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WOMEN IN BUSINESS

PROFILES ON PAGES 8 & 9

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 31 WEDNESDAY, OCTOBER 16, 2019 NO. 41

INSIDE YOUR FORUM

OUR TOWN



Sports Grants CV Sports Foundation presents \$20,324 to local youth sports programs Page 3

LIVING



Meat Free These recipes are so tasty, it's hard to believe they're all meatless Page 5

SENIORS



Senior Debt Tips and services for seniors facing credit card and mortgage debt Page 6

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PHONE: (510) 614-1560



PHOTO BY MARILYN HOFFMAN

DINNER IN THE DARK: Matt Collopy, Gabby Zakas, Lisa Zakas and Karen Collopy of Castro Valley have dinner on the lawn during the PG&E blackout.

POWER IN NUMBERS

NEIGHBORS PULL TOGETHER DURING POWER OUTAGE

By Michael Singer CASTRO VALLEY FORUM

PG&E's shutdown announcement last week left Castro Valley residents wondering if and or when their lights would be turned off, but many neighbors banded together around town to make sure no one was left in the dark. The high winds and low humidity forecast last week prompted Pacific Gas & Electric to schedule a PSPS or "Public Safety Power Shutoff." Approximately 6,000 homes in the Castro Valley and Hayward hills had their power turned off as a preemptive measure. Nearly 2 million people in the state went dark for a few days—mostly in the North Bay and East Bay hills. Power was restored to most impacted homes in Castro Valley by late Thursday night. California law now requires utilities such as PG&E to reduce or cut off power to areas that face severe wind threat and fire risk. While the waiting game and relatively calm airflow raised anxiety levels and some tempers, people began sending out the word among the community offering updates and support services. see POWER on back page



PHOTO BY TINA SCHRADER

A RUSH ON GROCERIES: By Wednesday night, many of the shelves were empty at the Safeway supermarket at 580 Market Place in Castro Valley.

MAC to Hear Complaints on Power Outages

By Amy Sylvestri CASTRO VALLEY FORUM

The Castro Valley Municipal Advisory Council (MAC) is considering putting an item about the PG&E shutoffs on the agenda of a future meeting in order to allow residents a chance to vent their frustrations and share their thoughts about the controversial move the utility made last week. At Monday night's meeting, MAC Chair Marc Crawford said that residents want their voices to be heard and also want to hear from their representatives on the MAC even if they have no sway over the company, so he asked that the PG&E matter be discussed at a meeting in the near future. "I think people are looking at us and saying 'You people need to take a position on this for the community' whether it is futile or not," said Crawford, adding that while the majority of Castro Valley wasn't affected, several people in the hills did have their power cut and should be granted a public forum to "air their grievances." MAC Member Chuck Moore was among those who actually lost electricity, but said he was largely supportive of PG&E's decision because he sees how they might see MAC on page 14

CVHS Holds Homecoming

By Linda Sandsmark CASTRO VALLEY FORUM

Castro Valley High School had its annual Homecoming celebration last week, holding its parade in perfect weather on Friday. The school band led the parade, playing "Celebration" for the parents and friends who watched along Redwood Road. They were followed by members of the football team, "royalty" chosen from the student body, plus floats and cheering participants from each class. The overall theme for this year was "Blast to the Past," with each class choosing a past decade to represent. Freshmen (Class of 2023) chose the "2000s" as their decade. They paraded in purple and pulled a float depicting such favorite video games from that era as Angry Birds and Pokémon. Sophomores (Class of 2022) chose the 1990s. Their T-shirts were light blue, and their float portrayed movies and TV shows like The Simpsons, Rugrats and Magic School Bus. Juniors (Class of 2021) picked the 1980s, wearing red T-shirts with the MTV logo on them. Their float featured a giant Rubik's Cube and a life-size arcade with Pac Man, Donkey Kong, and Space Invaders videogames. see HOMECOMING on page 10

Castro Valley Weather Oct. 16 - 20, 2019



Wednesday
Cloudy
High 67° Low 56°



Thursday
Mostly Sunny
High 68° Low 47°



Friday
Mostly Sunny
High 69 Low 52°



Saturday
Cloudy, Showers
High 68° Low 45°



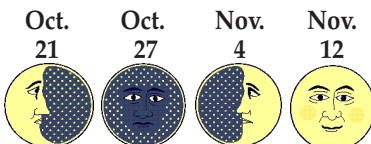
Sunday
Mostly Sunny
High 71° Low 51°

Almanac



Past Week's Rain: 00.00
Season To Date: 00.38
Normal To Date: 00.24
Season Average: 21.22

Moon Phases



Sun sets at 6:31 p.m. today, rises at 7:20 a.m. Thursday.

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PHOTO BY CATHY BRESLOW

THE CAST OF PLETHOS PRODUCTIONS' 'NEXT TO NORMAL,' from left, Ben Stevens, George Gill, Michael Dorado, Christi Waybright, Shyanna Bryan, Kristy Aquino and Tyler Gable. The show opens at Smalltown on Friday, Nov. 8.

Musical About Mental Illness Coming to Smalltown Nov. 8

Next month, Plethos Productions will present the Broadway musical "Next to Normal" a show that won a Pulitzer Prize for drama and three Tony Awards.

On the surface, they're your typical "normal" American family. But just beneath the facade, is Diana Goodman, a mother who has struggled with bipolar disorder and psychosis for 16 years.

This gripping, heart-wrenching musical is a snapshot of just one of the rollercoaster years Diana,

her husband and children have endured. This show is a deep, emotional dive into depression, anxiety and the mental health industry. From a song about pharmaceuticals to mental tricks played on the audience, everyone is taken along for the ride as Diana experiences the frenetic highs of mania and the absolute depths of severe depression and grief.

Journey along with this family and see how empathy, patience and love help them endure.

This timely rock musical is relevant, real and relatable in today's society which so badly needs to de-stigmatize mental illness and its treatment.

Playing at Smalltown Society in Castro Valley, Fridays through Sundays Nov. 8-24. Friday and Saturday shows are 7 p.m., Sundays are 2 p.m. matinees.

Seating is limited. Early Bird tickets are \$15 before Nov. 1 at plethos.org. Advanced purchase is highly recommended.

Register for Castro Valley Light Parade

The Castro Valley Light Parade returns on Saturday evening, Nov. 9 and you're invited to participate.

If you have not registered your application you should do that

now at <https://www.cvmeetinthetree.org/parade-entry.html>

If you have already registered and have received an email for Mel Speed, you are confirmed and

you will receive staging information the week of the parade.

For questions, call or email Mel Speed at melspeed@live.com or 510-909-9334.



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PHOTO BY BRUCE JOHNSON

Front row, from left: James Forster (CVHS Girls Basketball), Joseph Mui (CVHS Tennis), Patrick Ryken (CVHS Girls Water Polo), Jeff Miller (Chabot Marlins Swim Team), Dooney Jones (CVHS Track and Field), Benjamin Brookens (CVHS Girls and Boys Water Polo), Chris Fortenberry (CVHS Director of Athletics/ CVHS Boys Basketball), Terrell Carriere (CVHS Boys Basketball), Denny Molzen (CVHS Football), and Mark Williams (CVHS Weight Room); back row, Gianna Leogrande (CVHS Cheerleader), Samuel Lu (CVHS Badminton), Isabel Duarte (Creekside Middle School Cheerleading), Michele Nicol (CV Little League), Suzi Mills (Vannoy Elementary/Creekside and Canyon Middle Schools/CV Junior Tennis), Stacy Massey CV Little League), Amanda Lee (CVHS Badminton), Nicole Manley (CVHS Softball), Kelly Schroeder (CVHS Dance Team), Karen Johnston (CVHS Cheerleading), Rachel Lunt (President, CV Sports Foundation), Patrick Lee (Crossover Basketball League), and Chelsea Craig (CVHS Cheerleader).

Sports Foundation Presents \$20,324 to Sports Programs

At their Oct. 7 meeting, the Castro Valley Sports Foundation (CVSF) Board of Directors invested in the Castro Valley Community by presenting checks totaling \$20,324 to 22 local youth sports programs and teams.

Board President Rachel Lunt affirmed all of the coaches and program representatives for their commitment to the youth of Castro Valley.

"The Castro Valley Sports Foundation raises funds throughout the year to invest in our local

student athletes with all net proceeds going directly back into our community," said Lunt.

Funds were presented to representatives from multiple school sports programs from Castro Valley High School, including Dance Team, Cheerleading, Water Polo, Track and Field as well as Football, Basketball and Baseball, in addition to youth teams from throughout Castro Valley, including Chabot Marlins Swim Team, Crossover Basketball, Castro Valley Little League and tennis pro-

grams at Vannoy Elementary and Canyon and Creekside Middle schools.

In addition to raising funds for local youth athletic programs, the CVSF also hosts the Castro Valley Sports Foundation Hall of Fame Banquet every two years.

The 2020 Hall of Fame Banquet will be held on Sunday, April 26, at which sixteen Castro Valley athletes and coaches will be inducted. Inductee and ticket info at: <https://www.castrovalleysportsfoundation.org/upcoming-events>.

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



Public Intoxication On the Boulevard

Sunday, October 13: at 3:01 p.m., Sheriff's deputies arrested a 34-year-old man with no permanent residence on suspicion of public intoxication. The man was hanging outside a business on Castro Valley Boulevard near Redwood Road when deputies stopped him for questioning. The man failed his field sobriety test and was taken into custody.

Methamphetamine Drugs And Drug Paraphernalia

Sunday, October 13: at 4:15 a.m., a 37-year-old man from Sacramento was arrested on suspicion of possession of methamphetamine drugs and associated drug paraphernalia. Deputies responded to a suspicious person report on Jamison Way near Redwood Road. The man admitted that he had taken the drugs and still had some in his pocket. Deputies took the man into custody.

Drug Possession

Sunday, October 13: at 12:06 a.m., deputies arrested a 43-year-old man with no permanent residence on suspicion of possession of 4.08 grams of methamphetamine drugs. Deputies stopped the man for questioning as he was parked outside a home on Oak Street near Grove Way. Deputies found the drugs in the front seat of the vehicle. The man was taken into custody.

Grand Theft at Home

Saturday, October 12: at 4:56 p.m., deputies arrested a 35-year-old woman from Castro Valley on suspicion of grand theft at a home on Kingston Way near Northwood Drive. The woman was found with an unspecified amount of merchandise in her possession. Deputies took the woman into custody.

Restraining Order Violation

Friday, October 11: at 11:13 a.m., a 22-year-old man with no permanent residence was arrested on suspicion of violating a court-issued restraining order. Deputies responded to a call from a convenience store on Redwood Road near Grove Way. The manager knew the suspect was prohibited from being at the store. The man was taken into custody.

Stolen Motorcycle

Friday, October 11: at 1:09 p.m., deputies pulled over and arrested a *see REPORTS on page 9*

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December 9
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(Same program, offered twice)

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The Week Ahead

● Wednesday, October 16: East Bay Rose Society Meeting

Master Rosarian Jolene Adams, former president of the American Rose Society, will speak at the next meeting at 7:30 p.m. today at Lakeside Garden Center, 666 Bellevue, Oakland. Adams is active in international rose circles. Learn how to identify squirrels, rats, mice, moles, voles, gophers, or deer and what to do about them. Come enjoy snacks and the show. Visit www.eastbayroses.org for info.

● Wednesday, October 16: Women's Club: "Ask a Muslim"

Moina Shaig, from the "Ask a Muslim" Organization, will be answering your questions regarding the Muslim Faith at the next general meeting of the Castro Valley Women's Club at 1 p.m. today at 18330 Redwood Road. The Public is welcome. Please let us know you are coming by calling 510-461-7692. For more info, visit www.castrovalleywomensclub.weebly.com

● Thursday & Friday, Oct. 17-18: Public Transportation Classes

The Aitken Senior Center will host Travel Training Classes for those 55 and older, tomorrow, Oct. 17, from 10 a.m. to 1:30 p.m., and Friday from 9:30 a.m. to 2:30 p.m. (must attend both days). Learn how to safely navigate Bay Area public transportation. Call 510-881-6738 to reserve your space (limited to first six participants). Training will be provided by United Seniors of Oakland and Alameda County.

● Saturday, October 19: Soroptimist Garage Sale

Soroptimist International of the East Bay will hold a garage sale and flea market from 8 a.m. to 4 p.m. this Saturday at 3841 Somerset Ave. in Castro Valley to raise funds for scholarships and local programs that

support women and their families. Enjoy a shopping experience while helping the community — clothes, tools, kids' stuff, toys household goods and treasures. For more info, call 510-593-7377.

● Saturday, October 19: FamFest 5K Fun Run

Join the fun at 9 a.m. this Saturday at the Ashland Cherryland 5K Fun Run hosted by Alameda County, at the Reach Ashland Youth Center, 16335 E. 14th St., in Ashland. Register now at www.acrun.org

● Saturday, October 19: Indoor Rummage Sale

Support your local Cub Scouts by participating in an indoor rummage sale from 9 a.m. to 4 p.m. this Saturday at Resurrection Greek Orthodox Church, 20104 Center Street in Castro Valley. Reserve a table to sell your unwanted items for a \$25 donation fee, or just come shop for treasures to help support Cub Scout pack 777. Text Irma for more info at 510-303-1745.

● Saturday, October 19: October Moon Festival

All Saints Church at 911 Dowling Blvd. in San Leandro will hold a Moon Festival Spectacular at 5:30 p.m. this Saturday, with Asian cuisine, Taiko drumming, a silent auction and a raffle. Child care provided. For tickets (adults, \$50; children 12 and under, \$15; corkage, \$20) or more info, visit tinyurl.com/SLMoonFest

● Saturday, October 19: Bunco Madness

The Hill & Valley Club at 1808 B St. (at Linden) in Hayward invites you to join the fun playing Bunco from 10:30 a.m. to 2:30 p.m. this Saturday. Beginners are encouraged to attend. Tickets (\$20, which includes lunch) are available by calling Pat Keathley at 510-487-8827 or emailing hillvalleyclub@gmail.com

● Saturday, October 19: Eden Area Village Monthly Coffee

Join Eden Area Village for coffee at the Cannery Cafe, 22380 Foot-hill Blvd. in Hayward at 9 a.m. this Saturday and learn how this group of seniors is providing each other with community support. For info, visit edenareavillage.org

● Sunday, October 20: Baby Boomers Dance

Join the fun from 2 to 5 p.m. this Sunday, Oct. 20, dancing to the music of Chico and the Band at the Ashland Holy Ghost Hall, 16490 Kent Avenue in San Lorenzo, sponsored by the Cabrillo Civic Club No. 11. All ages welcome. Call Shirley at 510-329-1705 for information.

● Monday, October 21: Municipal Advisory Council Meetings

The Castro Valley MAC will hold a land-use meeting at 6 p.m. on Oct. 21 at the Castro Valley Library. Visit acgov.org/bc/cvmac for the complete agenda.

● Tuesday, October 22: Rotary Topic: San Leandro Business

Katie Bowman, Economic Development Manager of San Leandro, will describe the latest business developments in that city at the next buffet lunch meeting at Redwood Canyon Golf Course, 17007 Redwood Road, Castro Valley, from noon to 1:30 p.m. Tuesday. The cost of lunch is \$15 and reservations must be made by 9 p.m. on Sunday, Oct. 20, by contacting Rotary at cvrotary@iCloud.com or 510-402-5123. More information at castrovalleyrotary.org

● Wednesday, October 23: Medicare Open Enrollment

Be prepared for Medicare annual enrollment by attending a free presentation on Changes to the Medicare Prescription Drug (Part D) Plans and Medicare Advantage (Part C) Plans for 2020, at the Castro Valley Library from 11 a.m. to noon next Wednesday. Learn about eligibility, costs, benefits, and changes in Medicare Parts A and B, options for supplementing Medicare and getting help with medical costs (including the Extra Help program), from the Health Insurance Counseling and Advocacy Program. For more information, call the Library at 510-667-7900, or see Events at www.aclibrary.org/branches/csv

● Friday, October 25: CVSan Employee Recognition

All businesses in the Castro Valley Sanitary District are invited to attend the 6th Annual Employee Recognition Brunch at the CVSan office, 21040 Marshall Street, where the achievements of 4R Star business employees will be recognized. RSVP to purvi@cvsan.org or call 510-537-0757 ext. 117.

● Saturday, October 26: Drug Take-Back Day

California Public Health officers will be collecting unwanted prescription and over-the-counter medicines at the Castro Valley Library from 10 a.m. to 2 p.m. on Oct. 26. Drop off expired and unused drugs (no questions asked) for safe disposal and destruction that might otherwise be a source of supply for illegal use and an unacceptable risk to public health and safety.

● Saturday, October 26: Kiwanis Club Pasta Dinner

The Kiwanis Club of Hayward-Castro Valley invites you to their annual Pasta Dinner from 5:30 to 8 p.m. on Oct. 26 at the Kenneth C. Aitkens Senior and Community Center, 17800 Redwood Road. Adults \$25, children (ages 10-16) \$10. Pasta with red sauce, chicken Alfredo and pesto with salad, dessert and beverage. Also a basket raffle and silent auction. For more information, call David Wilhite at 510-886-1100 or Gerry Cockrill at 510-889-5885.

● Saturday, October 26: Free SAT Practice Test

Teens are invited to partake in a free SAT practice test administered by The Princeton Review at the Castro Valley Library from 10 a.m. to 1:30 p.m. on Oct. 26. In preparation for what might be

the most important test of your life, this 3.5-hour workshop will offer you the opportunity to practice and find out how you would score on the new test. Get realistic practice and try your hand at the types of questions you'll face on the actual exam. You will also receive a personalized score report pinpointing your strengths and weaknesses. Registration is requested. Sign up by phone 510-667-7900 or in person.

Listings for the Community Calendar and A&E Calendar must be received by the Friday before publication date. Send info as text (please no fliers or posters) to fredz@ebpublishing.com

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

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

● **The Great American Sh*t Show**, featuring new works on life in the age of Trump, will be presented by solo performance stars Brian Copeland and Charlie Varon for one night only, Thursday, Nov. 7, at 7:30 p.m. at the Castro Valley Center for the Arts. *For tickets, visit www.CharlieVaron.com*

OTHER THEATRICAL & MUSICAL PERFORMANCES

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

● **"Next to Normal,"** the award-winning Broadway rock musical about depression, anxiety and the mental health industry, will be presented by Plethos Productions Fridays through Sundays, Nov. 8-24, at Smalltown Society, 22222 Redwood Road in Castro Valley. Fridays and Saturdays at 7 p.m., Sundays at 2 p.m. Seating is limited. Early bird tickets are \$15 before Nov. 1 at plethos.org

ART GALLERIES & ART INSTRUCTION

● **"Celebrate the Arts,"** a gala fundraiser for the Hayward Arts Council, will be held from 5:30 to 8:30 p.m. on Friday, Nov. 8, in the Rotunda of Hayward City Hall, 777 B Street, with catered food, live music and a live auction with valuable tickets and hotel stays. For tickets (\$50 before Oct. 30, \$65 after), visit www.haywardartscouncil.org

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

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

AT THE CHABOT CINEMA 10/16 - 10/23

● **"Joker"** (R) AD; CC; DVS

Wed 10/16
3:45p 5:57p 6:45p 8:57p
Thu 10/17
3:45p 5:57p

● **"Maleficent: Mistress of Evil"** (PG) AD; CC; DVS

Thu 10/17
7:00p 9:08p
Fri 10/18
1:00p 3:50p 6:45p 9:40p
3:08p 5:58p 8:53p 11:48p
Sat-Sun 10/19-10/20
10:15a 1:00p 3:50p 6:45p 9:40p
12:23p 3:08p 5:58p 8:53p 11:48p
Mon-Wed 10/21-10/23
3:50p 6:45p
5:58p 8:53p

CASTRO VALLEY FORUM

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ESTABLISHED: 1989 • CIRCULATION 22,500
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Published every Wednesday by EastBay Publishing Corp.
2060 Washington Ave., San Leandro, CA 94577
Corporate Address: P.O. Box 2897, Alameda, CA 94501
Tel: 510-537-1792 • Fax: 510-814-9691

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Unity Church of Castro Valley

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Meatless Meals Don't Mean Giving Up Great Taste

For those wishing to cut down on their intake of saturated fats and cholesterol, there's no shortage of meat substitutes these days in your local grocer's refrigerated section — everything from vegetarian "ground beef" and hot dogs to chorizo and chickenless nuggets. Lighter, vegetable-based dinners are also easy to create at home. You might find that many of them become family favorites.

SPINACH-STUFFED PORTOBELLOS

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 medium tomato, chopped
- 1 (about 6-oz) bag fresh baby lettuce leaves
- 1 (10 3/4-oz) can Campbell's Cream of Celery Soup
- 4 large portobello mushrooms, stems removed
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon bread crumbs, toasted

Heat oil in a 10-inch nonstick skillet over medium heat. Add the onion and cook until tender-crisp, stirring occasionally. Add the tomatoes and spinach and cook just until spinach is wilted. Stir in the soup and cook until the mixture is hot and bubbling.

Stir the bread crumbs and cheese in a small bowl.

Place the mushroom caps onto a baking sheet. Spoon the spinach mixture into the mushroom caps.

Roast at 425°F for 15 minutes or until the mushrooms are tender. Remove the baking sheet from oven. Sprinkle with the bread crumb mixture.

Heat the broiler. Broil mushroom caps 4 inches from the heat until the bread crumb mixture is golden brown. Yields 4 servings.

ZUCCHINI 'CRAB' CAKES

- 2-1/2 cups grated zucchini
- 1 egg, beaten
- 2 tablespoons butter, melted
- 1 cup bread crumbs
- 1/4 cup minced onion
- 1 teaspoon Old Bay Seasoning
- 1/4 cup all-purpose flour
- 1/2 cup vegetable oil for frying

In a large bowl, combine zucchini, egg, and butter or margarine. Stir in seasoned crumbs, minced onion, and seasoning. Mix well.

Shape mixture into patties. Dredge in flour.

In a medium skillet, heat oil over medium high heat until hot. Fry patties in oil until golden brown on both sides. Serves 4-6.

PASTA WITH ASPARAGUS

- 3 tablespoons olive oil
- 1 large clove garlic, minced
- 1-3/4 cups vegetable broth
- 1/2 teaspoon dried thyme leaves, crushed
- Half of a 1-pound package angel hair pasta



PHOTO COURTESY OF CAMPBELL'S FOODS

Spinach-Stuffed Portobellos are hearty, satisfying and delicious, and ready in just 30 minutes.

- 1 pound asparagus, trimmed and cut into 1-inch diagonal pieces
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup grated Parmesan cheese

Heat the oil in a 4-quart saucepan over medium-high heat. Add the garlic and cook for 30 seconds, stirring often. Stir the broth and thyme in the saucepan and heat to a boil.

Stir the pasta, asparagus, salt and pepper in the saucepan and cook for 5 minutes, or until pasta and asparagus are tender.

Stir in the cheese and serve immediately. Yields 4 servings.

LIGHT EGGPLANT PARMESAN

- 1 large eggplant (2 pounds), sliced 1/2 inch thick crosswise
- 1 tablespoon olive oil
- Salt and ground pepper
- 1 cup fat-free (skim) milk
- 3 tablespoons flour
- 2 garlic cloves, minced
- 1 cup marinara sauce
- 1/2 cup grated part-skim Mozzarella cheese
- 1/3 cup grated Parmesan

Preheat oven to 450°F, with racks in upper and lower thirds.

Arrange eggplant on two rimmed baking sheets. Brush eggplant on both sides with oil, and season with salt and pepper. Bake until golden brown and very tender, 20 to 25 minutes, turning slices and rotating sheets halfway through.

Meanwhile, in a medium saucepan, whisk together 1/4 cup milk,

flour, and garlic. Gradually whisk in remaining 3/4 cup milk and 1/2 cup marinara sauce. Bring to a boil; reduce to a simmer, and cook until pink sauce has thickened, 2 to 3 minutes.

Spread 1/4 cup marinara sauce in the bottom of a shallow 2-quart baking dish. Alternate layers of baked eggplant with pink sauce. Dollop with remaining 1/4 cup marinara sauce. Sprinkle with mozzarella and Parmesan. Bake on upper rack until browned and bubbling, 10 to 15 minutes. Serves 4.

TOFU STIR-FRY

- 1 pound firm tofu
- 2 tablespoons soy sauce, plus more for serving
- 1 tablespoon rice vinegar
- 1 teaspoon toasted sesame oil
- 1 tablespoon canola oil
- 2 small onions, cut in wedges
- 9 ounces button mushrooms, quartered
- 1 large red bell pepper, ribs and seeds removed, cut into 1-inch squares
- 1-1/4 pounds bok choy, cut into 1-1/2 inch pieces, stem and green pieces

- separated
- 1/4 pound snow peas, trimmed
- 5 paper-thin slices fresh ginger
- 1 teaspoon cornstarch dissolved in 2 teaspoons cold water
- Lime wedges, for serving

Halve tofu block lengthwise; slice each half into 8 rectangles. Arrange on a paper towel-lined baking sheet; top with more paper towels and another baking sheet. Weight with canned goods or a skillet. Refrigerate overnight or at least 20 minutes.

Transfer tofu to a shallow dish. In a bowl, whisk together soy sauce, vinegar, and sesame oil with 1 tablespoon water; pour over tofu. Marinate 5 minutes (reserve marinade).

Heat canola oil in a 12-inch nonstick skillet over high heat. Cook tofu until golden, 1 to 2 minutes per side. Set tofu aside.

Stirring constantly, cook onions in skillet over high heat until browned, 5 minutes. Add mushrooms; cook 2 minutes. Add red pepper and bok choy stems; cook 3 minutes. Add peas and ginger; cook 1 minute. Add marinade, cornstarch mixture, bok choy

greens, and tofu. Cook until heated through. Season with soy sauce as desired. Serve with limes. Serves 4.

VEGETABLE JAMBALAYA

- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 1 medium green bell pepper, coarsely chopped
- 2 garlic cloves, finely chopped
- 1 cup uncooked regular long-grain rice
- 1 (14-oz) can vegetable broth
- 1 cup frozen whole kernel corn
- 2 tablespoons Worcestershire sauce
- 1/8 teaspoon ground red pepper (cayenne)
- 1 (15 to 16 oz) can black-eyed peas, rinsed and drained
- 1 (14 -1/2 oz) can stewed tomatoes, undrained

Heat oil in 10-inch skillet over medium-high heat. Cook onion, bell pepper and garlic in oil 3 to 5 minutes, stirring occasionally, until vegetables are crisp-tender.

Stir in rice. Cook 2 to 3 minutes, stirring occasionally, until rice is

light golden brown. Stir in broth. Heat to boiling; reduce heat. Cover and simmer 15 minutes

Stir in remaining ingredients. Cover and simmer 5 to 10 minutes or until vegetables and rice are tender. Yields 4 servings.

CREAMY BAKED CARROTS

- Vegetable cooking spray
- 1 (10-3/4 oz) can Campbell's Condensed Cream of Celery Soup
- 1/2 cup milk
- 1/2 teaspoon dried thyme leaves, crushed
- 1 (20 oz) bag frozen crinkle-cut carrots, thawed
- 1 (2.8-oz) can French's French Fried Onions

Spray a 2-quart casserole with cooking spray. Stir the soup, milk, thyme, carrots and 2/3 cup onions in the casserole.

Bake at 350°F for 35 minutes. Stir the carrot mixture. Sprinkle with the remaining onions.

Bake for 5 minutes or until carrots are tender and the onions are golden brown. Serves 6.



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Save Mom's Home While She's In Nursing Home on Medi-Cal

Q: Our mother just moved into a nursing home for care and has qualified for a Medi-Cal subsidy to help with the cost. However, Medi-Cal wants all of mom's income to go to the nursing home as her "co-pay." That leaves nothing to cover her home expenses, including her mortgage, property taxes, insurance and upkeep.

We want to keep her home in the family, but we do not have the funds to make these payments. Is there anything we can do?

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

A: Yes, there is! But first a bit of background:

Medi-Cal assumes that all of mom's care needs will be met in the nursing home, and that there is therefore no need to permit an income set-aside to pay for home expenses while she is not actually living there.

Indeed, with the exception of a very modest income set-aside, consisting of a \$35 Personal Needs Allowance and enough to pay her medical insurance premiums,

all of mom's income must go toward her nursing home bill as her "Share of Cost" ("SOC"), before Medi-Cal will pay the balance. This leaves nothing to pay for her house expenses.

Further, the option of selling the home would usually not be wise, as this would convert an exempt asset into a large amount of cash which would then likely terminate her Medi-Cal eligibility.

Still further, most Medi-Cal applicants prefer to keep their home, whether in the hope that they may one day be able to return home, or so that they can pass it on to their children as an inheritance.

But there are two solutions to the problem of finding monies to pay these expenses:

(1) Physician's Certification: The first is where her doctor certifies in writing that it is likely that she will be able to return home within 6 months of entry into the nursing home.

If the doctor so certifies, then a portion of mom's income may be set aside to pay house expenses but only for that 6 month period.

While this option is theoretical-

ly available, as a practical matter it is rare that a physician is able to so certify, as most residents are chronically ill and not likely to return home. Further, even with a doctor's certification, the home upkeep allowance would currently be limited to only \$209/month.

(2) Rent Out the Home: The second circumstance is much more "doable." If, instead of keeping the home vacant, you rent out her home, then the rental income may first be used to pay home-related expenses, and only the excess after payment of these expenses (i.e., the net rental income) would go to the nursing home as mom's SOC.

Note: If there is a mortgage, Medi-Cal only permits the use of mom's gross rental income to pay the interest portion of the monthly mortgage, but not the principal portion. Fortunately, however, the interest portion is usually the lion's share of most mortgage obligations, and in these situations, the family is usually able to muster the modest additional funds necessary to cover the smaller principal portion. And even though the net rental income, after payment of these expenses, will increase mom's SOC, this increase does not impose any real financial hardship upon mom, as it is essentially funded by the renter.

Renting out the home so it is not kept vacant may also reduce the risk of vandalism and the more probable risk that her homeowner's insurance may lapse.

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

Assistance for Seniors with Debt

By Jim Miller
SPECIAL TO THE FORUM

Here are some tips and services that can help seniors who are facing credit card and mortgage debt.

• Credit Card Counseling

To help you get a handle on your credit card debt, a good place to turn is an accredited credit counseling agency. These are nonprofit agencies that offer free financial information and advice on how to handle financial problems.

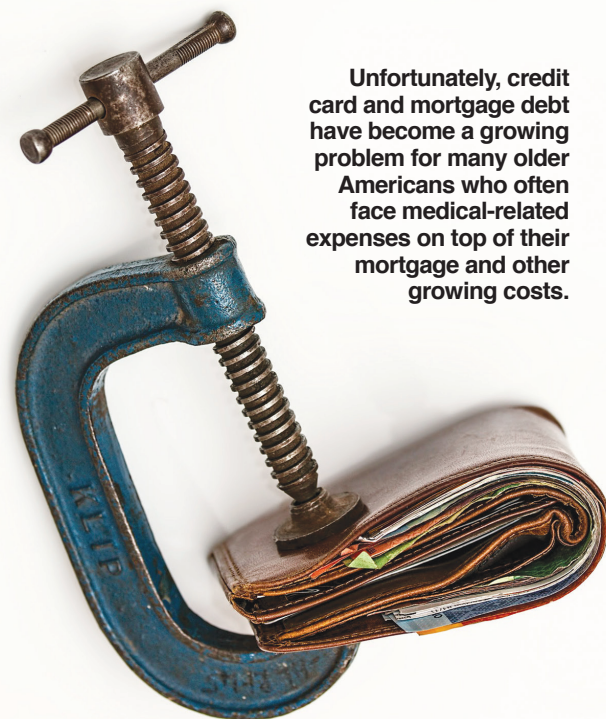
Depending on the significance of your credit card debt, they can help you sort out your finances and set you up in a debt management plan (DMP), which allows a counselor to negotiate with your creditors to lower your interest rates and eliminate any late fees and other penalties.

The agency will then act as a consolidator, grouping your debts together into one payment that you would make, and distributes those funds to your creditors.

Typically, the first counseling session is free, but a DMP comes with monthly fees of roughly \$20 to \$75 a month, depending on the state.

To locate a credible agency in your area, use the National Foundation for Credit Counseling website at NFCC.org (800-388-2227), or the or the Financial Counseling Association of America FCAA.org (800-450-1794).

But make sure that you don't use a debt settlement company that claims to settle all your debt or cut it in half for a fee without counseling. Most of these companies use deceptive practices and will only leave you more in debt than you already are.



Unfortunately, credit card and mortgage debt have become a growing problem for many older Americans who often face medical-related expenses on top of their mortgage and other growing costs.

• Mortgage Counseling

If you have fallen behind on your mortgage payments, or if you have already received a letter or phone call about missed payments, you should contact your lender immediately to explain your situation and see if you can work out a payment plan. Be prepared to provide your financial info, such as your monthly income and expenses.

You can also get help from a foreclosure prevention counselor. These are HUD-approved, trained counselors that will work with you and offer guidance on how best to avoid default or foreclosure. They can also represent you in negotiations with your lender if you need them to.

To find a government-approved housing counseling agency in your area, use the National Foundation for Credit Counseling or Financial Counseling Association of America websites or phone numbers previously listed.

Or, for a larger selection of housing counseling options see the Department of Housing and Urban Development website at HUD.gov – click on "Resources" at the top of the page, then on "Foreclosure Avoidance Counseling," or call 800-569-4287.

• Financial Assistance

You also need to make sure you're not missing out on any financial assistance programs. The National Council on Aging's website (BenefitsCheckUp.org) contains a database of more than 2,500 federal, state and local programs that can help seniors with prescription drug costs, health care, food, utilities, and other basic needs.

The site will help you locate programs that you may be eligible for and will show you how to apply.

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

Medicare Enrollment Help

Be prepared for Medicare annual enrollment by attending a free presentation on Changes to the Medicare Prescription Drug (Part D) Plans and Medicare Advantage (Part C) Plans for 2020, at the Castro Valley Library from 11 a.m. to noon next Wednesday, Oct. 23.

Learn about eligibility, costs, benefits, and changes in Medicare

Parts A and B, options for supplementing Medicare and getting help with medical costs (including the Extra Help program), from the Health Insurance Counseling and Advocacy Program.

For more information, call the Library at 510-667-7900, or see Events at: www.aclibrary.org/branches/csv.

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Get Rid of Unwanted Drugs At CV Library October 26

Have unwanted or expired prescription medications? Officers from the California Department of Public Health will be collecting unwanted prescriptions and over-the-counter medicine at the Castro Valley Library from 10 a.m. to 2 p.m. on Saturday, Oct. 26.

Drop off potentially dangerous expired, unused and unwanted prescription drugs and other medications for safe disposal and destruction, no questions asked. These drugs can be a source of supply for illegal use and arisk to public health and safety.

Many residents are not aware that medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse. Studies show that a majority of abused prescription drugs are obtained from family and friends.

In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them in the trash, both potential safety and health hazards.

For more info, call the Library at 510-667-7900, or see Events at www.aclibrary.org/branches/csv



Drop off potentially dangerous expired, unused and unwanted prescription drugs and other medications for safe disposal and destruction, no questions asked.

'Day of Remembrance' for Domestic Violence Victims

This Friday, Oct. 18, the Alameda County District Attorney Nancy O'Malley and the Alameda County Family Justice Center host the 17th Annual Day of Remembrance to pay tribute to the women, men and children who have lost their lives as a result of interpersonal violence, and to provide hope and resources to those struggling through violence in the home.

The official ceremony will begin at 12:15 p.m. at the County Administration Plaza at 1221 Oak St. in Oakland.

While fall brings the beginning of holiday family gatherings for many, the season can also be fraught with stress and an increase in domestic violence. Domestic Violence Awareness Month's brings attention to the reality of domestic violence and also sheds light on resources and pathways available to victims and survivors.

This event calls for the community to come together now to stop domestic violence, as well as to empower women, children, and men who have survived domestic abuse.

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Ilona grew up in Germany and moved to the United States during the hippie movement of the late 60s. She learned English and then attained her college degree in the 70s. Ilona is an example of a person who pursues a goal with vigor, without losing sight of her family and her community.

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'CABARET' OPENS THIS FRIDAY



PHOTO BY GEORGIA LEE BARNES

A BERLIN NIGHTCLUB IN THE 1920s: Johnny Orenberg plays the Emcee and Melissa Mombosse is Sally Bowles in "Cabaret," the timeless Broadway musical opening at Chanticleers Theatre at 3683 Quail Ave. in Castro Valley this Friday. Shows are at 8 p.m. on Fridays and Saturdays, and 2 p.m. on Sundays through Nov. 17. For tickets (\$18-\$25) visit chanticleers.org or call 510-733-5483.

Public Outreach Specialist

The Castro Valley Sanitary District is accepting applications for a full-time Public Outreach Specialist position who will serve as a public information liaison between the district and the public.

The ideal candidate will be articulate and have advanced writing skills with the ability to frame complex information into easy to understand messages to the public.

A dynamic and creative candidate is being sought who will develop this role, will offer expertise to expand public outreach, and plan and lead CVSan project events and public outreach meetings.

Visit www.cvsan.org/employment for more information and to apply. Applications will be accepted until October 31.

Reports: Illegal Narcotics; Wanted Man; Spousal Assault

continued from page 3

a 55-year-old man on suspicion of driving a stolen motorcycle. The man was parked in front of a business on Lake Chabot Road when deputies stopped him for driving with an expired license. Deputies ran the plates and found out the motorcycle had been reported stolen. The man was taken to Santa Rita Jail and held without bail.

Behind the Grocery Store

Thursday, October 10: at 8:00 a.m., a 52-year-old man with no permanent residence was arrested on suspicion of possession of illegal narcotics and violating the

terms of his probation. The man was additionally wanted on previous charges of drug possession. Deputies were called to investigate the man who was sitting behind a grocery store at the 580 Market Place shopping center. The man cooperated with deputies but was still taken to Santa Rita Jail pending \$5,000 in bail.

Wanted Man

Tuesday, October 8: at 8:39 a.m., a 30-year-old man from CV was arrested as part of a warrant issued for his capture. Deputies served the warrant at a home on Redwood Road near Emily Court. The man

had been previously charged with assault on a family member. Deputies took the man to Santa Rita Jail pending \$50,000 in bail.

Battled and Bit Her Boyfriend

Monday, October 7: at 7:12 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a trailer park on the Boulevard near Anita Avenue. There, they arrested a 32-year-old woman from CV on suspicion of assaulting her boyfriend of 10 years, biting him on his shin, and assaulting a deputy in the process. The woman was first transferred to Eden Medical Center for her own minor

injuries. Deputies then transported her to John George Pavilion for a psychiatric evaluation before transporting her to Santa Rita Jail.

Drove Drunk and Drugged

Monday, October 7: at 1:10 p.m., deputies pulled over and arrested a 59-year-old man on suspicion of driving under the influence of drugs and alcohol and driving without a valid driver's license. The man was traveling on Jennifer Drive near Stanton Avenue when deputies stopped him for questioning. He failed his field sobriety test. Deputies took the man to Santa Rita Jail pending \$5,000 in bail.

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Laura Jones

Genealogist



I am a genealogist with over 20 years of experience researching distant family members in the United States. I opened Blue Tree Legacy in 2015 to offer affordable professional genealogy to help clients find their ancestors, fill in family stories, and break through brick walls. I encourage you to call or email me for a free one-hour consultation.

What's in your legacy?

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laura@bluetreelegacy.com

Katy Del Rio

Owner & Operator



Katy has been in business for over 37 years, 24 of which have been in Castro Valley. She is well-known for artistic styles, bridal, and special up-dos. Her knowledgeable staff updates their education to make sure they keep their clients in style. Some of the many services offered are facial microdermabrasion, eyebrow and eyelash dyeing, hair coloring including highlighting, multicolors, permanent waves, ear piercing, waxing and massage.

Katy has been doing permanent make-up for 20 years and is continually taking updated classes to make sure she gives her clients a "natural" look. She has a staff of 12 stylists to help you with your beauty and skin care needs. Come in and let us give you a complete make-over.

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Everyone benefits when the professional they hire has a genuine love for what they do. With over 30 years in the business, I can't imagine doing anything else.

Over the years, I've navigated many industry changes, each time acquiring new skills and problem-solving abilities. I consider those skills "tools" for use in the future, adding them to the knowledge I've gained throughout my career. Consistently overcoming the challenges of an ever-changing business makes me better able to meet the needs of my clientele.

Please contact me at your convenience to discuss your plans. It's never too early to start the process.

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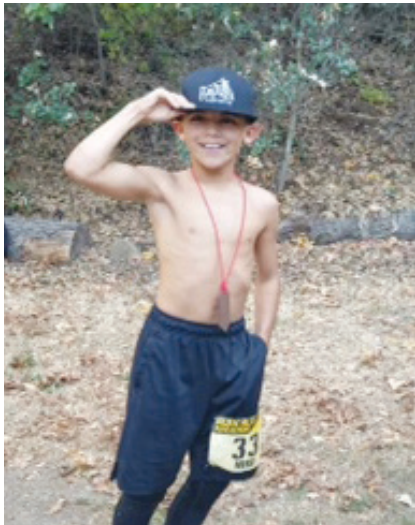


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ATHLETE OF THE WEEK



Niko Koperski

This week's Athlete of the Week is Niko Koperski, an 11 year old from Castro Valley. He just completed the Golden Hills Marathon as the youngest runner on Saturday, October 5.

This race was 27.76 miles in total, which started at the Chabot Space and Science Center and ended at Cull Canyon. There were 4,250 feet of elevation gain, which is a difficult race for any trail or marathon runner.

Koperski turned 11 the day before the race and competing in the race was what he wanted to do for his birthday. He was the youngest person in the race and won first place for the under 20 age group. Koperski is a Castro Valley native and was amazed to see the support from the local CV community at the finish line.

CASTRO VALLEY INDEPENDENT SPORTS LEAGUE



**Youth Baseball and
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www.CVSPORTSLEAGUE.org



CVHS SPORTS SCHEDULE

- GIRLS TENNIS**
THURS., OCT. 17, 3:30 P.M. CVHS VARSITY VS. SAN LEANDRO AWAY
- FOOTBALL**
FRI., OCT. 18, 4:15 P.M. CVHS JV VS. SAN LEANDRO AT CVHS
FRI., OCT. 18, 7:00 P.M. CVHS VARSITY VS. SAN LEANDRO AWAY
- GIRLS VOLLEYBALL**
THURS., OCT. 17, 4:00 P.M. CVHS FRESHMAN VS. ALAMEDA AT CVHS
THURS., OCT. 17, 5:00 P.M. CVHS JV VS. ALAMEDA AT CVHS
THURS., OCT. 17, 6:00 P.M. CVHS VARSITY VS. ALAMEDA AT CVHS
TUES., OCT. 22, 4:00 P.M. CVHS FRESHMAN VS. SAN LEANDRO AT CVHS
TUES., OCT. 22, 5:00 P.M. CVHS JV VS. SAN LEANDRO AT CVHS
TUES., OCT. 22, 6:00 P.M. CVHS VARSITY VS. SAN LEANDRO AT CVHS

CVHS Football Results

On Friday, Oct. 11, CV Varsity football defeated Berkeley 21-20. On Friday, Oct. 11, CV JV football defeated Berkeley 26-6.

RECENT HOME SALES

Castro Valley

21318 Hobert Street	94546: \$685,000 3 BD - 1,743 SF - 1947
6144 Mt. Rushmore Cir	94552: \$705,000 2 BD - 1,324 SF - 1989
2413 Somerset Avenue	94546: \$740,000 2 BD - 1,206 SF - 1976
16999 Grovenor Drive	94546: \$980,000 3 BD - 1,894 SF - 1960
6545 Ridgewood Drive	94552: \$1,110,000 4 BD - 2,244 SF - 1990
TOTAL SALES:	5
LOWEST AMOUNT:	\$685,000
HIGHEST AMOUNT:	\$1,110,000
MEDIAN AMOUNT:	\$740,000
AVERAGE AMOUNT:	\$844,000

San Leandro

398 Parrott Street	94577: \$400,000 2 BD - 983 SF - 1976
1025 Douglas Court	94577: \$400,000 2 BD - 815 SF - 1942
746 Woodgate Court	94579: \$436,000 2 BD - 1,169 SF - 1975
1565 Plaza Drive	94578: \$457,500 1 BD - 757 SF - 1900
1630 159th Avenue	94578: \$565,000 2 BD - 926 SF - 1928
369 Garcia Avenue	94577: \$650,000 2 BD - 1,107 SF - 1941
359 Bristol Boulevard	94577: \$835,000 3 BD - 1,451 SF - 1944
221 Cherrywood Avenue	94577: \$869,000 3 BD - 1,990 SF - 1926
TOTAL SALES:	8
LOWEST AMOUNT:	\$400,000
HIGHEST AMOUNT:	\$869,000
MEDIAN AMOUNT:	\$511,250
AVERAGE AMOUNT:	\$576,562

MINIATURE GOLF 'Fairway to Wellness' Tournament

Crisis Support Services of Alameda County will be hosting the "Fairway to Wellness" Miniature Golf Tournament on Friday, Oct. 25, at The Golden Tee Golf and in Castro Valley.

The tournament begins just after 6 p.m. and each foursome will have a chance to tackle Golf and's duo 18-hole courses, featuring the Enchanted Journey or the Adventure Quest.

Try your luck at the Foggy Cove, The Clock Town or Sleeping Beauty's castle, overseen by the ever-watchful giant red, blue and golden dragons! Top scorer will have the honor of wearing the Jacket of Champions.

Bid on such exciting silent auction items as a trip to Napa Valley's Wine Train, autographed Golden State Warrior swag, theater tickets, and take a chance on the raffle where everyone wins.

A spread of food and drinks will be served to fuel the fun.

Admission to the Tournament is \$30 or \$100 for a foursome. Junior golfers, ages 5-11, pay \$15 and youth golfers, ages 12-17, are \$20.

For greater confidence, buy a special Mini Mulligan Coupon for \$20 that gives you one free "do-over" shot which can save a stellar round from unforeseen mishaps.

This family-friendly event supports Crisis Support Services (CSS) of Alameda County's free 24-hour crisis intervention and suicide prevention services. CSS provides for many of the East Bay's underserved community members access to much needed mental health services and support.

To register or for more information, visit <http://www.tinyurl.com/y3yes4kvc> or call: 415-336-9942.



Homecoming: Parade, Rally and Football

continued from front page

Seniors (Class of 2020) wore pink, and went retro all the way back to the rocking 1950s. Their "Senior Spot" diner float featured a huge milkshake, jukebox, and record signed by members of the class. All four classes were spirited, none more so than the seniors. This was their last time to participate in Homecoming, making the event bittersweet.

"I'm not going to lie. I love Castro Valley High and our community," said senior Emily Haralambiew.

Following Friday's parade was a rally in the stadium, followed by junior varsity and varsity football games against Berkeley. A Homecoming dance was held Saturday evening.



PHOTOS BY LINDA SANDSMARK

Castro Valley High School Tennis Results

On Tuesday, October 8, CV defeated Mt. Eden 6 to 1. The match roster consisted of Tania Beringer, Ashley Fang, Harneel Mangat, Karen Chen, Hannah Pilgrim, Aneet Mangat, Stephanie Thach, Connie Shen, Anita Simon.

On Thursday, October 10 CV lost to Piedmont 3 to 4. The match roster consisted of Elena Lottich, Anya Mortensen, Lauren Leong, Gaby Madison, Marissa Chan, Sammie Lee, Kele Fong, Alex Tam, Helena Liu, Camille Camoro.

REAL ESTATE GALLERY

REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Financial Recourse For a Late Close of Escrow

As much as everyone hopes transactions proceed smoothly once they hit escrow, there is plenty of room for the unexpected.

When delays happen, schedules are stretched, plans are disrupted, unexpected costs accrue and sellers ask the same question:

"What recourse do we have?"

The answer is never easy and dependent on many things. Seller's, angry their transaction is not closing on time, typically focus on their financial ramifications, including additional mortgage and insurance payments, expenses related to redoing moving contracts and more.

It is particularly painful if the sellers have relocated and are paying two mortgages. Even more damaging are situations where delays cause contracts on seller's replacement homes to be jeopardized or canceled.

Transaction delays can typically be traced back to the lender. Lending institutions, memories of the financial collapse still fresh, have

dramatically increased lending requirements and the level of scrutiny brought to every deal.

To ensure any loan they fund will be saleable to investors, underwriters scrub every aspect of a borrower's finances in a process akin to a financial colonoscopy. Any item found wanting causes unplanned delays: even more so the later in the transaction they occur.

The answer to a seller inquiring about recourse is, in most cases, "It depends."

If instructions for any escrow delays were written into a purchase agreement (ie. per diem penalties for a late close), then it is a simple matter of following the contract. Most residential purchase agreements, however, do not contain clauses for penalties should a closing be delayed.

If all contingencies have been removed, a seller can issue a Demand to Close and, if the buyer is unable to comply, cancel the contract and go after

the deposit.

Many sellers, however, are hesitant to follow this course, knowing they will have to go on the market again. In this scenario, the best case would be to use the threat of a Demand to Close as a negotiation tool to negotiate financial recourse to the seller.

If the loan contingency has not been removed, it is more difficult to negotiate since the buyer has the ability to cancel and get their deposit returned.

Many sellers do not want to lose an existing transaction: any financial recourse obtained would consequently be the result of good-faith negotiations between parties where the buyer is cognizant of the financial impact their delay is causing and is willing to ease the seller's pain.

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.

WEEKEND GARDENER

Vegetables

Harvest winter squash and pumpkins when the vines are dry and the rinds are hard. Cut the stems rather than breaking or tearing them, and leave 2 inches of stem attached to the squash. Let them cure in a dry, well-ventilated area at room temperature for two weeks. Squash and pumpkins should keep for about six months.

Vegetables

Transplant artichokes, Brussels sprouts, cabbage, cauliflower, ornamental cabbage, rhubarb and established herbs such as comfrey, sage and thyme. All of these should mature before the first frost and will overwinter nicely.

Flowers

Most perennials can be transplanted, or divided and replanted. To divide, use a spade or sharp knife to separate the large clumps. Discard the old, unproductive sections. Trim the foliage of young growth to 4 or 6 inches. Dig in compost, replant and water to settle the soil.

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CITY	SAT	SUN	ADDRESS	PRICE	BDR./BA.	REALTOR	AGENT	PHONE
A	—	1-4	14435 Hemlock St.	\$657,950	3/1	Robert Jones & Assoc.	Matt Jones	510-357-0120
A	—	2-4	330 Beverly Ave.	\$899,000	4/2.5	Rinetti & Co. RE	Carrie Miles	510-735-5223
C	1-4	1-4	35687 Palomares Rd.	\$1,037,000	2/2	J. Rockcliff RE	Kristy Peixoto	925-251-2536
A	1-4	10-1	1725 Estudillo Ave.	\$1,499,000	4/4	Robert Jones & Assoc.	Matt/Akram	510-357-0120

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

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

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WANTED: Reel to reel music tapes
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San Leandro Times/Castro Valley Forum

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Register Now for Light Parade

The Castro Valley Light Parade returns on Saturday evening, Nov. 9 and you're invited to participate.

If you have not registered your application, you should do that now at <https://www.cvmeetin-thestreet.org/parade-entry.html>. If you have already

registered and have received an email for Mel Speed, you are confirmed and you will receive staging information the week of the parade.

For questions, call or email Mel Speed at melspeed@live.com or 510-909-9334.

Obituaries

Jo Anne Marino

On Friday, October 4, 2019, Jo Anne Marino, loving wife and mother of three, entered into rest at her home in Castro Valley. She was 56 years old.

She was a life-long resident of Castro Valley. She is survived by her husband Rick; her children Ricky, Randy (wife Danielle) and Danny; grandchildren Austin, Brody and Macie Jo; her sister Carrie, and many nieces, nephews and cousins.

There will be a Celebration of Life on Saturday, November 2, from 1 p.m. to 4 p.m. at The Castro Valley Masonic Center, 4521 Crow Canyon Rd.

In lieu of flowers, the family requests that you make a donation in Jo Anne's name to The American Diabetes Association at www.diabetes.org or 1-800-342-2383.



LETTERS TO THE EDITOR

FREDZ@EBPUBLISHING.COM



Juan: Castro Valley is Proud of You

Editor:

Such a blessing to see Juan Toscano-Anderson's picture on the front page of the (Sept. 25) Forum with the headline "Former CV Trojan Now A Warrior."

Juan, a 2001 graduate of Castro Valley High School, has long been recognized locally for his talents on the court and off, including his induction into the Castro Valley Sports Foundation Hall of Fame in 2018.

It is important to remind everyone that he not only attended Marquette and played in the NCAA "Sweet Sixteen," Juan, unlike so many college athletes today, earned his degree. He is one in five professional basketball players with a degree!

Today the Santa Cruz Warriors, tomorrow, hopefully, the Golden Gate Warriors!

Regardless, Juan: your entire Castro Valley community is so proud of you!

—Bruce D. Johnson, Board Member
Castro Valley Sports Foundation

Grateful for Return of Her Purse

Editor:

I just want to thank the wonderful person who found my coin purse at Lake Chabot on October 9 (east trail) for turning it in.

You made my day. I always knew that the Lake Chabot trail walkers were good people!

I am eternally grateful. Thank you.

—Patricia Giuntini
Castro Valley

Takes Exception to PETA Concept

Editor:

In response to the letter by Paula Moore of PETA ("Greatest Kindness to Dogs: Adopt Them from a Shelter," *Letters*, Oct. 2), I am an exhibitor of standard longhaired dachshunds and close friends with many ethical breeders.

It's not difficult to understand Ms. Moore's attack on breeders – the entire concept of PETA has been quoted by their founder Ingrid Newkirk... "One day, we would like an end to pet shops and the breeding of animals. [Dogs] would pursue their natural lives in the wild...they would have full lives, not waiting at home for someone to come home in the evening and pet them and then sit there and watch TV."

"Ethical" breeders of pure-bred dogs are not to be confused with puppy mill breeders whose main goal is to sell puppies and who are the real contributors to the pet overpopulation in America.

"Ethical" breeders care about their dogs as if they were members of their family. Every purebred dog club has their own rescue. And, every "ethical" breeder of pure-bred dogs has in their contract that, "for any reason, in the life of this dog, if you cannot care for the dog, he/she comes back to me."

Most breeders know where all of their puppies live and remain friends with the new owners.

PETA operates on millions of dollars donated by citizens who see their ads on TV showing dogs in inhumane conditions and think they are saving their lives. The real agenda of PETA and Humane Society of the U.S., is identified by the FBI — they are groups who want to take away *your* right to own your pets.

These groups are behind the Breed Specific Legislation, hoping if they can get one breed banned it would be a start, and the mandatory spay and neuter laws.

Donate to your local animal shelters and *not* to PETA.

—Carolyn Menges

Lookingglass Dachshunds, Castro Valley

Letters to the Editor

must include writer's first and last names (a first name initial is not acceptable), phone number, city of residence, and must be under 300 words. Not every letter can be published. We reserve the right to edit as necessary. We do not publish unsigned or anonymous letters. Email letters to: fredz@ebpublishing.com or mail to:

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

HOROSCOPE by Salomé

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ARIES (March 21 to April 19) It might not be wise to pursue goals involving others, unless you can stop impulsively rejecting new ideas. Either open your mind or wait until next week, when this "ornery" mood passes.



TAURUS (April 20 to May 20) It's a good time for the Bovine to be creative and practical for yourself and your surroundings. Shop wisely, not impulsively, and keep your Bull's eye focused on quality, not quantity.



GEMINI (May 21 to June 20) You should feel more confident about moving ahead with plans that had to be delayed by an unexpected turn of events. Also, family matters might need more time than first anticipated.



CANCER (June 21 to July 22) Be considerate of others as you move into a new area in your professional life. Take time to meet people and discuss mutual goals. The more you get to know each other, the better.



LEO (July 23 to August 22) Creating a fuss could get your ideas noticed quickly. But it would be best to present your case, and then wait for a reaction to follow in due course, rather than try to force it to happen.



VIRGO (August 23 to September 22) Unkept promises might cause plans to go awry this week. You can either grumble about people "letting you down" or find a way to make the best of it and move on. The choice is yours.



LIBRA (September 23 to October 22) Putting off making a commitment early in the week could be a good move. It's best to act when you know you're making an informed decision. Expect more facts to emerge by the week's end.



SCORPIO (October 23 to November 21) A recent act of kindness on your part could take on special meaning this week. Also, look for signs of upcoming changes in both your personal and professional relationships.



SAGITTARIUS (November 22 to December 21) Many of the tougher communication barriers between you and others in the workplace or at home could begin breaking down this week. Expect some surprises to emerge.



CAPRICORN (December 22 to January 19) Your "tough love" attitude toward someone you care for could be misunderstood. Try to be less judgmental and show more consideration in the way you relate to that person.



AQUARIUS (January 20 to February 18) An unexpected workplace challenge could be daunting. But take what you know (and you know more than you realize) and apply it to the problem, and you should see positive results.



PISCES (February 19 to March 20) Recent relationship changes for both single and paired Pisces continue to influence much of your week. Keep your focus on developing the positive aspects as you move along.

THE FORUM CROSSWORD

1	2	3	4	5	6	7	8	9	10	11
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ACROSS

- 1 "Lord of the Rings" actor Ian
- 5 Spigot
- 8 Jet forth
- 12 Cruising
- 13 Court
- 14 Baserunner's goal
- 15 Locale for a 1920s "sitting" fad
- 17 Settled down
- 18 Kingdom near Fiji
- 19 Creators
- 21 "Carmina Burana" composer
- 24 Directory data (Abbr.)
- 25 Humorous utterance
- 28 Temporary gift
- 30 Scot's hat
- 33 Illustrations
- 34 Flower of New Mexico
- 35 "I -- Camera"
- 36 Lingerie item
- 37 Physical
- 38 Vivacity, in music
- 39 Genetic letters
- 41 Ogler's look
- 43 Jungle expedition
- 46 Romantic dance
- 50 Send out
- 51 Worm holder
- 54 Leftovers
- 55 To and --
- 56 Writer Angelou
- 57 Wan
- 58 Evergreen type
- 59 Horse-drawn carriage

DOWN

- 1 Sword handle
- 2 Norway's capital
- 3 Slender
- 4 Housefly larva
- 5 Pair
- 6 "You've got mail" co.
- 7 Verse
- 8 Drum major's hat
- 9 Directing principle
- 10 Eastern potentate
- 11 Drenches
- 16 Standard
- 20 Pavlova or Paquin
- 22 Change
- 23 Central
- 25 Poke
- 26 Blunder
- 27 Beachcomber's find
- 29 Top
- 31 Parisian pal
- 32 Name in China's history
- 34 Calendar quota
- 38 Lullaby composer
- 40 Smartly dressed
- 42 Biblical verb suffix
- 43 Antitoxins
- 44 Iowa city
- 45 Dubious
- 47 Ark builder
- 48 "The Naked Maja" artist
- 49 Suitable
- 52 Anger
- 53 Piglet's mom

ANSWERS ON PAGE 5

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A POWERFUL MESSAGE: To The Hopeless wants to raise awareness of societal pressures of mental illness with his music. He will be sharing music from his album and upcoming unreleased music at The Lab.

Coming Up at Smalltown

● **Thursday, Oct. 17:** The Lab @ The Space with special guest To The Hopeless, a singer songwriter dedicated to empowering people who struggle with anxiety, depression and societal expectations. Sign up through email for a spot to perform in the open mike portion of the night 7 p.m. (info@Smalltownsociety.com)

● **Friday, Oct 25:** "A Night of Horror" with author Mark Vaz to heighten the senses. A night of scary readings by candle light and spooky snacks at 2849 Castro Valley Blvd. (Located to the right of the box office of the theatre). Doors open at 8 — get there early, limited space. Runs till 9:30 p.m.

HARD Buys 2.6 Acre Site

The Hayward Area Recreation District (HARD) has purchased the site of the former Coca-Cola bottling plant at the northeast corner of Mission Blvd. and Mattox Road, according to District Board President Rick Hatcher.

The centrally located 2.6-acre site was purchased for \$3,995,000, funded by Measure F1 which was approved by voters in November 2016.

"This key acquisition by the District represents a transformative moment for the community that will have positive impacts for decades to come," said Hatcher. "We look forward to working with our residents and community partners to ensure this long-vacant property is reborn into a unique urban park."

The District will conduct a community outreach process next year to create a master plan for development of the property with park and recreation amenities.

The site contains industrial structures that will require study to determine suitability for reuse as part of the development or demolition.

For more info about other District capital improvement projects, visit <https://hard.citywork.com/>



PHOTO BY MURLINE MONAT

PROCTOR GARDEN OPEN: From left, Karen Canady, School Trustee Jo Loss, Scott Troyer, Mindy Landmark of Eden Med, Thania Anglin, CV Rotary President Todd Anglin, Julian Omelagah, (Front); Carolina Pantoja; Jason Warbasse; Heather Ghoreben - Proctor Principal.

Proctor Elementary Garden

The updated Proctor Elementary School Garden was proudly unveiled recently, a major community project completed after a year in designing and building planters, tables, and seating. Principal

Heather Ghoreben thanked the many community groups that assisted. "We are thrilled to see such strong support for transforming our school garden into an enriching hands-on educational learning

space, Ghoreben said. "Our goal for this school garden is that it cultivates our students' love for learning, healthy food, nature, and garden-based learning, while promoting community participation."

LEGAL NOTICES

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

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

FILED
SEPTEMBER 23, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 563733

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Bozzano Properties at 27771 Industrial Blvd, Hayward, CA 94544, county of Alameda. Mailing address: 3679 Oakes Drive, Hayward, CA 94542, county of Alameda. The business is hereby registered by the following owner(s): (1) Joseph A Di Regolo, 8500 Berta Views Dr., Salinas, CA 93907, (2) Gloria M Coats, 3679 Oakes Dr., Hayward, CA 94542. This business is conducted by an Unincorporated association other than a partnership. This business commenced on N/A.

/s/ Joseph A Di Regolo, Gloria M Coats
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.
Expires SEPTEMBER 23, 2024
OCT 09, 16, 23, 30, 2019
0161-CVF

FILED
OCTOBER 07, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 564182

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Hair By Laurel Landgraf at 20627 Rustic Drive, Castro Valley, CA 94546 in Alameda County. Mailing address: 4044 Meadowview Drive, Castro Valley, CA 94546 in Alameda County. The business is hereby registered by the following owner(s): Laurel Landgraf, 4044 Meadowview Drive, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced on N/A.

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

Expires OCTOBER 07, 2024
OCT 16, 23, 30, Nov 06, 2019
0166-CVF

FILED
SEPTEMBER 30, 2019
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 563987

FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: PauGlam at 2721 Sheffield Place, Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): (1) Ruben Pulido, (2) Paulina Cano, 2721 Sheffield Place, Castro Valley, CA 94546. This business is conducted by a married couple. This business commenced on N/A.

/s/ Ruben Pulido, Paulina Cano
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires SEPTEMBER 30, 2024
OCT 16, 23, 30, NOV 06, 2019
0167-CVF

FILED
OCTOBER 04, 2019
ORIGINALY FILED
MARCH 18, 2015
MELISSA WILK
County Clerk
ALAMEDA COUNTY
By-----, Deputy
FILE NO. 502638

STATEMENT OF ABANDONMENT OF THE USE OF FICTITIOUS BUSINESS NAME

Pursuant to Business and Professions Code Sections 17900-17930

Abandonment of the business name: A Woman's Touch Gardening located at 19782 Salem Rd., Castro Valley, CA 94546, in Alameda County is hereby abandoned by the following owner(s): Sandra M. Feisler, 19782 Salem Rd., Castro Valley, CA 94546. This business is conducted by an individual.

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

OCT 16, 23, 30, NOV 06, 2019
0165-CVF

Soroptomist International 'Live Your Dream' Award

Applications will be accepted until Nov. 15 for the annual Soroptomist International of the East Bay \$1,000 "Live Your Dream" award.

If you are a woman with financial responsibility for yourself and a dependent, and you are enrolled in an undergraduate or technical training program, apply at: bit.ly/LYDA-apply or contact Donna Whitehouse at 510 924-7622 or rambosmom@comcast.net.

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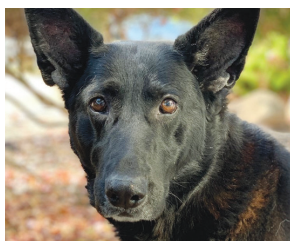
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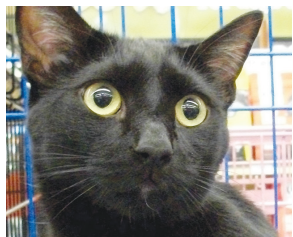
ADOPT-A-PET



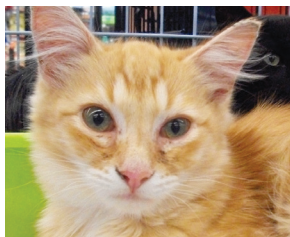
WALTER is a 7-years-young Cocker Spaniel mix who likes to explore his surroundings, enjoys soft toys and may do well with young children. Info: Hayward Animal Shelter, 510-293-7200.



NANA is a sweet 9-year-old German Shepherd who likes to meet new doggy friends for play sessions. Nana should be OK with older kids. Info: Hayward Animal Shelter, 510-293-7200.



LESLEY is a 4-month-old kitten with fluffy black fur. He is super friendly and playful. He loves wrestling with his buddy Flame. Please email: Loveallpawzrescue@gmail.com.



FLAME is a handsome 4-month-old orange tabby with luxurious fur, loves to play and wrestle with his buddy Lesley. Please email: Loveallpawzrescue@gmail.com.

Dynamic Dinner on November 8

The annual Dynamic Dinner Dance, sponsored by the Castro Valley Educational Foundation, will be held on Friday, Nov. 8, at the Castro Valley Masonic Center.

This year's theme is "Bollywood" and will feature a buffet Indian dinner by Aroma, no-host bar, music by DJ Billy Bradford, Henna Tattoos by Henna Happens, a photo booth by Charlie Moehle, and a Bollywood dance performance.

Besides dinner and dancing, the evening will include silent and live auctions, featuring such exciting prizes as Disneyland tickets, and cakes and cupcakes from Jenn's Cupcakes. All proceeds from the 7 to 11 p.m. gala will go directly to fund the Castro Valley Educational Foundation's School Grants Program. Please join the fun while helping to support local schools.

The Masonic Center is located at 4521 Crow Canyon Road. Purchase tickets before Nov. 1 at www.cvef.org/dynamic-dance



PHOTO BY LINDA SANDSMARK

WAITING FOR GAS: Worried drivers line up for gasoline at Castro Valley Blvd. and Redwood Road Wednesday afternoon.

Power: CV Community Comes Together

continued from front page

"We're hearing that folks are gathering in Palomares for a community BBQ tonight," Castro Valley Matters posted on its Facebook page. "Let us know if you are gathering with your neighbors and friends for a #PowerOutBBQ."

Palomares residents Robert and Marilyn Hoffman helped organize the casual get together complete with a gas grill, picnic tables, and lawn chairs for people who didn't want their groceries to go to waste. About two dozen people showed up.

With the power outage coming a day after Yom Kippur, the most sacred day on the Jewish calendar, Chabad of Castro Valley, which

had power, opened its doors for a free communal sit-down dinner for anyone in need on Thursday night.

"If it were up to us, we would have invited everyone over for dinner at our house, but as the guest list kept growing, and the scope of the project kept growing, we realized that we needed to move this to Chabad and invite the public, and that's what we did," said Rabbi Shimon Gruzman, who codirects Chabad of Castro Valley with his wife, Chanie.

Castro Valley neighbors kept the community up to date on the outages. PG&E's website and phone app were overwhelmed with visitors when the utility announced

it would have up-to-date maps where residents could type in their address and see if their home was in a potentially affected area.

Those who could get online helped by posting general maps to their social media pages.

Businesses were relatively unaffected during the power shut down except for an Internet outage on Thursday near the 580 Market Place, which forced some stores to ask their customers for cash.

However, store shelves were emptied by Wednesday night by shoppers looking for water and other emergency supplies. Drivers worried about extended power outages also crowded gas stations around town.

"It's pretty insane out here. Lines to gas stations out of control. I hope power is not shut off but I can understand precautions in the fire zone areas," Castro Valley resident Kendra Gilbert posted on her Facebook page.

As a precaution, Castro Valley Unified School District closed three elementary schools—Jensen Ranch, Palomares, and Proctor—as well as Canyon Middle School.

Superintendent Parvin Ahmadi said she was pleased that most parents got the news and that only a few students showed up for classes at the impacted campuses. Additionally, she noted that school lunchrooms continued to serve students requiring free or reduced-fee meals during the blackout days.

"Most of the work that we do depends on electricity," Ahmadi said. "We have backup generators at our sites if the power goes out for a few hours, but these systems are not designed to run all day."

While other Bay Area communities called for curfews and beefed-up security measures, Alameda County Sheriff's Office and Fire Departments reported no major incidents related to the power shutoff.

"This was a test run for all of us to see how prepared we are in our homes and in our neighborhoods," Alameda County Sheriff's Office spokesperson Sargent Ray Kelly told the Castro Valley Forum. "Hopefully, this is an opportunity to remind people to prepare for power outages and other emergencies such as fires and earthquakes."

**REQUEST A
SPEAKER BY
NOVEMBER 30th
FOR 2020**

CASTRO VALLEY SANITARY DISTRICT (CVSan) staff is available to speak to Castro Valley clubs and organizations. Complete the Community Group Outreach Request Form **by November 30, 2019 (for all presentations in 2020)** and tell us what you'd like to learn about. Here are some topics that were presented to community groups last year:

- CVSan's Center Street Property
- Wastewater and/or Fats, Oils, and Grease (FOG) programs
- Reduce, Reuse, Recycle & Rot – How to Practice the 4Rs in CV
- Commercial Recycling - How to Reduce Waste and your Bottom Line
- Food Scrap Recycling: From the Kitchen to Finished Compost
- Less Stuff, More of What's Meaningful
- What Goes Where?

Visit www.cvsan.org/CGO to complete the request form or call (510) 537-0757 to request a hard-copy application.

Requests will be reviewed on a first come, first served basis (excludes school refresher/staff presentations).

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Effective Environmental Services since 1939
510-537-0757 | www.cvsan.org
This ad was funded by Measure D and Wastewater User Fees



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