tabled until the Oct. 24 meeting, but MAC chair Marc Crawford gave an update on the issue.

Crawford said that he and MAC member Ken Carbone met with Supervisor Nate Miley last week and made some progress.

Miley has been a vocal proponent of medical marijuana and proposed up to two new clinics in west Alameda County, in addition to the two existing dispensaries in Ashland and Cherryland.

Crawford said that Miley agreed that if two clinics were added elsewhere in the county and as long as the two existing clinics continued to operate, it would not be necessary to have two more in the Eden area or Castro Valley itself.

Other parts of the ordinance, including the sale of edible cannabis

see MAC on page 7

A Touch of Vegas at CVHS's Homecoming Parade

The streets around Castro Valley High School were lined with parents and friends Friday for the annual Homecoming parade. The class themes this year were based around Las Vegas. Seniors wearing pink, chose Circus Circus. Juniors wore tropical attire and red to go with their Mandalay Bay theme. Sophomores, with a Planet Hollywood theme, wore black, and freshmen wore purple to go with a New York New York theme. Grand Marshal for the parade was Ross Williams.

PHOTOS BY LINDA SANDSMARK

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PHONE: (510) 537-1792

Castro Valley Weather Oct. 12 - 16, 2016



Wednesday
Clouds then Sun
High 68° Low 53°



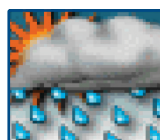
Thursday
Mostly Sunny
High 70° Low 62°



Friday
Rainy
High 70° Low 50°



Saturday
Rain Late
High 70° Low 61°



Sunday
Showers
High 69° Low 51°

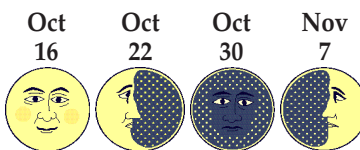
Almanac



Past Week's Rain: 00.00
Season To Date: 00.01
Normal To Date: 00.27
Season Average: 21.22

Sun sets at 6:35 p.m. today; sun rises at 7:14 a.m. Thursday.

Moon Phases



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Early Voting, Vote-By-Mail Options Now Available to Registered Voters

Early Voting for the Nov. 8 General Election began this week at the Alameda County Registrar of Voters' office.

The office, in Room G-1 at 1225 Fallon Street in Oakland, 94612, is open Monday through Friday from 8:30 a.m. to 5 p.m.

Voters may also request a Vote-By-Mail ballot at any time through Tuesday, Nov. 1 by any of the fol-

lowing ways: (1) completing the application on the back of their Voter Information Pamphlet, (2) sending an email, (3) sending a written request via fax to 510-272-6982, (4) by mailing a request to the Registrar of Voters' office, or (5) by calling the Registrar's office at 510-272-6973 to have a ballot mailed to you.

Voters may also complete the

online Vote-By-Mail application at: acgov.org/rov/votebymail.htm.

All Vote-By-Mail ballot requests must be received no later than 5 p.m. on Tuesday, Nov. 1.

Only the registered voter may apply for a Vote-By-Mail ballot. An application for a Vote-By-Mail ballot that is made by any person other than the registered voter is a criminal offense.



CASTRO VALLEY SPORTS FOUNDATION PHOTO

Representing programs that received grants from the Castro Valley Sports Foundation are: front row from left, Michele Nicol, Castro Valley Little League; Molly Ratto, CVHS volleyball; Kiki Scott, CVHS girls soccer; Mei Yi You, CVHS badminton; and Suzi Mills, Canyon/Creekside tennis; back row, Glen Sears, CVHS baseball, Dooney Jones, CVHS track and field; Denny Molzen, CVHS football; Vince Jorgensen, CV Crossover Basketball; Chris Domingo, Stanton athletics; and Fernando Rios, Extreme Baseball.

Castro Valley Sports Foundation Distributes More Than \$18,500

The Castro Valley Sports Foundation (CVSF) distributed more than \$18,500 to 11 different youth sports teams and organizations at its most recent board meeting.

8 of the 11 grants went to sports programs of the Castro Valley Unified School District, including six teams at Castro Valley High.

Trojan teams receiving grants included baseball, football, track and field, girls volleyball, soccer

and badminton. The middle school tennis program at Canyon and Creekside, plus the athletic program at Stanton Elementary were the other public school recipients.

Grants also went to Castro Valley Little League, Castro Valley Crossover Basketball and Extreme Baseball.

CVSF accepts grant requests from school sports teams and non-profit youth sports organiza-

tions each year from May through July. A grant request form and details are available on the CVSF website: castrovalleysportsfoundation.org.

CVSF, a non-profit supporting youth sports in the community, raises money through various fundraisers. Its signature event is the biennial CV Sports Hall of Fame Ceremonies and banquet.

—Lowell Hickey



BY ROBERT ROSAS

IF YOU suffer from low back pain, according to National Institutes of Health, you are among

four out of five Americans who will suffer from disabling back pain during their lifetimes.

Shooting, stabbing and burning pains from the low back, sometimes with additional pain through the buttocks and down the legs are all symptoms of a pinched nerves often called "sciatica".

In severe cases, it can lead to muscle wasting, numbness and constant tingling down to the tip of the toes. Left untreated, the intense pain can rapidly wear you down and drain the joy out of life.

That is, until now...

Recent advances in the treatment of sciatica and lower back pain have led to the development and huge success of Non-Surgical Re-Constructive Spinal Care.

The excellent results of this treatment have been published in major medical journals. With success rates as high as 90% some back surgeons recommending their patients try this treatment first before having back surgery.

In Pleasanton, you can try Non-

THE CASTRO VALLEY FORUM Special Reader Offer

Breakthrough Relief for Back Pain and Sciatica

Surgical Re-Constructive Spinal Care at Intero Chiropractic – the office of low back pain and sciatica relief expert Dr. Jerry Hsieh, DC.

Dr. Hsieh and his team have helped numerous patients find relief from their agonizing back pain and sciatica.

According to Dr. Hsieh, "We use a combination of ultra-advanced technology, not found elsewhere in the Tri-Valley Area, for precisely diagnosing the cause of your low back pain and sciatica; and a unique program for reconstructing the damaged area causing the pain; this means superior long-term results for most people."

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

Your invitation for a comprehensive consultation and evaluation to pinpoint the cause of your low back pain and sciatica...

Pleasanton Weekly has teamed up with the spine therapy specialists at Intero Chiropractic, to help readers find relief from their

persistent back and sciatic pain.

All you have to do to receive a thorough diagnostic evaluation with the most advanced technology in the world and a comprehensive easy to understand report on your state of health is **call (925)255-5805**.

Mention this article (CODE: BOS37SCID5) and Dr. Jerry Hsieh will happily reduce his usual consultation fee of \$100 to just \$20. But hurry, due to obvious reasons – this is a time limited offer – with only 100 reader consultations available at this exclusively discounted rate.

My advice, don't suffer a moment longer...

Find out if Non-Surgical Re-Constructive Spinal Care can help you, book a consultation with Dr. Jerry Hsieh and his team now by calling (925)255-5805, they are waiting to take your call today.

They actually treat the cause of your health problem, not just your symptoms.

That's why hundreds of grateful

patients tell them "You gave me back my life!"

Over the years, they've treated hundreds of patients with back problems and sciatica. The vast majority of them have enjoyed superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

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

Don't suffer from the pain and immobility any longer. Discover the natural treatment that can eliminate the cause of your problem and give you the safe, lasting relief you deserve.

Call them now at (925)255-5805 and cut out or tear off this valuable article now and take it to your appointment. You'll be entitled to a comprehensive evaluation to diagnose the cause of your problem – and you'll be on your way to safe, lasting relief! Don't



delay your important diagnosis and treatment another moment!

You can even call on the weekend and leave a message on their answer machine to secure your spot as they promise to return all calls; and during the week they are very busy, so if they don't pick up right away, please leave a message.

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Gas Prices Continue To Climb

The national average price for regular unleaded gasoline has increased nearly every day for the past two weeks, reaching \$2.26 per gallon at the start of this week, according to the AAA.

As has been the case over the past decade, the West Coast continues to be the most expensive market for gasoline, with California coming in at \$2.79, second only to Hawaii at \$2.84.

California's transition to winter specification gasoline will take place in about two weeks. Supply in the region is already being impacted as many refiners begin maintenance for the switch, including some very large-scale turnaround work at Chevron's big East Bay refinery in Richmond.

Half a dozen service stations in CV were selling regular at \$2.49 a gallon on Monday – far below the state average – including Stop N Save at Stanton and San Carlos avenues, the two Quik Stops at 2881 Grove and at 20757 Lake Chabot Road, and the two Arco stations at Wisteria St. and CV Blvd. and Center St. and Grove Way.



Teacher of the Year

continues to be the most expensive market for gasoline, with California coming in at \$2.79, second only to Hawaii at \$2.84. with California coming in at \$2.79, second only to Hawaii at \$2.84.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



Public Intoxication

Monday, October 10: at 3:50 a.m., Sheriff's deputies arrested a 25-year-old woman from Oakland on suspicion of public intoxication. The woman was hanging outside a home on Anita Avenue near Castro Valley Boulevard when deputies spotted her and stopped her for questioning. The woman failed her field sobriety test and was taken into custody.

Expired Registration

Sunday, October 9: at 8:36 a.m., two people were arrested on suspicion of driving with expired registration as they headed north on Crow Canyon Road in Castro Valley. Deputies followed the vehicle and stopped it for the infraction near Norris Canyon Road. A 55-year-old woman from Suisun City (Solano County) and a 55-year-old man from San Lorenzo were arrested at the scene.

Squatters Evicted

Friday, October 7: at 6:30 p.m., deputies arrested two people with no permanent address on suspicion of failing to leave a property on Old Dublin Road near the Boulevard. Law enforcement officials

previously asked a 34-year-old man and 41-year-old woman to vacate the premises after the property owner complained. Both suspects also had outstanding warrants issued for their capture. Deputies took the couple to Santa Rita Jail pending \$5,000 in bail apiece.

Illegal Narcotics

Friday, October 7: at 2:25 a.m., a 29-year-old man from Hayward was arrested on suspicion of possession of illegal narcotics. Deputies stopped the man at the intersection of Castro Valley Boulevard and Foothill Boulevard where they discovered his stash. The man was given a citation and instructions to appear in court.

Shoplifters Arrested

Thursday, October 6: at 2:10 p.m., deputies arrested two women from Oakland on suspicion of possession of stolen property and petty theft at a grocery store on the Boulevard near Redwood Road. Store security stopped a 32-year-old woman and a 29-year-old woman after they noticed the pair walking out of the store with unpaid merchandise. The women were taken into custody.

Drug Paraphernalia

Thursday, October 6: at 2:40 p.m., a 46-year-old man from Oakland was arrested on suspicion of possession of illegal drug paraphernalia. Deputies stopped the man for questioning as he was traveling on Castro Valley Boulevard near Redwood Road. The man revealed he had a pipe used for smoking drugs. He was taken into custody.

Marijuana Possession

Thursday, October 6: at 12:47 a.m., deputies arrested a 24-year-old man with no permanent address on suspicion of possession of an illegal amount of marijuana drugs. The man was traveling on Forest Avenue near Forest Circle when deputies stopped him and took him into custody.

One Too Many

Wednesday, October 5: at 2:54 p.m., a 42-year-old man from Sacramento was arrested on suspicion of public intoxication. Deputies spotted the man outside a business on the Boulevard near Anita Avenue. The man, who smelled of alcohol, failed his field sobriety test and was taken into custody.

see REPORTS on page 15

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Castro Valley Chiropractor Gets Radical...

It was early last Tuesday. It just got to me. After seeing the ninth person that day that had been on heavy drugs for headaches, I said to myself, "This is absolutely crazy."

What's so crazy is that few people know that chiropractic treatments may help them. Instead they end up taking one serious drug after another trying to "cover up" the symptoms. Sooner or later, those drugs can lose their effectiveness, and can even cause 'rebound' headaches themselves.

There is a massive propaganda machine out there telling people that the answer to all their health problems is drugs. I don't believe that, so I guess I'm getting a little 'radical' here.

The problem is that we chiropractors don't have a massive marketing machine like the pharmaceutical companies have. Do you know that the drug industry is one of the biggest industries in this country? Yet, when it comes to our nation's overall health, we fall way short. Why is that?

Well, it's my belief that drugs aren't always the answer. Chiropractors understand that health is an "inside-out" process. That's why I'm so proud of our success rate.



Dr. Hans Freericks and family.

My name is Dr. Hans Freericks. I've been at this for twenty one years, and the results still amaze me! No drugs, no surgery. It may seem like a miracle, but it makes sense. Chiropractors relieve nerve pressure, and the body responds by healing itself. It's very simple. If you are looking for a different approach to health, then come see us.

You've probably seen our office. It is called Discover Chiropractic and

we are right here in Castro Valley next to Safeway on top of the hill. When you come in for your appointment, we'll go over your information, and do whatever tests need to be done, even x-rays, for just \$47. That special offer lasts until November 15, 2016, so call right away because this exam usually costs \$337.

My job is to get you better as fast and completely as I can. It's my passion (one of them). We don't want to just get you out of pain, we want to fix the cause of the problem so it doesn't affect you years down the road. Feel free to call my terrific assistant Jessica at 510-247-1272. Our office is both friendly and warm and we try our best to make you feel at home. We have a great service at an exceptional fee.

Thanks and God bless. Hans Freericks, D.C.

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The Week Ahead

● Wednesday, October 12: Yom Kippur & Yizkor Services

Join us for meaningful Yom Kippur services. Yizkor - Memorial services will be held at 11:30 a.m. today. Concluding prayers followed by Break-the-fast at 6 p.m. at Chabad Jewish Center 20912B Redwood Road in Castro Valley. Free of charge.

● Friday, October 14: "Battle of the Valley" Football

Creekside Athletic Booster Club is proud to host the 18th annual "Battle of the Valley" flag football game between the Creekside Wildcats and Canyon Condors this Friday at Castro Valley High School. Gates open at 5:30 p.m. and opening ceremonies begin at 6:15. All proceeds go to athletic programs at Creekside and Canyon middle schools. The entire community is welcome at this family-friendly, fun-filled event!

● Friday, October 14: Palomares Hawk-A-Thon

Join the Palomares Hawk-a-Thon at Castro Valley's Palomares Elementary at 6395 Palo Verde Road from 1:45 to 4:30 p.m. this Friday. Students collect pledges of donations, which can be either flat or per lap. All donations go to fund a large number of extracurricular activities, classroom equipment, training, and school supplies.

● Friday & Saturday, Oct. 14-15: Shrouded Tales at Meek House

Explore true tales of tragic ends, Victorian death traditions and superstitions all sprinkled with a touch of the paranormal this Friday or

Saturday at 7 p.m. or 9 p.m. during tours of the historic Meek Mansion, 17365 Boston Road in Hayward. Come join spooks and spirits for a bit of Halloween fun. Tickets (\$15 general, \$10 HAHS members, seniors and students) are limited and must be purchased in advance. To book, call 510-581-0223 or visit www.haywardareahistory.org. Proceeds go toward maintenance and restoration efforts.

● Saturday, October 15: Fashion Show & Luncheon

Soroptimist International of the East Bay presents the 4th Annual Fashion Show (fashions by Chico's of Danville) and Luncheon from noon to 3 p.m. this Saturday at Crow Canyon Country Club, 711 Silver Lake Drive in Danville. For tickets (\$45), or information, call Lynn Levin at 510-593-7377.

● Saturday, October 15: An Owl's Sonata

Watch the owl's flight amidst the old oak trees as you listen for their fall song from 6 to 8 p.m. Oct. 15 at Sulphur Creek Nature Center, 1801 D St. in Hayward. Then see a presentation of native owls. Wear walking shoes for this special adults-only nature presentation. Visit www.haywardrec.org or call 510-881-6700 to register (\$18). Space is limited.

● Saturday, October 15: Low-Cost Pet Adoptions

The 13th Annual Black & White "Fur" Ball will be held from noon to 6 p.m. this Saturday at the Hayward Animal Shelter, 16 Barnes Court, Hayward (near the DMV). Dogs, cats, kittens, bunnies and a Guinea pig – beautiful black & white pets and shelter pets of all other colors – will be available for \$20. For more info, call 510-293-7200 or visit www.facebook.com/haywardanimalshelter

● Saturday, October 15: Parent University

Gain valuable tips for making communication with your child even more effective at the 5th Annual Parent University from 8 a.m. to 12:30 p.m. this Saturday at Castro Valley Adult & Career Education. For full information, or to register, visit www.cvadult.org or call 510-886-1000. The cost is \$25 before Oct. 3, \$30 after.

● Saturday, October 15: Fam Fest Fun Run

Celebrate Ashland Cherryland Fam Fest 2016 with a 5K Fun Run beginning at 9 a.m. (check-in begins at 7:30 a.m.) this Saturday at Reach Youth Center, 16335 E. 14th St. Entry fee is \$10. Awards and prizes, refreshments, T-shirts and goody bags. Sponsored by Sutter Health and the Alameda County Community Development Agency. More info at acfamfest.org or 510-686-3653.

● Saturday, October 15: Pet Available for Adoption

Dusty Paws Rescue will show available dogs, kittens and cats available for adoption from 10 a.m. to 1 p.m. this Saturday at Pet Food Express, 3385 Castro Blvd. Visit www.dustypawsrescue.org

● Tuesday, October 18: San Leandro Garden Club Meeting

The October meeting of the San Leandro Garden Club begins with a business meeting is at 10 a.m. on Tuesday at the Alta Mira House, 561 Lafayette Ave. in San Leandro. At 11 a.m. guest speaker Steve Wiley will bring student members from the Environmental Leadership Club at San Lorenzo High School to discuss their club activities. All are welcome! Come early to check out the plant table.

● Wednesday, October 19: Women's Club/Chanticleers Talk

Barbara Perry will be program speaker at the next meeting of the Castro Valley Women's Club, 18330 Redwood Road, at 1 p.m. next Wednesday. Perry will be sharing her story of Chanticleers Theatre – its history and journey – as an actress and director. Vintage photos will be on display. The public is invited. For info, visit castrovalleywomensclub.weebly.com/facebook or call 510-461-7692.

● Friday & Saturday, Oct. 21-22: Shrouded Tales–McConaghy

Learn about true tales of tragic ends, Victorian death traditions and superstitions all sprinkled with a touch of the paranormal. New stops and stories as you tour the historic McConaghy House, 18701 Hesperian Blvd. in Hayward at either 7 p.m. or 9 p.m. on Oct. 21 or Oct. 22. Tickets (\$15 general, \$10 HAHS members, seniors and students) are limited and must be purchased in advance. To book, call 510-581-0223 or visit www.haywardareahistory.org. Proceeds go toward maintenance and restoration efforts.

● 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. on Oct. 28 or when 1,200 cyclists are registered. For details, visit www.wheelsformealsride.com

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.

● **Castro Valley High School Choir and Band Concert** will be presented at 7 p.m. tomorrow, Oct. 13. *For tickets, see above.*

● **California Beach Boys Tribute Band** – "Surfin' USA," "Fun, Fun, Fun," "California Girls" – what band says California better than the Beach Boys? Mike Amaral's California Beach Boys Tribute Band performs all your favorites with their luscious harmonies and good vibrations at 7:30 p.m. on Saturday, Oct. 15. *For tickets (\$32-\$17) see above.*

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

ART GALLERIES & EVENTS

● **Day of the Dead 2016:** The celebration of Día de los Muertos (Day of the Dead) focuses on the belief that the spirits of lost loved ones return from another world to be with their friends and family for one night. Explore the various stages and symbolism of the celebration through the artwork of more than 25 local artists through Nov. 13 in the Community Gallery at the HAHS Museum of History & Culture, 22380 Foothill Blvd., Hayward.

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LOCAL GOVERNMENT MEETINGS

• Castro Valley Municipal Advisory Council (MAC) meets on land-use issues on the 2nd and 4th Mondays of the month, and holds general purpose meetings on most 3rd Mondays. Meetings are at 6 p.m. at the Castro Valley Library Chabot Room, 3600 Norbridge Avenue.

• Castro Valley School Board usually meets at 7 p.m. on the second and fourth Thursdays of the month at 4400 Alma Ave.

• Castro Valley Sanitary District (CVSan) meets at 6:30 p.m. on the first Tuesday of the month at the District Headquarters, 21040 Marshall St.

• Alameda County Board of Supervisors meets every Tuesday at 10:45 a.m. in the Supervisors Chambers at the County Administration Bldg., 1221 Oak St. in Oakland.

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The Fall Classics

Easy one-dish meals for chilly autumn evenings

There was a time when the casserole was the heart and mainstay of home cooking.

Easy to prepare, the one-dish meal—baked in the oven and served in the pot in which it was cooked—took only a few ingredients, but yielded a rich, deep and well-rounded collaboration of tastes.

Perhaps because it was simple to make and often used such common basics as Campbell's Soup and Bisquick, more sophisticated ingredients with exotic names began assuming undue importance in the kitchen and casseroles began to disappear.

But today, with the realization that vegetables, potatoes and pasta are essential components of our diets, the casserole is being welcomed back to the supper table in style. And a big bonus is that the leftovers actually benefit from reheating the next day.

BEEF & PASTA CASSEROLE

- 1 pound penne pasta
- 8 ounces lean ground beef
- 1 small onion, chopped
- 2 cups water
- 1/3 cup red wine (or water)
- 2 (6-ounce) cans Italian tomato paste
- 1 tablespoon instant beef-flavor bouillon
- 2 cups shredded Monterey Jack cheese

Preheat oven to 350°F.

Cook beef and onion in large saucepan, stirring occasionally, until beef is no longer pink. Add water, tomato paste, wine and bouillon; cook, stirring occasionally, for 10 to 15 minutes or until flavors are blended.

Layer half the pasta, half the cheese and half the sauce, then repeat the layers. Cover and bake for 20 to 25 minutes or until heated through and cheese is melted. Season with salt. Serves 6.

HUNTER'S CHICKEN

- 1 (18-3/4 ounce) can solid-pack tomatoes
- 1 cup chopped onion
- 4 cloves garlic, minced
- 2 bay leaves
- 2 teaspoons ground cumin
- 1-1/2 teaspoons crumbled dried oregano
- 2 tablespoon wine vinegar
- Salt, pepper
- 1 (2-1/2 to 2 pound) chicken cut into 8 pieces

Combine tomatoes with liquid in large oven-proof casserole, breaking tomatoes into bits. Add onion, garlic, bay leaves, cumin, oregano and vinegar. Stir to blend. Season to taste with salt and pepper.

Simmer sauce on top of stove 30 minutes, stirring occasionally. Add chicken pieces, pushing down onto sauce.

Cover casserole and bake at 350°F about an hour.

Serve hot or cold. Makes 4 servings.

MEDITERRANEAN PASTA BAKE

- 1 package (13-1/4 ounces) penne pasta
- 4 cups cubed cooked chicken breast
- 1 (29-oz) can tomato sauce
- 1 (14-1/2 oz) can diced tomatoes, drained
- 1 (14-1/2 oz) package frozen chopped spinach, thawed



- and squeezed dry
- 2 (2-1/4 oz) cans sliced ripe olives, drained
- 1/4 cup chopped red onion
- 2 tablespoons chopped green pepper
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 cup shredded part-skim Mozzarella cheese
- 1/2 cup crumbled feta cheese

Cook pasta according to package directions; drain. In a large bowl, combine the pasta, chicken, tomato sauce, tomatoes, spinach, olives, onion, green pepper, basil and oregano.

Transfer to a 13x9-inch baking dish coated with cooking spray. Sprinkle with cheeses. Bake, uncovered, at 400°F for 25-30 minutes or until heated through and cheese is melted. Yields 8 servings.

CORN & SPINACH CASSEROLE

- 1 tablespoon butter
- 1/4 cup chopped onion
- 3 cups fresh or frozen corn kernels

- 2 eggs, beaten
- 1/2 cup milk
- 1 tablespoon white wine vinegar
- 1 teaspoon salt
- 1/4 teaspoon fresh pepper
- 1/2 pound fresh spinach, coarsely chopped
- 2 tablespoons grated Parmesan cheese
- 1/4 pound bacon slices
- 1/4 cup dried bread crumbs

Butter a 1-1/2 quart casserole. Sprinkle chopped onion in dish. Add corn, sprinkle with 1/2 teaspoon salt and dash of pepper.

Mix eggs with milk and pour over the corn. In another bowl, add vinegar, salt and pepper to chopped spinach and toss until well-seasoned.

Place spinach mixture on top of corn. Sprinkle with cheese. Cover with bacon slices. Top with bread crumbs and bake in preheated 375°F oven for 45 minutes.

BEEF & POTATO CASSEROLE

- 2-1/2 to 3 cups diced roast beef

- 1/2 cup chopped onion
- 1 cup beef gravy or prepared brown gravy
- 2 tablespoons dry white wine
- 1/4 teaspoon dried thyme, crumbled
- 1/4 teaspoons dried rosemary, crumbled
- Dash garlic powder
- 1/2 to 1 teaspoon salt, or to taste
- 1/4 teaspoon freshly ground black pepper
- Beef broth or water, if needed
- 2 cups prepared mashed potatoes, seasoned
- 2 tablespoons butter
- 1 egg
- 1/2 to 1 cup shredded Cheddar cheese

Grind or finely chop the beef and onion. Add gravy, wine, and seasonings. Add broth, if necessary, to make a moist mixture.

Put beef mixture in a shallow 1-1/2 quart baking dish. Combine mashed potato with butter and egg; mix well then spread over the meat mixture. Sprinkle with the cheese.

Bake at 350°F for 30 minutes, or until browned and bubbly. Yields 6 servings.

MEAT LOAF WITH MIXED VEGETABLES

- 3/4 cup evaporated milk
- 2 cups soft bread cubes
- 1/4 cup chopped onion
- 2 pounds lean ground beef
- 1-1/2 teaspoon salt
- 2 eggs, beaten
- 1 teaspoon dry mustard

- 1-1/2 cups frozen mixed vegetables, thawed

Pour milk over bread cubes and let stand until milk is absorbed. Stir in onion, ground beef, salt, eggs, and dry mustard; blend well. Stir in vegetables.

Mix and shape into a loaf. Bake in loaf pan at 350° for 1-1/2 hours.

Cool for 5 minutes before turning out of pan. Serve with mashed potatoes and gravy. Yields 6 to 8 servings.

MAC & CHEESE WITH TOMATOES

- 16 ounces elbow macaroni
- 7 tablespoons butter, divided, plus more for dish
- 1-1/4 cups French bread, torn into small pieces
- 1 tablespoon fresh thyme, chopped
- 1-1/2 teaspoons salt, divided
- 3/4 teaspoon pepper, divided
- 1 quart milk
- 5 tablespoons flour
- 1 pinch nutmeg
- 4 cups sharp cheddar cheese, shredded
- 16 ounces tomatoes, cut into 1-inch chunks

Preheat oven to 350°F.

Add macaroni to a large pot of boiling water and cook until it just beginning to soften, 2 to 3 minutes (it will not be fully cooked). Drain and rinse.

Butter a 3-quart casserole or a 9-by-13-inch pan; set aside.

Melt 2 tablespoons butter, and pour over bread in a medium bowl; add 1 teaspoon thyme, 1 teaspoon salt, and 1/4 teaspoon of pepper, and toss.

Heat milk in a sauce pan over medium heat until warm.

Heat remaining 5 tablespoons of butter in a high-sided skillet or a pot over medium heat until foaming. Add flour and cook while whisking for 1 minute. Whisk in warm milk a little at a time and cook, whisking constantly, until bubbling and thickened, 8-10 minutes.

Remove from heat.

Add 1/2 teaspoon salt, 1/2 teaspoon pepper, 2 teaspoons thyme, nutmeg, and cheese to pan; stir until cheese is melted, then stir macaroni and tomatoes into cheese sauce.

Pour into buttered dish; sprinkle with bread topping and bake until bubbly and golden, about 30 minutes.

Let cool slightly before serving. Yields 6 servings.

HOROSCOPE by Salomé

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ARIES (March 21 - April 19): Someone from your past could arrive with welcome news concerning your future. Meanwhile, avoid taking sides in a workplace confrontation until you have more facts to go on.



TAURUS (April 20 - May 20): A decision about a relationship could have longer-lasting consequences than you might imagine, so be sure of your facts before you act. A trusted friend can help.



GEMINI (May 21 - June 20): A strained relationship could be restored with more personal contact between the two of you. Letting others act as your go-between only adds to the ongoing estrangement.



CANCER (June 21 - July 22): New facts could mean taking a new path toward a goal you've been hoping to reach. However, be sure all your questions are answered before you undertake to shift directions.



LEO (July 23 - August 22): This is a good week for all you fine Felines to turn your attention to some important considerations, such as your health, your job situation and the status of important relationships.



VIRGO (August 23 - Sept. 22): Avoid making a quick decision about a matter that needs more study. Keep your mind open for possibilities, even if they don't seem plausible — at least not yet.



LIBRA (Sept. 23 - October 22): You might welcome the emphasis on openness in relationships that mark this period. But it's a good idea to avoid sharing personal secrets with people you hardly know.



SCORPIO (October 23 - November 21): There are still some questions that need to be asked and answered before you can feel confident enough to make a potentially life-changing decision.



SAGITTARIUS (Nov. 22 - Dec. 21): Some lingering effects from a now largely resolved workplace confrontation could make things difficult for you. Act on this before it becomes serious.



CAPRICORN (Dec. 22 - Jan. 19): While part of you might prefer taking a more familiar path, let your more daring and — admit it — super-curious self see what the unexplored has to offer.



AQUARIUS (Jan. 20 - Feb. 18): No sooner do you decide to pass on one job offer than another suddenly turns up. This one might not have everything you're looking for, but it's worth checking out.



PISCES (Feb. 19 - March 20): Congratulations. With Jupiter's strong influence dominating this week, don't be surprised to get some good news about a troubling financial matter.

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MAC: Approval of Reduced Conditional Use Permit for Elderly Patient Care Home

continued from front page

items such as brownies and the delivery of cannabis to patients, would likely remain as proposed. The discussion will continue at that meeting later this month.

Also at Monday's meeting, after hours of discussion, the MAC approved a drastically reduced conditional use permit for owner Steve Chou to operate a care home for non-ambulatory elderly residents at 17926 Apricot Way.

That site became nationally notorious in 2013 when the previous owners abandoned the facility, leaving several elderly and Alzheimer's patients under the care of only the cook and the janitor.

Under the newly approved permit, Chou can have up to eight residents. He had originally asked for 30.

The MAC slashed his plans after several Apricot Way neighbors voiced their disapproval over a

series of meetings, citing concerns over traffic, parking, loud noises, and a lack of appropriate resources for the residents.

The MAC chastised Chou for not addressing these concerns and submitting the same plan over and over again even after being asked to make improvements by the board.

Carbone accused Chou of "sardine-canning" elderly patients to maximize his profits. Crawford called Chou "disrespectful." MAC member Janet Everson called him "arrogant."

"It's clear to me that this project is a project for profit," said Everson.

In the end, the MAC approved eight patients, because Chou would not have required any permit if he kept his care home under six patients, so this way the MAC would retain some oversight.

The council told Chou to come back after operating successfully for a year with the support of the community and they may consider allowing him to expand.



PHOTO BY FRED ZEHLER

Doggone Good Time

At times it seemed like dogs outnumbered people attending Sunday's 2nd Annual Barks & Brews on Castro Valley Blvd., sponsored by the Castro Valley/Eden Area Chamber of Commerce. A friendly crowd enjoyed the warm afternoon in the parking lot at 3160 Castro Valley Blvd.

Project: Plan

continued from front page

street, ending in a cul-de-sac near Veronica Avenue. A bicycle and pedestrian easement along the new road will be created between Crow Creek Place and Veronica Avenue. Access to Veronica will be limited to emergency vehicles only.

The parcel is 8.22 acres and will include two conservation easements totaling approximately 4.32 acres along the creek.

According to the approved documents, no grading or construction activities are proposed that would encroach into the Riparian Corridor for purposes of developing residential lots. Also, an Ohlone Tribe member will monitor grading and construction in case Native American artifacts are discovered there.

The property is being developed by Michael Sullivan of SRE Development Company. Projects to develop this site have been proposed since at least 2005.

Plans for the project are available at www.acgov.org/board/bos_calendar/documents/DocsAgendaPlan_07_19_16/12PLN201500224.pdf

Hope Hospice Offers Grief Support Group

To help those who are grieving over the death of a loved one, Hope Hospice in Dublin is offering a support group called Grief Journeys. The group will meet from 7 to 8:30 p.m. on Wednesdays for eight weeks – Oct. 19 through Dec. 21 (no meetings on Nov. 9 and 23) – and welcomes people who are grieving.

There is no fee to attend Hope's grief support services, but the hospice accepts donations in order to offer services to others at no charge. Before participating in grief support services, if interested, schedule an informational interview by calling the Grief Support Center at (925) 829-8770 or visit: www.HopeHospice.com

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ATHLETES OF THE WEEK

Extreme 12U Solis Baseball

This week's Athletes of the Week are the members of the Castro Valley Extreme 12U (Solis) Baseball Team after they beat Brentwood Blast 2-0 to win the Championship game in the Wood Bat tournament in Fremont on Sept. 24-25.

With 18 teams in the 12U division, Extreme went undefeated on the way to the Championship.

Extreme finished as the No. 1 seed in the tournament brackets with pool play victories over San Francisco Elite and El Cerrito Storm, without allowing a run.

In the semi-finals, Extreme matched up against the Pacifica Rebels and the offense exploded for a 13-0 win. The Championship game



was against Brentwood Blast. Both teams had dominant pitching.

The final was 2-0, with Extreme completing the tournament shutout, as they played the entire weekend without giving up a single run.

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PHOTO COURTESY OF TINA MITCHELL

FOOTIE FEST WINNERS: CV Soccer Club's 9th Annual Footie Fest Tournament, played in a round robin style, was held over the weekend of September 24-25. CVSC's U11 girls yellow team finished as Champions in their group this year. They won by the narrow margin of one point in this group of 5, a group that saw the top three teams finishing with the exact same 2-1-1 record and the CV girls secured their No. 1 spot in the last game with a 4:0 shutout to give them the extra points needed to finish in 1st place.

The Battle of the Valley is This Friday

Creekside Athletic Boosters Club is proud to host the eighteenth annual "Battle of the Valley" flag football game between the Creekside Wildcats and the

Canyon Condors. This yearly game will be held this Friday, at Castro Valley High School. Gates open at 5:30 pm and opening ceremonies begin at 6:15 p.m. All pro-

ceeds fund the athletic programs at Creekside and Canyon Middle Schools. The entire community is welcome at this family-friendly, fun-filled event.

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Tips For Outdoor Safety

The American College of Sports Medicine recommends that children participate in 60 minutes of physical activity every day. Physical activity on a regular basis, combined with healthy eating habits, will prevent obesity and other diseases.

Kids need outdoor play to be active, burn up excess energy and have fun. There are, however, a few steps you can take to protect them from injury.

What You Can Do

Joan Lawrence, the Toy Industry Association's "Toy Safety Mom," offers these tips.

1. Make adult supervision a crucial part of outdoor play.
2. Watch children carefully whenever they're near water. Kids should never be left alone near swimming pools, beaches, lakes or other bodies of water—even "kiddie" pools—no matter what their ages or swim capabilities. Children under 5 should always be no more than an arm's length from an adult near water sources.
3. Always keep toys away from unsupervised and high-traffic areas, such as driveways and sidewalks, so they don't lure a child into a dangerous situation.
4. Ride safely. Make sure your kids wear helmets, knee pads and other protective gear when playing with bikes, trikes, scooters and other ride-on toys. Accidental falls are the No. 1 cause of childhood



Taking your kids out for a bike ride can be a great way to spend quality time. Just be sure they're properly protected.

injury, according to the National Center for Injury Prevention and Control.

5. Organize and store toys to prevent slips, trips and falls. Designate "parking" spaces for bikes and other ride-on toys and store smaller items, such as skateboards, on shelves.

6. Uninflated balloons and broken balloon pieces can pose a choking hazard. At parties and other festive events, and especially when kids are playing with water balloons, remember to supervise children and throw away any broken latex pieces you find.

ken latex pieces you find.

7. Be sure to check and follow age guidance on toy packaging. The age grading doesn't have anything to do with how smart your child is—it's safety guidance that's based on the developmental skills and abilities of children at a given age and the specific features of a toy.

Learn More

You can find further facts and tips about keeping your kids safe and happy from the experts at www.PlaySafe.org.

—North American Precip Synd., Inc.

Thyroid Cancer Cases on Rise

By **Melissa Amorn, M.D.**
SPECIAL TO THE FORUM

The rate of thyroid cancer in the United States has been steadily growing over the past two decades, and has more than doubled since 1990.

With 48,000 new cases in 2011, the prevalence of thyroid cancer continues to rise, and women are three times more likely than men to develop it.

Most people attribute the increase in thyroid cancer to improved imaging technology, which allows doctors to find tumors much earlier—when they are smaller and easier to treat. About 49 percent of nodules responsible for the increasing incidence of thyroid cancer measure 1 centimeter or smaller while 87 percent consists of tumors 2 centimeters or smaller.

About 90 percent of these tumors are known as "well-differentiated" thyroid cancer, which has a very high cure rate when detected early.

Regulating Metabolism

Endocrine glands release chemicals called hormones into our blood stream. The thyroid gland is one of the largest endocrine glands. Located at the base of our throat, it produces hormones by absorbing a chemical called io-



Many don't know they have it until they or their doctors detect a lump in their neck.

dine, which is often added to the table salt we use in our food.

By releasing its hormones into the blood, the thyroid regulates metabolic functions such as our weight, body temperature, blood pressure and heart rate.

Detection

Thyroid cancer often has no symptoms. Some may have difficulty swallowing, hoarseness or shortness of breath; however, most don't know they have it until they or their doctors detect a lump in their neck.

A history of thyroid cancer in your family or radiation exposure increases your risk of thyroid cancer. In addition, age is also an important risk factor, especially in people over 40.

To diagnose a lump or nodule, doctors use a diagnostic imaging test called an ultrasound, which emits high-frequency sound waves to create an image of the thyroid. Based on the findings, doctors will decide if they need to perform a needle biopsy of the nodule, which involves taking a small sample to test for cancer.

Treatment

The most common treatment is surgery to remove part or all of the thyroid gland and any lymph nodes that may have been affected by the cancer.

Sometimes, doctors will also recommend that patients receive radioactive iodine, which uses radioactivity to eliminate any remaining cancer cells. External beam radiation is occasionally used in the more advanced cases of thyroid cancer, after other therapies have been exhausted.

Although thyroid cancer is not usually preventable, the majority of thyroid nodules are benign—only about five to 15 percent are cancerous. Because of improvements in early detection and treatment options, thyroid cancer has one of the highest survival and cure rates of all types of cancer.

Melissa Amorn, M.D., is a board-certified otolaryngologist (ENT) with the Sutter East Bay Medical Foundation.

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Where: Eden Medical Center
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20103 Lake Chabot Road
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Enjoy this FREE workshop on healthy food, healthy living for cancer patients, survivors and family members. Includes a cooking demonstration, food and exercise tips. (Rescheduled from September 14)

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EYE on Health: GLAUCOMA the Silent Thief of Sight

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11:15 am – NOON

HAYWARD SENIOR CENTER
22325 North Third St.
Hayward

Chirag R. Patel, MD
Ophthalmologist, Medical Director, Turner Eye Institute

The risk of low vision and blindness increases significantly with age. According to the National Eye Institute, glaucoma is one of the top age-related eye diseases in the U.S. It is insidious and can often cause significant and irreversible loss of vision before people develop symptoms. While there is no cure, early diagnosis and treatment is key to preventing further advancement of the disease and maintaining vision.

Learn how glaucoma is diagnosed, the signs and symptoms, and current treatments available, including the new and exciting technologies that are now available, including laser treatments and minimally invasive glaucoma surgery (MIGS). Hear what the future holds in promising innovations such as advancements in intraocular pressure monitoring and new medications.

FREE VISION SCREENING
From 10-10:45 a.m. (First come, first serve. Limited to time availability.)

Register for this free program,
CALL (510) 538-2031, ext. 205
Space is limited!

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Alameda Contra Costa Counties Optometric Society • Dr. Jennifer H. Ong, O.D.
Volunteer Screeners from UC Berkeley School of Optometry

Do you have prescription glasses you no longer wear?
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We will be collecting eyewear for the Lions International "Recycle for Life" program at this event.

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CVSAN STUDENT SCHOLARSHIP



Castro Valley Sanitary District (CVSan) is pleased to announce the 2016/17 CVSan Environmental Leader in Waste Reduction Scholarship for high school seniors. Up to 2 students who help their school reduce waste may be awarded a \$500 scholarship.

Download the Scholarship Application from CVSan's website: www.cvsan.org/studentscholarship

Instructions are provided in the application. Applications must be received by **Friday, March 31, 2017 by 2:00 p.m.**, no exceptions. It's not too early to start your application!

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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Market Shift May Be Waiting in the Wings

It's official. With September's data just released, average sales prices in Alameda County have declined steadily since their peak in April, 2016.

Cresting at \$914,000, average county sale prices have eroded month-by-month to a September average of \$842,000, a decline of 8.5 percent over a four month period. Median* prices, while not as high, have eased from \$815,000 in April to a current low of \$765,000, representing a 6.5-percent drop.

Regardless of which way you slice it, we've seen a steady decrease in market values since June. If the numbers from the past four years are any indicator, we can expect continued reductions through December.

So far, the market is performing as it has every year since the

market turned positive starting in February, 2012. Each year, market prices dipped through to the end of December, then rebounded with a roar each January, soaring to new heights each spring.

While current numbers should be no surprise, given same-period market performance over the past four years, many pundits believe that, come 2017, the market will perform differently than we have come to expect in recent years.

One such example is Gary Keller, cofounder of Keller Williams, the largest real estate company in the world by agent count.

In a recent speech to KW leaders, Keller cited six key indicators in the national housing market that he believes will lead to a market shift in the near future:

1. Median prices across the

country are at an all-time high.

2. The average DOM (days on the market) is rising.

3. Prices are declining in many markets.

4. The supply of move-up and luxury homes is increasing.

5. The number of unit sales (number of homes sold) are declining.

6. New home construction is flat across the country.

While true nationally, all six indicators are also present in the Bay Area. Prices have reached all-time peaks, DOM is increasing, the top end of the market is softening more rapidly than the bottom end and move-up sales, almost completely missing over the past few years, are once again becoming a staple.

Inventory is increasing while closings are diminishing, pushing prices downward. While we have pockets of new homes in the Bay Area, sales are not as brisk as hoped.

Our advice? Watch January's numbers. If sales ease out of the gate instead of exploding, then, in our opinion, the shift in the market has finally arrived.

*Median price takes the lowest and highest price of properties sold in a specific period of time and calculates the mid-point.

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.

Mortgage Rates Remain Largely Unchanged

Average fixed mortgage rates remained largely unchanged last week, according to Freddie Mac's weekly nationwide survey.

The 30-year, fixed-rate mortgage averaged 3.42 percent, unchanged from the previous week.

Fifteen-year loans averaged 2.72 percent, also unchanged from a week earlier.

Five-year Treasury-indexed hybrid adjustable-rate mortgages (ARMs) averaged 2.80 percent last week, down from 2.81.

RECENT HOME SALES

Neither California Resource nor the *Castro Valley Forum* guarantees the accuracy or completeness of the information. Direct questions to: CalREsource@aol.com.

Castro Valley

1908 Grove Way	94546	\$839,000	3 BD - 1,810 SF - 1946
19872 John Drive #24D	94546	\$800,000	4 BD - 2,091 SF - 1999
19260 Lakeridge Road	94546	\$940,000	4 BD - 2,248 SF - 1987
19147 Vaughn Avenue	94546	\$575,000	2 BD - 867 SF - 1949
22758 Lakemont Place	94552	\$915,000	4 BD - 2,096 SF - 1998
6157 Mt. Shasta Court	94552	\$630,000	2 BD - 1,571 SF - 1988

TOTAL SALES:	6		
LOWEST AMOUNT:	\$575,000	MEDIAN AMOUNT:	\$819,500
HIGHEST AMOUNT:	\$940,000	AVERAGE AMOUNT:	\$783,167

San Leandro

259 Accolade Drive	94577	\$582,000	4 BD - 1,627 SF - 2002
209 Dabner Street	94577	\$680,000	6 BD - 2,473 SF - 1920
940 Douglas Court	94577	\$455,000	3 BD - 1,196 SF - 1942
1065 Douglas Drive	94577	\$445,000	2 BD - 1,229 SF - 1942
2347 Driftwood Way	94577	\$615,000	3 BD - 1,196 SF - 1963
663 Durant Avenue	94577	\$528,000	2 BD - 1,340 SF - 1922
805 Dutton Avenue	94577	\$525,000	1 BD - 1,627 SF - 1925
1679 Graff Avenue	94577	\$838,000	4 BD - 2,534 SF - 1956
833 Linwood Way	94577	\$588,000	2 BD - 1,194 SF - 1949
1890 North Boulevard	94577	\$480,000	2 BD - 824 SF - 1943
180 Preda Street	94577	\$530,000	3 BD - 1,176 SF - 1946
1738 136th Avenue	94578	\$625,000	3 BD - 1,516 SF - 1948
16620 Winding Boulevard	94578	\$600,000	3 BD - 1,452 SF - 1949
987 Burkhart Avenue	94579	\$529,000	3 BD - 1,182 SF - 1951
15024 Crosby Street	94579	\$375,000	2 BD - 986 SF - 1948
15513 Harbor Way	94579	\$770,000	5 BD - 2,405 SF - 2003

TOTAL SALES:	16		
LOWEST AMOUNT:	\$375,000	MEDIAN AMOUNT:	\$556,000
HIGHEST AMOUNT:	\$838,000	AVERAGE AMOUNT:	\$572,813

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CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
A	1-4	1-4	1058 Trojan Avenue	\$585,000	3/2	United Brokers RE	Tere Lee	305-8827
O	—	2-4:30	438 West Grand Ave. #609	\$749,000	2/2 - Condo	United Brokers RE	Tere Lee	305-8827
C	—	1:30-4:30	2403 Austin Court	\$799,000	4/2.5	Berkshire Hathaway	The Brent Team	333-9404
C	—	1-4	3124 Huntington Court	\$N/A	3+3/5	Berkshire Hathaway	The Brent Team	333-9404

CITY GUIDE A = SAN LEANDRO • B = SAN LORENZO • C = CASTRO VALLEY • D = DUBLIN • F = FREMONT • H = HAYWARD • K = BERKELEY
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Hayward to Install New High-Speed Fiber-Optic Cables

The U.S. Commerce Department has awarded a \$2.74-million grant to construct a high-speed fiber-optic network in Hayward.

Construction of the loop, which would improve access to the internet in the city's industrial zone, is expected to begin in about a year.

"This federal funding will help expand Hayward's broadband infrastructure and enhance our community's ability to attract new advanced industries," said Paul Nguyen, Economic Development Specialist. "It will also provide our existing businesses with the tools they need to be competitive in today's high speed, data-driven global economy."

The fiber optic network will take advantage of existing city-

owned underground conduit and fiber-optic cables that are mainly used for traffic communications, and include at least 11 miles of new cabling to complete a loop in the Industrial Technology and Innovation Corridor.

This crescent-shaped corridor, located along Hayward's western and southwestern city limit, is home to a wide range of businesses including manufacturers of food, pharmaceuticals, auto parts and electronics.

The area is also becoming home to an increasing number of biotechnology and medical device makers.

Installation of the fiber-optic loop is expected to be completed by the fall of 2019.

Two Honor Students of CV Named

Taylor Demasi, who graduated from Castro Valley High School is among 285 high-achieving students who have been accepted into the University Honors Program at San Diego State University, the largest incoming class of Honors students in the college's history.

Honors students will participate in transformational educational experiences, including study abroad, leadership programs, undergraduate research and internships.

Emerald L. Coupe of Castro Valley, a sophomore in Pre-Communication at Oregon State University in Corvallis, has made the Scholastic Honor Roll Summer term.

To be on the Honor Roll, students must carry at least 12 graded hours of course work and earn a 3.5 GPA or better.



AMERICAN LEGION POST 649 PHOTO

Local Boys' State delegates (from left) Joel Castaneda, Isaac Nodal and Samuel Lee with State Chairman Richard Gillam. Not pictured was delegate Andrew De La Vega.

CV American Legion Post 649 Honors Boys' State Delegates

HONORED AT THIS MONTH'S meeting of American Legion Post 649 were the delegates who represented local communities at the 2016 Boys' State on the campus of Sacramento State University.

Post 649 sponsored Joel Castaneda, Isaac Nodal, Samuel Lee, and Andrew De La Vega. They were presented to the members

by Boys' State Chairman Richard Gillam for the summer leadership program.

Since 1937 the American Legion has sponsored the Boys' State program nationwide for high school boys in their junior year.

The week at Sacramento State teaches the California delegates the duties, rights and responsibilities of American citizenship,

along with a hands-on introduction to our country's form of government.

American Legion Boys State is among the most respected and selective educational programs of government instruction for U.S. high school students.

Two representatives from each of the states' events make their way to Washington each year.

Fate: Eden Township Healthcare District

continued from front page

ley, Ashland, Cherryland, Fairview, and San Lorenzo, and the cities of Hayward and San Leandro.

It was formed in 1948 to finance, construct and operate Eden Hospital in Castro Valley, but no longer owns and operates the hospital.

Currently the District provides

grant funding to health-related organizations, oversees its investment fund, and owns three office buildings where it leases office space to various healthcare providers.

It collects no tax revenues, and derives its revenue from net income from its office buildings.

(More information about the district can be found at ethd.org/.

More information about Alameda LAFCo and the special study can be found at www.acgov.org/lafco.)

Two additional public hearings on the District have been scheduled by LAFCo: Oct. 18 at 5:30 p.m. at Hayward City Hall, and 5:30 p.m. Nov. 7 in the San Leandro City Council Chambers.

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- Continue to maintain Cost Effective Polices
- Maintain open communications with Castro Valley citizens
- Improve Community recycling options
- Continue weekly refuse pick-up
- Improve clean streets and gutter maintenance

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LETTERS



TO THE EDITOR
FREDZ@EBPUBLISHING.COM

Marijuana Dispensary Issue: Taxpayers Not Getting a Say In What Goes On in Their Community

Editor:

Alameda County Board of Supervisors (BOS) "tentative" plan to expand medicinal marijuana dispensaries into Castro Valley despite Castro Valley MAC's clear and unanimous opposition is disturbing for many reasons.

This expansion has been on the BOS's agenda for some time. Yet again something of this magnitude is being fast tracked, some might say rammed down our throats without thorough public discussion and input.

This leads me to believe a few things: (1) The BOS doesn't want to hear from the residents that are to be affected because they are sure they won't like what they hear. (2) This is all about tax revenue to the county general fund, none of which is obligated to be returned to the community from which it came. (3) The "plan" was purposely vaguely written to suit the needs of the BOS.

As the MAC clearly told county counsel, there is no need to rush something that surely will have a lasting effect on our community, of which none of the BOS live. There is much to understand and we need to get any decision we make right. Yet, here we are.

I would love to see Nate Miley put this much effort into what the CV community has been begging for like better business development, walkable sidewalks and a Sprouts!

Ultimately, this is more than whether or not CV gets a marijuana dispensary. In my opinion, this is about taxpayers getting a say in what goes on in their community.

I believe the citizens deserve the opportunity to hear, discuss and

plan what effects their lives. I also believe that our elected leaders should listen to and respect the choices of the people that elected them.

—Andrew Duncan, Castro Valley

Calls Legalized Marijuana Growing 'Toxic and Destructive To the Community'

Editor:

I've read that Supervisor Nate Miley is pushing for a medical marijuana dispensary in Castro Valley, a decision that I believe will be toxic and destructive to the community. Allow me to explain.

For the past 10 years I have lived near a resident that grows pot plants. These plants give off an incredibly strong odor, a stench really, and I'm forced to live with it 24 hours a day, 7 days a week.

We wake up and go to bed with the smell, we can't open windows on warm evenings because it saturates every room in our house, it's even in our clothes and in our car.

My complaints to the resident are met with a blank stare. He is an addict and I cannot reason with him. He does what is necessary to service his addiction. It's nothing personal.

Law enforcement is unable to help me with the problem because someone on the property owns a medical marijuana card which entitles the user to cultivate pot plants.

I'm not writing to debate the medical and palliative uses of pot. I really don't care. I'm not a user. However, your right to service your pot habit, regardless of the reason, cannot and should not violate my right to live with fresh air.

No medical marijuana card should include cultivation within city limits, period. If an existing dispensary is not sufficient to handle your needs, then find alternative treatment.

Sadly, other neighborhoods will eventually succumb to the same foul odor and it cannot be reversed, especially if prop 64 passes. So I'm pleading with the non-users of this community to fight supervisor Miley's decision to put dispensaries in Castro Valley.

All decisions must benefit and strengthen the community as a collective, not alienate and fracture for the sole purpose profit.

—Monica Scheiman, Castro Valley

Outdoor and Feral Cats a Bigger Problem than Dogs

Editor:

I can appreciate the recent letters about dog owners taking a more active stance in cleaning up after their dogs.

It is true that there are some irresponsible dog owners who do not clean up after their dogs. But the majority of us do.

I think that there is a bigger problem with outdoor and feral cats. People seem to think that it is OK to have cats run loose when in reality cats are extremely destructive. Besides defecating in other people's yards they maim and kill birds and other wildlife.

Please join the movement and take responsibility for your cat and keep it indoors. Stop feeding feral cats. Instead, get a cat trap and turn the animal over to the animal shelter so someone can adopt and give it a loving home life, inside their house.

—Dan Dalton, Fairview

Says Candidate Thomas' Probation Officer Experience Needed to Keep Pot Store Out of CV School Areas

Editor:

This year's Castro Valley School Board election has taken an important turn. As the County Board of Supervisors push to put a marijuana retail store in the community, one candidate for the School Board stands out in his stated opposition having this in our community.

CV Store Sells \$756,981 Lottery Ticket

East Bay resident George Isaefff claims he's "an old guy" who wears glasses. But he didn't think the pair he usually wears were up to the task when he checked the winning numbers on the Mega Millions lottery ticket he had purchased at a Castro Valley liquor store.

Once he put on a stronger pair, he discovered he had, indeed, matched five of the six winning numbers from the September 16 draw and had won more than three-quarters of a million dollars.

"I went down the numbers and boom, there they (the five winning numbers) were. I went, 'Nah, that can't be!'" Isaefff said.

He had matched the winning numbers 13-21-28-34 and 40, missing only the Mega number 15 (he had Mega number 8). Though a Mega Millions ticket in Tuscola, Illinois ended up taking home the

\$133 million jackpot, Isaefff certainly wasn't complaining!

"I mean yeah, you like to win the big one, but it almost doesn't seem fair. Sometimes it's too much money for one person," he says.

Most California Lottery players allow the computer to pick their draw game numbers, the so-called "Quick Pick." But Isaefff says his winning Mega Millions numbers are the same combination of digits he's played for years.

"I don't know if you call it a formula, but I have some kind of a plan," he says.

Isaefff bought his winning ticket at his favorite Lottery retail location, Chabot Liquor at 20388 Lake Chabot Road in Castro Valley.

"It's a hard-working family that runs the store. And I always had this vision that if I ever won the big one, that they would get a piece of the action," he says.

The Castro Valley Forum has reported that one site under consideration would be right in the middle of where our schools are located.

Tojo Thomas brings the perspective of a parent with children in the Castro Valley schools, and also that of being a probation officer.

Bypassing having a pharmacy as the dispenser of "medical marijuana" is making the statement that marijuana is no different than aspirin. Thomas knows, from his experience, that regulation of any medicinal should be done through a licensed pharmacy. This assures that our children understand the proper way to get medicines.

Thomas will work with the other school board members to have the County Board of Supervisors keep any "dispensary" out and put medical marijuana where it belongs - in a pharmacy. Vote to protect Castro Valley's children. Vote for Thomas.

—Frank Mellon, Castro Valley

Asks: 'Is Trump Using?'

Editor:

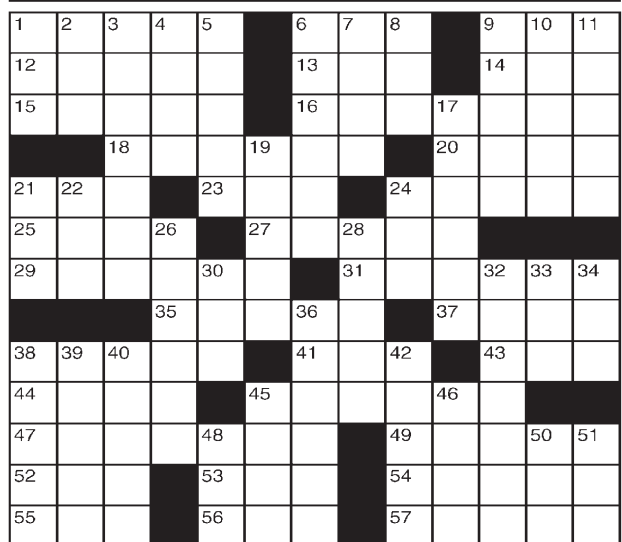
Trump's behavior during the debate and in general included: repetitive nasal sniffing, agitation, poor attention and diminished ability to stay on topic, poor impulse control, an over inflation of self importance, a lack of introspection and ability to admit personal fault, blaming, distortion of reality and lies with paranoid ideas.

This coupled with his ongoing hiding of finances and health issues sure smacks of someone using cocaine to me. Just check out the symptoms yourself on line and ask yourself, "Is he using?"

—Robert Thomas, Castro Valley

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

THE FORUM CROSSWORD



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ANSWERS ON PAGE 4

Obituaries

CASTRO VALLEY FORUM OBITUARIES

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

Brian Thomas



Brian Thomas passed peacefully on September 26, 2016, at the age of 68. He was born in Stockton and was a long-time resident of Castro Valley. Brian was the son of Jerome and Josephine Thomas.

He is survived by his wife, Chris, children, Jena (Ronnie), Jamie, and Erin, sister, Geraldine Clarkin (Mike), brother, Stephen Thomas (Maureen), niece, Tracy Soares (Alan) and nephews, Joe Soares, John Soares, Patrick Dickinson, and his cat, Bob. Brian was a very artistic man with skills in photography, pottery, and stained glass, just to name a few. Brian was also a history buff with several hobbies including traveling, fly fishing, and bonsai. He liked to spend time with his family and meet up with friends in both Castro Valley and Aptos. Brian's sarcastic sense of humor and unwavering wit will be dearly missed.

A celebration of life will be held at 12:30 p.m. on October 16 at 4956 Proctor Road, Castro Valley. In lieu of flowers, donations can be made to the Okizu Foundation at okizu.org, supporting children and families affected by childhood cancer.

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Mike Amaral's California Beach Boys

California Beach Boys Coming To Arts Center Saturday Night

By Terry Liebowitz
SPECIAL TO THE FORUM

Carefree California afternoons, fast cars, beautiful girls: Who doesn't love the Beach Boy music of the '60s and '70s?

Mike Amaral's California Beach Boys perform at the Castro Valley Center for the Arts at 7:30 p.m. this Saturday, October 15. They promise an evening chock-full of all the tunes we love: "Help Me Rhonda," "Surfin' U.S.A.," "Good Vibrations"—to name a few.

In 2007, Mike Amaral was surfing the Santa Cruz beaches and "living the dream." A talented musician, he decided to put together a

Beach Boys tribute band.

He set out to find great musicians who shared his passion for the Beach Boys' music. Besides creating the close harmonies that produce that familiar sound, the band uses authentic equipment of the day and vintage Beach Boy outfits to complete the mood.

Video footage of the Beach Boys helps tell the story of this iconic pop group. Mike Amaral's California Beach Boys tours internationally. Mike adds, "There simply isn't more fun music around."

The original Beach Boys, brothers Brian, Dennis and Carl Wilson, cousin Mike Love and friend Al Jardine, started singing together in the '60s. Their music was rooted in

jazz-based 1950s vocal groups, rock and roll and doo wop.

It was quickly dubbed "the California sound."

They had 36 Top-40 hits, the most of any American rock band and sold 100+ million records.

They garnered a Grammy and induction into the Rock and Roll Hall of fame along the way.

Love and Mercy, a recent film recounted the story of co creator, Brian Wilson's tumultuous life. Several of the original band members are still performing today. (Please see Arts & Entertainment Calendar on page 4 for ticketing information.)

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

Reports: Refused to Leave Restaurant

continued from page 3

Unwelcome Guest
Thursday, October 6: at 4:59 a.m., deputies arrested a 56-year-old man who gave no address for re-

fusing to leave a restaurant in the Castro Village shopping center. Deputies were called to the scene after the manager asked repeatedly for the man to leave the restaurant.

The man became belligerent, refused to cooperate with deputies, and resisted arrest. Deputies handcuffed the man and took him into custody.

Candidates Forum Tues.

Candidates for the Castro Valley School Board and the Castro Valley Sanitary District Board will meet in a forum at the Castro Valley Library at 5:30 p.m. next Tuesday evening, Oct. 18.

Three seats will be decided on each board in the Nov. 8 General Election.

Five candidates are running for the Board of Education. They are Suresh Gupta, Jo. A.S. Loss (incumbent), Monica Lee, Tojo Thomas and Lavender Whitaker.

Four candidates are seeking a place on the Sanitary District Board. They are Daniel Akagi (incumbent), John Maher, Timothy McGowan (incumbent), and Dave Sadoff (incumbent).

All have been invited to participate in the session which is sponsored by the League of Women Voters Eden Area. The forum will follow state and national League guidelines.



New 'Snoopy' License Plate Now Available for Purchase

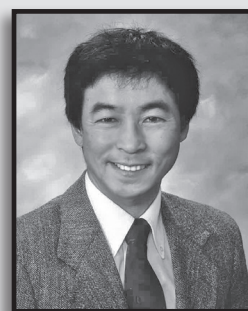
Just in time for The Great Pumpkin, Peanuts comic strip fans can now order California's newly released "Snoopy" license plate.

The ubiquitous white beagle is prominently featured on the special interest plate and is intended to generate support for California museums, zoos, aquariums, and science centers – places Peanuts' creator Charles M. Schulz visited to gather inspiration for story lines, according to the artist's family.

To order the California museums' Snoopy license plate, visit www.dmv.ca.gov. Sequential (standard numbering) plates can be purchased for \$50. Personalized (custom numbers/letters) plates cost \$98. Renewal rates are \$40 and \$78, respectively.

For more information about how proceeds from the Snoopy license plate program will be allocated, visit: resources.ca.gov/cche/snoopyplate/

RE-ELECT DANIEL AKAGI FOR CASTRO VALLEY SANITARY DISTRICT BOARD



Exercise your right to vote. For additional information on all the candidates, check the website supported by the League of Women Voters: votersedge.org

I am a Professional Civil/Sanitary Engineer and 21 years board member seeking your vote to:

- ✓ **Maintain CVSan's long term health**
- ✓ **Meet regulatory requirements in an economical manner**
- ✓ **Continue policies that maintain an award winning organization**
- ✓ **Explore new technologies to improve services and reduce costs**
- ✓ **Look forward to anticipate future challenges**

Paid Political Advertisement by Daniel Akagi, Castro Valley

RE-ELECT DAVE SADOFF FOR CASTRO VALLEY SANITARY DISTRICT BOARD



Over 30 years experience in project management as a professional geologist

- ✓ **I am dedicated to providing the best service at the lowest rates possible.**
- ✓ **I am committed to listening to the public and our community.**
- ✓ **I will continue to promote Castro Valley Sanitary District's award winning, cutting edge programs to reduce waste and provide for greater District efficiencies.**
- ✓ **I would appreciate your vote on November 8th.**

"Dave brings a unique skill set and is a great asset to our Board."

—Ralph Johnson, President, Castro Valley Sanitary District Board of Directors.

Paid Political Advertisement by Dave Sadoff, Castro Valley

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.

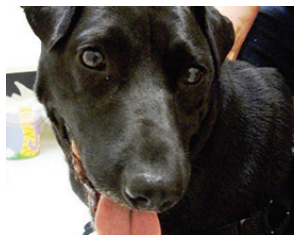
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SHEENA is a quiet girl who enjoys soft beds and tasty treats. She doesn't care much for loud noises but will happily lounge in a sunny window. Info: Hayward Animal Shelter. (510) 293-7200.



MOOSE is an intelligent, energetic pup who loves to play fetch. He needs an active home with experienced dog guardians. Kids 13 years+. Info: Hayward Animal Shelter. (510) 293-7200.



CHI CHI is a 7-year-old Lab/Shar/pei, let loose to fend for herself, found, at County shelter and taken in by Dusty Paws. Complete an application for more info dustypawsrescue.org



TONKA is a 2-year-old. Was formerly in a rural shelter for a year, but is now in foster and loves to be loved. For more info., complete an application at: dustypawsrescue.org.

CV Artist To Be Featured At Museum in San Diego

Jason Engelund of Castro Valley has been selected as one of 11 Californian artists to be featured in "Boundless: A California Invitational" at the Museum of Photographic Arts in San Diego.

The museum's mission is to inspire, educate and engage the broadest possible audience through the presentation, collection, and preservation of photography, film and video.

"Boundless" exhibit embraces the spirit of the infinite, of having no restraints, and features work created in the past five years by artists both established and emerging.

Engelund's artworks are large, colorful abstract seascapes created with film cameras and made into abstract landscapes by taking multiple pictures on one film frame.

To view some of his artworks online, visit: jasonengelund.com.

CVSan is Now Accepting Scholarship Applications

The Castro Valley Sanitary District (CVSan) has begun accepting applications for the 2016-2017 CVSan Environmental Leader in Waste Reduction Scholarship.

Up to two high school seniors will be awarded \$500 scholarships in recognition of those Castro Valley students who are helping their schools to reduce waste through utilizing of the 4Rs: Reduce, Reuse, Recycle, and Rot.

The scholarships are intended to foster environmental stewardship and leadership by those high school seniors who are taking action and encouraging environmental awareness within their school and community.

Scholarship applications can be downloaded online at: cvsan.org/studentscholarship and must be received by 2 p.m. on March 31, 2017.



Black & White 'Fur' Ball Event Saturday

The volunteers of the Hayward Animal Shelter will hold their 13th Annual Black & White "Fur" Ball from noon to 6 p.m. this Saturday, Oct. 15, at the shelter, 16 Barnes Court, near the Hayward DMV office. The event spotlights the beautiful black and white pets available for adoption, although animals of all color combinations will be available at the special reduced adoption fee of \$20. (Dogs adopted by Hayward residents must pay a \$17 license fee.) The shelter has dozens of healthy, furry pets, including dogs, cats, kittens, bunnies and even a Guinea pig looking for permanent homes. For more information, please call the Hayward Animal Shelter at 510-293-7200 and visit www.facebook.com/haywardanimalshelter



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