

THIS WEEKEND

HUGE PET FAIR

SEE
PAGE
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CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 30

WEDNESDAY, SEPTEMBER 12, 2018

NO. 37

INSIDE YOUR
FORUM

NEWS



Sports Donations

CV Sports Foundation
contributes \$17,000 to
youth sports programs

Page 2

LIVING

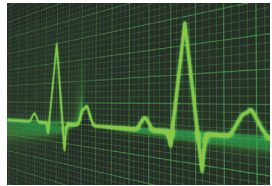


Pudding Time

Rekindle your love for a
childhood favorite with
homemade pudding

Page 5

H&F



Heart Health

A heart disease risk that
even your doctor may
not know about

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PHONE: (510) 537-1792



PHOTOS BY LINDA SANDSMARK

Crowds of people came to Castro Valley's 46th Annual Fall Festival, enjoying music, food, crafts, vendors and community booths.

Sunny Weather Brings Out
Big Crowds to Fall FestivalBy Linda Sandmark
CASTRO VALLEY FORUM

Throng of people came to Castro Valley over the weekend to enjoy the 46th Annual Fall Festival.

Sunny weather brought out big crowds, who enjoyed free musical entertainment and dance performances. There were also dozens of food and beverage booths, a kiddie area, and displays manned by artisans, companies, shops and community groups.

"We've been coming here since we were kids," said Melissa Rocha, who attended the festival with her whole family. "I like that now there's a lot of focus on sustainability, the environment and the community."

Her brother Greg Rocha added, "I think it's a great celebration of Castro Valley."

First Presbyterian Church brought its prototype "tiny home" on wheels for people to tour. The church hopes to place six of the units in its church parking lot to help address local homelessness.

"We're trying to raise awareness and support for our project," said volunteer Erina Kim-Eubanks. "Lots of people are here and very interested in seeing it."



TINY TOURS: First Presbyterian Church brought its prototype "tiny home" to the Fall Festival for people to tour.

Numerous businesses also set up booths, drawing in potential customers and clients.

"It's really going well," said Bridget Galli, owner-instructor of Castro Valley Yoga. "We're seeing many students that we know, and are meeting students who we don't know yet. It's always a fun time."

Castro Valley business Desserts First Baking and Catering Company parked its brand new cupcake

and dessert trailer at the festival. They deemed its first outing a great success, saying that they received "a warm welcome from the CV community."

The Fall Festival is presented by the Castro Valley/Eden Area Chamber of Commerce. This year the event featured over 150 different booths and entertainment from 10 a.m. to 6 p.m. both Saturday and Sunday.

MAC MEETING

Professional Offices
Approved for Rear
Of Castro VillageBy Amy Sylvestri
CASTRO VALLEY FORUM

Monday night's meeting of the Castro Valley Municipal Advisory Council (MAC) had none of the sparks of previous recent meetings, where there was infighting amongst the board reading who would serve as chair.

Of course, three of the seven members were excused to be absent this week (Dave Sadoff, Linda Tangren, and Sheila Cunha) so perhaps there just weren't enough MAC members present to have any conflict.

There were enough for a quorum, however, so the MAC did work their way through a short land-use agenda.

The council heard an update on the Castro Valley General Plan Implementation Project. In the coming weeks, there will be detailed reviews of zoning ordinance amendments to the general plan — revisiting regulations on res-

idential and commercial zoning, among other changes.

The Mac expects to discuss these in increments at their bi-monthly planning meetings with a goal of getting the matter in front of the Alameda County Board of Supervisors by the end of the year.

The MAC also unanimously approved an application to subdivide a parcel at 4800 Crow Canyon Road into three parts.

And finally the MAC approved a plan to allow some of the rearward portions of the Village Shopping Center to be used for medical, dental, or law office space rather than commercial purposes. The vote was 3-1, with Chair Marc Crawford dissenting.

The property owner wants to open up leasing opportunities with people seeking professional office space. He told the MAC that traditional retail is struggling and that he needs to be able to attract stable long-term tenants.

see MAC on page 8

Private Sewer Lateral
Inspections Required
With Sales of Homes

The Castro Valley Sanitary District passed an ordinance last week that will require all properties within the district's boundaries to have a private sewer lateral compliance certificate when they are bought or sold.

The CVSan Board of Directors passed the controversial measure on a 5-0 vote during a public hearing at last Tuesday's regular meeting. It will go into effect on July 1, 2019.

Under Ordinance No. 179, known as the Private Sewer Lateral Regulatory Inspection (PSL) Program, homes in the district that were built less than 30 years ago, or that have had at least half of their sewer lateral replaced in the

last 10 years, will automatically be issued compliance certificates.

Properties that don't fall in those categories will be required to have their private sewer laterals inspected by closed circuit television (CCTV) before the property can be sold.

Within CVSan's boundaries, the homeowner is responsible for maintenance and repairs for the entire private sewer lateral up to and including the connection to the public sewer main, while CVSan is responsible for the public sewer main itself.

During a property sale it is not uncommon for the buyer and seller to negotiate who will assume re-
see SEWER on page 8

Castro Valley Weather Sept. 12 - 16, 2018



Wednesday
Mostly Sunny
High 67° Low 56°



Thursday
Clouds then Sun
High 67° Low 53°



Friday
Clouds then Sun
High 71 Low 55°



Saturday
Clouds then Sun
High 69° Low 54°



Sunday
Mostly Sunny
High 71° Low 53°

Almanac



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

Sun sets at 7:20 p.m. today, rises at 6:49 a.m. Thursday.

Moon Phases



Sept.
16



Sept.
24



Oct.
2



Oct.
8



PHOTO BY ROB STIVING

Front row, from left, Alix Skinner (CVHS Spirit), Patrice Cheung (CVHS Badminton), Maria Greenwood (Our Lady of Grace), Nicole Manley (CVHS Girls Water Polo), Michele Nicol (CV Little League), Suzi Mills (Canyon/Creekside and Vannoy Tennis), Dooney Jones (CVHS Track and Field), Mitch Kim (CVHS Baseball), Rachel Lunt (President, CV Sports Foundation; back row, Amenda Lee (CVHS Badminton), Nicole Dommasch (CVHS Spirit), Lexi Kwan (CVHS Spirit), Kayla Jordan (CVHS Spirit), Kaliya Kirkwood (OLG athlete), Nicole Lek (OLG), Jo Sevilla (OLG), Ben Atkinson (Crossover Basketball), Matt Collopy (CVI Baseball), Ben Brookens (CVHS Swimming and Boys Water Polo), John Fortenberry (CVHS athlete), James Foster (CVHS Girls' Basketball), Glenn Mitchell (Canyon MS Volleyball), Denny Molzen (CVHS Football), and Chris Fortenberry (CVHS Basketball).

Michele Markovich Antiques
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michele.estatesales@gmail.com

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Hayward Airport Open House

The Hayward Executive Airport will hold its annual Wings and Wheels Open House from 10 a.m. to 4 p.m. on Sunday, Sept. 23.

The event will feature attractions for all ages and families, including vintage aircraft, jets and helicopters, police and rescue vehicles, custom cars and trucks, plus tours of the Federal Aviation Administration (FAA) control tower.

A former World War II fight-

er base, Hayward Executive, at 20301 Skywest Drive, is a general aviation airport with more than 400 aircraft—from single-engine airplanes to sophisticated corporate jets—plus 40 support companies providing aviation products and services.

Free airplane rides for youth ages 8 to 17 will be provided through Vintage Aircraft Association Chapter 29 Young Eagles Program. Preregistration is required at

bit.ly/PlaneRides4Kids.

Music will be presented by DJ John Favors and Larob Lee—with food and beverages from local restaurants. Entrance and event parking is free.

Wings and Wheels is organized by Bay Area Black Pilots Association, Tuskegee Airmen, Inc., East Bay Aviators, Inc., and Motivation and Learning Through Aviation (MALTA) in cooperation with Hayward Executive Airport.

Sports Foundation Donations

The Castro Valley Sports Foundation presented checks totaling \$17,704.94 to twenty local sports programs and teams at its board meeting last Wednesday.

Funds were presented to representatives of multiple school sports programs, from Castro Valley High School Spirit to swimming, track and field, football, basketball and baseball programs, and to youth teams including Our Lady

of Grace's CYO program, Crossover Basketball, Little League and CV Independent League, and tennis programs at Vannoy Elementary and Canyon Middle schools.

"The Castro Valley Sports Foundation was founded and exists today to provide financial support for our local athletes with all net proceeds going directly back into our community," said Sports Foundation Board President Ra-

chel Lunt, who affirmed all of the coaches and program representatives for their commitment to the youth of Castro Valley.

Upcoming fundraisers include the Second Annual CVSF/Rowell Ranch Rodeo Golf Tournament on Saturday, Sept. 15, and Eden Health District's "CVSF Run for Sports" on Sunday, Oct. 21.

Entry and event info at www.castrovalleysportsfoundation.org.

The No Guesses Way to Eliminate Back Pain and Sciatica

IF YOU suffer from low back pain and/or sciatica, you are one of over 20 million adults in the US with this painful spinal condition... And it can really get you down.

Shooting, stabbing and burning pains from the low back, sometimes with additional pain and numbness and tingling through the buttock, leg all the way down to the tip of the toes are all some of the most common symptoms.

In severe cases, it can lead to muscle wasting and even significant disability. If not taken care of properly it can become progressively more common and worse as time goes on. Even if it goes away temporarily from time to time.

Despite being a common problem it's difficult to get rid of because most health care providers don't have access to the right diagnostic technology or don't understand how to diagnose it correctly when they do.

But you can get help...

Recent advances in the diagnosis and treatment of sciatica and lower back pain have led to the development and huge success of Kinetically Analyzed Digital X-Ray.

In Pleasanton, you can get an accurate diagnosis with Kinetically Analyzed Digital X-Ray at Intero Chiropractic where there is a team that have helped hundreds of patients find relief from their back pain and sciatica.

According to the team, "We use a combination of carefully selected diagnostic technology, not found elsewhere in Pleasanton, for precisely diagnosing the cause of your low back pain and sciatica. The technology has been developed to measure the functional problem leading to the pain a person is suffering, it is more accurate than the usual tests you would get. We also have a completely unique program for reconstructing the damaged area

causing the pain; this means superior long-term results for most people."

And because the treatment is non-surgical, safe and easy, most patients report relief beginning to take shape almost immediately.

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

The team at InteroChiropracticwants to help readers find relief from their persistent back and sciatic pain.



Superior Diagnostics - Kinetically Analyzed Digital X-Ray: This is a non-invasive, painless and safe diagnostic method which visualizes functional abnormalities causing back pain and sciatica where they happen. It is used effectively in the diagnosis of numerous diseases and in the evaluation of the best treatment method for corrective reparation of the underlying problem.

All you have to do to receive a thorough diagnostic examination with Kinetically Analyzed Digital X-Ray and a comprehensive easy to understand report on your state of health is call (925) 255-5805.

Mention this article (CODE: LOS53SCID6kadxr4) and Intero will happily reduce their usual consultation fee of \$100 to just \$20. But hurry – this is a time limited offer – and with only 100 reader consultations available at this

exclusively discounted rate.

My advice, don't suffer a moment longer... Get the answers you need with Kinetically Analyzed Digital X-Ray, book a consultation with the Intero 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 accurately diagnosed 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 Kinetically Analyzed Digital X-Ray 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 and don't let it get any worse. Discover the diagnosis and natural treatment that can eliminate the cause of your problem and give you the safe, lasting relief you deserve.

1.First: Call (925) 255- 5805

2. Next: Snip out this article and keep it in a safe place

3. Then: Bring this article on your appointment day(to claim your special discount) 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 to secure your spot as they promise to return your call; and during the week, if the line is busy when you call, do leave a message for a returned call straight away.

You can imagine they can't help everyone at this reduced price, so please call today to secure your special opportunity - and start claiming your life back too!

Call (925) 255-5805 NOW and leave a message if it's the weekend or the line is busy - they promise they will get back to you as soon as they can. Call (925) 255- 5805 now and quote this special discount code: LOS53SCID6kadxr4

PAID ADVERTISEMENT



PHOTO BY MIKE KADY

Patriot's Day Celebrated

Redwood Christian Schools 2018 Patriot's Day Chapel was held Friday morning to honor all branches of our military and first responders from every area of service, both current and veteran service men and women. The Chapel was organized by Mrs. Lynn Seuis Conley, whose brother, Will, was killed while on duty as an Oakland Police Officer in 2004. The program included student presentations and closing comments by Superintendent Al Hearne who explained that the chapel would end with the playing of Taps — and what it stood for — as we honor those who sacrificed their lives to protect us.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Shoplifter Put it in His Pants

Sunday, September 9: at 11:41 p.m., Sheriff's deputies arrested a 26-year-old man from Berkeley on suspicion of shoplifting from a drug store on Castro Valley Boulevard near Yeandle Avenue. The man was spotted leaving with unpaid merchandise. Store security detained the man until deputies arrived. The man was found to have tucked away multi-vitamins and lotion in the band of his pants. Deputies took the man into custody.

Deputies report the man failed his field sobriety test and was taken into custody.

Caught with Methamphetamines

Sunday, September 9: at 6:05 a.m., deputies arrested a 29-year-old man from Stockton (San Joaquin County) on suspicion of possession of methamphetamine drugs and illegal drug paraphernalia. The man was hanging outside a home on Leila Street near North 5th Street when deputies arrived. The man was also wanted as part of a warrant issued for his capture. Deputies found the man in possession of a pipe used for smoking drugs and 1.18 grams of the narcotic. The man was taken to Santa Rita Jail pending \$7,500 in bail.

legal narcotic drugs and violating the terms of his parole. Deputies stopped the man for questioning in the parking lot of a business on Redwood Road near Castro Valley Boulevard. The man revealed the drugs to deputies and was taken into custody.

Wanted Man

Sunday, September 9: at 1:56 a.m., deputies arrested a 22-year-old man from San Leandro on suspicion of possession of illegal narcotic drugs. The man was also wanted as part of a warrant issued for his capture. Deputies stopped the man for questioning outside a gas station on Lake Chabot Road near Castro Valley Boulevard. The man was taken to Santa Rita Jail pending \$10,000 in bail.

Back to Jail

Saturday, September 8: at 8:26 a.m., a 22-year-old man with no permanent address was arrested on suspicion of possession of il-

Citizen's Arrest at Fall Festival Sunday, September 9: at 4:45 p.m., a 35-year-old man from Castro Valley was placed under citizen's see **REPORTS** on page 11

Punching Telephone Pole

Sunday, September 9: at 9:18 p.m., a 29-year-old man from Castro Valley was arrested on suspicion of public intoxication. Deputies were called to investigate a report of a man disturbing the peace on Lake Chabot Road near the Bay-O-Vista Swim Club. When they arrived, the spotted the man punching a telephone pole to the point that his hands were bleeding.

Saturday is Coastal Cleanup Day

The vast majority of debris found in the ocean — up to 80 percent — originates inland, where it is carried by rainwater, street runoff and wind into the storm drain system.

From there litter travels into creeks, the Bay and the ocean, because stormwater generally doesn't pass through a water treatment plant. The litter, especially plastic debris, poses a hazard to marine wildlife, entangling and poisoning animals that mistake the items for food.

The 34th Annual California Coastal Cleanup Day this Saturday, Sept. 15, offers a chance for everyone to be a part of the solution — and to celebrate the beauty of our creeks, wetlands and the Bay.

Join tens of thousands of participants throughout California on Saturday, and help remove trash from California's beaches and inland waterways.

Castro Valley Creek Cleanup will be held from 9 to 11 a.m. For information or to sign up, please

contact Amy Evans by email at: amy.evans@acrcd.org.

Cleanup at Crown Memorial Beach will take place from 8:20 a.m. to noon. Visit www.ebparks.org/about/getinvolved/volunteer/events.htm for information.

For a list of other Coastal Cleanup Day events in Alameda County, visit www.cleanwaterprogram.org/ and click on Volunteer Page under "Celebrate Our Bay."

Last year in Alameda County, over 5,373 volunteers picked up some 30 tons of debris.

Saturday Quake Jolts East Bay

A small earthquake shook a wide area of the East Bay just after 1 p.m. on Saturday. The magnitude 2.8 temblor was centered east of Downtown Oakland. It caused short delays on the BART system while crews inspected the tracks. No damage was reported.

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The Week Ahead

● **Wednesday, September 12: School Bond Oversight Meeting**

The Measure G Citizens' Bond Oversight Committee (CBOC) will meet at 6:30 p.m. today in the boardroom of the Castro Valley School District at 4400 Alma Ave. Meetings are open and the public may comment on issues under consideration by the Committee at the meeting.

● **Thursday, September 13: Redwood 4-H Open House**

Redwood 4 H will host a membership Open House at 7 p.m. tomorrow at the Canyon Middle School Cafeteria. 4 H is a club for boys and girls, ages 5-19 with such projects as sewing, gardening, photography and various animal projects including horses, dogs and sheep. Leadership, life skills, public speaking and lifelong friendships are part of 4 H. For info visit www.Redwood4h.org or call Karen at 510-566-3672.

● **Thursday, September 13: 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. The meeting will include a public hearing on a proposal for implementing School Facilities Fees. For the complete agenda and board packet, visit bit.ly/CVUSDBoardMeeting

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CASTROVALLEYFORUM.COM

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Tel: 510-537-1792 • Fax: 510-814-9691

Fred Zehnder, Editor & Publisher
fredz@ebpublishing.com

Howard Morrison, Assoc. Publisher
howardm@ebpublishing.com

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

Moxie Morrison, Layout Design
moxmore@yahoo.com

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

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

Mary Florence, Advertising Sales
861-3270 Mpominville4582@aol.com

Linda Nakhai, Advertising Sales
510-915-1513 lnakhai@comcast.net


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

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


Contributing Writers:
Linda Sandsmark
Michael Singer
Gene Osotsky
Carl Medford
Terry Liebowitz
Amy Ramos
Linette Escobar
Thomas Lorentzen
Buzz Bertolero

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ARIES (March 21 - April 19): The changing season brings new experiences as well as challenges for the ever-adventurous Aries. Your social life expands, as do the opportunities at your workplace.




TAURUS (April 20 - May 20): That recent period of uncertainty has passed. You now can now feel more confident about making decisions, especially those that relate to an important personal relationship.




GEMINI (May 21 - June 20): Although you might be faced with a number of tasks on your to-do list, try to take time out to enjoy the arts. Music, especially, can be soothing to the sensitive soul of a Gemini.




CANCER (June 21 - July 22): A disagreement with a colleague or friend is best resolved with open and frank discussion. Trying to force the other party to see things your way is bound to backfire.




LEO (July 23 - August 22): That Leonine pride might be ruffled by a colleague's challenge to one of your pet ideas. But stop growling and listen. You could learn something that will work to your advantage.




VIRGO (August 23 - Sept. 22): Someone in authority might decide to select you as a candidate for a project that carries more responsibilities. Be prepared to show why you're the right choice for the job.




LIBRA (Sept. 23 - October 22): That new workplace problem should be dealt with as soon as possible. Leaving it unresolved for too long could lead to an even more unsettling and time-consuming situation.




SCORPIO (October 23 - November 21): You might have to do some fancy juggling to keep both your work responsibilities and personal obligations on track. But ultimately, you'll work it all out, as you always do.




SAGITTARIUS (Nov. 22 - Dec. 21): You might hear some upsetting things about a situation in your life. But don't be swayed by talk. Demand proof before making any decisions on the matter.



CAPRICORN (Dec. 22 - Jan. 19): Don't risk depleting those precious energy levels by taking on more tasks than you can realistically handle. Also, remember to ask for help when you need it.



AQUARIUS (Jan. 20 - Feb. 18): It might be difficult for the Aquarian who is used to giving advice to take counsel when offered. But it's a good idea to listen to what trusted friends feel you should know.



PISCES (Feb. 19 - March 20): Things might be a little unsettled as you move through a period of reassessment. But once you get your priorities sorted out, you should be ready to tackle an important decision.

● **Thursday, September 13: Healthy Living Festival**

United Seniors of Oakland and Alameda County present the 15th Annual Healthy Living Festival from 8 a.m. to 2 p.m. tomorrow at the Oakland Zoo, 9777 Golf Links Road, with health screenings, medication take-backs, musical entertainment and free entrance to the zoo. To register or for more info, visit www.usoac.org/

● **Friday, September 14: Mariachi Festival**

Join the fun from 4:30 to 9 p.m. this Friday on B Street at Hayward City Hall for the 2018 Mariachi Festival, with live music, food and beverages for sale.

● **Saturday, September 15: Coastal Cleanup Day**

The 34th Annual California Coastal Cleanup Day will be held this Saturday. Castro Valley Creek Cleanup will be from 9 to 11 a.m. For information or to sign up, contact Amy Evans at amy.evans@acrcd.org. Cleanup at Crown Memorial Beach will take place from 8:20 a.m. to noon. Visit www.ebparks.org/about/getinvolved/volunteer/events.htm for information. For a list of other Coastal Cleanup Day events in Alameda County, visit www.cleanwaterprogram.org/ and click on Volunteer Page under "Celebrate Our Bay."

● **Saturday, September 15: Eden Area Village Coffee**

Join us for coffee at the Cannery Cafe in the Hayward Area Historical Society, 22380 Foothill Blvd., at 9 a.m. this Saturday and learn how we are working together to help seniors remain in their homes and engaged in the community. Visit edenareavillage.org

● **Saturday, September 15: Salame Bocce Tournament**

The Buon Tempo Italian American Club will be hosting "The Ken Martin Memorial Big Salame Bocce Tournament" at the Adobe Art Center on San Miguel Ave. in Castro Valley this Saturday. All proceeds will be donated to the George Mark Children's House.

● **Saturday, September 15: Family Pancake Breakfast**

The Hayward Area Senior Center at 22325 North 3rd St., invites you to a Family Pancake Breakfast from 8:30 to 11 a.m. this Saturday. Admission is \$5 for adults, \$3 for kids under 12, free to seniors over 60.

● **Sunday, September 16: Sunday Band Concert**

Castro Valley Adult School's big swing band "In Full Swing" will be performing for the Hayward La Honda Music Camp fundraiser from 1 to 4 p.m. at Hayward Memorial Park, 24179 Mission Blvd. The La Honda Jazz All Stars will also be featured.

● **Tuesday, September 18: Rotary Topic: The Death Penalty**

Kathleen Scheidel, a local attorney who has worked for many years on capital cases in California, will describe her work on appeals, at the next buffet lunch meeting of the Rotary Club of Castro Valley from noon to 1:30 p.m. on Sept. 18 at Redwood Canyon Golf Course, 17007 Redwood Road. The cost of lunch is \$15 and reservations must be made by 9 p.m. Sunday, Sept. 16, at cvrotary@iCloud.com or by calling 510-402-5123. More info is available at castrovalleyrotary.org.

● **Tuesday, September 18: Observance of Yom Kippur**

Join Tri-Valley Cultural Jews for a secular, humanistic observance of Yom Kippur as they hold a Kol Nidre service from 7 to 8:30 p.m. on Sept. 18 at the Bothwell Arts Center, 2466 8th St in Livermore, with readings in English, a discussion and music. Suggested donation \$10 for non-member adults. For more info, call 92-485-1049.

...and Beyond

● **Wednesday, September 19: East Bay Rose Society Meeting**

Noted rosarian Darell Schramm will be featured at next Wednesday's meeting at 7:30 p.m. at the Lakeside Garden Center, 666 Bellevue, Oakland. Schramm's recent book, *Rainbow: A History of the Rose in California* describes the evolution of the rose from the earliest wild varieties to the nurseries of later decades which prepared the ground for California's world-class rose industry in the later 20th century. Join us and meet people who talk roses. For more information, visit www.eastbayroses.org

● **Wednesday, September 19: Learn About Consumer Fraud**

Seniors lose billions of dollars every year to scams. Learn how to avoid getting reeled-in by fraud aimed at seniors at a free presentation by Health Insurance Counseling and Advocacy Program (HICAP) of Legal Assistance for Seniors, from 11 a.m. until noon next Wednesday, Sept.19, at the Castro Valley Library. Topics include common scams and frauds that target seniors and practical tips on how to recognize scams and protect yourself. No registration is required.

● **Thursday, September 20: Hard-of-Hearing Phone Seminar**

The Aitken Senior Center at 17800 Redwood Road is holding a Clear Captions Telephone Seminar at 1 p.m. on Thursday, Sept. 20. Stop in for more information and a demonstration of a Caption Phone. If you have difficulty hearing on the telephone, this free phone can be a lifesaver. This is a federally funded program that provides free captioned phones to the hard of hearing.

● **Thursday, September 20: Youth Voices Write**

A youth writing event will be held in the Children's Area of the Castro Valley Library from 4 to 5 p.m. on Thursday, Sept. 20, to teach youth how to write letters and postcards to their elected representatives in partnership with the League of Women Voters. All are welcome to learn about literacy and civic engagement.

● **Friday, September 21: Annual Cop Shop BBQ**

The Alameda County Sheriff's Office will hold its 26th Annual BBQ from 5:30 to 9 p.m. on Sept. 21 at First Presbyterian Church, 2490 Grove Way in Castro Valley, with tri tip, chicken, hot links, salad, beverages and a dessert bar. For tickets (\$12 adults, \$6 children under 12) call 510-667-7770. All proceeds benefit the Sheriff's Cop Shop programs.

● **Friday, September 21: 'Day of Peace' Celebration**

The Eden Area Interfaith Council and the East Bay Regional Park District invites you to observe the International Day of Peace by joining in a celebration of peace with song, word, and prayer at the Cove Picnic Area at Lake Chabot from 6 to 7 p.m. on Friday, Sept. 21. After this celebration you are welcome to join a contemplative walk in the park.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for Center for the Arts events listed below are available online at www.cvcfa.com; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. (phone 889-8961), or at the Castro Valley Adult School, 4430 Alma Avenue.

● **Mark Mackay**, a blazing guitarist, evocative vocalist, and songwriter steeped in authenticity, will be presented by the Castro Valley Arts Foundation at 7:30 p.m. on Saturday night, October 13 at the Center for the Arts, 19501 Redwood Road. Mackay makes his stand at the crossroads of country music and rock-and-roll. Fronting a powerhouse band, Mackay rocks the room with rowdy charm and persuasive conviction. *For tickets, see above.*

● **Castro Valley Arts Foundation 2018-2019 Series**

From Country to Classics, tickets are on sale now for four additional concerts — **Pasquale Esposito**, **Vox Fortura**, **Johnny Cash Tribute** and **The Sun Kings**, plus the New Year's Eve Cabaret. Buy season tickets and save \$5 per ticket, free ticket exchange and best seat selection. *See ticket info above.*

OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"Once Upon a Mattress,"** the comic retelling of the classic Hans Christian Andersen story, *The Princess and the Pea*, opens with a preview performance at 8 p.m. tomorrow, Sept. 13 and runs through Sept. 30 at the Douglas Morrisson Theatre, 22311 N. Third St., Hayward. Showtimes are Fridays and Saturdays at 8, and Sundays at 2, with two shows — at 2 p.m. and 8 p.m. — on Sept. 29. For tickets (\$29, \$10 preview night), call 510-881-6777 or visit www.dmtonline.org

AT THE GALLERIES

● **2nd Annual Creative Veterans Exhibit** is on display at the Sun Gallery through Sept. 29, featuring artwork by local Veterans who participated in the Veterans Art Project, including visual storytelling, textile artworks, paintings, and collaborative community artworks. Sun Gallery is located at 1015 E St. in Hayward.

● **Chinese Calligrapher Shu-chen Chen**, who teaches calligraphy in the Bay Area, will demonstrate the technique of painting with bamboo brushes and will hand out brushes, ink and supplies needed for you to become a professional bamboo brush painter also, from 2 - 4 p.m. this Saturday, Sept. 8, at the Adobe Art Center, 20395 San Miguel Ave., Castro Valley. As always A.R.T., Inc. demos are free for everyone.

● **Loyal Americans: Japanese American Imprisonment During World War II**, an exhibition of artifacts and stories of people whose civil rights were violated, continues in the Special Gallery at the HAHS Museum of History & Culture through Oct. 28, at 22380 at Foothill Blvd in Hayward.

Submissions to The Forum

The Community Calendar is for publicizing the activities of non-profit organizations, local government agencies, charities and community groups. It is not intended to be used for the advertising of commercial events, whether admission is charged or free. Items for the Community Calendar as well as news submissions 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. Do not send flyers or posters as we cannot use them.

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ATHLETE OF THE WEEK

Rowdy Tellez

This week's Athlete of the Week is Rowdy Tellez, a former player of the Headfirst Baseball Academy, in Castro Valley. He was recently playing ball on a Minor League team, the Buffalo Bisons, but was called up to the Major Leagues with the Toronto Blue Jays, last Wednesday.

Tellez, played for the Head First Bercovich Gold team and was drafted by the Blue Jays in 2013. He is a left handed hitting first baseman that once won a home run derby, held at Castro Valley High School, while using a wooden bat.

Since hitting a double in his debut with the Blue Jays, Tellez went on a streak, and became the first player since 1913 to record six doubles over his first three games, and also became the first American League rookie to hit six doubles over a three game span, since Joe DiMaggio in 1936. In five games, Tellez has 6 doubles, 1 home run, 1 single, and 1 walk, with 4 RBIs, and 3 runs scored for a .444 batting average.

Tellez is the fourth Headfirst alum in the last two years to reach the Major Leagues.



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'Truth Act' Forum October 1

The Alameda County Board of Supervisors will hold a public community forum to provide information about access to people who were provided to the Federal Immigration and Customs Enforcement (ICE) agency last year by police agencies under the Board's jurisdiction.

The forum will be held at 1 p.m. on Monday, Oct. 1, in the Supervisors' Chambers on the 5th Floor at 1221 Oak St. in Oakland, in compliance with California law known as Truth Act.

The act, signed into law by Gov. Brown in 2016, requires the governing body of any county or city to hold a public meeting to provide information to the public about ICE's access to individuals by police, and to receive and consider public comment.

The public is invited to attend the forum or to view it online live by clicking the "Watch now" link on the Supervisors' website, www.acgov.org/board/.

For questions or information, call 510-208-4949.

CVHS TENNIS RESULTS

Mission San Jose 5, CV 2

SINGLES

1. Elena Lottich (CV) - Ashley Tsai 6-1, 6-2
2. Sandhya Balaji (MSJ) - Anya Mortensen 6-0, 6-0
3. Ria Kolala (MSJ) - Gaby Madison 6-4, 6-3
4. Hilary Lu (MSJ) - Lauren Leong 6-1, 6-1

DOUBLES

1. Kaitlyn Hsu / Lindsey Wen (MSJ) - Victoria Vitton / Marissa Chan 6-2, 5-7, 10-6
2. Brittany Tran / Cassidy Sun (MSJ) - Kele Fong / Alex Tam 6-1, 7-5
3. Paige Cason / Sammie Lee (CV) - Navy Rauavardu / Tshika Aggarwai 6-0, 6-3

CVHS FOOTBALL RESULTS

- Varsity lost 49-21 against James Logan away
- JV lost 16-8 against James Logan away
- Freshman lost 21-0 against Acalanes away



SPORTS NOTES

Cross Country Sign Ups

Sign ups are open for Castro Valley Track Club's cross country season. Thanks to its' Lake Chabot Trail Challenge, CV Track Club offers the cross country season without dues or cost for uniform, and will pay for the hotel cost at its USATF Junior Olympics Nationals in Reno, on Saturday, December 8. Practices are at local parks and Canyon Middle School. For details, click on JOIN page at www.cvtrackclub.com

Castro Valley Wrestling Club

The Castro Valley Wrestling Club is having a golf tournament fundraiser at Redwood Canyon Golf Course, on Saturday, September 22. For more information go to: www.planmygolfevent.com/32108-CastroValleywrestlinggolftournam

See's Candy Celebration

See's Candies, at 3344 Village Drive in Castro Village, will celebrate its one year anniversary next Wednesday beginning at 10 a.m. and continuing all day.

The first 100 customers who stop by will receive a free tote, and any every customer who makes a purchase of \$25 or more gets a free taste of See's candy box.

See's Candies was founded in Los Angeles in 1921.

Sewer: CV Inspections

continued from front page

sponsibility for the inspection and repair costs. The average cost for replacing an entire private sewer lateral runs from about \$4,000 to \$5,000, according to CVSan. The CCTV permit will cost \$230.

CVSan modeled this program after industry standards in place in such cities as Alameda, Berkeley, and Oakland.

Its purpose is to reduce the amount of rainwater entering damaged sewer laterals and ending up at the wastewater treatment plant during storms. This excess flow is more than the system was designed to handle and results in the plant unnecessarily treating rainwater.

For more information on the PSL Program, visit www.cvsan.org/PSL.

MAC: Village

continued from front page

The MAC expressed that they wanted to maintain the Village as a shopping hub and Crawford also expressed concern about the parking burden medical uses might have, as people tend to stay at a doctor or dentist far longer than they would a shop or restaurant.

Because the proposed possible offices would not be along Castro Valley Boulevard or Redwood Road, the MAC approved the use.

THE FORUM CROSSWORD

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
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39	40	41			42	43			44	45	46	47
48					49				50			
51					52				53			
54					55				56			

ACROSS

- 1 Sandwich shop
- 5 Glazier's sheet
- 9 Wapiti
- 12 Culture medium
- 13 Winged
- 14 Evening hour, in a way
- 15 Folded entree
- 16 Thy
- 17 Every iota
- 18 Paradise
- 19 "Monty Python" intro
- 20 Grooving on
- 21 Biddy
- 23 Always, in verse
- 25 Watermelon-shaped
- 28 Dodges
- 32 Stash excessively
- 33 Privately funded film
- 34 Confesses
- 36 Not quite
- 37 Conger, e.g.
- 38 Mex. neighbor
- 39 Big fish story?
- 42 Anvil location
- 44 Wading bird
- 48 Vessel from way off
- 49 Data
- 50 Prescribed amount
- 51 Exist
- 52 Celebrity
- 53 One of HOMES
- 54 Ph. bk. data
- 55 "-- Breckinridge"
- 56 Monstrous loch?

DOWN

- 1 Appointment
- 2 "Zounds!"
- 3 Chantilly, e.g.
- 4 Old locomotives
- 5 Footing the bill
- 6 Oodles
- 7 Seasickness symptom
- 8 Blunder
- 9 Author Hunter
- 10 Catchy tune
- 11 Narc's measure
- 20 Heavy metal band
- 22 Provide
- 24 Satan's doings
- 25 Discoverer's cry
- 26 Package adornment
- 27 PC linking system
- 29 Bachelor's last words
- 30 Insult (Sl.)
- 31 Prepared
- 35 Ample
- 36 Dawn
- 39 Senor Peron
- 40 Frizzy 'do
- 41 Troubles
- 43 Somewhere out there
- 45 Drill
- 46 Mrs. Osiris
- 47 Spots
- 49 Doctrine

ANSWERS ON PAGE 9

Lipoprotein(a), also known as Lp(a), poses a high risk of early cardiovascular disease.



Heart Disease Risk Even Your Doctor May Not Know About

If you're like most people, you're familiar with LDL (low-density lipoprotein) and HDL (high-density lipoprotein), particles in the blood that carry what is often referred to as "bad" and "good" cholesterol.

There is, however, another lipoprotein particle you should be aware of: lipoprotein(a), also known as Lp(a), which poses a high risk of early cardiovascular disease.

The Danger

High levels of Lp(a) travel through the bloodstream and enter into the arteries, leading to gradual narrowing of the artery that can limit blood supply to the heart or

brain. This increases the risk of blood clots, heart attack, stroke and aortic stenosis.

Lp(a) is the most prevalent genetic risk factor for coronary heart disease and aortic stenosis. One in five people have inherited high Lp(a)—63 million in the U.S. Anyone with a parent with elevated Lp(a) has a high risk of inheriting it.

People with high levels of Lp(a) can be at risk even if they're physically fit and have "normal" LDL and HDL cholesterol levels.

Unfortunately, for many, the first sign of the disease is a heart attack or stroke.

A Simple Test

The good news is a simple blood test measures Lp(a) concentrations, though it's not included in most standard lipid panel tests. Current cholesterol guidelines miss 8 percent of people who have a cardiovascular event whose only risk factor is high Lp(a).

Knowing Lp(a) levels could be the first step in preventing up to 120,000 cardiovascular events in the U.S. every year.

Three Easy Steps

1. Recognition: Test everyone for high lipoprotein(a) once in their lifetime.

see **HEART** on back page

Foot Bumps? Put Your Best Foot Forward

By Dr. Michael Coyer
SPECIAL TO THE FORUM

Bumps on feet can signal serious or nonserious conditions, so it's best to have all bumps properly examined by a foot and ankle surgeon.

The most common type of foot bump, ganglionic cysts, are soft, harmless, fluid-filled sacs found on the tendons and joints of the foot.

Ganglionic cysts can be caused by a leaking of jellylike fluid from the "capsule" surrounding the joint or tendon and may be on the top of the foot, near the ankle joint or even on the side of the foot. The cyst won't disappear on its own and the

best way to prevent recurrence is to have it surgically removed by a foot and ankle surgeon.

Plantar fibromas are another type of harmless bump found on the foot. Plantar fibromas are fibrous, hard bumps found within the ligament of the foot and are common in the arch area on the bottom of the foot. Nonsurgical treatments, such as steroid injections or orthotic devices, may relieve symptoms.

Surgical removal is an option for people who still have pain after trying nonsurgical approaches.

Foot bumps suspected of being something more serious are biopsied for proper diagnosis. If it is cancer, the foot and ankle sur-

geon will remove the mass working with an oncologist for further treatment.

Foot bumps don't go away on their own. The sooner a bump is properly evaluated, you can have peace of mind, move forward with treatment and resume everyday activity.

For more information on foot bumps or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the American College of Foot and Ankle Surgeons' patient education website.

Dr. Coyer is a foot and ankle surgeon and an Associate Member of the American College of Foot and Ankle Surgeons.

—North American Precis Synd., Inc.

How Lack of Sleep Can Affect Your Work Productivity, Safety

It's time for America's workforce to wake up.

If you are one of the tens of millions of adults sleeping fewer than seven hours each night — the amount recommended by the American Academy of Sleep Medicine (AASM) — you are likely jeopardizing performance, increasing accident risks and putting everyone in danger during commutes.

Getting enough sleep every night is key to improving productivity, safety and quality of life.

Tips to Make Sleep Work for You

- Don't burn the midnight oil

Working late nights might impress your boss, but restricting your sleep can lead to trouble making decisions, solving problems, controlling emotions and more, severely affecting your productivity at work.

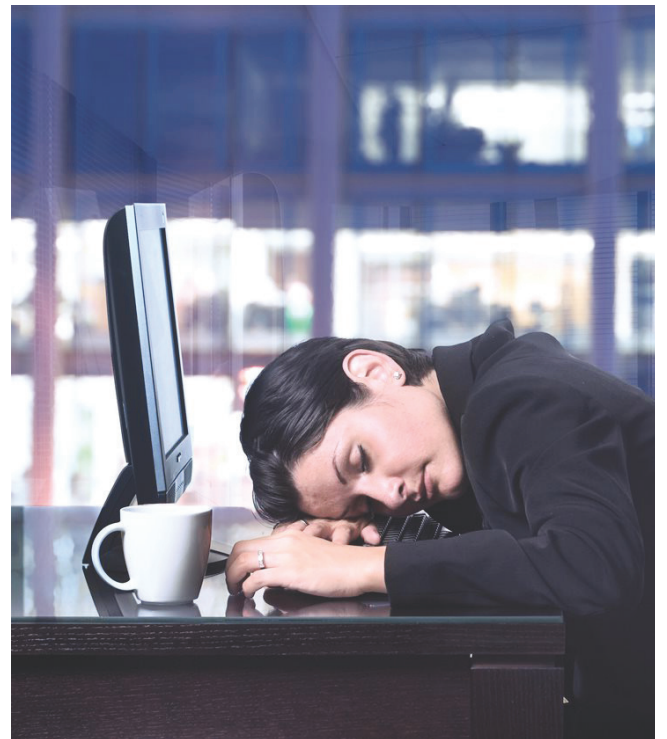
The National Safety Council reports that workers who sleep fewer than six hours per night cost employers six days a year in productivity.

- Sleep for safety

Workers who sleep less than six hours per night are also at higher risk for injury, according to the Sleep Research Society. Cognitive and motor performance impairments caused by sleep deprivation can be comparable to drinking alcohol.

If you make it a daily priority to recognize the signs of fatigue before, during and after work, and refuse to drive drowsy, you can reduce the risk of serious injury for yourself and others.

This may be especially true if



SLEEP FOR BETTER PERFORMANCE: The National Safety Council reports that workers who sleep fewer than six hours per night cost employers six days a year in productivity.

you work a job that involves manual labor or heavy machinery.

- Strategies for non-traditional work hours

Some of the more high-risk professions involve working irregular hours.

Shift workers — nurses, law enforcement officers, emergency responders, transportation operators and others — work overnight or early morning hours with irregular or rotating shifts, causing upheaval in the body's circadian rhythm and natural sleep/wake cycle.

According to the AASM, shift workers may sleep up to four fewer hours per night than those working traditional hours, increasing the risk for injuries, accidents and drowsy driving. The CDC reports that serious long-term health problems are a concern, too.

However, there are ways for shift workers to combat this problematic sleep schedule.

Tips for Wake Time

- Avoid exposure to sunlight if you need to sleep during the day, see **SLEEP** on back page

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REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Building Costs Soar, Grounding Housing Projects

What do recent California wildfires, skilled labor shortages and tariffs on offshore goods have in common?

They are all contributing to dramatic increases in local construction costs.

We're frequently asked for the price-per-square-foot to build additions to existing properties or construct custom homes. As little as two years ago, we were answering with costs between \$150-\$200 square foot. Unfortunately, those numbers are now significantly higher.

A recent article by construction consultants Turner & Townsend states, "The five most expensive locations (to build) are New York, San Francisco, Hong Kong, Zurich, and London."

Since San Francisco's build-

ers rely on the same labor pool and material suppliers as the remainder of the Bay Area, it goes without say that costs are high in the entire region.

Currently, numerous sources cite the price per square foot at well over \$300 and, in some cases, more.

The effect of these high prices is dire: approved housing projects that would have made sense to build a few years ago are no longer economically viable. It is a problem facing both ends of the development spectrum, from large companies hoping to construct multi-family units to individuals hoping to build their dream home.

There are four primary factors affecting building costs:

Skilled labor shortages.

As reported here in the past, California is facing a skilled-la-

bor crisis. Retiring construction workers are not being replaced in adequate numbers, as young people are choosing other career paths. Consequently, labor for many projects is imported from outside the state and placed in temporary housing.

Other workers, unable to afford local housing with their current wages, are driving in from hours away.

Material shortages.

Rebuilding efforts after recent wildfires have caused significant building material shortages, resulting in increased costs.

Increasing Tariffs.

Twenty percent tariffs levied on imported Canadian lumber and Chinese products such as granite and plywood are hitting the US housing market square in the pocketbook.

Increasing Fees.

A recent construction cost study from the Turner Center for Housing Innovation at UC

CASTRO VALLEY HOUSE RENTAL NEEDED!

I am a native of Castro Valley, and my business partner really likes the area and wants to move here. Currently, he is commuting between Bakersfield and San Leandro, which is too much travel, so he has asked me to help find him a house here.

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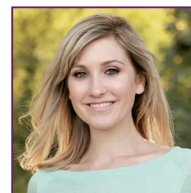


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The unobstructed panoramic bay views and excellent commuter location, make this Hayward Hills home one of the most desirable properties in the Bay Area. This stunning Woodland Estates home offers 4 bedrooms, 3 bathrooms, and 3,237 square feet of living space. The expansive kitchen is built to impress the pickiest of chefs with stylish finishes including cherry cabinets and sleek granite counters. The thoughtful placement of plentiful windows throughout the main living area bring the outside in. The outdoor space is equally impressive with an expansive view deck, Koi pond, and hot tub in which to enjoy the tranquil vistas! Welcome home to one of the Bay Area's finest homes and neighborhoods!



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Berkeley cites lengthy and complex city processes, increasing building code and design requirements, tightening work-force and procurement rules and compliance with compounding environmental regulations all adding substantially to building

costs.

It's a difficult pill to swallow in a region already noted for extremely high housing costs. Adding insult to injury, escalating building costs are forcing some builders to pull out completely, further exacerbating the

issue.

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.

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Plant or replant lawns now through October. Seed will germinate if soil is kept moist, and new sod will bond to the soil quickly. De-thatch and aerate hard-packed soil, fertilize to carry the grass through the winter.

Control Powdery Mildew

This white powdery disease infects a number of plants including many

vegetables, roses, dahlias and zinnias. Spray foliage with a mixture of 2 teaspoons baking soda, 2 teaspoons light horticultural oil and 1 gallon of water, or dust with sulfur at the first sign of damage (but do not apply to melons and squash or, during very hot weather, to roses).

Tomatoes

Pinch off new blossoms of tomatoes to force growth into the fruits that have already set. Fruit that sets from now on probably won't ripen sufficiently before cool weather arrives. But let cherry tomatoes continue setting, because they ripen quickly.

What to Plant

Plant trees, shrubs, perennials and groundcover now while the soil is warm, to encourage the roots to become established before going dormant for the winter. Set them out in the cooler, later afternoon or evening and water them with a mild solution of a balanced fertilizer to promote new root growth and reduce transplant shock. Add mulch to protect roots from late-summer heat.



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SLEEP IN HEAVENLY PEACE

Organization Takes Over Barn, Builds Bunk Beds for Children

"No Kid sleeps on the floor in our town!" is the tag line for a new non-profit organization coming to Alameda County called Sleep in Heavenly Peace (SHP).

Founded in Idaho in 2012, SHP is a charitable organization providing handmade bunk beds for children who don't have beds of their own.

"I was surprised at the number of kids who don't have a bed of their own," says Castro Valley resident Rob Normann, who is starting this local Bay Area chapter. "Kids either sleep on the floor or share a bed with their siblings and I thought if the need is this great in Idaho it has to be just as great in the Bay Area where families struggle with the high cost of housing."

"So many great charities provide clothing, meals and toys to families, but few organizations offer suitable beds and bedding to the kids in these families," Normann says. "All children deserve a safe, comfortable place to lay their heads. Across the U.S. many children go without a bed to sleep in which affects their health and ability to focus in school."

Earlier this year Normann viewed a Facebook show hosted by Mike Rowe who is known for "Dirty Jobs," "Somebody's Gotta Do It," and Ford commercials. In the show "Returning the Favor," Rowe finds people doing good deeds in their communities and does something for them in return.

The program that made such an impact on Normann told of a man in Twin Falls, Idaho who created



PHOTO COURTESY OF ROB NORMANN

BUNK BED BUILDERS, starting in front, Stacey Brown, Karen Norton, Samantha Brown, Joshua Brown, Craig Brown, Rob Normann, Paul Beck, Andy Swartzell, and Cindy Swartzell.

the non-profit organization called Sleep in Heavenly Peace.

So moved by the program, Normann drove to Twin Falls to learn how he could start a local chapter in Alameda County.

Since then, he has assembled a team of volunteers dedicated to providing beds to children and families in need. Over the last several months the SHP Alameda County team has been converting an old barn on the property of Crosswinds Church in Livermore into their workshop to build bunk beds.

The newly converted barn will be used to host "Build days." SHP will partner with organizations, churches, business and individuals to volunteer to build, assemble and deliver beds.

The group also has plans to "go mobile" by bringing a mobile workshop to local companies and community groups who want to sponsor and build beds at their location.

The renovated barn is ready and the public is invited to attend an "Open Barn" from 4 to 7 p.m. on Saturday, Sept. 29, when visitors can explore the workshop, learn more about SHP, enjoy smores and participate in a silent auction to raise funds to build beds for kids.

To learn more about SHP, to request a bed, or to donate specifically to the Alameda County Chapter, visit shpbeds.org. If you would like to explore volunteering or setting up a "build day" for your business or organization contact rob.normann@shpbeds.org.

Attempted Stabbing of Congressional Candidate

A Republican Congressional candidate who had a promotional booth at Sunday's Castro Valley Fall Festival was attacked by a man with a knife, according to the Alameda County Sheriff's Office.

Deputies assigned to the festival contacted the victim, Rudy Peters, at his booth at around 3:45 p.m. on Sunday.

Peters told officers that a man, later identified as Farzad Faze-

li, 35, approached the victim in an aggressive manner and made disparaging remarks about his political party, according to Sgt. Ray Kelly of the Alameda County Sheriff's Office.

During the incident, Fazeli is thought to have pulled out a switchblade, but the knife malfunctioned and didn't open. Peters and Fazeli then got in a brief struggle before Fazeli ran off.

Fazeli initially fled the area but was found a short time later with the knife in his possession. He was arrested for felony assault, criminal threats, brandishing a weapon, and possession of a switchblade.



Fazeli

Reports: Assault and Methamphetamines

continued from page 3
arrest after brandishing a deadly knife and making violent threats to passersby. Deputies arrived on the scene near a bank on Castro Valley Boulevard. The man was disarmed and taken into custody.

Assault and Battery

Wednesday, September 5: at 7:20 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to an apartment on Center Street near Grove Way. There, they arrested a 41-year-old woman from Castro Valley on

suspicion of assault and battery. The woman was taken into custody. The victim was treated at the scene.

Driving on Drugs

Tuesday, September 4: at 11:05 a.m., deputies arrested a 42-year-old woman from Castro Valley on suspicion of driving under the influence of drug, possession of methamphetamine drugs, assault on a family member, violating the terms of her parole, and reckless driving. The woman was hanging out in a motel parking lot on the Boulevard near Stro-

bridge Avenue. The woman was taken to Santa Rita Jail and held without bail.

Spousal Assault

Monday, September 3: at 1:51 p.m., a 38-year-old man from CV was arrested on suspicion of spousal abuse. Deputies were called to a business on the Boulevard near Wilbeam Avenue to investigate a domestic assault charge. The man also had an outstanding award for his arrest. Deputies handcuffed the man and took him to Santa Rita pending \$15,000 in bail.

Huge Bay Area Pet Fair This Weekend

Pet lovers are invited to the Alameda County Fairgrounds this weekend, for festivities billed as the nation's largest pet party and adoption event. The Bay Area Pet Fair is expected to have over 2,000 adoptable animals available, including dogs, cats, bunnies, small animals and more.

The animals will be brought in from some 70 shelters and rescue groups around the state, to give them the best opportunity to find lasting homes. The event and parking are free. Other activities include live music, entertaining shows, demonstrations and samples.

Well-behaved pets on leash are welcome. The Bay Area Pet Fair will be open from 10 a.m. to 5 p.m. both Saturday and Sunday. Alameda County Fairgrounds are located at 4501 Pleasanton Ave., Pleasanton.

For more information see www.bayareapetfair.org

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RECENT HOME SALES

Castro Valley

17995 Beardsley Street	94546: \$925,000 3 BD - 1,374 SF - 1950
18848 Cameo Court	94546: \$975,000 3 BD - 1,824 SF - 1975
18602 Capricorn Court	94546: \$1,042,000 4 BD - 2,356 SF - 1965
19177 Carlton Avenue	94546: \$1,340,000 4 BD - 4,282 SF - 1940
4567 Cristy Way	94546: \$990,000 3 BD - 1,921 SF - 1957
19400 Garrison Avenue	94546: \$775,000 3 BD - 1,368 SF - 1960
4452 Stanford Avenue	94546: \$730,000 3 BD - 1,002 SF - 1950
19116 Stanton Avenue	94546: \$825,000 3 BD - 1,360 SF - 1955
20626 Yeandle Avenue	94546: \$900,000 4 BD - 1,676 SF - 1955
5881 Cold Water Drive	94552: \$1,045,000 4 BD - 2,169 SF - 1972
21600 Pheasant Woods Drive	94552: \$949,000 3 BD - 1,880 SF - 1989
3509 Timco Court	94552: \$847,000 4 BD - 1,546 SF - 1993
21320 Timco Way	94552: \$867,000 4 BD - 1,741 SF - 1990
18673 West Cavendish Dr.	94552: \$1,287,000 4 BD - 2,492 SF - 1978

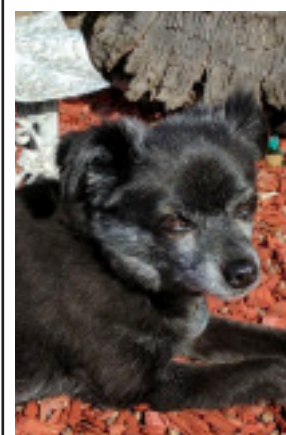
TOTAL SALES:	14
LOWEST AMOUNT:	\$730,000
HIGHEST AMOUNT:	\$1,340,000
MEDIAN AMOUNT:	\$937,000
AVERAGE AMOUNT:	\$964,071

San Lorenzo

1647 Keller Avenue	94580: \$737,000 3 BD - 1,720 SF - 1952
353 Peach Drive	94580: \$830,000 3 BD - 1,381 SF - 1967
17635 Via Segundo	94580: \$695,000 3 BD - 1,108 SF - 1944
15955 Via Toledo	94580: \$600,000 3 BD - 1,417 SF - 1951

TOTAL SALES:	4
LOWEST AMOUNT:	\$600,000
HIGHEST AMOUNT:	\$830,000
MEDIAN AMOUNT:	\$716,000
AVERAGE AMOUNT:	\$715,500

MISSING DOG



TOBY, an 11-year-old male Chihuahua-Papillon mix, has been missing since Aug. 31. Last seen on Chateau Court and Thousand Oaks. Wearing a collar. If you have any information please call or text to 510-828-2383.

OPEN HOMES

SATURDAY & SUNDAY
SEPTEMBER 15TH & 16TH

CITY	SAT	SUN	ADDRESS	PRICE	BDRMS/BATHS	REALTOR	AGENT	PHONE
A	—	2-4	13892 Lark St.	\$625,000	2/2	Rinetti & Co. RE	Earle Shenk	510-220-6407
A	—	2-4	521 Victoria Ct.	\$635,000	2+1	Rinetti & Co. RE	Earle Shenk	510-220-6407
A	—	1-4	3835 Carmel Wy.	\$658,000	3/1	Re/Max Accord	Lovewell Team	510-351-5555
A	—	2-4	691 Chetland Rd/	\$825,000	3/2	Rinetti & Co. RE	Carrie Miles	510-735-5223
H	1-4	1-4	3660 Oakes Dr.	\$1,095,000	4/3	Berkshire Hathaway RE	Julie Courtney	925-989-1669

CITY GUIDE

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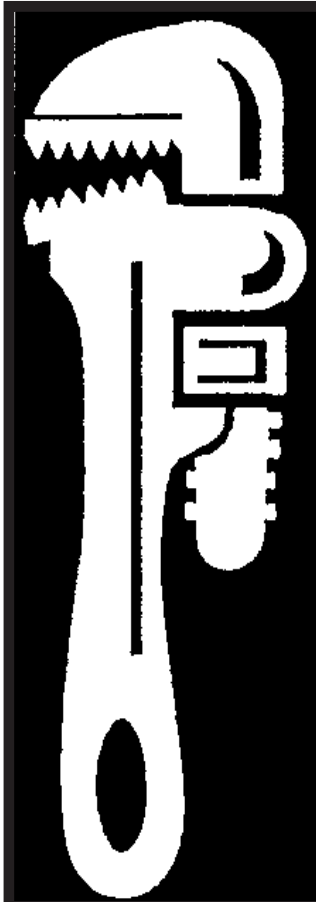
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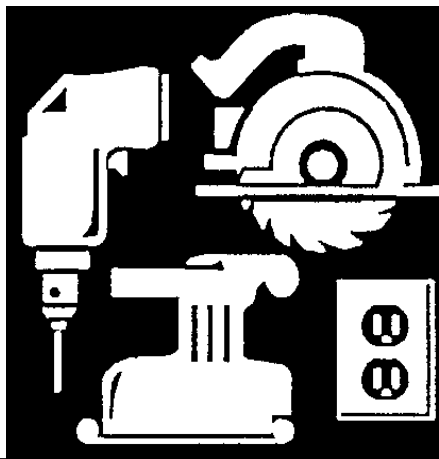
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LETTERS

TO THE EDITOR
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Scores CVSan Board Vote on Sewer Inspection Program

Editor:

The Castro Valley Sewage Department (CVSan) Board of Directors approved (5-0) the Inspection-Upon-Sale program at its Sept. 4 Board Meeting.

There was overwhelming public opposition to this program: All speakers at a number of Board Meetings opposed the program. Most speakers at a Town Hall Meeting opposed the program. Most public comments to CVSan opposed to the program. Most Forum Letters to the Editor opposed the program.

The Castro Valley MAC at several meetings strongly opposed the program, and voted 5-0 against the program. A task force, composed of many qualified members of the community, opposed the program. The task force offered an alternative program to specifically address CVSan's catastrophic inflow and infiltration (I&I) problems.

The problem with the Inspection-Upon-Sale program is that it does not address the most severe sources of the I&I problem. CVSan is aware of the problem areas but refuses to require the problem sewers be repaired or replaced.

The other problem with the Inspection-Upon-Sale program is that it is extremely costly to the seller/buyer of real property. A home that passes the inspection test will cost the seller/buyer over \$2,000 (bid I received from a CVSan approved contrac-

tor). A home that fails the test will cost the seller/buyer \$5,000 to \$10,000 or more to replace the sewer.

It is blaringly apparent that the Board of Directors works for the General Manager, not the ratepayers. Lynn Levin suggested that the "very inept CVSan Board needs to be reconsidered come election time!" ("Distressed Over CVSan's Point-of-Sale Lateral Checks" Letters Aug. 29). I agree with that suggestion. Unfortunately, no member of the Castro Valley community is running against two of the incumbents this year. Melody Appleton and Ralph Johnson will be automatically reelected to their Board positions for another four years. So Sad!

—Ken Owen, Castro Valley

Let Free Market Determine if CV Wants Dispensaries

Editor:

The answer to whether Castro Valley residents want cannabis dispensaries in town can be determined without presumptive letters and petitions to the MAC and Nate Miley.

I couldn't tell you if the majority of voters that legalized cannabis in the state is reflected in CV or not. But, now that cannabis is (mostly) legal, let the free hand of the market decide if dispensaries should be in Castro Valley.

For better or worse we are in a Trump-era of deregulation. If Castro Valley residents don't want local dispensaries, the business will fold. Residents voting-with-their-dollar prove what "we" want or don't want.

Furthermore, local dispensaries are not going to bring cannabis to Castro Valley. Anybody looking hard enough can realize that it is already here. Also, it is not going to attract other "users" from adjacent communities since our neighboring communities already have their own local dispensaries....

the dispensaries where CV residents make their purchases.

—Joe Lamberti, Castro Valley

Castro Valley Needs More Desirable Places of Business

Editor:

As a longtime resident of Castro Valley, I have seen the changes that occur in our town. However, these changes have not been for the greater good.

I think most would agree with me when I say that besides coffee shops and fast food, Castro Valley residents have to travel to other cities in order to get basic things or have a fun night out.

Instead of bringing in more mediocre, fast food restaurants we need to be bringing in more desirable places of business that will attract more people to Castro Valley, provide more job opportunities, and make people who live here want to stay here!

The reason it takes so long for a new project to start development is because it only takes one person to complain (you know who you are) for it to be canceled and we end up with another burger joint and a second Safeway which is *not* what we need.

To those of you who complain I want you to think about what is best for Castro Valley and residents as a whole instead of making a selfish decision that impacts everyone.

—Liz Lange, 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. We do not withhold names or publish unsigned letters.

Email letters to: fredz@ebpublishing.com

or mail to: The Forum

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

Obituaries

Sandra Lonnie
Nakaya

Sandra Lonnie Nakaya, born in Oakland to Tung Kin and Lan Fong Lau, passed away peacefully on the morning of Saturday August 25th,

2018 with family and friends at her side. A graduate of Oakland High School, she also attended the University of California at Berkeley and Sacramento State, studying the new field of forensic sciences.

Sandra spent the rest of her life in very diverse careers. Previously employed as a Pharmacy Technician at Kaiser Hospital in Oakland and as a Paralegal for a tax law firm in San Francisco, she later owned her own automotive repair business with her husband. After they sold their business, Sandra was semi-retired and volunteered her time at the Marine Mammal Center and the Oakland Zoo. Her retirement was short lived as Sandra went back into the work force in the roofing industry.

When Sandra was not working, she enjoyed many diverse activities, including: cooking (and eating good food!), skiing, competition and skeet shooting, biking, yoga, playing the flute, learning how to speak Japanese, traveling, listening to K-pop and Japanese heavy metal music, attending Shakespeare and musical theater performances, having regular get togethers with long time friends, white water rafting, sky diving, and last but not least, dragon boat racing. Sandra was an avid member of the Bay Area Dragons for the last 16 years of her life. She excelled in this sport and she made many life-long friendships from this part of her life. Being a member of this team brought out Sandra's competitive spirit. She also worked out regularly with a trainer to keep her body in shape for this sport. Sandra competed in world events and enjoyed vacationing after these events to see these venues to the fullest.

Sandra previously had a battle with breast cancer which returned with a fury and she passed away suddenly. She touched many lives with her competitive spirit and positive outlook on life.

Sandra is survived by her sister Lana Lau of San Leandro, many cousins in Alameda and internationally, and her former husband and friend for 40 years Douglas Nakaya of Castro Valley. We will all miss her positive attitude and kind spirit.

A Celebration of Life service will be held on Saturday, September 22, at 10 a.m. at Jess C. Spencer Mortuary located at 21228 Redwood Road, Castro Valley, CA 94546.

In lieu of flowers, donations may be made to the American Cancer Society in Sandra's name.

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Alga, Gene Anthony
Nakaya, Sandra Lonnie
Morosky, Michael Thomas
Turner, Scott

■ Morosky, Michael Thomas, resident of Castro Valley passed on September 4, 2018 at age 61. Services will be held on Saturday, Sept. 22 at 9 a.m. at Chapel of the Chimes Hayward, 32992 Mission Blvd., Hayward.

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Scott Turner

August 19, 1976 ~ August 19, 2018

Scott Turner was born in Castro Valley on August 19, 1976, the son of Joyce (Dusty) and Steven Turner had his life taken on his 42nd birthday, August 19, 2018.

Scott is survived by his son Caleb, his mother Joyce, father Steven, his sisters Stacey Ashton and Keri Turner, nieces Haley and Kane Ashton, Mikayla Thomas-Turner, his son's mother Dianna Lumsey and great nephew Theo Ashton.

Scott lived a full life at his residence in San Francisco. He regularly provided food, clothing and bedding to the less fortunate. Scott held a deep affection for his family. He frequently visited the family home to work with his father on their property. Scott's departing words were ALWAYS "I love you". Scott's life was abruptly ended by an unknown assailant. Scott is deeply loved by his family and friends. The loss of his shining spirit will be sorely missed.

Celebration of life will be held at a later date.



Obituaries

CASTRO VALLEY FORUM OBITUARIES

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

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Gene Anthony Alga

Gene Anthony Alga was called home to Our Lord on September 7, 2018. He grew up in Oakland, attended Castlemont High School, married his wife Nancy in 1965, and moved to Castro Valley in 1970. Gene

will be sorely missed by Nancy, son David, and David's fiancée Kayle Loftis and her family, his sister Patricia Runion (husband John), his niece Tammy (husband Dan) and nephews Tony, Will (and Cierra), and Devin, many close cousins, his best friend Mel Speed and wife Dayna, and their daughter, Tori Speed. He was a devoted son to his parents Tony and Emily Alga. Gene was employed by Alameda County Communications for 28 years and enjoyed community volunteering ... everywhere!

Services will be held Saturday, September 15th at 10:30 a.m. at Church Of The Transfiguration - 4000 East Castro Valley Blvd. in Castro Valley. No flowers please.



PHOTO BY LINDA SANDSMARK

REMEMBERING 9/11: Veterans of Foreign Wars Post 9601 held a Patriot Day remembrance ceremony Tuesday morning at Castro Valley Community Center's Veterans Memorial. Air Force Maj. Daniel Lawrence and Army Col. John McPartland spoke, offering prayers for first responders and citizens who lost their lives on Sept. 11, 2001. They also honored service members both past and present, and reminded those gathered that we must all remain vigilant in the fight against terrorism.

COMMENT

CV's Journey to a Multi-Tiered System of Supports for Students

By Parvin Ahmadi
SPECIAL TO THE FORUM

Castro Valley Unified School District continues its commitment to addressing the academic and social emotional needs of our students through a Multi-Tiered Systems of Support (MTSS).

MTSS provides the best possible opportunities for students to excel and reach their goals. We believe that each student is unique and has diverse academic and socio-emotional needs.

Toward that end, parents and students may notice new bell schedules, behavior management techniques and teaching methods. They will notice additional counselors and social workers as well as more outreach to parents.

We appreciate the support of our families as we continue on this journey to support all students.

Families have heard terms such as PBIS (Positive Behavior Intervention Supports) and RtI (Response to Intervention) for the last several years. When a school district has a robust Multi-Tiered Systems of Support (MTSS), these systems come together in perfect unison to support the needs of all students.

MTSS is an integrated, comprehensive framework that

focuses on California's academic standards, instruction, differentiated student-centered learning based on individualized student needs. It also aligns the systems necessary for all students' academic, behavioral, and social-emotional success.

So, what is RtI?

Response to Intervention (RtI) focuses on teachers collaborating around data to identify the specific needs of each student in order to design lessons and ensure students are reaching proficiency in academic subjects.

RtI includes three (3) tiers. All students receive high quality instruction in class, which is tier 1 of RtI. The second tier is made up of targeted resources for smaller groups of students who may need added support with grade-level standards. The third tier includes individualized, targeted lessons



and supports designed to help bring up students who are below grade-level academic standards.

Teachers teach their own students in the first tier of instruction. Then two or three times a weeks (depending on each school's model and schedule), students attend tier 2 and/or 3 intervention taught by teachers in the grade level or subject area, Intervention Specialists and/or other staff.

For the last three years, our teachers and staff have committed a great deal of time learning new curriculum, new instructional strategies and have made a concerted effort to ensure that students feel a sense of belonging and know that they have many advocates in and out of school.

We are proud of every one of our students and believe in supporting their individual needs. ALL means ALL.

Parvin Ahmadi is Superintendent of the Castro Valley Unified School District.

Count Me In: Importance of Fundraisers

By Amy Ramos
CASTRO VALLEY FORUM

'Tis the season for fundraising.

We will all start to see the posts inviting us to eat somewhere, attend an event, or sponsor. Please do so when it is for your school, another school in your community, or a foundation.

These fundraisers are vital to organizations and without them our PTAs cannot provide services and

fun, while our foundations cannot give grants.

Volunteering time is only one part of an equation to serve our schools and providing monetary support to help with goals is another.

A simple way to help with these efforts are to look for your friends and family posting about dine nights! When attending, don't forget to let the cashiers know you are there for the fundraiser!

Other ways to help out are to attend or sponsor events and to look for grant opportunities or matching donation opportunities and send them in to your school site. Any help is appreciated.

I hope to see you at an upcoming dine night!

Amy Ramos is a resident of Castro Valley, and president of Stanton Parent Club and a School District parent. You can contact her at adramos@mac.com

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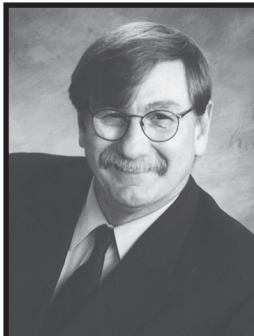
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Heart: Lp(a)

continued from page 9

2. Prevention: If you have high Lp(a), work with your physician to develop an aggressive prevention plan.

3. Vigilance: People with high Lp(a) levels should be aware of stroke and heart attack symptoms.

"Fit, healthy people can inherit genetic factors like high Lp(a) that cause early heart disease," said Dr. Henry N. Ginsberg, the Irving Professor of Medicine at Columbia University. "Research continues to show the significance of Lp(a) as an independent, genetic risk factor for cardiovascular disease."

The Lipoprotein(a) Foundation's mission is to empower patients to prevent cardiovascular events and support research into a specific treatment for elevated lipoprotein(a).

"We are advocating that Lp(a) testing be added to the standard cholesterol test to increase the rate of early diagnosis and provide a more accurate prediction of risk," said Sandra Reville Tremulis, founder of Lipoprotein(a) Foundation.

For more, visit: TESTLpa.org.

—North American Precip Synd., Inc.

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Survey: What's the Number 1 Reason People Attend High School Reunion?

What's the No. 1 reason people go to their high school reunion?

The answer lies in the first-ever ClassFinders.com High School Reunion Survey which got feedback from more than 10,000 respondents.

With 95% of reunions occurring from August to December, this is a time which conjures up all sorts of emotions such as fear, joy and excitement.

It is a chance to reunite with old friends with whom you may have lost touch.

Late bloomers and nerds may

want to show off how successful and good looking they've become, and class bullies may seek to atone and show how they've matured.

Some may even seek to reconnect with an old flame.

Here are a few key findings:

No. 1 reason (22%) people go is to "see how others have changed," while only 2% went to impress people with how they turned out.

The reunion itself doesn't cost much for attendees. Over 50% said it cost less than \$50. Travel expenses are a factor however, as 40% have to fly or drive more than

3 hours and 47% did not have family or friends to stay with.

The No. 1 reason (30%) people *don't* go is travel; while only 6% were "embarrassed how they turned out."

Other statistics:

- 87% of reunions had less than half of the class attend.

- 65% of reunions had 5 or more people organizing it.

- 52% of reunions took 6 or more months to plan

To view the complete survey, visit www.classfinders.com/high-school-class-reunion-survey/

Sleep: Strive for Minimum of Seven Hours

continued from page 9

and wear sunglasses if you must go outside.

- Use moderate amounts of caffeine in the early part of your shift.

- Use public transportation, rideshare or take a cab, or arrange rides from friends or family after a work shift.

- Take a 20- to 30-minute nap during a work break or before a night shift.

- Get help from a sleep specialist to reinforce your body clock with strategically timed bright light therapy.

Tips for Sleep Time

- Avoid caffeine and alcohol in the hours before you go to bed.

- Plan for any major changes in your shift schedule by altering your sleep time a few days in advance.

- Try to keep the same schedule on workdays and days off and create an effective "wind down" routine before going to bed.

- Keep your bedroom at a cool temperature, turn off all electronics and only do relaxing activities like reading or journaling.

Use the National Healthy Sleep Awareness Project's bedtime cal-

culator, which helps you find your ideal bedtime based on when you need to wake up for work - even if that's in the middle of the night.

Getting at least seven hours of sleep isn't just a matter of feeling alert for productivity and safety on the job; it's a necessary component of good health and well-being.

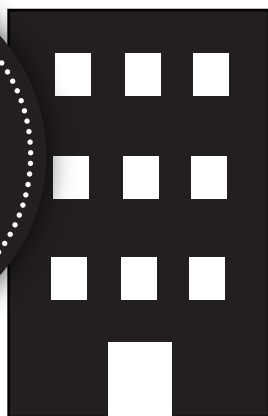
If you're having trouble sleeping, you should talk to your doctor, who may refer you to a board-certified sleep medicine physician at an accredited sleep center for help.

For more information go to www.sleepeducation.org.

—BrandPoint

MULTI-FAMILY recycling

ARE YOU
COMPOSTING
FOOD SCRAPS
IN THE
GREEN CART?



GREEN
ORGANICS CART



Select a kitchen container of your choice. CVSan offers two free food scraps pail options for multi-family tenants. Visit CVSan at 21040 Marshall Street to pick-up a pail.



Line the container with newspaper or weekly ads. Use shredded paper or tear up junk mail to absorb oil and water. Mixing paper with food scraps minimizes odor.



Collect food scraps and food-soiled paper in your kitchen container. Empty contents into your green organics cart.

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