

Sundown on Tuesday,
Oct. 8, Ends sundown
on Wednesday, Oct. 9

THE DAY OF ATONEMENT

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YEAR 31

WEDNESDAY, OCTOBER 2, 2019

NO. 39

INSIDE YOUR FORUM

NEWS



One Fine Day

An evening of Carole King pop hits coming to CV Center for the Arts

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They're #1

Give your family the very best with these delicious contest-winning recipes

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Worth a Shot

Flu vaccines designed to offer extra protection beyond standard shots

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PHONE: (510) 614-1560

Officials Warn of Vaping Health Risks

By Michael Singer
CASTRO VALLEY FORUM

David Alga wants to clear the air on any public misconceptions about vape products and e-cigarettes.

The owner of Valley Vape Club in Castro Valley is concerned that lawmakers are broadly demonizing his livelihood citing both public health and underage use of e-cigarettes.

"We are an alternative to smoking and it is an adult choice," Alga told the Castro Valley Forum. "We will never say vaping is completely safe, but it is a safer alternative to smoking and these products have been on the market for ten years."

"If there was a recall or our customers told us there was a problem, we would take it off our shelves immediately," Alga continued.

Liquid containers or cartridges for vaping include propylene glycol or vegetable glycerin, water, flavoring, and nicotine. While the long-term health impacts of vaping are unknown, national data is mounting on cases of severe lung damage associated with teen vaping.



WHERE THERE'S SMOKE: While the long-term health impacts of vaping are unknown, national data is mounting on cases of severe lung damage associated with teen vaping.

"Nobody wants kids using our products," says Alga who also spends time on social media educating people. "We have a clean record and require an identifica-

tion to purchase anything in the store. If we even think you are buying for someone underage, we will tell you that it's not right and you shouldn't do it."

Alga's campaign to change public opinion is overwhelming considering the news flooding the market about e-cigarette use.

The biggest concern by health

officials is that e-cigarette use among teens is climbing at an alarming rate. One in four Alameda County teens have used e-cigarettes, according to a survey released this September by the Alameda County Public Health Department.

Most current youth tobacco users in Alameda County reported using a flavored tobacco product (87.6 percent).

Flavored tobacco product use was high across all genders, races/ethnicities, and grades. Fruit or sweet was the most popular reported flavor for most tobacco products.

"Flavored tobacco is often the first product introduced to youth who haven't smoked before," says Dr. Erica Pan, Health Officer, Alameda County Public Health Department. "While Public Health has done a good job of getting cigarette smoking rates among teens down, there is a lot of work to do around addressing the ease of youth access to tobacco products and exposure to secondhand smoke with the rise of e-cigarette use."

"For the first time in 10 years, youth smoking rates are on the rise. We should be alarmed," Pan said.

Nationwide, more than 800 probable cases of lung injury associated with using e-cigarettes have

See RISKS on page 15

Hundreds Attend Cop Shop BBQ

By Linda Sandsmark
CASTRO VALLEY FORUM

Some 350 people attended Friday night's 27th Annual Cop Shop BBQ at First Presbyterian Church in Castro Valley.

The popular fundraising event showcased many of the Alameda County Sheriff's Department's services.

"This is my tenth year being involved with the barbecue," said Sgt. Bret Scheuller. "It's the main fundraiser for community policing units."

"The money that's earned here funds our satellite office at the Ashland Community Center, which provides deputies who serve the area. Overall, it's a great community event."

"You get a good meal, see friends and meet the deputies from our department. We're serving tri-tip, chicken and hot links. All the raffle prizes are donations from the community."

Scheuller, who was honored with a slideshow highlighting his work at the Cop Shop, manned the grills and sliced meat nonstop at the event.

The Explorers, a group of young locals with an interest in law enforcement, helped serve the dinner.

"This helps us get good experience," said Explorer Karla Rubio of San Leandro. "I want a future in law enforcement. I'd eventually like to work in the FBI Behavioral Analysis Unit."

see BBQ on page 15



PHOTOS BY LINDA SANDSMARK

Members of the Explorers helped serve Friday night's Cop Shop BBQ dinner.

Home Sales, Prices Down Last Month

Bay Area home sales in August 2019 were the lowest for that month since 2010, according to data released last week by CoreLogic, a real estate research firm.

Alameda County home sales were down 6.6 percent from August 2018, and the median sale price was down 2.9 percent, dropping from \$850,000 to \$825,000.

The median price paid for all homes sold in the nine-county Bay Area this past August was \$810,000, down 2.4% from \$830,000 in August 2018. The \$875,000 median price in June 2018 was the highest ever for the Bay Area.

Castro Valley Weather Oct. 2 - 6, 2019



Wednesday
Sunny
High 75° Low 50°



Thursday
Sunny, Cool
High 71° Low 48°



Friday
Sunny
High 76 Low 50°



Saturday
Sunny
High 80° Low 53°



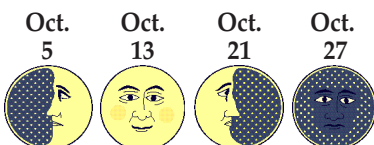
Sunday
Sunny
High 81° Low 51°

Almanac



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

Moon Phases



Sun sets at 6:52 p.m. today, rises at 7:07 a.m. Thursday.

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CVSan MARSHALL STREET PROJECT UPDATE



Castro Valley Sanitary District (CVSan) has worked all summer to make sewer improvements on Marshall Street between Veronica Avenue and Greenacre Road, and construction and repairs have been completed. CVSan contractor, Devaney Engineering will continue performing pipe replacement and spot repairs throughout Castro Valley. Only minimal impact to traffic is expected.

If you have any questions regarding the Marshall Street Capacity Improvement/Repair & Rehabilitation Project, please call (510) 537-0757 ext. 108 or visit www.cvsan.org/Projects for more information.

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An Evening of Carole King Pop Hits Coming to Arts Center October 12

By Terry Liebowitz
SPECIAL TO THE FORUM

"Will You Still Love Me Tomorrow?" "One Fine Day," "Lo-co-Motion." Spend an evening celebrating the pop hits of Carole King with The Rhythm Method 4, Saturday, October 12 at 7:30 p.m. at the Castro Valley Center for the Arts.

Carole King was one of the most prolific songwriters of the '60s and '70s who wrote her first hit at 17. She composed for many of the Pop stars of the day such as Bobby Vee and The Shirelles.

Carole's blockbuster hit, "You Make Me Feel Like a Natural Woman," became Aretha Franklin's signature song.

Carole garnered four platinum and eight gold albums and has been inducted into the Grammy Hall of Fame as well as the Songwriter's Hall of Fame.

President Obama awarded her the first Library of Congress Gershwin Prize for Popular Music, and she was a Kennedy Honors recipient. The musical celebrating her life, "Beautiful: The Carole King Musical" has been running on Broadway for the past 5 years and has toured extensively.

Chris Holmes (Keyboard and vocals), Rob Lopez (Bass and vocals) Keith Vaughn (drummer/percussion) and Ke'Lee Marie Bordeaux (vocals) make up The Rhythm Method 4 sound.



ONE FINE DAY: The blockbuster hits of Carole King with The Rhythm Method 4 come to the Castro Valley Center for the Arts at 7:30 p.m. on Saturday, Oct. 12.

Multi-talented musicians, they work as music directors, recording artists, and composers and arrangers as well as entertainers.

The stylish vocals and elegant harmonies of The Rhythm Method 4 are a great platform for Carole

King's songbook.

For ticketing information, please see: www.cvartsfoundation.org/shows

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

Potential Minimum Wage Hike for Hayward

A work session on potential approaches to increasing the minimum wage in Hayward will be one subject of a special City Council meeting to be held the evening of Oct. 15 at Matt Jimenez Community Center at 28200 Ruus Road in South Hayward.

The meeting, scheduled to begin at 6 p.m., also will provide residents an opportunity to address the Council on other issues of concern during a public comment period reserved for topics not otherwise appearing on the meeting agenda.

To review the agenda for the Oct. 15 Council meeting once it is posted online on Friday, Oct. 11, visit the Meeting & Agenda Center on the City's website. For more information, contact the Office of the City Clerk at 510-583-4400 or cityclerk@hayward-ca.gov.



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STARTS MONDAY

Oil Filter Exchange Program

4 SIMPLE STEPS TO PARTICIPATE

If you change your own motor oil, Castro Valley Sanitary District has a deal for you.

CVSan's Oil Filter Exchange Program, in which participants can get a new oil filter free, will begin next Monday, Oct 7, and continue through Nov. 15. To participate, follow these steps.

1. Drain the used motor oil filter into a pan for 24 hours (important because filters can hold up to a quart of oil).

2. Place the filter in the zippered bag that comes in the free recycling kit from ACI. For the free kit, contact ACI at 510-483-1400 or pick one up at CVSan Offices at 21040 Marshall Street, Monday - Friday, from 7 to 11 a.m. and noon to 4.

3. At least 24 hours before setting out your used motor oil and filter curbside, contact ACI's Customer Service Department by phone weekdays 7 a.m. to 6 p.m., at 510-483-1400 or by email at info@alamedacountyindustries to state that you will be participating in the program. Residents with Monday service can leave a voice-mail during the weekend stating that they will be setting out a used filter on Monday and providing their name, address, and phone number.

4. Set the sealed bag next to your used motor oil at the curb, and ACI will collect the filter and used motor oil on your regular collection day.

Single-family residents can set out up to 3 jugs and 3 filters curbside on your collection day. Visit www.cvsan.org/usedoil for more information on how to recycle used motor oil and filters!

Residents can receive a maximum of one coupon per household per week during the filter exchange program period (up to six coupons per program). Visit www.cvsan.org/usedoil for more information on how to recycle used motor oil and filters.

The coupon is for a limited time only and expires on Nov. 23, 2019.

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CASTRO VALLEY ROCKS



Castro Valley Rocks was started three years ago by hiding painted rocks around town, many with positive messages and a note on the back to pass them on, leaving them somewhere else when they're found. The group since has grown to countless members participating in the movement and sharing their photos to Facebook (castro valley rocks). The first meetup was last Tuesday at Smalltown where the community was invited to paint rocks of their own and participate in a rock swap. Some of the rocks have simple drawings or words while others are fashioned with a dotting tool to make intricate and whimsical patterns. This meetup was an opportunity for members who have been finding and trading each other's rocks for years to meet.

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SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Assault and Robbery at Eden

Monday, September 30: at 3:05 a.m., Sheriff's deputies arrested a 45-year-old woman from San Leandro on suspicion of assault with a deadly weapon and robbery at Eden Medical Center on Lake Chabot Road. Hospital security detained the woman after she was caught trying to steal private property and became physical while trying to flee. Deputies took the woman into custody.

Can't Stay Away

Sunday, September 29: at 12:26 p.m., a 25-year-old man with no permanent residence was arrested on suspicion of violating the terms of his parole and ignoring a court-issued restraining order. Deputies were called to a business on Redwood Road near Castro Valley Boulevard after the store manager spotted the man—who had been a previous nuisance—loitering in front of the store. The man was positively identified and taken into custody.

Family Fight

Sunday, September 29: at 3:36 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Edwards Lane near Center Street. There, they arrested a 36-year-old

woman from Castro Valley on suspicion of assault on a family member. Deputies took the woman into custody. The victim was treated at the scene.

Domestic Assault

Sunday, September 29: at 3:05 p.m., deputies arrested a 36-year-old man from CV on suspicion of assault on a family member and resisting arrest. An anonymous call about an altercation at a home on Bellingham Drive near Hallmark Court sent deputies to investigate. The man became confrontational during questioning and was restrained before deputies took him into custody. The victim was treated at the scene.

Traffic Stop Ends in Arrests

Saturday, September 28: at 2:46 a.m., two men from Hayward were arrested on drug and driving charges during a traffic stop on Grove Way near Redwood Road. Deputies pulled the vehicle over because the vehicle registration showed it was expired. The 29-year-old driver also had an outstanding warrant issued for his capture. The 40-year-old passenger was charged with possession of cocaine drugs. The two men were taken to Santa Rita Jail pending as much as \$15,000 in bail.

Spousal Attack

Saturday, September 28: at 7:23 p.m., deputies arrested a 56-year-old man from Castro Valley on suspicion of spousal assault. A call about a loud argument sent deputies to a home on Ogilvie Drive near Lawrence Drive. There, they handcuffed the man and took him into custody. The victim was treated at the scene.

House Trashed During Break-In

Thursday, September 26: at 8:37 p.m., two men were arrested on suspicion of breaking and entering a home on Sweet Lane near Strobbridge Avenue and then trashing the home. Deputies were called to the residence following a silent alarm. A 27-year-old man with no permanent residence was found at the scene in violation of a restraining order and in violation of his probation. A 22-year-old man from Oakland was caught with illegal narcotics in his pocket. Both men were taken into custody.

see **REPORTS** on page 14

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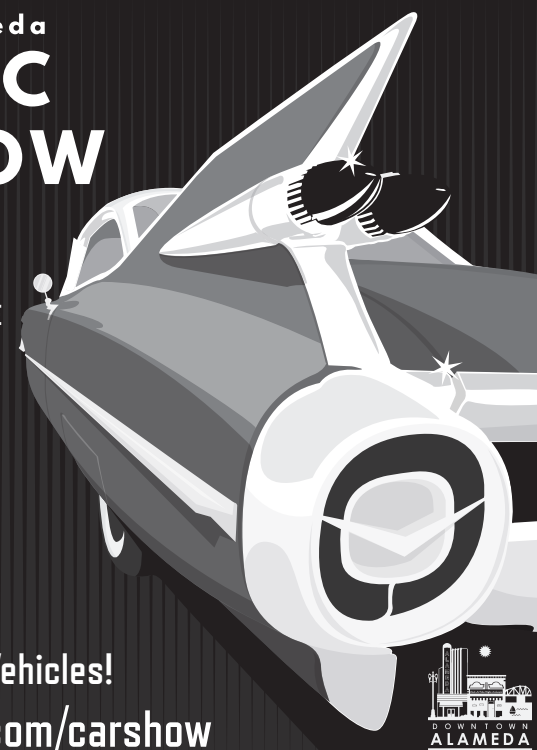
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Baking Contests Gave Us Many Favorite Recipes

In 1949, the Pillsbury Bake-Off began as the "Grand National Recipe and Baking Contest," set in the elegance of New York City's Waldorf-Astoria Hotel.

It became the granddaddy of all cooking contests and a bellwether of what's going on in America's kitchens.

Over the past 70 years, cooking and baking contest recipes have been printed in dozens of cookbooks and have become family favorites. Here are some samples.

GREEK QUESADILLAS

Dipping Sauce:

- 2/3 cup plain yogurt
- 1 tablespoon chopped fresh dill weed
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon lemon juice
- 1 clove garlic, finely chopped

Quesadillas:

- 1 cup crumbled feta cheese
- 1 cup shredded Mozzarella cheese
- 1 cup peeled and diced cucumber
- 1 large tomato, finely chopped
- 1/2 cup chopped pitted kalamata olives
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 8 8-inch flour tortillas

In small bowl, mix yogurt, dill weed, oil, lemon juice and garlic; set aside.

In large bowl, mix feta cheese, mozzarella cheese, cucumber, tomato, olives, salt and pepper.

Heat 12-inch nonstick skillet over medium heat. Sprinkle 1/2 cup cheese mixture onto half of each tortilla. Fold untopped half of each tortilla over cheese mixture; gently press down with pancake turner.

Cook 3 quesadillas at a time in hot skillet about 2 minutes on each side, gently pressing down with pancake turner, until tortillas are light brown and crisp and cheese is melted. Remove from skillet; place on cutting board. Cut each quesadilla in half. Serve warm with yogurt mixture.

DOUBLE CHOCOLATE ORANGE SCONES

Scones:

- 2 cups all-purpose flour
- 1 cup granulated sugar
- 1/3 cup Hershey's baking cocoa



Greek Quesadillas

- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/3 cup cold butter, cut into 1/2-inch pieces
- 3/4 cup whipping cream
- 1/4 cup sweet orange marmalade
- 1 teaspoon vanilla extract
- 1 cup Hershey's semi-sweet chocolate chips
- 2 ounces Hershey's semi-sweet baking chocolate

Orange Butter:

- 1/2 cup butter, softened
- 1/4 cup powdered sugar
- 2 tablespoons orange marmalade

Heat oven to 375°F. Line large cookie sheet with cooking parchment paper. In large bowl, mix flour, granulated sugar, cocoa, baking powder and salt. Cut in 1/3 cup cold butter, using pastry blender or fork, until mixture

looks like coarse crumbs.

In small bowl, gently stir cream, 1/4 cup marmalade and vanilla until mixed. Make a well in center of crumb mixture; add cream mixture to well. Stir with fork until crumb mixture is moistened and dough is sticky. Gently stir in 1 cup chocolate chips. Form dough into a ball.

On well-floured surface, roll or pat dough into 9-inch round, 3/4 inch thick. Using knife dipped in flour, cut round into 12 wedges. Place 1 inch apart on cookie sheet. Sprinkle with sugar.

Bake 14 to 18 minutes or until edges are set. Remove from cookie sheet to cooling rack.

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E	X	P	L	A	I	N	E	D		G	A	S
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HOROSCOPE by Salomé

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ARIES (March 21 to April 19) A changing situation calls for a change in plans. Although you might prefer the schedule you had already worked up, you could do better by agreeing to make the needed adjustments.



TAURUS (April 20 to May 20) That once seemingly rock-solid proposition you favored might be hiding some serious flaws. Take time to check it more carefully and question anything that seems out of kilter.



GEMINI (May 21 to June 20) Finish up those lingering tasks so that you can then arrange to spend some time in quiet reflection. This will go a long way in restoring both your physical and spiritual energies.



CANCER (June 21 to July 22) A family situation could heat up and boil over unless you deal with it as soon as possible. Try to persuade other family members to work with you to help cool things down.



LEO (July 23 to August 22) Cheer up, Kitty Cat! That low feeling will begin to ebb by midweek, and you should be back in the social swirl in time for the weekend. A long-postponed deal could be starting up again.



VIRGO (August 23 to September 22) Going too fast and too far on too little knowledge could be risky. Best to slow down and check for any gaps in your information. It's what you don't know that could hurt you.



LIBRA (September 23 to October 22) Trying to make peace among quarreling family members, friends or colleagues can be tough. Expect some resistance, maybe even some expressions of resentment. But stay with it.



SCORPIO (October 23 to November 21) Changing your mind doesn't have to be a problem once you realize that you might have good and sufficient cause to do so. Make your explanations clear and complete. Good luck.



SAGITTARIUS (November 22 to December 21) An unkept promise can be irksome and easily raise the Archer's ire. But instead of getting into a confrontation, take time to check why someone you relied on came up short.



CAPRICORN (December 22 to January 19) A new workplace distraction creates an unnecessary delay. The sooner you deal with it, the better for all concerned. A personal matter also should be attended to as soon as possible.



AQUARIUS (January 20 to February 18) Once again, the Aquarian's gift for applying both practical and creative methods to resolve a situation makes all the difference. Personal relationships thrive during the weekend.



PISCES (February 19 to March 20) A relationship appears to be losing its once-strong appeal for reasons that might be different from what you think. An open and honest talk could lead to some surprising revelations.

Cool 30 minutes.

In small microwavable bowl, microwave baking chocolate uncovered on High 30 seconds until softened; stir until smooth. Drizzle diagonally over scones.

In small bowl, beat 1/2 cup butter and powdered sugar with fork until light and fluffy. Stir in 2 tablespoons marmalade. Serve with scones. Makes 12 scones.

PESTO-QUINOA-SPINACH QUICHE

- 1 9-inch single pie crust
- 1 cup provolone cheese, shredded
- 1 cup water
- 1/2 cup uncooked quinoa, rinsed, well drained
- 1/4 cup basil pesto
- 1/4 cup pine nuts, toasted*
- 1 (9-ounce) pkg frozen chopped spinach, thawed and squeezed to drain
- 1-1/4 cups grated Parmesan
- 4 eggs
- 1-1/2 cups half-and-half
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons thinly sliced fresh basil leaves, if desired

Heat oven to 425°F. Place pie

crust in 9-inch deep-dish glass pie plate; flute edge. Bake 5 minutes. Remove from oven. Sprinkle provolone cheese over partially baked crust. Reduce oven temperature to 350°F.

Meanwhile, in 2-quart saucepan, heat water to boiling over high heat. Stir in quinoa; reduce heat to low. Cover; simmer 12 to 15 minutes or until water is absorbed. Remove from heat. Fluff with fork. Stir in pesto, pine nuts, spinach and 1 cup of the Parmesan cheese. In large bowl, beat eggs, half-and-half, salt and pepper with wire whisk until well blended. Gently fold quinoa mixture into eggs. Pour filling into crust. Sprinkle with remaining 1/4 cup Parmesan cheese.

Bake at 350°F for 30 to 35 minutes longer or until knife inserted in center comes out clean and edge of crust is golden brown. Sprinkle with basil. Let stand 10 minutes before serving. Makes 8 servings.

*To toast pine nuts, cook in ungreased heavy skillet over medium heat 5 to 7 minutes, stirring frequently until nuts begin to brown, then stirring constantly until light brown. Remove from skillet to plate to cool.



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Flu Shots for Seniors that Offer Extra Protection for Flu Season

By Jim Miller
SPECIAL TO THE FORUM

There are two different types of flu shots available to people age 65 and older.

These FDA-approved vaccines are designed to offer extra protection beyond what a standard flu shot provides, which is important for older adults who have weaker immune defenses and have a great risk of developing dangerous flu complications.

The Center for Disease Control and Prevention (CDC) estimates that during the 2018-2019 flu season, up to 647,000 people were hospitalized and 61,200 died because of the flu – most of whom were seniors.

You also need to be aware that these senior-specific flu shots can't guarantee that you won't get the flu this season, but they will lower your risk. And if you do happen to get sick, you probably won't get as sick as you would without it.

Here's more information on the two vaccines:

• **Fluzone High-Dose:** Approved for U.S. use in 2009, the Fluzone High-Dose is a high-potency vaccine that contains four times the amount of antigen as a regular flu shot does, which creates a stronger immune response for better protection.

This vaccine, according to a 2013 clinical trial, was 24% more effective than the regular-dose shot at preventing flu in seniors.

• **FLUAD:** Available in the U.S. since 2016, the FLUAD vaccine contains an added ingredient called adjuvant MF59 that also helps create a stronger immune response.

In a 2012 Canadian observational study, FLUAD was 63% more effective than a regular flu shot. The CDC does not recommend one vaccination over the other, and to date, there have been no studies comparing the two vaccines.

You should also know that both the Fluzone High-Dose and FLUAD can cause more of the mild side effects that can occur with a standard-dose flu shot, like pain or tenderness where you got the shot, muscle aches, headache or fatigue. And neither vaccine is recommended for seniors who are allergic to chicken eggs, or those who have had a severe reaction to a flu vaccine in the past.

If you are allergic to eggs you can ask for a Flucelvax or FluBlok shot. Neither of these vaccines uses chicken eggs in their manufacturing process.

All of these vaccines are covered 100 percent by Medicare Part B as long as your doctor, health clinic or pharmacy agrees not to charge you more than Medicare pays.

Pneumonia Vaccines

Two other important vaccinations the CDC recommends to seniors, especially this time of year, are the pneumococcal vaccines *see SHOTS on page 8*

ATHLETES OF THE WEEK



CV Independent Legends Baseball Team

This week's Athletes of the Week are the members of the CVI Legends 13U baseball team who won their final tournament of the season at the Golden Woody Rings Event in Fremont over the weekend of September 21-22.

The team won two first place awards in the silver bracket tournaments and took second place in another. The Legends split their first two games in pool play on Saturday, then swept their final two games on Sunday, beating CV United base-

ball 4-0 in the semifinal round where pitchers Frankie Ostreicher and Jacob Soares combined for the shutout.

In the Championship game, outstanding defense helped pitcher Jared Montenegro as he threw a no hitter to capture the victory 8-0 over Sandlot baseball. This was the Legends' second 1st Place finish to go along with one 2nd place finish. Five of the Legends' players are scholar athletes attending Canyon Middle School.

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PHOTO COURTESY OF MIKE TAYLOR

#8 Daniel Carlson, #83 Darren Waller, and Raider Rusher read to the children from Roosevelt Elementary School to celebrate Raider Rusher's sixth birthday as a Raider.

Raider Rusher's Sixth Birthday Book Bash

Raiders players joined Roosevelt Elementary School students, that are part of San Leandro's after-school program, in celebrating Raider Rusher's sixth birthday as a Raider.

Raiders' punter A.J. Cole, kicker Daniel Carlson, fullback Alec Ingold, linebacker Marquel Lee, tackle Kolton Miller, and tight end Darren Waller along with Raiderettes participated in the Raider Rusher Birthday Book Bash with 100 students from the Davis Street Family Resource Center's Roosevelt Elementary School campus in San Leandro to promote literacy.

Rusher and the Raiders players broke into groups to read and play literary games with the children.

Following the party, Raider Rusher distributed birthday gifts to the students, which included three books each, provided by the non-profit First Books.

Raider Rusher is the Raiders' Youth Ambassador who appears at activities including PLAY 60 events, First & Goal, suite visits, Kids Zones as well as Children's Hospital visits and Toys for Tots events.

Last year, Raider Rusher cele-

brated his 5th birthday by inviting students from Oakland's International Community School to attend a Fiesta at Chabot Space and Science Center in Oakland.

CVHS Tennis

The Castro Valley High School's girls tennis team has a 4-1 record in their last five games, Beating Hayward 7-0 on Sept. 12, Encinal 6-1 on Sept. 17, Arroyo 7-0 on Sept. 24, and Alameda 5-2 on Sept. 25. The only loss was to Berkeley 3-4 on Sept. 19.

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Disability Benefits If Unable to Work

By Jim Miller
SPECIAL TO THE FORUM

Getting Social Security disability benefits when you're unable to work can be challenging. Last year, more than 2 million people applied for Social Security disability benefits, but two-thirds of them were denied, because most applicants fail to prove that they're disabled and can't work.

Here are some steps you can take that can help improve your odds.

Get Informed

The first thing you need to find out is if your health problem qualifies you for Social Security disability benefits.

You generally will be eligible only if you have a health problem that is expected to prevent you from working in your current line of work (or any other line of work that you have been in over the past 15 years) for at least a year or result in death.

There is no such thing as a partial disability benefit. If you're fit enough to work part-time, your application will be denied.

You also need not apply if you still are working with the intention of quitting if your application is approved, because if you're working your application will be denied.

Your skill set and age are factors too. Your application will be denied if your work history suggests that you have the skills to perform a less physically demanding job that your disability does not prevent you from doing.

To help determine if you are disabled, visit SSA.gov/planners/disability/qualify.html and go through the five questions Social Security uses to determine disability.

How to Apply

If you believe you have a claim, your next step is to gather up your personal, financial and medical information so you can be prepared and organized for the application process. You can apply either online at SSA.gov/applyfordisability or call 800-772-1213 to make an appointment to apply at your local Social Security office, or to set up an appointment for someone to take your claim over the phone.



The first thing you need to find out is if your health problem qualifies you for Social Security disability benefits.

The whole process lasts about an hour. If you schedule an appointment, a "Disability Starter Kit" that will help you get ready for your interview will be mailed to you. If you apply online, the kit is available at SSA.gov/disability/disability_starter_kits.htm.

It takes three to five months from the initial application to receive either an award or denial of benefits. The only exception is if you have a chronic illness that qualifies you for a "compassionate allowance" (see SSA.gov/compassionateallowances), which fast tracks cases within weeks.

If Social Security denies your initial application, you can appeal the decision, and you'll be happy to know that roughly half of all cases that go through a round or two of appeals end with benefits being awarded.

But the bad news is with backlog of around 800,000 people currently waiting for a hearing, it can take 12 to 24 months to get one.

Get Help

You can hire a representative to help you with your Social Security disability claim. By law, representatives can charge only 25 percent *see BENEFITS on back page*

Should I Name All My Children As Co-Trustees?

Q. I am setting up a "Living Trust" and considering name all three of my children, together, as successor co-trustees. Do you have any thoughts as to whether that makes sense?

By Gene L. Osofsky, Esq.
SPECIAL TO THE FORUM

A. Yes, I do. Your desire to treat all of your children equally, or at least not to appear to favor one over the others, is understandable. However, naming all to serve together is not generally a good idea, and here's why:

- **Need for Unanimity in Every Trust Decision:** Unless your trust provides otherwise, California law requires that – where there are multiple trustees – all decisions by the trustees must be unanimous.

What if one of your children does not agree with a decision suggested by the others? You may then have a "stalemate."

This would be of special concern if your children do not always agree with one another. Indeed, sometimes sibling rivalries – which were never fully resolved – might manifest in your children as adults, impairing the smooth administration of your trust.

- **Majority Rule?** Providing that any decision must be made by a majority of the co-trustees might be a solution, providing that there are always at least three co-trustees.

But, if for any reason one of your children were unable or unwilling to serve, reducing the co-trustees to only two, California law would generally again require unanimity between the remaining two.

- **Disagreements Could Present Problems:** If one of your trustees felt that the others were acting inappropriately and, perhaps, in breach of their fiduciary duty, the non-consenting trustee(s) might then have a duty to petition the court to resolve the issue and/or to seek the removal of the offending trustee(s).

Not only would this court proceeding potentially exacerbate the relationship between your chil-

dren, but it would likely involve a significant expense to the trust, something that you would presumably prefer to avoid.

- **Authorize Actions by Any Trustee, Alone:** If you are determined to name all three of your children as co-trustees, you might consider a special provision in your trust to authorize trust action upon the signature of one (1) trustee, alone, albeit providing that he or she must first confer with the others.

Again, however, if your co-trustees do not get along, empowering any trustee to have this unilateral power could again create problems: if the other two co-trustees disagree with the proposed action, and yet the initiating trustee nevertheless goes forward with it, his/her doing so will undoubtedly create further rift in your children's relationship.

For all of the above reasons, I was always recommend that parents choose only one child at a time to be trustee, and designate the others to be the successor trustee, to assume that role only if the prior nominee is unable or unwilling to serve.

To avoid hurt feelings, parents might explain their decision to their children as follows: choosing their individual trustees in birth order, or in geographic proximity to the parents, or based upon each child's familiarity with financial matters, or based upon the time that each child would have to devote to the parents' trust.

Remember, being selected as a trustee is not only an honor, but can also be a burden in terms of the commitment of time and financial responsibility.

Alternatively, if there is much rivalry between the children, parents might select a professional trustee, such as the trust department of your favorite bank. But first check with your bank, as some have requirements in terms of the size and composition of the trust estate that they will accept.

Gene L. Osofsky is an estate planning and elder law attorney in Hayward. Visit his website at www.LawyerForSeniors.com

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Shots: How to Locate a Vaccination Site

continued from page 6

for pneumonia. Around 1 million Americans are hospitalized with pneumonia each year, and about 50,000 people die from it.

The CDC recommends that all seniors, 65 or older, get two vaccinations –Pneumovax 13 and

Pneumovax 23. Both vaccines, which are administered just once at different times, protect against different strains of the bacteria to provide maximum protection.

If you haven't yet received any pneumococcal vaccine you should get the Pneumovax 13 first, followed by Pneumovax 23 at least one year later. But if you've already been vaccinated with Pneumovax 23,

wait at least one year before getting the Pneumovax 13.

Medicare Part B covers both shots, if they are taken at least one year apart. To locate a vaccination site that offers any of these shots, visit VaccineFinder.org and type in your location.

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

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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Changing Needs Into Wants

With local home prices at stratospheric levels, some buyers are struggling to find homes they can afford that include the amenities they desire.

Adding to the distress is a common disconnect between what buyers think they "must" have vs. what they actually need. This disparity increases frustration levels for buyers and agents alike.

Some buyers seem to have lost sight of the primary benefits of homeownership: a roof over their heads, significant tax benefits and a pathway to building wealth.

Instead, they focus on stone countertops, remodeled bathrooms, laminate floors and

more.

A significant group of buyers, hoping to score their favorite amenities, have adopted the practice of writing lowball offers on homes priced above their affordability range hoping the sellers will drop to the level of their limitations.

A listing agent recently questioned a buyer's agent as to why their client had written a low offer. The buyer's Realtor responded, "That is as high as they can go." The listing agent's reply? "Then have them write offers on homes they can actually afford."

Since the ultimate goal is home ownership, a solution is to change the perceived 'needs' into "wants." A need is some-

thing you cannot live without: a want is something that would be nice if possible.

Here are 5 suggestions:

- *Modify your size requirements.* While four bedrooms and 2,000 sq/ft might be nice, can you survive with three? Do you need both a living room and family room? How about 1,500 sq/ft?

- *Consider homes with smaller yards.* Some of my favorite childhood memories come from a home that had a very small yard. We looked forward to visits to the park on weekends.
- *Amend your 'must have' list.* While stone counters are nice, they also add to the home's price, as do stainless steel appliances, remodeled bathrooms and laminate floors. Millions of kitchens around the world work just fine with tile counters, older appliances and linoleum floors.

You can make changes after you have lived there a while.

- *Reconsider your school requirements.* While top-rated school districts are great, many individuals have succeeded in life without attending top-ranked schools.

- *Do not overlook condos, townhouses or duets.* Remember that the initial goal is to get into a home, not to get the home of your dreams. Thousands in the Bay Area have used condos or townhouses as their first step in the homeownership journey.

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.

Avoid Porch Damage

By Buzz Bertolero
SPECIAL TO THE FORUM

I'd like to plant a couple of tall, deciduous trees to shade a south-west porch as well as a second-story window. My first choice is the Liquidambar for its leaf shape and fall color. The Sunset Western Garden Book mentions that the tree puts out surface roots. I plan to dig a hole four to five feet deep and as wide. Will this alleviate the root problem? It would be an expensive mistake if the roots tore up my porch.

Unfortunately, increasing the size of the planting hole isn't going to solve the surface root problem.

Liquidambar roots more than likely will come to the surface but not anytime soon. It will occur sooner with surface watering and you prolong it by using a deep root irrigator to water during the summer months.

So, I wouldn't risk planting a Liquidambar tree and damaging the porch. Instead, I suggest that you consider planting a crape myrtle or flowering pear (not the evergreen pear). Typically these trees do not have a columnar shape, as they're more "vase" shape.

With a little pruning you can straighten out the sides and have them grow as you want. Depending on the variety, crape myrtles bloom July through September, while flowering pears bloom in February and March. They both have marvelous fall color but don't have a maple like leaf.

Another option is the decidu-

ous saucer magnolias. They have elegant flowers in the spring, but no fall color. Magnolia soulangeana or soulangeana Jurmag are two varieties available from Monrovia to consider.

For more information go online to monrovia.com. Their availability is limited at this time of the year. February through April is when I'd check with your favorite garden center.

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



RECENT HOME SALES

Castro Valley

18195 Crest Avenue	94546: \$600,000 3 BD - 1,434 SF - 1960
4811 Haley Drive	94546: \$800,000 3 BD - 1,050 SF - 1950
2482 McIoud Avenue	94546: \$872,000 3 BD - 1,543 SF - 1958
17541 Kingston Way	94546: \$895,000 3 BD - 1,483 SF - 1954
18760 Cindy Way	94546: \$925,000 4 BD - 2,176 SF - 1965
4650 Lockridge Way	94546: \$941,000 4 BD - 2,460 SF - 1961
5940 Castlebrook Drive	94552: \$1,100,000 4 BD - 2,310 SF - 1986
7764 Coolidge Court	94552: \$1,190,000 5 BD - 2,884 SF - 2001
25609 Crestfield Drive	94552: \$1,210,000 4 BD - 2,605 SF - 2000

TOTAL SALES:	9		
LOWEST AMOUNT:	\$600,000	MEDIAN AMOUNT:	\$925,000
HIGHEST AMOUNT:	\$1,210,000	AVERAGE AMOUNT:	\$948,111

San Leandro

14765 Craft Avenue	94578: \$625,000 2 BD - 1,018 SF - 1945
51 Cornwall Way	94577: \$626,000 3 BD - 1,659 SF - 1979
15039 Norton Street	94579: \$630,000 3 BD - 1,029 SF - 1948
14657 Midland Road	94578: \$700,000 4 BD - 1,508 SF - 1942
3753 Lamoureux Street	94578: \$725,000 1,517 SF - 1978
14586 Juniper Street	94579: \$725,000 3 BD - 1,096 SF - 1953
990 Castle Street	94578: \$738,000 3 BD - 1,344 SF - 1954
1282 Alder Creek Circle	94577: \$750,000 3 BD - 1,773 SF - 2002
763 Joaquin Avenue	94577: \$769,000 1 BD - 810 SF - 1917
547 Kenilworth Avenue	94577: \$825,000 3 BD - 1,202 SF - 1920
1206 Victor Avenue	94579: \$868,000 2,191 SF - 1951
2422 Lakeview Drive	94577: \$1,015,000 4 BD - 2,064 SF - 1963

TOTAL SALES:	12		
LOWEST AMOUNT:	\$625,000	MEDIAN AMOUNT:	\$731,500
HIGHEST AMOUNT:	\$1,015,000	AVERAGE AMOUNT:	\$749,666



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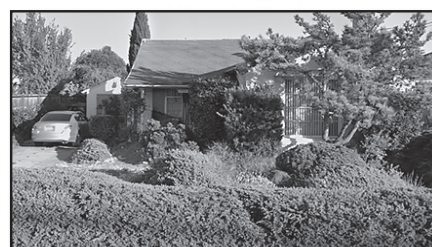
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COMING SOON - 22765 Marolyn Ct. Hayward - 1 Bd., 1 ba., 800 sq. ft. Full above ground basement and large lot. CASH \$399,000

Bougainvilleas Need More Light to Bloom

By Buzz Bertolero
SPECIAL TO THE FORUM

Q We bought bougainvilleas last year with beautiful pink flowers. But by August, it had not bloomed. It is facing the west side of the home.

A Bougainvilleas need lots of light — at least six hours — in order to bloom. They're much like a

Poinsettia. The color portion of the plant is a modified leaf called a bract. The bracts need lots of bright light in order to turn color.

The actual flower is the structure in the center of the bracts. With bougainvillea, the flower is the white structure that looks like a cross or circular disk. It's referred to as an incomplete flower as it has no sepals or petals.

The western exposure should be perfect. However, if it's planted under an eave or is shaded by a

building or large tree, it might not be getting enough sun. So, I can't tell you for sure what the cause is but the problem is with the light.

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



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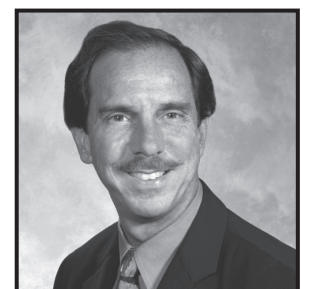
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WEEKEND GARDENER

■ Top Job for October

Clean up your yard. Pull out worn plants, pick up debris and get rid of fallen fruit. Recycle leaves and clippings, but don't put diseased plants in the compost pile. Pull weeds and stack nursery pots and tomato cages for next year.

■ Strawberries

Plant strawberries one foot apart so the crown is just above the soil level. Strong roots will develop over the winter, and spring warmth will encourage fast growth and large berries.

■ Watering

Don't roll up the hoses just because we've had a little cool weather. October usually brings some very hot days in the East Bay and your plants will need extra moisture. Water tomatoes and vegetables thoroughly. Give roses a generous drink every three to five days.

OPEN HOMES

SAT. & SUN.
OCT. 5 & OCT. 6



CITY	SAT	SUN	ADDRESS	PRICE	BDR./BA.	REALTOR	AGENT	PHONE
H	1-4	1-4	25793 Bryn Mawr	\$549,000	3/2	G.G./Sotheby's Intern	Sharlyn Prakash	510-881-6000
C	—	1-4	18622 Vineyard Rd.	\$900,000	4/ 2.5	Coldwell Banker RE	Trish Radovich	510-583-5400
S	2-4:30	2-4:30	11733 Cranford Wy.	\$949,000	3/2.5	Compass RE	Michelle Miller	510-701-3442
C	11-2	1-4	2835 Aegean Pl.	\$999,000	4/3	Re/Max Accord RE	Serean Kimmel	510-512-2145
A	1-4	1-4	1725 Estudillo Ave.	\$1,499,000	4/4	Robert Jones & Assoc.	Matt Jones	510-357-0120

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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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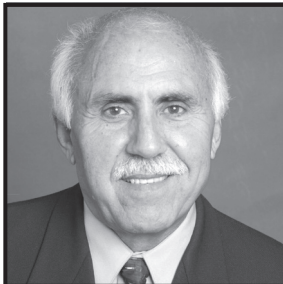
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Home Services
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510-888-3300



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vonrollrealestate.com
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Liz Lucero, CRS, SRES
Realtor - DRE#01252591
Coldwell Banker
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510-502-9837



Sharon Luther
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ReMax Accord
Sharon.Luther@comcast.net
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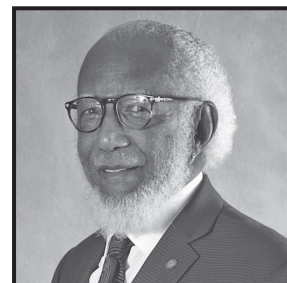
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This Monthly Section will run the first Wednesday and Thursday of every month in the Castro Valley Forum and the San Leandro Times.

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**Mary Florence: 510-861-3270 or
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TO VIEW THE CLASSIFIED ADS

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

CLASSIFIED AD DEADLINE

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

\$35 10 words
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\$30 10 words
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RENTALS

\$35 10 words
(1 week)

SERVICES

\$30 10 words
(1 week)

ALL CLASSIFIED ADS ALSO RUN FREE ONLINE! • AD MUST BE PREPAID WITH CASH, CHECK OR CREDIT CARD • ADDITIONAL WORDS ARE \$1.00 EACH

CLASSIFIED ADS RUN EVERY WEDNESDAY IN THE CASTRO VALLEY FORUM AND EVERY THURSDAY IN THE SAN LEANDRO TIMES

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

ANNOUNCEMENTS

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.

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SELL YOUR CAR OR TRUCK with a Classified Ad
For more info or to place an ad call 510-614-1558

San Leandro Times/Castro Valley Forum

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

CONTRACTOR SERVICE

NOTICE TO READERS

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**

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GARAGE SALES



GARAGE SALES

CASTRO VALLEY

HUGE MOVING SALE 10/5 & 10/6, 8am-4pm. Small Appliances, Furniture, Tools, Exercise Equipment, Books and more! 5976 Skyfarm Drive, Castro Valley.

OAKLAND

ESTATE SALE FINAL DAY Fri. 10/4, 10am-4:30pm. Priced slashed! 9514 Alcala Avenue, Oakland.

SAN LEANDRO

GARAGE SALE 10/5 & 10/6, 9am-5pm. Tools, model cars & airplanes, camping, electronics, books, etc. 16071 Berkshire Drive, San Leandro.

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

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

***BEAUTY GARDEN LANDSCAPING**
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JAIME'S GARDENING
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IT'S EASY!
 For more info call **614-1558**

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www.bayareacontractor.com

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Kevin@Biddlebuilders.com

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Call 510-867-6918

We truly appreciate all of our advertisers!

San Leandro Times / Castro Valley Forum

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Delivered to over 20,000 homes in Castro Valley, 32,736 homes in San Leandro, and another 8,264 are delivered to businesses and libraries.



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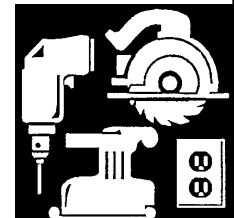
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• Roof Repair • Rain Collection Systems • Attic Ventilation

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Full or Part-time maintenance repair worker needed for ranch and rental properties. Training provided. Must be responsible with a positive attitude and have a valid drivers license. Please call 510-582-7771.

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

HELP WANTED

GENERAL

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 510-901-9131.

Do you love helping people? Carlton Senior Living is the place for you! Now Hiring Care Givers & all positions. Walk-ins welcomed. 1000 E. 14th St. or visit our website www.CarltonSeniorLiving.com to apply online.

HEALTH CARE

One-On-One Caregiver needed at Residential Care Home in San Leandro. Must speak English and have drivers License. Call 510-289-5066.

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castrovalleyforum.com
For help or for more info call
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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.

MISC. WANTED

WANTED: Reel to reel music tapes (blank tapes or recorded tapes). I am also looking for a used tape recorder. Call Patrick 510-517-3351.

PAINTING SERVICE

NEED PAINTING WORK?
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Patrick V.

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

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Would you like the help of a Professional Agent?

For assistance call ...

RENTALS

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

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Oakland (near Highland Hospital) 3+bedroom, 2 bath, formal dining room, good-sized kitchen, attractive living room, hardwood floors downstairs, carpet upstairs. No garage. Tiny backyard with 6'x9' storage shed. Washer, gas dryer, refrigerator, dishwasher, microwave, stove. You pay utilities, water, and garbage. Good credit a must. \$3,400+ dep. Available now. Call or text Carolyn at 510-599-3351.

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For more info or to place an ad call **510-614-1558**
San Leandro Times/Castro Valley Forum

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Check the Classified Ads under "HANDYMAN SERVICE" for help.

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- A vacancy day is money lost forever -
To place an ad call **510-614-1558**

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

NEED - MUSIC LESSONS or **PIANO TUNING?**
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YOUR INFO

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

ATTENTION LANDLORDS



You may rent your property with a sign in the window or with an ad on the internet... But why not also advertise your rental in both the San Leandro Times & Castro Valley Forum for as little as \$25, and reach over 60,000 readers! **TO PLACE AN AD, CALL 614-1558**

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ADVERTISE YOUR BUSINESS IN OUR HOME SERVICES DIRECTORY
CALL 614-1558

Attention Classified & Home Services Directory Advertisers

Classified & Home Service ads run in both the Castro Valley Forum and San Leandro Times.

TOTAL CIRCULATION
60,500

Call Patrick at 614-1558 for details and rates.

Need Remodeling? How about a new kitchen or bath?



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VIEW ALL CLASSIFIEDS ONLINE!

CastroValleyForum.com

SanLeandroTimes.com



THANK-YOU

for supporting the Castro Valley Forum and San Leandro Times!



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

PLACE YOUR CLASSIFIED ADS ONLINE!

CastroValleyForum.com

SanLeandroTimes.com



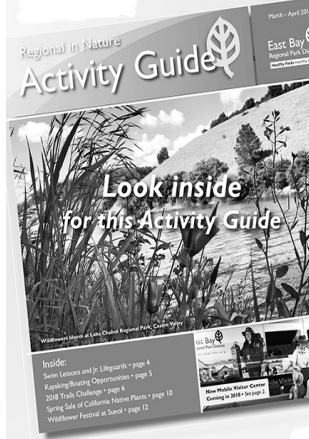
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EASTBAY PUBLISHING, INC. will not knowingly accept any advertisements for real estate that is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

This issue of the Castro Valley Forum contains the East Bay Regional Park District Nov - Dec 2019 Activity Guide.

If your copy of the Forum does not include the EBRP Activity Guide, call 510-614-1555 or stop by the Forum office (2060 Washington Avenue, San Leandro, CA 94577) between 9:00 a.m. and 5:00 p.m. Monday through Friday to obtain one.



HOME SERVICES DIRECTORY

Gardening/Landscaping

LANDSCAPING, MAINTENANCE & TREE SERVICE

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- Tree Removal, Topping & Trimming
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- Brick Work, Patios & Retaining Walls
- Fences, Flower Beds & Painting

CALL FOR A FREE ESTIMATE
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TREE SERVICE
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■ Clean & Seal Concrete
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Home's Solar Energy
FREE ESTIMATES
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Family Owned & Operated
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Castro Valley Lic. #642517 Insured/Bonded

FAMILY OWNED & OPERATED
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(Pre-painted)
FREE ESTIMATES



\$200.00 OFF
COMPLETE REROOFING WITH TEAR-OFF
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ALL TYPES OF ROOF REPAIRS

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ONE DISCOUNT PER HOUSEHOLD

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510-895-4433

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- FIREPROOF TILE & SLATE
- CEDAR/SHAKE SHINGLES
- METAL ROOF SYSTEMS
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- PREPAINTED IN 20 COLORS
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- COPPER GUTTER SYSTEMS
- SHEETMETAL FABRICATION
- OVERHANG SOFFIT & FASCIA
- CLEANING & REPAIRS

Reports: Deadly Weapon

continued from page 3

Brandished a Weapon

Friday, September 27: at 1:56 p.m., deputies arrested a 42-year-old woman from San Leandro on suspicion of assault on her boyfriend of 2 years. The woman was in a shouting match at a home on Kathleen Avenue near Madison Avenue when the victim claimed she brandished a deadly weapon. Deputies found the victim had lacerations and bruising consistent with the claims. The woman was taken into custody. The victim was treated at the scene.

Ex-Employee Breaks Into Doctor's Office

Wednesday, September 25: at 10:08 p.m., a 55-year-old man from Hayward was arrested on suspicion of breaking into his former employer's office with the intent to steal. Deputies were sent to a doctor's office on Lake Chabot Road near Somerset Avenue to investigate a suspicious person report. The man confessed to being a former employee and was taken into custody.

Drug Bust

Tuesday, September 24: at 11:46 a.m., deputies arrested a 45-year-old man from Hayward on suspicion of possession of illegal narcotics, methamphetamine drugs, and related drug paraphernalia. The man also was wanted as part of a warrant issued for his arrest. Deputies caught up with the man in front of a business on Grove Way near the Interstate 580 off-ramp. The man was taken to Santa Rita Jail pending \$10,000 in bail.

A Man with Three Warrants

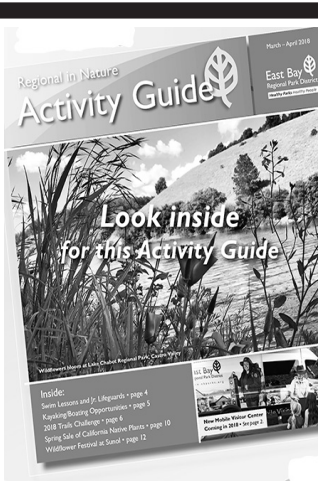
Tuesday, September 24: at 2:24 a.m., a 65-year-old man from Castro Valley was arrested as part of three warrants issued for his capture. Deputies stopped the man for questioning in the rear lot of a business on Redwood Road near Grove Way. The man had been previously charged with failing to report his transient status to authorities and possession of illegal drug paraphernalia. Deputies took the man to Santa Rita Jail pending \$20,000 in bail.

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.

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If your copy of the Forum does not include the EBRP Activity Guide, call 510-614-1555 or stop by the Forum office (2060 Washington Avenue, San Leandro, CA 94577) between 9:00 a.m. and 5:00 p.m. Monday through Friday to obtain one.



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FD 1168 CR49

CASTRO VALLEY FORUM OBITUARIES

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

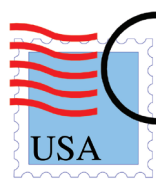
SARA L. ENNOR LAWYER

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- Benefits, ERISA
- QDROs

510-633-9985

LETTERS

TO THE EDITOR
FREDZ@EBPUBLISHING.COM



A News Perspective on Personal Social Media Use

Editor:

The Castro Valley community had great learning opportunity with the showing of "LIKE," a documentary about the impact of social media on our lives. The film was insightful and dramatic with glimpses of the influence that social media has on all aspects of our lives.

A panel followed including a CVHS teacher, a district administrator and the coordinator for mental health to share insight on daily student interactions with social media. I left with a new perspective and thoughts on the value of my personal social media use.

We hope the film will be presented again in the near future. I urge you and your families to attend to prompt conversations about everyone's use of social media.

The Castro Valley Unified School District thanks Murline Monat for sponsoring these viewings. This is a wonderful example of a community member stepping up to enrich our learning opportunities.

—Jo A.S. Loss, Trustee
CVUSD Board of Education

The Thrilling Message of Youth

Editor:

I am greatly inspired by the youth speaker we had at Lake Chabot on Sept. 21 as part of International Peace Day. She is 17 years old, a senior in high school and a leader in the youth strike the day before in San Francisco.

As a member of Youth vs. the Apocalypse, she led crowds of students and their supporters through the streets at designated targets. The San Francisco action was part of a global student walkout of 4 million people.

Our young speaker explained the causes of the climate crisis. Scientists attribute the global warming trend, observed since the mid-20th century, to the human expansion of the "greenhouse effect"—warming that results when the atmosphere traps heat radiating from Earth toward space.

The Intergovernmental Panel on Climate Change, an international group of scientists and climate experts, has warned that humans have fewer than 12 years to radically reduce our carbon output before a global temperature rise of 3.6 degrees Fahrenheit causes a collapse of ecosystems across the globe, including sea-level rise, the melting of polar ice caps, and changes in ocean currents and weather systems worldwide.

Already "100-year" storms, floods, and wildfires are becoming annual events. Droughts and crop failures are causing food insecurity leading to mass human migrations, causing a rise in nationalist, anti-immigrant events world-wide. Increasing global temperatures are expected to exacerbate these problems, along with mass extinctions of animal and plant life.

The goal of the youth movement is to push the climate crisis into the center of the 2020 Presidential debate and propel the bold vision of a Green New Deal in Congress and across the country.

I was thrilled to listen to the message of youth. I am impressed by their thoughtfulness, their intelligence and their organizing ability. I'm so glad we got to experience our young speaker in Castro Valley!

—Rita Sklar, Castro Valley

Great Shows in Our Own Backyard

Editor:

We went to the opening of the new concert series at the Castro Valley Center for the Arts (next to the high school) last night. The group was Tom Rigney & Flambeau. They were A-M-A-Z-I-N-G!

We were thoroughly entertained from start to finish by world-class musicians. This was a Cajun/Zydeco/Blues/Honky Tonk band. There was even a Cajun dance lesson first. It was soooooo fun!!!

The sad thing was that only half of the theater was filled. The directors of the Center for the Arts bring in a variety of top notch talent.

Check it out ... the commute is great. You don't need to go

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to Oakland or SF to see exceptional performances, it's right here in your own back yard. The next one coming up is a Carol King tribute on October 12th. I urge you to support this great local venue. Visit www.cvcfa.com/community-events

—Katy Wright, Castro Valley

Greatest Kindness to Dogs: Adopt Them From a Shelter

Editor:

Wally Conron, the man considered responsible for setting off the "designer dog" craze by breeding the first Labradoodle, recently admitted that creating Labradoodles was one of his "life's regrets." In an interview with the Australian Broadcasting Corporation, Conron said, "I opened a Pandora's box and released a Frankenstein's monster."

With all the sweet, affectionate dogs waiting in animal shelters for good homes—about 25 percent of whom are purebreds—there is never a reason to breed more animals. In a previous interview, Conron spoke out against bringing more Labradoodles into the world, reminding people that "there are a lot of unhealthy and abandoned dogs out there." He also said that "instead of breeding out the problems, they're breeding them in," referring to the many genetic disorders that purebred and "designer" dogs are prone to.

Breeders' routine practices of inbreeding and selective breeding for distorted physical features cause many dogs to suffer from epilepsy, blindness, heart defects, difficulty breathing, crippling hip dysplasia, cancer, and many other health problems that diminish their quality of life.

The kindest thing that anyone can do for dogs is to adopt them from a shelter—and make sure that they are spayed or neutered.

—Paula Moore, The PETA Foundation, Norfolk, Virginia

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

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ANSWERS ON PAGE 5



About 350 people attended the Alameda County Sheriff's 27th Annual Cop Shop BBQ.

BBQ: 27th Annual Cop Shop Fundraiser

continued from front page

Outside the dining area, several Sheriff's Department units displayed their equipment. Deputies Rose Lopez and Anthony Pagliari showed several drones to people entering the venue. Sgt. Robert Brandt exhibited an 80-pound bomb squad suit and camera-equipped robots, which are used in hazardous situations.

"Hopefully we can send the robot in instead of a person," Brandt explained. "It's a cliché, but we try to start remote and stay remote."

Mike Krippene was one of the

many community volunteers who assisted at the fund-raiser.

"It's very popular in Castro Valley, and it's a lot of fun. They have raffle tickets for donated goods, music to enjoy, plenty of food and just a fun Friday night out," Krippene said. His daughter, Cherry Lemmon, organized much of the event.

CV resident Fred DeJesus said that he and his wife enjoyed their evening at the barbecue.

"It's a wonderful event, with good food and friendly people. It's also right down the street from our

house," DeJesus said.

Sheriff Greg Ahern greeted the crowd at the beginning of the dinner, noting that this year it was sold out. He added that events like this give his department incentive.

"You are the people we want to serve," said Ahern.

Raffle prizes offered at the barbecue included A's Luxury Box tickets, Black Oak Casino stay-and-play packages, passes to Boomers and Gilroy Gardens, pistol training lessons, golfing equipment, a wakeboard, weed eater, gift cards, beverages and candy.

Risks: Vape Notice on CVHS Materials

continued from front page

been reported by the Centers for Disease Control and Prevention (CDC). At least 12 people have died.

Three out of four are men with most patients being 18-34 years old. No product or substance that links all of these cases has been found, but US health officials say most injuries involved vaping products that contained TCH, the psychoactive ingredient in marijuana.

Alga agrees that the problem stems from people buying discount e-liquids from unknown or illegal "black market" sources and that trying to add THC, fillers, or their own flavorings may contain vitamin E acetates, which health officials contend contribute to lung injuries.

"Regulation is good. Education is better," Alga says. "Vaping is a delivery method. We're an adult product and our products are for smokers who want to transition to a safer alternative. Unfortunately, the news media shows our products and that's not what is being sold on the streets."

The CDC recommends people not vape if they have concerns about this health risk. If you do vape and you have a cough or shortness of breath, officials recommend seeing your health care provider.

The Castro Valley School Board will hold a public hearing during its regular meeting on Oct. 10 regarding the sufficiency of instructional materials and determine through a resolution whether each student has sufficient textbooks and instructional materials.

The School District is also in the process of adopting new High School AP Mandarin and Mandarin 1-4 course textbooks. Admin-

istrators and teachers have been working together to select and evaluate these new materials.

Residents are invited to preview the AP Mandarin and Mandarin instructional materials. All materials are viewable at the District Office at 4400 Alma Ave., Educational Services office, weekdays from 8 a.m. to 4 p.m. through Oct. 13. The Board will consider approval of the textbooks at its Oct. 24 meeting.

Castro Valley Student News

Joshua Cheng of Castro Valley has enrolled at the University of Findlay (Ohio) for fall 2019. New students began their studies on August 19. Cheng is pursuing a doctor of pharmacy degree.

Ruth Oppenheimer of Castro Valley, an incoming University

of Vermont student, participated in canoeing, part of the university's wilderness 7-day TREK Program providing students an opportunity to paddle and explore the expansive wilderness of the Adirondack National Park, the largest East of the Mississippi.

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Save the Date! November 9, 2019



3:00-9:00 PM • Castro Valley Boulevard

Music • Entertainment • Food Trucks

Parade Starts @ 5:30 PM

Castro Valley BLVD will be Closed Between Lake Chabot and Redwood Road from 3-9 PM

Top three things to remember for the parade:

Please bring a chair! All parade seating is on the sidewalk. November 9th is the night to wear your light-up gear!

To register as a parade entry or an event vendor

Visit www.CastroValleyLightParade.org

Space is Limited! Register Today!



In conjunction with the parade, Alameda County will host a Storefront Decorating Contest. We are encouraging all businesses to participate! The contest will be judged by the Castro Valley Light Parade Committee. Window Decorating must be completed by 5 PM and judging will take place on November 9th, the day of the parade!

Decorated windows will be photographed and posted on the Castro Valley Light Parade Facebook Page. The winners of the contest will be announced on Facebook and contacted directly.

The categories are:

Best Use of Lights, Best Theme, & Most Interactive Display

For more information Visit
www.CastroValleyLightParade.org



Alameda County | **Community Development Agency**
Economic and Civic Development Department

Phone: (510) 670-6506 **Website:** www.acgov.org/cda/ecd



Photos by: Breslow Imaging

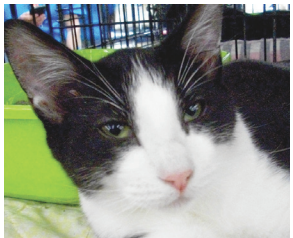


 @CastroValleyLightParade

ADOPT-A-PET



KNOXVILLE is a sweet 4 month old kitten, has sleek black fur and golden-orange eyes. He would likely do well in a home with other cats. Info: Hayward Animal Shelter, 510-293-7200.



MARCELL is an affectionate 5-month-old tuxedo. Neutered, vaccinated, microchipped, FIV/FelV negative and, ready to go home. Email: Loveallpawzrescue@gmail.com.



SAMUEL is a handsome male rabbit with salt and pepper hair. He is very sweet and easy going. For more information, please call the Hayward Animal Shelter at: 510-293-7200.



TANNER MARIE is an adorable 3-month-old Abyssinian tabby mix. Spayed, vaccinated, microchipped and FIV/FelV negative. Email: Loveallpawzrescue@gmail.com.

Benefits: For The Disabled

continued from page 8
of past-due benefits up to a maximum of \$6,000 if they win your case.

It's probably worth hiring someone at the start of the application process if your disability is something difficult to prove such as chronic pain.

If, however, your disability is obvious, it might be worth initially working without a representative to avoid paying the fee. You can always hire a representative later if your initial application and first appeal are denied.

To find a representative, check with the National Organization of Social Security Claimants' Representatives (NOSSCR.org, 845-682-1881) or National Association of Disability Representatives (NADR.org, 800-747-6131). Or, if low-income, contact the Legal Services Corporation (LSC.gov/find-legal-aid) for free assistance.

Send questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org.

LEGAL NOTICES

FILED
AUGUST 20, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 562512

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Rae Talbot Salon, LLC at 20627 Rustic Drive, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Rae Talbot Salon, LLC, 20627 Rustic Drive, Castro Valley, CA 94546. This business is conducted by a Limited Liability Company. This business commenced on 7/1/2019.

/s/ Rae Talbot Salon, LLC
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires AUGUST 20, 2024
SEPT. 11, 18, 25, OCT. 2, 2019
0147-CVF

FILED
SEPTEMBER 03, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 563008

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: MARRS MAINTENANCE at 25200 Santa Clara St. 224, Hayward, CA 94544, in Alameda County is hereby registered by the following owner(s): (1) Anthony J. Marhx, (2) Marian Rodriguez, 25200 Santa Clara St. 224, Hayward, CA 94544. This business is conducted by a married couple. This business commenced on 9-1-19.

/s/ Anthony J. Marhx, Marian Rodriguez
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires SEPTEMBER 03, 2024
SEPT 11, 18, 25, OCT 02, 2019
0148-CVF

FILED
MARCH 26, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 548999

STATEMENT OF ABANDONMENT OF THE USE OF FICTITIOUS BUSINESS NAME

Pursuant to Business and Professions Code Sections 17900-17930

Abandonment of the business name: All Star Concrete Pumping located at 20420 Marshall St., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): David L. Earney, 20420 Marshall St., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on N/A.

/s/David L. Earney
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires MARCH 26, 2024
SEPT 18, 25, OCT 02, 9, 2019
0062-CVF

FILED
SEPTEMBER 17, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 563523

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Ignacio Arechiga, Broker at 19131 Redwood Road Suite C, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Ignacio Arechiga, 10680 Crow Canyon Rd., Castro Valley, CA 94552. This business is conducted by an individual. This business commenced on 09/01/19.

/s/ Ignacio Arechiga
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires SEPTEMBER 17, 2024
SEPT 25, OCT 02, 09, 16, 2019
0153-CVF

FILED
AUGUST 26, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 562852

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: HR Support at 4061 East Castro Valley Blvd #158, Castro Valley, CA 94552, in Alameda County is hereby registered by the following owner(s): Chawannoot Thordarson, 123 College Ave. Apt 18, Modesto, CA 95350. This business is conducted by an individual. This business commenced on 08/28/19.

/s/ Chawannoot Thordarson
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires AUGUST 26, 2024
SEPT 25, OCT 02, 09, 16, 2019
0157-CVF

FILED
SEPTEMBER 06, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 563168

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Baywood Court Retirement Community at 21966 Dolores Street, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Baywood Court, 21966 Dolores Street, Castro Valley, CA 94546. This business is conducted by a corporation. This business commenced on 10/02/08.

/s/ Baywood Court
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires SEPTEMBER 06, 2024
OCT 02, 09, 16, 23, 2019
0154-CVF

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- October 7, 2019 - November 15, 2019

How It Works:

During the program dates, contact Alameda County Industries (ACI) at least 24 hours prior to setting out used filter(s) curbside. A coupon* will then be sent to you in the mail from ACI for a new filter.

- Contact ACI's Customer Service Department:
By phone: Monday - Friday, 7:00 a.m. - 6:00 p.m. at (510) 483-1400.
By email: info@alamedacountyindustries.com

Filters must be set out by 6:00 a.m. on your collection day. Visit www.cvsan.org/UsedOil for more information.

*Coupon is for a limited time only and expires on November 23, 2019. Full details on the coupon. CVSan reserves the right to alter or cancel the program at any time for any reason.

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FILED
SEPTEMBER 06, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 563170

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Baywood Court Health Center at 21966 Dolores Street, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Baywood Court, 21966 Dolores Street, Castro Valley, CA 94546. This business is conducted by a corporation. This business commenced on 10/02/08.

/s/ Baywood Court
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires SEPTEMBER 06, 2024
OCT 02, 09, 16, 23, 2019
0155-CVF