

THANKSGIVING  
DESSERTS TAKE  
THE SPOTLIGHT

# One More Bite

Living,  
page 6

# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 31

WEDNESDAY, NOVEMBER 13, 2019

NO. 45

## INSIDE YOUR FORUM

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PHONE: (510) 614-1560

## LIGHT UP THE NIGHT



PHOTOS BY DEBBIE TEE

Hundreds of spectators lined the Boulevard Saturday night for Castro Valley's annual holiday gala, the Eclectic Electric Light Parade. This year's winners were Our Lady of Grace School (Grand Marshall Award), Redwood Christian School (1st Place School Spirit), Marshall School (School Spirit Runner-up), Jenn's Cupcakes (Holiday Spirit 1st Place), Ford Woody owned by Tony Lloyd (Holiday Spirit Runner-up), Castro Valley Mother's Club (Harmony 1st Place), and Dance, Dream Dance Studio (Harmony Runner-up). See more of Debbie Tee's parade photos on page 8.

## EBMUD General Manager Defends Tap Water Quality

A few weeks ago, the Environmental Working Group, a nonprofit consumer activist organization based in Washington, D.C., released an updated tap water database.

The data regarding East Bay Municipal Utility District can be found at: [www.ewg.org/tapwater/system.php?pws=CA0110005](http://www.ewg.org/tapwater/system.php?pws=CA0110005).

As a result, East Bay residents have been contacting their water districts with questions and concerns about the safety of their drinking water.

To encourage a balanced discussion on this topic, EBMUD General Manager Alex Coate has provided the following commentary titled "Delivering on a promise: East Bay water quality."

People and businesses here in the East Bay count on reliable, high quality water. East Bay

Municipal Utility District works 24/7 to treat, test and deliver high-quality water to 1.4 million customers in Alameda and Contra Costa counties.

Recently, the Environmental Working Group (EWG) released an updated "tap water database" which suggests our drinking water is unsafe and raises concerns about links to cancer.

I want our customers to know that EBMUD water is safe. Water agencies follow regulations based on the federal Safe Drinking Water Act, which requires rigorous scientific processes.

In addition, California regulations are often more stringent than federal standards. EBMUD water meets or surpasses all state and federal drinking water limits.

The EWG report highlights *see EBMUD on page 2*

## Residents Still Wary Near Lake Chabot Fire Zone

By Michael Singer  
CASTRO VALLEY FORUM

People living alongside Lake Chabot Regional Park are bringing attention to the continued fire dangers that threaten their homes at the north end of Castro Valley despite initial efforts to clear out underbrush along Ten Hills Trail.

About 60 people and a few dogs showed up for a trail tour on a chilly and foggy Saturday morning.

The group identified positive changes that the park has done to prevent a wildfire in the area from spreading to homes, such as removing underbrush at least 100 feet beyond the 20-foot-wide trail that snakes along the back end of homes along Arcadian Drive, Hillborough Drive, Ewing Road, and Proctor Road.

But the group also pointed out the defensible space recently cleared out by East Bay Regional Park District was only done in the middle of the mile-long trail-- a fraction of what is needed to secure the ridgeline.



PHOTO BY FRED ZEHNDER

Some 60 concerned residents turned out Saturday morning to tour the high fire hazard area along Ten Hills Trail, an area that extends from Lake Chabot Road up to the Ranger Station and down to Redwood Road.

John Sullivan, a 30-year resident whose backyard butts up to the backwoods of Lake Chabot, is grateful for the start but describes the situation as "explosive."

"East Bay Regional Park District did a commendable job in saving the trees and taking out the underbrush in the designated 'LC10' zone," Sullivan told the

Castro Valley Forum. "But the project was only along a couple of hundred yards of Ten Hills Trail. We're hoping officials can step up and finish the job for the entire

stretch of the path."

Ten Hills Trail extends from Lake Chabot Road up to the Ranger Station at its zenith and down to Redwood Road near the golf course. The lush vegetation and tree canopies shade much of the path, making it popular for walking and running.

In 2016, after several years of drought and dry conditions, the California Department of Forestry and fire protection determined the area to the south of Lake Chabot Recreational Area as a "Very High" Fire Hazard Severity Zone.

The park and surrounding neighborhoods are the largest red area in Alameda County. The two other Very High zones in the East Bay are the heavily wooded areas west of Pleasanton and Sunol.

This past August, representatives from Alameda County Supervisor Nate Miley's office, the Castro Valley Municipal Advisory Council (MAC), East Bay Regional Parks District and East Bay Municipal Utility District conducted their own walkthrough of the area, *see ZONE on page 7*



## Castro Valley Weather Nov 13-17, 2019



Wednesday  
Partly Sunny  
High 69° Low 48°



Thursday  
Partly Cloudy  
High 75° Low 47°



Friday  
Partly Cloudy  
High 76° Low 49°



Saturday  
Sunny  
High 76° Low 49°



Sunday  
Mostly Sunny  
High 75° Low 48°

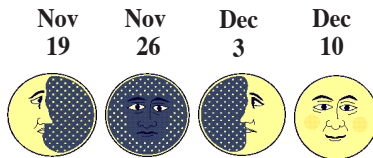
### Almanac



Sun sets at 5:00 p.m. today, rises at 6:47 a.m. Thursday.

Past Week's Rain: 00.00  
Season To Date: 00.38  
Normal To Date: 02.90  
Season Average: 21.22

### Moon Phases



**GOT A NEWS TIP? CALL 510-614-1560  
OR EMAIL: fredz@ebpublishing.com**

## HARD Begins Renovation of East Avenue Park and Via Toledo Park

The Hayward Area Recreation and Park District (HARD) is commencing the renovation of East Avenue Park and Via Toledo Park.

East Avenue Park is a two-acre park located at 3221 East Ave. in Hayward, where improvements will include restroom replacement, an accessible pathway, play area, basketball court, picnic areas, site furnishings, parking area, as well as fencing and landscaping. Work there is expected to continue through Spring 2020.

Via Toledo Park is also a two-acre park in San Lorenzo, and the

project improvements include play area, fitness area, a shade structure, along with grading and drainage, site furnishings, irrigation and planting. Work is anticipated to occur now through Summer 2020.

For more info on these projects, visit: [www.hard.citywork.com/](http://www.hard.citywork.com/)

## Artist Reception for CV Water Colorist Rita Sklar on Tuesday

Award-winning water-colorist Rita Sklar and the Castro Valley Arts Foundation invite the public to an Artist Reception from 5 to 7 p.m. next Tuesday, Nov. 19, in the Exhibition Room at the Center for the Arts. Refreshments will be served.

A graduate of Rutgers University, Rita was born and raised in New Jersey. She served in the Peace Corps in Senegal, West Africa and studied watercolors with a master painter in Madrid, Spain.

Her paintings were commissioned by the recently opened Lucile Packard Children's Hospital at Stanford University.

Rita is a Signature member of the California Watercolor Association and A.R.T., Inc. She is represented by the S.F. Women Artists Gallery and Valley Art Center in Walnut Creek. She lives in Castro Valley with husband Joseph.

Rita's work will be on exhibit through Dec. 17 and can be viewed Thursdays and Fridays from 3-5 p.m. and anytime there is an event at the Center for the Arts.

To see more of Rita's work online, please visit her website at: [www.ritasklar.com](http://www.ritasklar.com).



**"Climbing the Wall" by award-winning water-colorist Rita Sklar. Her work will be on exhibit Thursdays and Fridays from 3 to 5 p.m. through Dec. 17 at the Center for the Arts.**

## EBMUD: We Believe EWG's Estimates of Health Impacts of Water are Exaggerated

*continued from front page*

total trihalomethanes, or TTHMs, which are byproducts of the treatment process, which uses chlorine or chlorine-based compounds to disinfect water.

We believe EWG's estimates of health impacts associated with TTHM concentrations in drinking water are exaggerated.

The standards EWG uses as to establish health risks are not designed to regulate drinking water

and ignore the benefits of disinfection. Disinfection protects customers from known water-borne pathogens and is one of the biggest medical advances in history, leading to longer life spans and near elimination of diseases like cholera, typhoid, and dysentery.

EBMUD is advancing research to inform future regulations, and is investing in improvements to the systems that treat hundreds of millions of gallons of water every day.

Please see EBMUD's annual water quality report at [www.ebmud.com/waterquality](http://www.ebmud.com/waterquality) which summarizes the results of thousands of tests for hundreds of regulated and unregulated chemicals.

We believe the more people understand about their water supply the more confident they are in their drinking water.

—Alexander R. Coate  
EBMUD General Manager



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PHOTO BY LINDA SANDSMARK

Many attended Monday morning's Veterans Day ceremony at Castro Valley's Veteran Park.

# Day of Honor: Large Crowd Salutes Veterans on Monday

By Linda Sandsmark  
CASTRO VALLEY FORUM

The American Legion honored all branches of the military Monday at a Veterans Day observance program in Castro Valley's Veterans Park.

Major Dan Lawrence began the ceremony with a prayer for those in the military, who "stand firm against the evil of the day, no matter the cost."

Guest speaker was WWII Veteran Peter Schantz. He reminisced about his days as a Military Policeman (MP) in the European Theater, including Normandy. Schantz proudly wore several military service ribbons, including the French Medal of Honor.

Only 18 years old when he was drafted into the Army, Schantz said he had a great time in the service. He recalled the wonder of seeing his first Volkswagen Beetle while overseas.

"The distributor was made in Dayton, Ohio," he said with a laugh. Schantz thanked everyone who had been in the military. He also thanked the large crowd that came to the ceremony.

"They're here because somebody in their family was in the military," he observed.

Members of each military branch stood to be recognized when the force song from their branch was played. Honor Guards included Sea Cadets and VFW Post 9601.

Sr. Chief Petty Officer Stephen West, USN (Ret.) concluded the program by reading "The Watch," and Maj. Lawrence offered the closing benediction. Lawrence encouraged all Americans to pause and reflect on the selfless sacrifices made by our veterans.

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Failed to Appear in Court

Thursday, November 11: at 10:12 a.m., Sheriff's deputies served a warrant for a 52-year-old man with no permanent residence in front of a home on Santa Maria Avenue near Mabel Avenue. The man had various misdemeanor charges and had failed to appear before a judge. Deputies took the man to Santa Rita Jail and held him without bail.

### Methamphetamines

Thursday, November 11: at 3:17 p.m., a 44-year-old woman from Hayward was arrested on suspicion of possession of methamphetamine drugs. Deputies stopped the woman for questioning on Jensen Road near Cypress Ranch Road when they discovered her stash. The woman was taken into custody.

### Busted Behind BART

Wednesday, November 6: at 11:30 a.m., deputies arrested two men from Hayward on suspicion of possession of drugs and related drug paraphernalia behind the Castro Valley BART station on Norbridge Avenue. The men—ages 57 and 38—were spotted by surveillance cameras prompting a patrol dispatched to the area. Deputies took the men into custody.

### Stopped from Entering Eden

Wednesday, November 6: at 12:55 p.m., a 55-year-old man from San Lorenzo was arrested on suspicion of violating a court-issued restraining order against him being within 100 yards of Eden Medical Center on Lake Chabot Road. Deputies were dispatched to the scene after hospital security spotted the man in the parking area. The man, who had been deemed a "credible threat" involving violence, was taken into custody without incident.

The man, who had been deemed a "credible threat" involving violence, was taken into custody without incident.

### Transient Arrested

Wednesday, November 6: at 12:02 p.m., deputies arrested a 38-year-old man with no permanent residence on suspicion of possession of illegal narcotics. The man was traveling on Redwood Road near Castro Valley Boulevard when deputies stopped him for questioning and discovered his stash. The man was taken into custody.

### Wanted Man in the Park

Tuesday, November 5: at 2:45 p.m., a 33-year-old man from Dinuba (Tulare County) was arrested on suspicion of possession of illegal narcotics and related drug paraphernalia as well as failure to show proof of registration of the car he was driving. The man was also wanted as part of a warrant

issued for his capture. Deputies spotted the man in the Carlos Bee Park parking lot on Grove Way and identified him by his warrant. The man was taken to Santa Rita Jail pending \$22,600.

### Public Intoxication

Tuesday, November 5: at 10:00 a.m., deputies arrested a 58-year-old man with no permanent residence on suspicion of public intoxication. The man was loitering in front of a liquor store on Redwood Road near Castro Valley Boulevard when the manager called to complain. Deputies took the man to a sobering center.

### Stolen Property

Tuesday, November 5: at 3:48 p.m., a 31-year-old man with no permanent residence was arrested on suspicion of possession of stolen property, resisting arrest, and violating the terms of his parole. *see REPORTS on back page*

## FOOD DRIVE FOR LOCAL FAMILIES



We are proudly partnering with the Alameda Food Bank for the 2019 holiday food drive.

Please participate in aiding those in need by donating non-perishable food items. The Lovewell Team, of Re/Max Accord will distribute food bags in early November (select areas) and collection day will be Saturday, November 23.

We also invite you to drop off non-perishable food to our office: **3327 Castro Valley Blvd. or Call 510-351-5555** and we can come and pick it up.

*Thank you for your contributions in helping those in need in our communities!*

Checks made payable to Alameda County Food Bank are also welcome  
**The Lovewell Team - Re/Max Accord Castro Valley**  
(#00689931 & #01912817)

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## The Week Ahead

### ● Wednesday, November 13: Neuropathy Support Group

Those suffering from peripheral neuropathy, a disease with typical symptoms of chronic numbness, pins and needles tingling, are encouraged to attend the monthly (every second Wednesday) free meeting of the Neuropathy Support Group at 1:30 p.m. today in the library of the First Presbyterian Church located at 2490 Grove Way, Castro Valley. For more information, call Greg at 510-886-6758.

### ● Thursday, November 14: Free Cancer Workshop

Eden Medical Center will host a free workshop, "Nutrients for an Anti-Cancer Life" from 5:30 to 7:30 p.m. tomorrow in the 2nd floor conference rooms of the Center's Medical Office Building at 20101 Lake Chabot Road, Castro Valley. Learn how good nutrition can be one of your best allies in recovering from cancer treatment and preventing recurrence from Susie White, a board-certified holistic nutritionist. For info or to register, call 925-933-0107.

### ● Thursday, November 14: Libertarian Party Meeting

The Libertarian Party of Alameda County will hold its monthly meeting tomorrow at 7:15 p.m. at The Englander Pub, 101 Parrott St. in San Leandro. Free, no membership required. For more info, visit lpac.us

### ● Thursday, November 14: A Taste of Ashland

Enjoy storytelling, drinks and small plates from local community food businesses from 6 to 9 p.m. tomorrow at Ashland Market & Cafe, 16395 E. 14th Street. Visit [www.ashlandmarket.org](http://www.ashlandmarket.org) for more info.

### ● Thursday, November 14: School Board Meeting

The Castro Valley Board of Education will hold a regular open meeting at 7 p.m. tomorrow in the boardroom at 4400 Alma Avenue. For the agenda and board packet, visit [bit.ly/CVUSDBBoardMeetings](http://bit.ly/CVUSDBBoardMeetings)

### ● Saturday, November 16: Coffee with Eden Area Village

Join the members of Eden Area Village seniors for coffee at 9 a.m. this Saturday at the Cannery Cafe, 22380 Foothill Blvd. and learn how they are providing support for each other. Visit [edenareavillage.org](http://edenareavillage.org)

### ● Saturday, November 16: Thanksgiving Dinner Fundraiser

American Legion and Auxiliary Post 68 invites you to a Thanksgiving Dinner for a \$10 donation to raise funds for veterans, from 5 to 9 p.m. this Saturday at the Hayward Veterans Bldg. 22737 Main St. in Hayward. Live music. For details call Alfredo at 510-537-6105.

### ● Sunday, November 17: Baby Boomers Dance

Come out and join the fun from 2-5 p.m. this Sunday as Baby Boomers Dance to 100 Proof Band. All ages welcome. Cost in \$13. Cabrillo Civic Club #11, Ashland Holy Ghost Hall, 16490 Kent Ave., San Lorenzo. Call Shirley at 510-329-1705 for information.

### ● Sunday, November 17: Shakespeare on Tour: MacBeth

Enjoy a special one-hour performance of William Shakespeare's Macbeth as the renowned San Francisco Shakespeare Festival brings a cast of professional actors in costume, with sets and props, to entertain this Sunday, Nov. 17, at 2 p.m. At the conclusion of the show, performed in Shakespeare's original text, the actors will take questions from the audience. First come, first served. Seating is limited.

### ● Monday, November 18: CV Municipal Advisory Council

The Castro Valley MAC will hold a meeting at 6 p.m. on Nov. 18 at the Castro Valley Library. Visit [acgov.org/bc/cvmac](http://acgov.org/bc/cvmac) for the complete agenda.

### ● Monday, November 18: Unity Walk

The Castro Valley Community Alliance will hold a Meet & Greet from 6 to 6:20 p.m. at the Castro Valley Center for the Arts on Nov. 18, followed by a Unity Walk from 6:20 to 7:10 p.m. For more information, visit <http://bit.ly/CastroValleyCommunityAlliance>

### ● Tuesday, November 19: Documentary "Float" Screening

Castro Valley Science presents a free screening of the remarkable science, engineering, creativity and champion spirit documentary "Float" about model airplane competition, at 6:30 p.m. on Nov. 19. Meet some of CV's own model airplane-building pilots. Register now to attend, at <http://bit.ly/cv-float>.

### ● Tuesday, November 19: English Class Registration

If you need to learn English, maybe to prepare for your citizenship class, Castro Valley Adult & Career Education offers no-cost English as a Second Language and citizenship classes both days and evenings. New student registration for the winter quarter is Tuesday Nov. 19 at 4430 Alma Avenue. For morning classes, registration starts at 9 a.m., for evening at 6:30 p.m. Please do not bring your children. It takes at least 2 hours to register and be tested to be placed in the right level.

### ● Tuesday, November 19: Rotary to Hear County Assessor

Alameda County Assessor Phong La will describe the responsibilities of his office at the next lunch meeting of the Rotary Club of Castro Valley at Redwood Canyon Golf Course from noon to 1:30 p.m. next Tuesday. The cost of lunch is \$15 and reservations must be made by 9 p.m. on Nov. 17, by contacting Rotary at [cvrotary@iCloud.com](mailto:cvrotary@iCloud.com) or 510.402.5123. More information is available at [castrovalleyrotary.org](http://castrovalleyrotary.org).

### ● Wednesday, November 20: Keeping Seniors Safe

The Castro Valley Library will present a free informational program on keeping seniors safe, from 11 a.m. until noon next Wednesday, Nov. 20, in the Learning Center. Topics to be covered include what elder abuse is, laws that address it, and legal remedies available. For more information, visit Events at [www.aclibrary.org/branches/csv](http://www.aclibrary.org/branches/csv) or call 510-667-7900.

### ● Wednesday, November 20: California Earthquake Authority

Invite your friends and neighbors to learn more about earthquakes and insurance in this special presentation at the meeting of Castro Valley Women's Club at 1 p.m. next Wednesday, at 18330 Redwood Road. Visit [www.castrovalleywomensclub.weebly](http://www.castrovalleywomensclub.weebly) for more information.

### ● Friday, November 22: Firefighters Community Blood Drive

The Alameda County Fire Department will hold a Blood Drive from 7 to 11 a.m. on Friday, Nov. 22, at Fire Station 25 at 20036 San Miguel Ave. in Castro Valley. To make an appointment, visit [bloodheroes.com](http://bloodheroes.com) and click "Donate." Use your unique sponsor code "ALCOFIRE."

### ● Friday, November 22: Regional Park Wildlife and Plants

The diverse assortment of wildlife that dwell in our Regional Parks is an integral part of the ecology of the Bay Area. A naturalist from the East Bay Regional Park District will be onsite with animals and foliage to teach us about park wildlife and plants from 1:30 to 2:30 p.m. on Nov. 22, at the Kenneth Aitken Senior Center, 17800 Redwood Road.

## Arts & Entertainment

### CASTRO VALLEY CENTER FOR THE ARTS

*Tickets for Center for the Arts events (unless otherwise listed) are available at [www.cvcfa.com](http://www.cvcfa.com); or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. (phone 510-889-8961), or at the Castro Valley Adult School, 4430 Alma Avenue.*

● **"Peter and the Starcatcher,"** the Tony-Award-winning play based on the 2004 novel by Dave Barry and Ridley Pearson, will be presented at 7:30 p.m. on Friday and Saturday, Nov. 8-9 and 15-16, by the CVHS Drama Department. The play provides a backstory for the characters of Peter Pan, Mrs. Darling, Tinker Bell and Hook. *For tickets (\$15-\$20) see above.*

● **Concert by the Oakland Youth Orchestra** will be presented free at 2 p.m. on Sunday, November 17 at the Center for the Arts.

● **Canyon Choir Concert** will be presented at 7 p.m. on Wednesday, November 20. *For tickets (prices to be determined), see above.*

● **"The Great American Sh\*t Show"** with new monologues on life in the age of Trump with solo performing stars Brian Copeland and Charlie Varon, will be presented at 7:30 p.m. on Thursday, November 21. An evening of laughing and thinking, covering topics including how to deal with a family member who's all in for the Donald when you're not, trying to turn red congressional seats blue. *For tickets (\$40) see above.*

### OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"Hello Dolly,"** the Broadway hit celebrating the golden age of the American musical, continues at the Douglas Morrisson Theatre, 22311 North 3rd St. in Hayward through Nov. 24, with Friday and Saturday performances at 8 p.m. and Sunday matinees at 2 p.m. For tickets (\$15, \$29) call the box office at 510-881-6777.

● **"Cabaret,"** the Broadway hit musical set in a Berlin nightclub in the late 1920s, continues through Nov. 17 at Chanticleers Theatre. Cabaret explores the dark, heady, and tumultuous life of Berlin's natives and expatriates as Germany slowly yields to the emerging Third Reich. Musical numbers include "Willkommen," "Cabaret," "Don't Tell Mama" and "Two Ladies." Performances are Fridays and Saturdays at 8 p.m., Sundays at 2 p.m. at Chanticleers Theatre, 3683 Quail Ave. in the Castro Valley Community Center Park. For tickets (\$18-\$25), visit [chanticleers.org/](http://chanticleers.org/) or call 510-733-5483.

● **"Next to Normal,"** the award-winning Broadway rock musical about depression, anxiety and the mental health industry, will be presented by Plethos Productions Fridays through Sundays through Nov. 24, at Smalltown Society, 22222 Redwood Road in Castro Valley. Fridays and Saturdays at 7 p.m., Sundays at 2 p.m. Seating is limited. Early bird tickets are \$15 before Nov. 1 at [plethos.org](http://plethos.org)

### ART GALLERIES, RECEPTIONS & ART INSTRUCTION

● **Artist Reception:** Award-winning Castro Valley water-colorist Rita Sklar and the Castro Valley Arts Foundation invite the public to an Artist Reception on Tuesday, Nov. 19, from 5 to 7 p.m. in the Exhibition Room at the Center for the Arts. Refreshments will be served.

● **Hayward 21st Century Library Grand Opening Exhibit** continues on the 2nd floor, featuring art by members of Sun Gallery and the Hayward Arts Council until Jan. 18.

● **Hayward Arts Council "Members Show"** will be presented by the John O'Lague Gallery at Hayward City Hall through Dec. 6. Gallery hours are 9 to 5 Monday through Friday.

### AT THE CHABOT CINEMA 10/13 - 11/20

● **Terminator Dark Fate, R**

Wed 11/13 - Thu 11/14

3:55p 7:00p

● **Harriet, PG-13**

Fri 11/15 - Sun 11/17

1:00 3:55 7:00

Mon 11/18 - Wed 11/20

3:55 7:00

### Submissions to The Forum

*News submissions as well as items for the Calendar Page must be received by 6 p.m. Friday for inclusion in the following Wednesday's newspaper. Send information in an email to: [fredz@ebpublishing.com](mailto:fredz@ebpublishing.com).*

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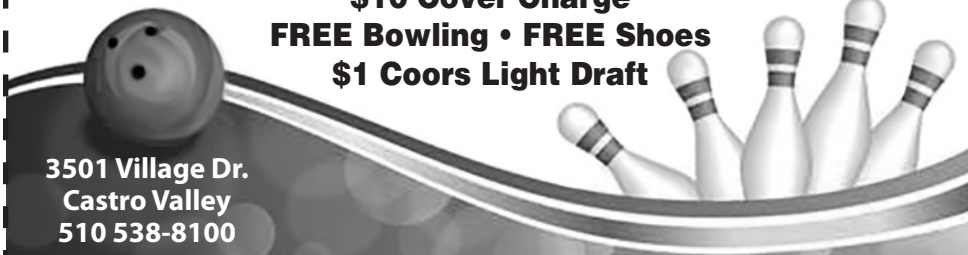


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## HOROSCOPE by Salomé

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- ARIES (March 21 to April 19)** A long-sought workplace change could be happening soon. Consider reworking your ideas and preparing a presentation just in case. A personal relationship takes a new turn.
- TAURUS (April 20 to May 20)** Your persuasiveness doesn't really start to kick in until midweek. By then, you can count on having more supporters in your camp, including some you doubted would ever join you.
- GEMINI (May 21 to June 20)** Your workload is still high, but -- good news! -- you should start to see daylight by the week's end. Reserve the weekend for fun and games with friends and loved ones. You deserve it.
- CANCER (June 21 to July 22)** Regardless of how frustrating things are, keep that "Crab" under control. A cutting comment you might think is apt right now will leave others hurting for a long time to come.
- LEO (July 23 to August 22)** Be more sensitive to the emotions of loved ones who might feel left out while you're stalking that new opportunity. Be sure to make it up to them this weekend. A nice surprise could be waiting.
- VIRGO (August 23 to September 22)** The gregarious Virgo rarely has a problem making new friends. But repairing frayed relationships doesn't come easily. Still, if it's what you want to do, you'll find a way. Good luck.
- LIBRA (September 23 to October 22)** A misunderstanding with a partner or spouse needs to be worked out before it turns into something really nasty. Forget about your pride for now and make that first healing move.
- SCORPIO (October 23 to November 21)** Communication dominates the week. Work out any misunderstandings with co-workers. Also get back in touch with old friends and those family members you rarely see.
- SAGITTARIUS (November 22 to December 21)** As busy as your week is, make time for someone who feels shut out of your life. Your act of kindness could later prove to be more significant than you might have realized.
- CAPRICORN (December 22 to January 19)** Congratulations. Your busy workweek leads to some very satisfying results. Sports and sporting events are high on your weekend activities aspect. Enjoy them with family and friends.
- AQUARIUS (January 20 to February 18)** Your generosity of spirit reaches out once again to someone who needs reassurance. There might be problems, but keeping that line of communication open eventually pays off.
- PISCES (February 19 to March 20)** You are among the truth-seekers in the universe, so don't be surprised to find yourself caught up in a new pursuit of facts to counter what you believe is an insidious exercise in lying.



Courtesy of Libby's Foods

## Pumpkin Pie—A Holiday Tradition

Thanksgiving dinner just wouldn't be complete without a traditional dessert. No matter how stuffed your dinner guests are after the big meal, there's always room for pumpkin or mincemeat pie.

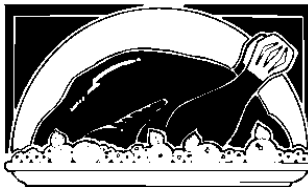
A Thanksgiving staple in many households is the classic recipe that has been on Libby's Pumpkin labels for some 70 years. It's easy to prepare—just mix the ingredients, pour and bake for a delicious homemade tradition.

### LIBBY'S FAMOUS PUMPKIN PIE

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

Preheat oven to 425°F.  
Mix sugar, salt, cinnamon, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and

### COUNTDOWN TO THANKSGIVING



sugar-spice mixture. Gradually stir in evaporated milk.

Pour into pie shell.  
Bake for 15 minutes. Reduce temperature to 350°F; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. (Do not freeze, as this will cause the crust to separate from the filling.) Top with whipped cream before serving.

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

### EASY MINCEMEAT PIE

- 2 cups bottled mincemeat
- 2 apples, peeled, cored and coarsely chopped

- 3/4 cup raisins (optional)
- 1/2 cup cognac (optional), divided use
- 1/4 cup butter
- 2 large egg yolks, beaten
- 1 (9-inch) unbaked double pie crust

Preheat oven to 450°F.  
Place prepared mincemeat into a large mixing bowl; add apples, raisins and one half of cognac, if using. Stir to mix thoroughly.

Place 1 pie crust layer in a 9-inch pie pan; fill with mincemeat filling. Dot with butter; add remaining cognac.

Cover with top crust, seal and slit in 2 to 3 places. Brush top crust with beaten egg yolks; bake 20 minutes.

Reduce heat to 400°F and bake 20 minutes. Reduce heat to 350°F; bake 20 minutes or until crust is browned.

Remove from oven; cool on a wire rack until just warm, then serve plain, with vanilla ice cream, or whipped cream, or a slice of sharp Cheddar cheese. Makes 9 servings.

### Butter Pie Crust Dough

- 1-1/4 cups all purpose flour
- 1/2 tablespoon sugar
- 1/2 cup (1 stick) chilled butter, cut into 1/2-inch cubes

- 1/2 teaspoon salt
- 3 tablespoons (or more) ice water

Blend flour, sugar, and salt in processor. Add butter and cut in, using on/off turns, until coarse meal forms. Add 3 tablespoons water. Using on/off turns, blend just until moist clumps form, adding more water by 1/2 tablespoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap in plastic; refrigerate 1 hour. (Can be made 2 days ahead. Keep chilled. Soften slightly at room temperature before rolling.) Makes one 9-inch crust.

*Note:* For a double-crust pie, double the ingredients, divide the dough in half, and form two disks.

### CHOCOLATE-BOURBON PECAN PIE

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

Preheat oven to 325°F.  
In a small saucepan combine sugar, corn syrup, and butter or margarine. Cook over medium heat, stirring constantly, until butter or margarine melts and sugar dissolves. Cool slightly.

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

Bake in preheated oven for 50 to 55 minutes, or until set and golden. May be served warm or chilled. Serves 8.

### CRANBERRY-APPLE COBBLER

- 3 pounds tart apples (such as Granny Smith), peeled, cored and cut into wedges
- 1 (12-ounce) bag fresh cranberries, rinsed, drained and picked over
- 1 cup light brown sugar, packed
- 2 tablespoons flour
- 1/2 teaspoon cinnamon
- 2 tablespoons butter
- Pie dough for one-crust pie
- Milk and granulated sugar for finishing crust

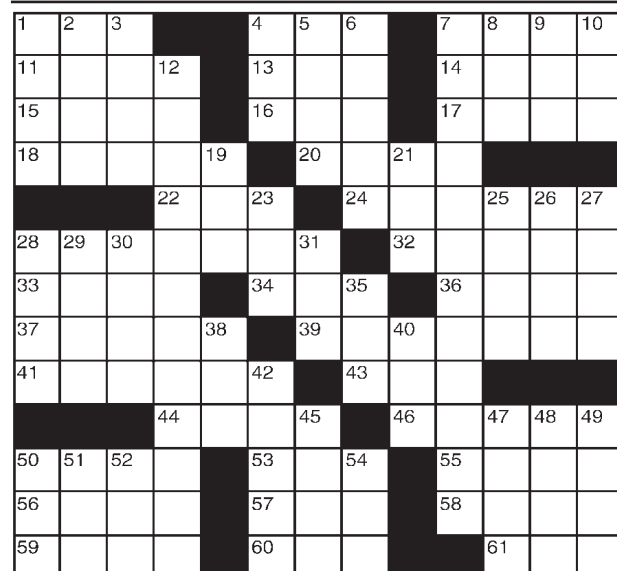
Combine apple wedges and cranberries in large mixing bowl. Mix brown sugar, flour and cinnamon and toss with fruit in bowl. Spoon filling into 1- to 1-1/2-quart baking dish. Dot top of filling with butter.

Roll pie dough on floured surface to approximate size of baking dish and place on filling, making sure dough touches sides of dish all around. Brush top with milk and sprinkle with sugar. Cut several vent holes in crust.

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

Makes 8 to 10 servings.

## THE FORUM CROSSWORD



### ACROSS

- 1 Poehler's pal
- 4 Alias letters
- 7 Envelope part
- 11 Frosty
- 13 Wire measure
- 14 "The Amazing \_\_\_"
- 15 Killer whale
- 16 Everything
- 17 Basin accessory
- 18 Intended
- 20 Burg
- 22 Sedona automaker
- 24 Electronic dance music
- 28 George who played 007 once
- 32 Sandbank
- 33 Lotion additive
- 34 Massachusetts cape
- 36 Knitting stitch
- 37 Pays attention
- 39 Balearic island
- 41 Went to a restaurant
- 43 Cow's comment
- 44 Responsibility
- 46 Formal decree
- 50 On the rocks
- 53 Jazz style
- 55 "Damn Yankees" vamp
- 56 Pickle herb
- 57 "See ya"
- 58 And others (Abbr.)
- 59 Benefit
- 60 Shriek bark
- 61 Wonderment

### DOWN

- 1 Gifttag preposition
- 2 Ireland
- 3 Village People hit
- 4 "I \_\_\_ Camera"
- 5 Scottish garment
- 6 Apportion
- 7 Dowager's pet, maybe
- 8 Legislation
- 9 High card
- 10 Apiece
- 12 Pony rider of song
- 19 Can metal
- 21 Horror director Craven
- 23 Kimmel's network
- 25 60 minutes
- 26 Drug dealer's foe
- 27 Earthenware pot
- 28 Dalai \_\_\_
- 29 Came down
- 30 Region
- 31 \_\_\_ Kippur
- 35 Water barrier
- 38 Helios' realm
- 40 Coffee, slangily
- 42 Pudgy
- 45 Nutritious bean
- 47 Greek vowel
- 48 Talon
- 49 Story
- 50 Egos' counterparts
- 51 Spy novel org.
- 52 Wapiti
- 54 Energy

ANSWERS ON PAGE 6

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## ANSWERS PUZZLE CROSSWORD





**"PETER AND THE STARCATCHER,"** a play about the orphan boy Peter Pan and his new friend Molly and two other orphan boys, Prentiss and Ted, and directed by CVHS drama teacher Tiffany Daily, will be presented at 7:30 p.m. this Friday and Saturday, November 15-16, at Center for the Arts. For tickets (\$15, \$20), visit [www.cvcfa.com](http://www.cvcfa.com) or call 510-889-8961.

## Zone: Letters Written to Local Leaders for Help Clearing Underbrush Along the Trail

*continued from front page*  
prompting a cleanup of the trail.

However, Sullivan says the unfinished business puts him and his neighbors at risk of losing their fire insurance or extending fire insurance at a higher cost if they can get it. Overshadowing this is a fear of

what could happen in a real emergency.

"It was only two weeks ago that we had all that smoke in the valley," Sullivan says. "My neighbors and I didn't sleep too well those nights because we know how fast fire can spread."

Sullivan and his neighbors have continued writing letters to local leaders asking for help in completing the job of clearing out underbrush along the trail. The weather has been cooperative of late since the winds in the east have subsided.

### CVSAN AWARDED

## 15 Years As Green Business

Castro Valley Sanitary District (CVSan) was recognized with an award from the Alameda County Green Business Program for 15 years of certification as an Alameda County Green Business.

The Bay Area-wide program verifies that businesses meet higher standards of environmental performance.

All Bay Area businesses have access to free assistance to comply with environmental regulations and to further establish practices which will conserve energy and reduce damage to the environment.

Certified Green Businesses make communities healthier and more livable by meeting specific standards around waste reduction, energy efficiency, water conservation, pollution prevention, transportation, and more.

More information can be found at [greenbusinessca.org](http://greenbusinessca.org).



CVSAN PHOTO

CVSan Zero Waste Specialist Emmanuel Nava and Zero Waste Supervisor Naomi Lue accept the Green Business Program Award on Oct. 23 in recognition of the district's 15 years as a Certified Green Business in Alameda County.

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## Colorectal Cancer Screening

Colorectal cancer is the second leading cause of cancer-related death in men and in women in the U.S., making screening one of the most important preventive health measures to take as an adult.

While no one relishes cancer screenings, new recommendations can help those of average risk for colorectal cancer learn more about the importance of screenings, and the most effective strategy for completing them.

A new evidence-based guidance statement from the American College of Physicians (ACP) says that physicians should screen for colorectal cancer in average-risk adults who do not have symptoms between the ages of 50 and 75, and that the frequency of screening depends upon the screening approach.

"Not enough people in the United States get screened for colorectal cancer," says ACP president, Dr. Robert M. McLean. "Physicians should perform an individualized risk assessment for colorectal cancer in all adults."

"Doctors and patients should select the screening test based on a discussion of the benefits, harms, costs, availability, frequency and patient preferences," Dr. McLean continued.

ACP suggests any one of the following screening strategies:

- Fecal immunochemical test (FIT) or high sensitivity guaiac-based fecal occult blood test (gFOBT) every two years
- Colonoscopy every 10 years
- Flexible sigmoidoscopy every 10 years plus FIT every two years

Dr. McLean stresses that the guidance statement is for adults at average risk for colorectal cancer who do not have symptoms. It does not apply to adults with a family history of colorectal cancer, a history of inflammatory bowel disease, familial cancerous polyps, a personal history of previous colorectal cancer or benign polyps.

While the median age for colorectal cancer diagnosis is 67 years, and individuals aged 65 to 75 years derive the most direct benefit from colorectal cancer screening, screening in average-risk adults ages 50 to 75 also

see **SCREENING** on back page



## Know Your Blood Pressure Numbers

A new survey from the American Heart Association and the American Medical Association shows that 40 percent of people with high blood pressure (HBP), or hypertension, report their numbers were still too high at their most recent doctor's appointment, and many don't even know their numbers.

### The Problem

High blood pressure occurs when the force of blood flowing through your blood vessels is consistently too high.

Ideally, blood pressure should be below 120/80 mmHg. It's considered elevated if the top number (systolic pressure) is above 120 and high if systolic is 130 or higher, or the bottom number (diastolic pressure) is 80 or higher.

Uncontrolled, it can lead to heart attack and stroke, and most of the time there are no obvious symptoms.

### What People Can Do

Most people say they know what to do to lower HBP. Yet, according to the new survey, 44 percent of those with HBP didn't know what a high reading is, and 27 percent didn't know what their blood pressure was the last time it was checked.

see **NUMBERS** on back page

## Physical Therapy: Safe Pain Management

Movement is crucial to a person's health, quality of life and independence.

For some people, pain makes movement a challenge. Pain is one of the most common reasons people seek health care. A physical therapist (PT) can help people move better and safely and manage their pain.

### Who are physical therapists?

PTs are "movement experts" who improve quality of life through prescribed exercise, hands-on care and patient education. They treat people of all ages and abilities and empower them to actively take part in their own care.

Physical therapist assistants (PTAs) work with patients under the direction of a PT and teach and demonstrate exercises that help improve mobility, strength and coordination.

To ensure the best possible care, PTs often work with other members of a patient's health care team. After performing an evaluation, PTs create personalized plans of care that can help you:

- Improve mobility and function

- Manage pain and chronic conditions
- Avoid surgery
- Reduce the use of opioids and other prescription drugs
- Recover from injury
- Prevent future injury and chronic disease

Here are three tips to manage pain:

- ✓ Work with your PT to understand your pain. PTs play a valuable role in the patient education process, including setting realistic expectations for recovery with or without opioids. This allows you to take a proactive approach to pain management.

- ✓ Keep moving. An active lifestyle that is appropriate for your condition can help manage symptoms and decrease or even eliminate pain. The body was built to move, and doing so regularly can help improve your quality of life. PTs prescribe exercise specific to your condition, needs and goals.

- ✓ If you experience an injury or develop the onset of pain, seeing a PT early on can help address and manage your symptoms.

When and where do you see a physical therapist?

Pain management is just one reason to work with a PT. They can also help you prevent future injury or chronic conditions. You do not need a physician's referral to make an appointment with a PT for an evaluation.

PTs can specialize in a variety of areas, including geriatrics, neurology, oncology, orthopedics, pediatrics, sports and women's health. They provide treatments in:

- Hospitals, outpatient clinics or offices
- Inpatient rehabilitation facilities
- Skilled nursing, extended care or subacute facilities
- Schools, education or research centers
- Fitness centers and sports training facilities
- Hospice settings
- Your workplace
- Your home

### Taking the Next Step

For more information and to find a Physical Therapist near you, visit [ChoosePT.com](http://ChoosePT.com).

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**CRUNCH**

**FITNESS**



# REAL ESTATE GALLERY



Enjoy the Views from this wonderful 1,744 sq. ft., 3 bedroom, 2 bath family home, situated at the end of a cul-de-sac, on a .13 acre terraced lot.

On the main level you will find a formal living and dining room with gleaming hardwood flooring, picture window and slider to covered patio and yard, eat-in kitchen with laminate flooring, newly painted cabinets, built in oven and cook top, 3 bedrooms, hall bath with shower over tub and laundry room. Downstairs opens to family room with fireplace, new carpeting, storage closet, full bath with shower and door to garage. Backyard with large storage shed and terraced levels with sitting area. Also included is dual pane windows, all new interior paint, new baseboards and all new light fixtures. All this and so much more.

**OPEN HOME: Sat. & Sun. Nov. 16 & 17 - 1-4pm**



**18631 Laredo Road, Castro Valley • \$825,000**



## Cathy Brent Team

**510-381-1065**

Cathy@CathyBrent.com

DRE #01088138

[www.cathybrent.com](http://www.cathybrent.com)



**Kathi Townsend: 510-333-9404** / [kathi.townsend@BHHSDrysdale.com](mailto:kathi.townsend@BHHSDrysdale.com) / DRE #01409032

**Wayne Licsak: 510-303-7765** / [wayne.licsak@BHHSDrysdale.com](mailto:wayne.licsak@BHHSDrysdale.com) / DRE #01850870

**Linda Neff: 510-557-9185** / [linda@lindaneff.com](mailto:linda@lindaneff.com) / DRE #01495978



## PLEASE RECYCLE THIS NEWSPAPER

## OPEN HOMES SAT. & SUN. NOV. 16 & NOV. 17

CITY	SAT	SUN	ADDRESS	PRICE	BDR./BA.	REALTOR	AGENT	PHONE
C	1-4	1-4	4416 James Ave.	\$799,000	3/2	J. Rockcliff RE	Lisa Ferraris	510-304-1271
C	1-4	1-4	18631 Loreda Rd.	\$825,000	3/2	Berkshire Hathaway	Cathy Brent	510-381-1065
A		1-4	2109 Hillside Cir.	\$998,000	3/2	Coldwell Banker	Laurie Pfohl	510-851-3551
A	1-4		1725 Estudillo Ave.	\$1,449,000	4/4.5	Robert Jones & Assoc.	Matt Jones	510-798-6401

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 = BERKELEY • C = CASTRO VALLEY • D = DANVILLE • F = FREMONT • H = HAYWARD  
L = LIVERMORE • M = MODESTO • S = SHEFFIELD VILLAGE • SLZ = SAN LORENZO • W = WALNUT CREEK • Z=ALAMEDA



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## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## New Trends Emerging in Home Décor

It's not uncommon to visit homes that retain 1980s décor, including country stencils, pastel blues, pinks and ducks and/or bunny wallpaper.

In light of today's trends, it is hard to imagine that pink or green carpets were once a thing, along with oak cabinets.

A glance at the styles of a few decades ago demonstrates how short-lived our tastes can be. No doubt twenty years from now we will look back at homes we decorated in 2019 and ask, "What were we thinking?"

Decorating preferences constantly evolve. If you have visited any flipped homes in the past year, you have seen countless white cabinets, quartz counters, vertical tile, brown or grey laminate flooring and tile that looks like wood.

Investors, understanding the current trends, work hard to ensure their properties echo the latest trends to appeal to the largest possible audience. Interestingly enough, we are beginning to go through another design shift. Here are some of

the latest emerging trends.

Color is back in the kitchen. One of the reasons white cabinets have been adored by those upgrading kitchens is the ability to paint existing cabinets white and replace the doors/drawer fronts with contemporary styles such as the Shaker look.

For those who love white cabinets, brightly colored accents such as vibrant bar stools or other accents are in. Painted cabinets are still in demand, but the colors are shifting to muted solids ranging from creams through the color spectrum to dark greys and browns.

Laminate floors have gained new footholds. Newer generations of laminate are a far cry from the original products that looked like photographs of wood floors and swelled dramatically at the hint of moisture.

Today's products are almost indistinguishable from high-end wood floors and, on the upper end of the spectrum, are classified as waterproof. A significant percentage of buyers now want laminate over any other flooring

type.

Amazing new tile patterns are taking center stage. Whether brightly colored accents or imitations of wood or marble, new tile patterns are bringing tremendous diversity and flair to entries, kitchen backsplashes and bathrooms.

Quartz counters have attained new heights. Pushing granite and marble aside, quartz counters are the new faves and are bringing new design options into kitchens and baths.

With tastes constantly evolving, you can be sure the tastes you love today will have you scratching your head some day in the future.

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.

## Don't Prune Early, Wait for Cold Night

By Buzz Bertolero  
SPECIAL TO THE FORUM

We have just recently transplanted a one-year-old Mexican sage. I know they go dormant and look like heck until you prune them down in the spring. Since it is in a prominent place in the front of our yard, what happens if we prune it down before it goes dormant? How far down would you prune it now, as it is three feet tall, more or less? Would you recommend doing this?

I wouldn't recommend pruning it early. It is a judgment call on your part on how far back you cut. Since it is in a predominant location, wait until the plant wilts from the first cold night and then cut the sage down to the ground and avoid the unattractive look altogether. This might occur in mid-December or January. When and how is all up to you.

Buzz Bertolero is an Advance California Certified Nursery Professional. The Dirt Gardener's website is [www.dirtgardener.com](http://www.dirtgardener.com) and questions can be sent by email to [buzz@dirtgardener.com](mailto:buzz@dirtgardener.com) or on Facebook at [Facebook.com/Buzz.Bertolero](https://www.facebook.com/Buzz.Bertolero)



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James Esmeyer, Broker Associate - DRE#01363681

**(510) 909-8344**

## RECENT HOME SALES

### Castro Valley

3801 Mabel Avenue	94546: \$600,500 2 BD - 818 SF - 1972
20634 Maria Court	94546: \$640,000 2 BD - 1,266 SF - 1992
2741 Jennifer Drive	94546: \$778,000 4 BD - 1,414 SF - 1961
4341 Gem Avenue	94546: \$800,000 3 BD - 1,202 SF - 1948
3018 Todd Court	94546: \$965,000 2,063 SF - 1977
5601 Lynwood Court	94552: \$1,035,500 4 BD - 2,262 SF - 1980
25562 Crestfield Drive	94552: \$1,090,000 4 BD - 1,893 SF - 1998
TOTAL SALES:	7
LOWEST AMOUNT:	\$600,500
HIGHEST AMOUNT:	\$1,090,000
MEDIAN AMOUNT:	\$800,000
AVERAGE AMOUNT:	\$844,142

### San Leandro

1643 163rd Avenue	94578: \$270,000 2 BD - 979 SF - 1951
16700 Los Banos St.	94578: \$425,000 2 BD - 1,005 SF - 1922
1400 Carpentier Street	94577: \$440,000 2 BD - 968 SF - 1983
2371 Arlington Court	94578: \$535,000 2 BD - 1,018 SF - 1952
378 Bellevue Drive	94577: \$612,000 2 BD - 1,210 SF - 1940
1205 Burkhardt Avenue	94579: \$650,000 3 BD - 1,092 SF - 1950
16312 Miramar Place	94578: \$680,000 3 BD - 1,525 SF - 1985
16110 Mateo Street	94578: \$975,000 5 BD - 2,390 SF - 1950
561 Warwick Avenue	94577: \$1,135,000 4 BD - 1,958 SF - 1924
TOTAL SALES:	9
LOWEST AMOUNT:	\$270,000
HIGHEST AMOUNT:	\$1,135,000
MEDIAN AMOUNT:	\$612,000
AVERAGE AMOUNT:	\$635,777

### San Lorenzo

1194 Via Los Trancos	94580: \$600,000 3 BD - 1,043 SF - 1950
15917 Via Marlin	94580: \$738,000 3 BD - 1,625 SF - 1951
TOTAL SALES:	2
LOWEST AMOUNT:	\$600,000
HIGHEST AMOUNT:	\$738,000
MEDIAN AMOUNT:	\$669,000
AVERAGE AMOUNT:	\$669,000

## Moving in time for the Holidays

Moving into a new home this time of the year means moving in time for the Holiday season. Call me today to see how I can help you celebrate the Holidays in your new home.



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**Kevin Hoopes**

Realtor®

BRE#02056766

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6

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2

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3

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4

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5

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CROW CANYON ROAD

6

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

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**\$35** 10 words  
(1 week)

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### HELP WANTED

**\$35** 10 words  
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### MISC. FOR SALE

**\$30** 10 words  
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### RENTALS

**\$35** 10 words  
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### SERVICES

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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

**PLACE YOUR CLASSIFIED AD ON OUR WEBSITE AND SAVE \$5 PER WEEK OFF THE ABOVE PRICES!**

## ANNOUNCEMENTS

**REWARD \$500\$** Whomever witnessed a large white Ford Excursion hit a compact black sports car in the Castro Valley Library parking lot on 5/15/2019. Call 415-312-6085 or email jtmarable@yahoo.com for your reward.

**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.

**VIEW the CLASSIFIED Ads Online at**  
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For help or for more info call 510-614-1558. E.B. Publishing

## AUTOMOBILES/TRUCKS CYCLES/TRAVEL TRAILERS

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**\*MP CONCRETE.** Driveways, Patio, Retaining Walls, Stamped Concrete, Asphalt, Hauling. Lic.#1004427. Milo 510-502-9336.

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Check our HOME SERVICE & CLASSIFIED ads for help!  
Castro Valley Forum/San Leandro Times

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California law requires that contractors 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. Advertisers 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 contractors taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

**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

## FENCES/DECKS

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

## GARAGE SALES



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

## GARAGE SALES

### SAN LEANDRO

**\*FALL CLEANUP!!!**  
Time to clean out your Attic, Garage, Basement (House)!!!  
Get your items together and place a **GARAGE SALE** ad in the San Leandro Times and the Castro Valley Forum for as little as \$30.  
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**GARAGE SALE** Sat. 11/16, 8am-4pm. Household items, women's clothes (sz 8-18), women's shoes (6.5-7.5), fitness, dog supplies, sofa-bed, chair w/ottoman, some men's clothing, and more! 2544 Benedict Drive, San Leandro.

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## RIDOUT ROOFING CO. ~ SINCE 1922 ~

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**Do you need some help at your business?**

To place an Help Wanted ad call **510-614-1558**  
Your ad will run in and the Castro Valley Forum on Wednesday and the San Leandro Times on Thursday. **Find help and support your local newspaper at the same time!**  
- Thank you -

**Private** Hip Hop dance instructor needed. Call 510-289-5066.

**Do you love helping people?**  
Carlton Senior Living is the place for you! Now Hiring part-time Care Givers. Must be available week-ends. Walk-ins welcomed. 1000 E. 14th Street or visit our website [www.CarltonSeniorLiving.com](http://www.CarltonSeniorLiving.com) to apply online.

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Make Your Home a Pleasant and Healthy Environment  
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## MISC. FOR SALE

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## MISC. FOR SALE

## VARIOUS ITEMS

**All private party ads** are prepaid (paid in advance). Use your M/C, VISA or DISCOVER card, mail in your payment, or stop by our office to place an ad.

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**WANTED:** Reel to reel music tapes (blank tapes or recorded tapes). Call Patrick 510-517-3351.

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Patrick V.

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

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## APARTMENTS

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[www.bartplazaapartments.com](http://www.bartplazaapartments.com)

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**Hayward** spacious 1-bedroom \$1,200+, 2-bedroom \$1,500+. Balcony, patio, pool. 510-581-4702.

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**San Leandro** 62+ community (NO ONE UNDER 62), Floresta Gardens area, \$1,995; quiet, private court, 2-Bdrm, single story, central heat, air conditioning, microwave, dishwasher, washer and dryer in duplex, patio, carport; NO: pets/ smoking. 510-352-7023.

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**Oakland** (near Oakland High School) 3+bedroom, 2 bath. No garage. Small backyard. Credit check. No dogs. \$3,200+ deposit. Available now. Call Patrick 510-517-3351.

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**Upper** Castro Valley room for rent in house thru 5/31/2020. Shared bath. \$700. Smoking negotiable. 510-538-1815.

## SERVICES

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San Leandro Times/Castro Valley Forum

**NEED - Handyman Service?**  
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**\*A CAREFUL TREE SERVICE.**  
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## YOUR INFO

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

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R. Bowman

**NEED - MUSIC LESSONS or PIANO TUNING?**  
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**VIEW the CLASSIFIED Ads Online at**  
[sanleandrotimes.com](http://sanleandrotimes.com) or  
[castrovalleyforum.com](http://castrovalleyforum.com)  
For help or for more info call  
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## VIEW ALL CLASSIFIEDS ONLINE!

[CastroValleyForum.com](http://CastroValleyForum.com)

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**VIEW the CLASSIFIED Ads Online at**  
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For help or for more info call  
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## LETTERS to the EDITOR

### Response to Bradford

Editor:

I have to laugh when I read anybody telling me, "I know what I'm talking about" as Billy Bradford states ("Intolerance Toward the LGBTQ Community," Letters, Nov. 6) because chances are good to excellent they don't.

For years I've read letters from Mr. Bradford putting down every

church in Castro Valley, attacking religious beliefs and finding fault with all who do not whole heartedly agree with his every word.

In the past, Mr. Bradford has been proven wrong in his assertions as to how churches use and pay for local property for their services. So, right there, we can conclude that Mr. Bradford hasn't done the homework he says he has and therefore, has no credibility.

He speaks of "intolerance" but preaches none of his own for people of faith.

—Jane Mason  
Castro Valley

# A Flap Over Future of Eden Healthcare District

### Open Letter to Gordon Galvin, President Eden Healthcare District Board of Directors

Dear Gordon,

I was at a meeting of a Hayward Leadership Group with Supervisor Richard Valle, when Michael Mahoney announced that he may not be with the District for much longer as his contract has not been renewed and he is on a month-to-month basis.

I am writing as a resident of Castro Valley and an interested party (who knows the District's business intimately) and a voter of the District, to express my concern over the process or lack

thereof in determining the competence of Mr. Mahoney.

I happen to have been part of the recruitment process and played a part in ensuring that the District exists today, when the Local Agency Formation Commission (LAFCo), two elected representatives and two Mayors of cities in the District felt that the District should be dissolved and the net assets distributed to the County to dispose of.

The community responded overwhelmingly in public meetings and testimony that the District was doing good work and should continue to exist and do the work it was doing.

I mention this as a basis for the recruitment process which yielded a candidate like Mr. Mahoney, who came with substantial healthcare experience, a necessity for someone who is Chief Executive Officer of the District.

The District has continued to provide the kinds of services that LAFCo found to be valuable to the Community, expanding them to some extent.

In my occasional contacts with the District, the staff members have expressed their satisfaction with the administration of the District under the leadership of Mr. Mahoney.

The Chief Executive of the District serves at the discretion of the Board and can be terminated with or without cause. However, a process that does not seem rational is

likely to create a cloud that would prevent the District from hiring someone of real competence and gravitas for the position, in the future.

From my brief conversation with Mr. Mahoney, it appears that there was no reason given other than that the District is looking for a full-time Executive with an approximate salary of \$200,000. He also said that he could apply for the job if he wishes.

While personnel matters may be discussed in closed session, an action to terminate a CEO or to hire a new one or the substantial change in position should be discussed in open session, after providing proper notice to the public. I expect that has not yet occurred and so there is still an opportunity for the members of the public to hear the Board's thinking on the subject and make comments.

If the District is indeed expecting to change the position to a full-time one, I strongly advise against it since it flies in the face of necessity and the arguments made in the LAFCo hearings of 2014-2016, where the District was questioned for having excessive administrative costs, which we demonstrated were not the case.

Increasing this expense only invites further scrutiny from regulatory agencies and elected representatives.

There was actually legislation passed that restricts the healthcare districts to certain overhead percentages and such a move may exceed those limits and cause such a violation.

The District should operate in the open environment of California's superior sunshine laws. This sudden change without explanation is not an action which inspires confidence that the District's Board of Directors in acting in a responsible manner to safeguard its assets and its resources, which includes people.

In that spirit, I am sending this letter to you and since it is public, to the newspapers, if they choose to pursue the subject.

—Dev Mahadevan  
Castro Valley

LETTERS TO THE EDITOR may be emailed to fredz@ebpublishing.com, or mailed to: The Forum, P.O. Box 2897, Alameda, CA 94501.

## Obituaries

### Timothy Leon Field

July 11, 1949 – October 25, 2019

Tim was a native of Castro Valley. He passed away October 25th at the age of 70.

He is survived by sister Linda Bankson (husband Kermit) brother Ron Field (wife Katrin), nephew Shawn Bankson (wife Wendy), niece Jamie Bankson, great-nephews Cooper and Cameron Bankson. Tim was preceded in death by father Waldo Field and mother Marguerite Field and son Joshua Field.

Tim was a construction project manager. Last rebuilding a home in South Lake Tahoe. He loved Tahoe.

Memorial service will be at Epiphany Lutheran Church November 16th, 2019 at 11 a.m. at 16248 Carolyn Street, San Leandro, Ca.

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### Clyde Merle Lyerla

October 17, 1923 - November 2, 2019

Clyde Lyerla passed away unexpectedly November 2 in Castro Valley, California. Born in Union County, Illinois, he graduated from Alto Pass High School while running the family's 160-acre farm as his older brothers served in the early days of World War II.

Merle, as he was known to family, married his high school sweetheart Eva Imogene Tripp in October 1942. Castro Valley residents since 1949, Merle and Imie traveled west to make a home for their young family in California and began to serve their community for their more than 70 years together.

A wartime Army veteran, Merle went on to extended peacetime careers with the U.S. Postal Service and AT&T (then known as Pacific Bell). Merle and Imie were early members of Castro Valley's First Baptist Church and made lifelong friends. They led, supported, and served their church family, chairing multiple community-focused groups for more than 50 years there.

Merle also had a huge love of learning, teaching Sunday school as well as serving on the board of the church's preschool that cared for his grand- and great-grandchildren. He was also an instrumental early supporter and benefactor of the school district's Music Parents Society that has championed music programming in our schools for more than 40 years.

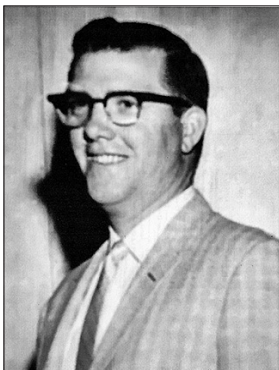
Away from the valley, Merle and family built a weekend cabin in the High Sierras and loved sharing it with friends and guests, where it hosted ski and fishing getaways in all seasons—complete with spirited discussion, intense card-playing, and great friendships. In retired years as their family continued to grow, Merle and Imie were able to travel the globe with friends and family, and organized multiple cross-country family reunions with extended relatives gathered.

Merle was, above all, a people person with a personal mission of help and service. He was easy to know and always quick to smile and connect—one who perpetually cared about and invested in others. Throughout his life, Merle's deep, personal faith continued to grow, guiding him from his earliest days.

Merle is survived by his son Douglas and daughter-in-law Julie; his granddaughter and grandson-in-law; his grandson; and three great-grandchildren, as well as many nieces and nephews and their families. Merle was predeceased by his wife, four brothers and three sisters.

A memorial service commemorating Merle's life will be held Saturday, November 16 at 11 a.m., at First Baptist Church of Castro Valley (18550 Redwood Road) followed by a reception.

At his wishes, the family request that in lieu of flowers, you might consider making a donation online in his name to one of Merle's favorite causes: A Kid's Kingdom preschool at cvfirst.org/give



### James William Clark

July 6, 1930 - November 5, 2019

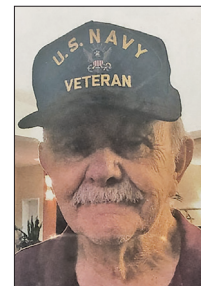
James William Clark US Navy, Ret, a resident of San Leandro since 1944, set sail for the shores of Heaven at the age of 89.

James was born on July 6, 1930 in Hawthorne, California to George Clark and Alma Boecking Clark. He grew up in Altadena and attended St. Elizabeth's School. He and his three sisters, Betty, Lorna, and Barbara spent their days off, exploring Dana Strand where a caretaker paid them each a nickel to clear the beach of seaweed so that the other visitors could enjoy a pristine beach. In 1944, their dad, an engineer, found a new position up in San Francisco, so he sent for his family to join him in a little house on Wallace Street in San Leandro. A 14 year old James drove the Packard north through the Old Grapevine up to their new home. World War II was still being fought when James persuaded his mom to give him permission to enlist into the US Navy in 1945. He always said that he might not have been "entirely truthful" about his age when he signed the enlistment documents.

He retired from the Navy in 1969 and from the City of San Leandro in 1992. He was a teller of jokes and tales extraordinaire. A precise and rich historian with a flare for the poetic. The man who never made a fuss over himself, with a self deprecating joke in hand, but quietly did good wherever he could. A kind neighbor and a loyal friend. He will be deeply missed. May he be tenderly held in the arms of God who is Love.

He is survived by two of his daughters, Rosemarie Routson of Tacoma, Wa, Julie Clark of Orinda, Ca, (his third daughter Lauren Lee Clark preceded him), his two granddaughters, Taryn Lausch and Alanna Lausch, and his sister Lorna Clark of Lafayette, Ca.

As per his wishes, James' ashes will be scattered at sea by the US Navy. Memorial services will be private for family.



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# Creekside Craft Show Dec. 6 & 7

Fifteen years ago, a former Bancroft Middle School teacher and member of Creekside Community Church in San Leandro started the Creekside Craft Show.

The event was a way to highlight talents from the local artisans in Castro Valley, San Leandro, San Lorenzo and the surrounding community as a way to raise money for charities that had been hard hit by financial cutbacks.

"I met a pottery teacher in 2004 who had a heart for helping those in need in San Leandro," explained Sharon Wallace, founder of the Creekside Craft Show, who shared the teacher's concern for supporting community groups and saw that local artists had an interest in starting a craft show.

Wallace organized the show for several years and was impressed by how much work the artists put into their work in support of local charities. Many of them have supported the show from the beginning and there are a handful who have participated all 15 years in a row.

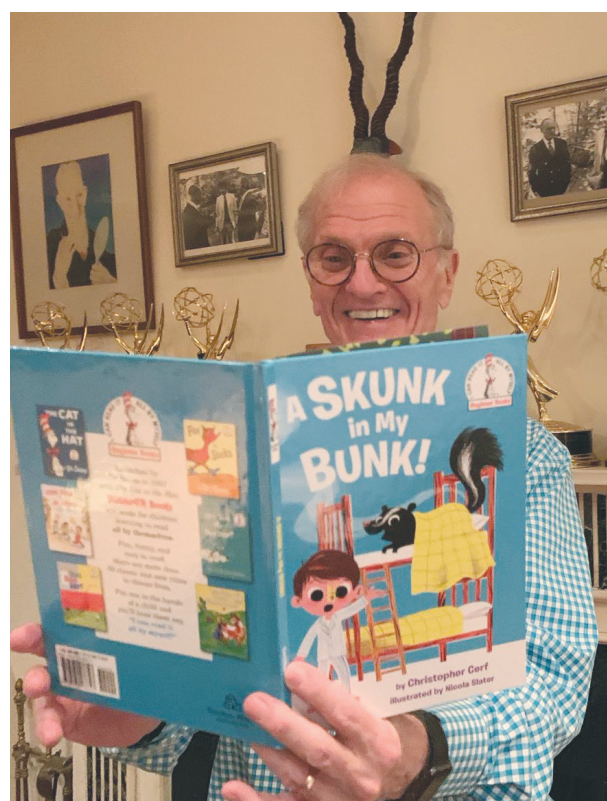
The Creekside Craft Show has partnered with such local charities as Building Futures for Women and Children, Davis Street Family Resource Center, Interfaith Homelessness Network, Alameda County Food Bank... the list goes on.

Donations have exceeded \$55,000 over the past 15 years and the event has created public awareness for the charities.

Each year, artisans have gathered to sell their handmade items, paying a minimal booth fee, contributing 10% of sales and donating items for raffles. The proceeds are then donated to the selected charity each year, depending on need.

The 16th annual Creekside Craft Show will take place on Friday, Dec. 6 from 11 a.m. to 7 p.m., and Saturday, from 10 a.m. to 5 p.m. at Creekside Community Church, 951 MacArthur Blvd. in San Leandro. The Show is free.

The 6th Annual "Chili Cook-Off" will take place on Friday, Dec. 6, from 5:30 to 7 p.m. Tickets to this fiery competition are \$5 in advance, \$7 at the door until the chili runs out.



**Christopher Cerf has worked with National Lampoon, Dr. Seuss, Andy Warhol and written for Sesame Street and was the editor-in-chief and founder of Sesame's Workshop books, records and toys. He will be sharing music and a presentation at Smalltown Society."**

## Coming Up at Smalltown

● **Thursday, Nov. 14** — The Lab workshop @ The Space. Showcase your music or poetry and workshop with other writers in the community. Always free and always new music! Sign up through email to perform! [info@smalltownsociety.com](mailto:info@smalltownsociety.com)

● **Wednesday, Nov. 20** — Bay Area United Against Hate Week, Poetry - Art Slam 6-8 p.m. @ Smalltown. The theme is a time in which you've overcome hate or spread understanding and kindness in the community. Jr. high and highschool ages welcome to apply! To enter: submit art, music, or poetry, in either the form of a video, doc, or email to [castrovalleyunitypoetryslam@gmail.com](mailto:castrovalleyunitypoetryslam@gmail.com). Poems must be below 3 minutes, dances and songs must be below 4 minutes, and art must be below 18 by 24 inches. Free entry.

● **Tuesday, Nov. 26** — A Night With Christopher Cerf, Emmy and Grammy award-winning author, composer and producer. Composed over 300 songs for Sesame Street, Between The Lions and more. A musical evening of nostalgia. 7:30-9pm @ The Space. \$15 suggested donation.

*More details on these events and others visit [www.smalltown-society.com](http://www.smalltown-society.com) or text "Smalltown" to 797979. Smalltown Society is located at 22222 Redwood Road, Castro Valley.*

# Gather by the Fire: The Holidays Mean Lighting Up the Fireplace

By Sam Garvin  
SPECIAL TO THE FORUM

With wildfires raging across the state, it might seem an inopportune time to be talking about burning wood, but the holidays are right around the corner and even if it is 80 degrees outside, you're going to light the fireplace for the family.

Having just spent three straight days splitting firewood up at the ranch in Crow Canyon, I can tell you that I have become something of an expert on what is available and the best options for all of your tinder dreams.

The selection available here in Northern California ranges from burning the legs off your old pine-wood dining room table (make sure it is unpainted) to the truly exotic like piñon pine, eucalyptus, bay, almond, avocado, red oak, white oak, and mesquite.

Pine is a softwood that burns fast and is easily lit. You should use it primarily as a starter wood.

Pine is great firewood for camp fires and bonfires (scratch the later of those two - no bonfires please) and it is the least expensive, usually as little as \$80 per cord plus delivery.

On average, a cord of wood as defined by most states (yes, there are laws on the books) is equal to the amount of cut and tightly stacked roundwood that can fit inside a container that measures four feet by four feet by eight feet or 128 cubic feet.

Oak is the go-to wood for most fireplaces, pizza ovens and those who prefer to grill with wood rather than charcoal. Red oak has a more savory flavor while white oak burns a little cooler and has a cleaner flavor and aroma. Both burn long and hot in the fireplace and are widely available for about \$150-220 per cord.

Eucalyptus is a hardwood that burns long and hot. Eucalyptus



can get a little smokier than other woods due to the oils and tends to pop and crackle. Often times it is available for free pickup by local landscapers, but you shouldn't fill your rack exclusively with it.

Another inexpensive wood is avocado, which is a softwood that has a low burn heat but a pleasant smell. The pieces are often smaller and good for starter wood.

Mesquite and cedar are best used in small pieces that can be burned unseasoned and generally give off a pleasant smell. Cedar will give you a nice, lasting heat with little flame and a strong crackling sound.

Finally, there is the Duraflame synthetic log. Yes, it has pretty colors, but if you've read this article all the way through, I'm pretty sure you already sit at the grown-up's table.

*Sam Garvin has written for Dow Jones & Co. for 25 years. Now he works raising goats, cattle, hogs and pickles in Castro Valley. He can be reached at [samgarvin@gmail.com](mailto:samgarvin@gmail.com).*

## LEGAL NOTICES

FILED  
OCTOBER 18, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 564551

**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business:  
Schnookie's Cookies at 20551 Forest Ave.  
Apt 19, Castro Valley, CA 94546, county of  
Alameda. The business is hereby registered  
by the following owner(s): (1) Laura Putnam  
(2) Ronald Ladley, 20551 Forest Ave. Apt  
19, Castro Valley, CA 94546. This business  
is conducted by a married couple. This business  
commenced on 08/11/19.  
/s/ Laura Putnam, Ronald Ladley  
This statement was filed with the County  
Clerk of Alameda County on date indicated  
by file stamp above.

Expires OCTOBER 18, 2024  
OCT 30, NOV 06, 13, 20, 2019  
0175-CVF

FILED  
OCTOBER 23, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 564738

**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business:  
Pressure Makes Diamonds at 367 S. N  
Street, Livermore, CA 94550, county of Alameda. The business is hereby registered  
by the following owner(s): Corey Rubio,  
367 S. N Street, Livermore, CA 94550. This  
business is conducted by an individual. This  
business commenced on 04/23/19.  
/s/ Corey Rubio  
This statement was filed with the County  
Clerk of Alameda County on date indicated  
by file stamp above.

Expires OCTOBER 23, 2024  
NOV 06, 13, 20, 27, 2019  
0178-CVF

FILED  
OCTOBER 31, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 565020

**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business:  
Bud Builder at 22262 B Street,  
Hayward, CA 94541, in Alameda County is  
hereby registered by the following owner(s):  
Gregory Nicholas Jebejian, 4854 Audrey Dr.,  
Castro Valley, CA 94546. This business is  
conducted by an individual. This business  
commenced on 10/31/2019.  
/s/ Gregory Nicholas Jebejian  
This statement was filed with the County  
Clerk of Alameda County on date indicated  
by file stamp above.

Expires OCTOBER 31, 2024  
NOV 13, 20, 27, DEC 04, 2019  
0179-CVF

FILED  
NOVEMBER 01, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 565077

**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business:  
The DJ Roy Experience at 5509 Rothman Ct.,  
Castro Valley, CA 94580, mailing address  
P.O. Box 852, San Lorenzo, CA 94580 in  
Alameda County is hereby registered by  
the following owner(s): Roy E. Stone, 5509  
Rothman Ct., Castro Valley, CA 94580. This  
business is conducted by an individual. This  
business commenced January 2000.  
/s/ Roy E. Stone  
This statement was filed with the County  
Clerk of Alameda County on date indicated  
by file stamp above.

Expires NOVEMBER 01, 2024  
NOV 13, 20, 27, DEC 04, 2019  
0180-CVF

FILED  
OCTOBER 29, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 564939-941

**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business:  
(1) Cornerstones, (2) MindShare Management,  
(3) MindShare at 18059 Lamson Road,  
Castro Valley, CA 94546, in Alameda County  
is hereby registered by the following owner(s):  
Uniphied Thought, 18059 Lamson  
Road, Castro Valley, CA 94546. This business  
is conducted by a corporation. This business  
commenced on 10/23/2017.  
/s/ Uniphied Thought  
This statement was filed with the County  
Clerk of Alameda County on date indicated  
by file stamp above.

Expires OCTOBER 29, 2024  
NOV 13, 20, 27, DEC 04, 2019  
0181-CVF

FILED  
NOVEMBER 08, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 565297

**FICTITIOUS BUSINESS  
NAME STATEMENT**  
Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business:  
Here to Help at 17812 Center Street,  
Castro Valley, CA 94546, in Alameda County  
is hereby registered by the following owner(s):  
Loren Taylor, 17812 Center Street,  
Castro Valley, CA 94546. This business is  
conducted by an individual. This business  
commenced on N/A.  
/s/ Loren Taylor  
This statement was filed with the County  
Clerk of Alameda County on date indicated  
by file stamp above.

Expires NOVEMBER 08, 2024  
NOV 13, 20, 27, DEC 04, 2019  
0185-CVF

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## Numbers: Control High Blood Pressure

continued from page 9

In addition, while 80 percent of those diagnosed with HBP say they take medication, 16 percent of those with HBP believe that as long as they take their BP medication, they don't need to monitor their BP.

"The first step to keeping your numbers under control is knowing what they are," said Sondra DePalma, a certified hypertension specialist. "There are no symptoms of high blood pressure, so you can't rely on how you feel to

gauge your levels.

"You have to take the time—less than 10 minutes—to check it. That's 10 minutes well spent, considering controlled blood pressure can add five years to your life."

Some people will need medication to keep their blood pressure numbers in a healthy range, DePalma said. "But that doesn't mean you get a free pass on lifestyle changes to support your blood pressure-lowering therapy. Making healthier living choices helps your medicine work better."

## Screening: Benefits, Harm Of Colorectal Cancer Tests

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has benefits.

All colorectal cancer-screening tests — like all other tests and procedures — have both potential benefits and potential harms, which vary by person and screening strategy.

Given the tradeoffs between benefits and harms, some patients may prefer less intensive screening such as beginning at a later

age, stopping at an earlier age, or screening less frequently regardless of the test selected.

"This guidance statement is just that — guidance. Clinical recommendations may not apply to every patient or all clinical situations," says Dr. McLean. "That's why patient-physician relationships and shared-decision making are so important."

—StatePoint

DePalma added that under a doctor's care, some people may be able to reduce their medication dose or wean off of it after making consistent progress with lifestyle changes.

Lifestyle changes that help reduce blood pressure include:

- Get regular physical activity: Ninety–150 minutes a week of aerobic activity can reduce systolic blood pressure about 5 mmHg.

- Eat a well-balanced diet low in salt: Eating a diet rich in fruits and vegetables, whole grains and low-fat dairy, can drop your systolic pressure up to 11 mmHg. Reducing your salt intake by about 1,000 mg per day has a similar effect on systolic pressure as increasing aerobic activity—dropping it about 5 mmHg.

- Maintain a healthy weight: For about every two pounds lost, your systolic pressure could drop 1 mmHg.

- Work together with your doctor to create a treatment plan.

### Learn More

For more facts and tips about HBP and how to control it, go to [www.heart.org/hbp](http://www.heart.org/hbp).

—North American Precip Synd., Inc.

## ATHLETES OF THE WEEK



### 2019 Canyon/Creekside Tennis Team

This week's Athletes of the Week are the members of the Fall 2019 Canyon/Creekside tennis team, coached by Suzi Mills. They won the Alameda County Junior Tennis League (ACJTL) Championships, with a season record of 5-0.

The members of the team are Scott Baldwin, Maxim Boychuk, Justin Chen, William DeCar-

li, Nicole Dong, Matthew Feuerdean, Faith George, Justine Fong, Sidney Ho, Bonny Huang, Aleksandra Hurka, Aiden Ip, Christy Kuo, Joshua Kuwana, Emily Lee, Evan Lopez, Joshua Mak, Kasey Mulato, Ha-Tien Nguyen, Daniel Priem, Malia Robinson, Aiden San Julian, Tasha Schauer, Elliot Simon, Alexia Suciu.

## CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



**Youth Baseball and  
Flag Football Programs**

[www.CVSPORTSLEAGUE.org](http://www.CVSPORTSLEAGUE.org)



## Reports: CV

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Deputies were dispatched to the intersection of Redwood Road and Norbridge Avenue following a report of a shoplifter who ran away. The man was handcuffed and taken into custody.

### Vehicle Tampering

Tuesday, November 5: at 9:00 a.m., deputies arrested a 55-year-old man with no permanent residence on suspicion of illegally tampering with a vehicle without the owner's permission. The man was spotted trying to alter the car's appearance in front of a business on Santa Maria Avenue near Castro Valley Boulevard. Deputies took the man into custody.

### Finders, But not Keepers

Monday, November 4: at 4:15 p.m., a 30-year-old man from Castro Valley was arrested on suspicion of possession of property that he claims he found but was clearly not his own. Deputies were sent to a home on Lamson Road near Almond Avenue to investigate a stolen property claim. The man told deputies he found the item on a roadside. The owner disputed the story and the suspect was taken into custody.

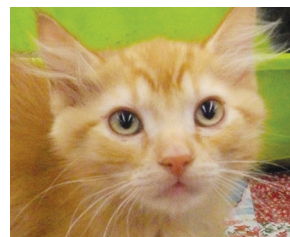
## ADOPT-A-PET



**MILO** is a sweet but extremely shy 7-years-young pup. He's OK with handling but isn't used to walking on leash. He'll blossom with a little TLC. OK with teens. Call Hayward Animal Shelter: 510-293-7200.



**MOBY** is a 10-years-young Cairn Terrier/ Maltese mix who thinks he's still a puppy! He has cream colored fur and a black button nose. OK with young kids. Call Hayward Animal Shelter: 510-293-7200.



**SUNNY** is an affectionate and playful 4-month-old orange tabby. He would love a home with another cat. Neutered, vaccinated, microchipped and FIV/ FeLV negative. Email: [Loveall-pawzrescue@gmail.com](mailto:Loveall-pawzrescue@gmail.com).



**MIMI** is a beautiful 2-year-old medium hair gray & white tuxedo. She's very sweet and likes to fetch her soft ball. Spayed, vaccinated, microchipped and FIV/ FeLV negative. Email: [Loveall-pawzrescue@gmail.com](mailto:Loveall-pawzrescue@gmail.com).

## 'Mutton Busting' Banned at Rowell Rodeo

The Alameda County Board of Supervisors has voted 3-2 to add "mutton busting" to the list of prohibited events in the county rodeo ordinance. The ban affects rodeos

only in the unincorporated areas of the county, including the Rowell Ranch Rodeo. The Livermore Rodeo is not affected because it is within the city limits. Although

the Alameda County Fairgrounds is within the Pleasanton city limits, the fair administration says it will abide by any rodeo event ban in the county ordinance.



**SEWER  
PROBLEMS?  
CALL US  
FIRST**

If you have problems with your sewer, and you are within Castro Valley Sanitary District's (CVSan) service area, **CALL US FIRST at (510) 537-0757 BEFORE you call a plumber.** We will inspect our sewer mains at no charge to you, which could save you valuable time and money. **If you call a plumber before calling CVSan to check our sewer main, you will be responsible for all charges incurred.**

### What causes sewer blockages?

Some of the most common causes of sewer blockages are: FOG (fats, oils, and grease), "flushable" wipes and cleaning products, pet and human hair, and tree root intrusion into your sewer lateral and our sewer mains, or debris entering the sewer system from illegal connections.

CVSan Main Office: (510) 537-0757 (M-F 7:00 a.m. - 4:00 p.m.)

### Sewer Emergencies After Hours, please call (510) 506-5821.

If you have additional questions, please do not hesitate to call the Main Office.

### CASTRO VALLEY SANITARY DISTRICT

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