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CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 38 | WEDNESDAY, NOVEMBER 18, 2026 | NO. 45

INSIDE YOUR FORUM

SENIORS



Thomas Lorentzen
Sunday Evening in Castro Valley

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SENIORS



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How the IHSS program can help pay for a caregiver.

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PHOTO COURTESY OF CHRISTOPHINE D BANUELOS

Veterans Day Celebrated at Castro Valley Veterans Memorial

By Bruce Johnson • CASTRO VALLEY FORUM

November 11 was a beautiful, sunny Castro Valley morning to remember, celebrate and honor our United States Veterans of the Military at the Castro Valley Veterans Memorial Park on Quail Avenue in Castro Valley. Approximately two hundred and fifty were in attendance representing veterans who are still alive as well as those who made the ultimate sacrifice for our Great Country. The theme for the day was "What Has A Veteran Taught Me About America."

VFW Post 9601 Commander Stephen West served as master of ceremonies, and recognized the Sea Scouts and Joe Vargas for cleaning and preparing the Veterans Memorial for the Remembrance. The VFW Honor Guard along with the Sea Cadets and Scouts posted the Flags. Air National Guardsman Keith Barros led the singing of the National Anthem. American Legion Post 649 Commander Bernard Remoaldo was introduced.

Commander West recognized three veterans from VFW 9601 who passed away during the last year: Tighe Boyle, United States Air Force (USAF); Bill Perkins, United States Navy (USN); and William Yale, United States Army (USA). VFW Post 9601 is called "The Mickey Ganich Memorial Post," and his wife Barbara and daughter Bonnie were present. The oldest veteran present was 94-year-old Marine Jim Smith.

Honored guest and guest speaker was Major Pohan Bystrom, a Certified Dog Trainer with a degree in Veterinary Medicine, who shared her experience working with the training of service dogs, including bomb detection while serving in the Iraq War. During and after serving Our Great Country, she continues to train dogs, training thirty just last year, fifteen of the dogs went to Veterans. She also shared her story of being diagnosed with PTSD and the role her service dog plays in her life. Major Bystrom was very vulnerable and inspirational for all who were present.

"What Has a Veteran Taught Me About America" was accomplished multiple times throughout the program starting with Posting of the Flags by the Hancock-Midway Sea Cadets and Scout Troops 726 and 789, and with the Rifle

see Veterans Day Celebrated page 8

Zoning Board Delays Verizon Permit on Hollis Canyon Road

By
CASTRO VALLEY FORUM

The West County Board of Zoning Adjustments has delayed a decision on renewing a Verizon cell site permit at 7401 Hollis Canyon Road in Castro Valley after the property owner said a fire department water tanker recently could not make it up the access road, according to draft minutes of the board's Oct. 28 meeting.

The previous permit expired May 13, 2025. Planning staff recommended approving the renewal.

Property owner John Peixoto asked the board to deny the renewal until the road is repaired, saying requests and certified letters to Verizon over several years had gone unanswered.

Staff said the county Fire Department had no comments in August, before the incident Peixoto described, and that a proposed permit condition could be revised to make Verizon responsible for maintaining the driveway.

Isabel Chavez, representing Verizon and Vertical Bridge, agreed to provide the lease to clarify responsibility for the road.

The board voted 4-0 to continue the hearing to Nov. 18 so staff could review the lease and consult the Fire Department. Planning staff now list it to be continued, with no new date set.

Homeless Count Rises in Unincorporated Area as County Total Falls

By
CASTRO VALLEY FORUM

The number of people counted as homeless in unincorporated Alameda County rose to 325 in January from 294 in 2024, according to detailed 2026 Point-in-Time Count results that Alameda County Health released last month. Countywide, the count fell 13%, from 9,450 to 8,201.

Agency figures show the increase in the unincorporated area was among people in shelter. The count found 151 people enrolled in shelter programs there, up from 105 in 2024. The number of people living unsheltered fell from 189 to 174. In 2022, before the method for counting unsheltered people changed, the unincorporated total was 509.

Among unsheltered people in the unincorporated area, 55% were living in a vehicle or RV, 26% in a tent or makeshift shelter, 12% on a street or sidewalk and 7% in other locations, the agency reports.

The agency's summaries

see HOMELESS on page 2

Castro Valley Weather November 18 - November 22 2026

Wednesday	Thursday	Friday	Saturday	Sunday
Mostly Sunny	Partly Cloudy	Rain	Cloudy	Showers
High 69° Low 55°	High 69° Low 50°	High 62° Low 54°	High 64° Low 51°	High 64° Low 42°

Almanac

Past Week's Rain: 00.00
Season To Date: 00.90
Normal To Date: 00.00
Season Average: 00.00

Sun sets at 5:00 p.m. today, rises at 6:45 a.m. Thursday.

Moon Phases

Nov 9	Nov 17	Nov 24	Nov 30



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SAN LEANDRO TIMES:	11/26	12/3	12/10	12/17

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WEATHER AND YOU:

Bay Area Weather: Wintry Storms

By Mike Pechner
Special to the Forum

With all the El Niño hype, Mother Nature is heeding the call. Several COLD storms from the Gulf of Alaska are lined up off the Pacific Northwest Coast and are moving thru Northern California and the Bay Area. For skiers and snowboarders in our readership. Snow, heavy at times is likely on and off thru Thursday with up too 2 to 4 feet possible. More storms are expected this weekend. Good news is, Mother Nature takes a break on Thanksgiving with cold, clear weather. There has been plenty of talk about El Niño and most of its based on what is already happening and what will continue to happen this winter. The water out in the Pacific is the warmest on record and is continuing to warm as I write. Warm water expands and the Pacific is now as high as it has ever been which explains why the tides are off the charts. Exceptionally KING HIDE TIDSES are forecast for Thanksgiving Day. It will be a preview of the Christmas Day tide event. The tide could bet at least 2 feet above normal, possibly as high as 2' 8" the 7.2" Mean High Tide. The Bayshore west of I-880 could see some inundation from the high water.Certainly portions of Oakland, San Francisco, Southern Marin, around San Pablo Bay and Mid-Peninsula are more likely to be flooded. The only caveat is the huge seas we saw last weekend will not be present to exacerbate the high tides. The good news is that fire season is essentially over and the reservoirs will fill.

Veterans Day Celebrated at CV Veterans Memorial

continued from Front Page
Salute and Taps in memory of our fallen heroes. Bagpiper HMC Graham Phuvanatnaranubalaph (Phu) and Drummer Gary Rude opened and closed the ceremony with "Amazing Grace."

A very special moment happened when during the playing of the military forces songs with veterans asked to stand, if able, when their song was played. During the playing of the Marine anthem, Castro Valley resident Dolores Vasquez held up the picture of her uncle, Marine Private Roque Ike Flores, who was killed in action on November 28, 1950 in Korea. He was nineteen years old.

Longtime Castro Valley Community Leader Linda Tangren shared an update regarding the old Castro Valley Library building on Redwood Road, sharing that two rooms will be dedicated to veterans as well as access to the general areas, providing much-needed support for our veterans and their families. Military Honors were also presented to Linda remembering Marvin, her late husband's service to the United States.

Ron Squires (USN) read the Veterans Day Proclamation from President Donald Trump, and Chris Bokamper (USN) read "The Watch." Billy Lawrence, the son of an army veteran and father of a marine, played Taps.

In addition to veterans and their families and community supporters, Supervisor Nate Miley and staff members Ashley Strasburg, Constituent Liason and Community Organizer, and Bob Swanson, and Peter Rosen, Board Secretary for the Hayward Area Recreation District were present.

VFW Post Chaplain Bruce Bennett opened the event with an Invocation and closed with the Benediction.

The Castro Valley Veterans Memorial Park is open year-round to the public. Five special remembrance events are held every year: Vietnam Veterans Day (10:00am), Memorial Day (9:00am), September 11th Remembrance Day (10:00am), Veterans Day (11:00am) and December 7th Pearl Harbor Day (10:00am). The public is invited. Veterans are encouraged to wear their uniforms or other clothing that distinguishes them as military veterans.

HOMELESS COUNT RISES IN UNINCORPORATED AREA

continued from Front Page
page treat the unincorporated area as a whole and give no separate figure for Castro Valley. The unincorporated area accounted for 4% of the countywide total, up from 3.1% in 2024.

The agency says the count is a snapshot of a single night and does not reflect the total number of people who experience homelessness during the year. It does not include people who are couch surfing or doubled up with others. Unsheltered figures are estimates.

The full report and the unincorporated-area summary are at ebpub.link/KcHhr7



Homeless count in unincorporated Alameda County
People counted, Point-in-Time Count

	In shelter	Unsheltered	Total
2024	105	189	294
2026	151	174	325

Unsheltered figures are estimates.
Source: Alameda County Health, 2026 Point-in-Time Count

Trash Capture Devices Planned on Castro Valley Boulevard

By
CASTRO VALLEY FORUM

The Alameda County Board of Supervisors was scheduled Tuesday, Nov. 17, to consider two projects to install large trash capture devices on Castro Valley Boulevard, one near Lake Chabot Road and one near Redwood Road, according to recommendations from the county Public Works Agency.

Trash capture devices intercept and collect trash before it would otherwise drain into San Francisco Bay, according to the agency. The agency's large devices sit in storm drain lines or canals and serve large areas, while its small ones are screens inside individual storm drain inlets, the openings along the curb.



For the Lake Chabot Road site, the agency recommended awarding a $769,440 contract to GSW Construction Inc. of San Francisco, the lowest of 10 bids opened Oct. 20. The highest was $1,225,449. The work would be completed within 60 working days of a notice to proceed. A $76,944 allowance for additional work would bring the total set aside to $846,384.

The project would build an underground concrete structure to divert low-flow water carrying trash and debris into the device. Filtered water would exit through a new 24-inch pipe into the existing culvert below Castro Valley Boulevard.

For the Redwood Road site, the agency asked the Board to approve plans and advertise for construction bids, due Dec. 15. The work would include traffic control, excavation, and removing and replacing asphalt, according to the agency.

On Oct. 27, the Board approved plans for two more devices on Norbridge Avenue near Nunes Avenue and Walker Court, with bids due Dec. 8.

The devices are part of the county's effort to meet a regional stormwater permit that requires a 100% reduction in trash loads. The agency reports the county has reached 95%, with 84.3% coming from large devices already installed and 10.7% from 246 small screens in storm drain inlets.

The remaining 5% would come from eight additional large devices, including those on Castro Valley Boulevard and Norbridge Avenue. Construction at sites still in the design phase is anticipated in summer 2027, according to the agency.

Funding comes from the Public Works Agency's budget, with no impact on the county General Fund, the agency said.

County Plans Lower HealthPAC Income Limit

By
CASTRO VALLEY FORUM

Alameda County Health plans to lower the income limit for HealthPAC, the county program that offers low-cost health care to uninsured residents, and to end full dental coverage, according to a presentation the agency prepared for the Board of Supervisors' Health Committee meeting on Nov. 9.

HealthPAC is free or low-cost coverage funded by the county. It is not health insurance and does not cover all services that insurance typically provides, according to the county. To qualify, a person must be 19 or older, live in Alameda County — which includes Castro Valley — not be eligible for full-scope Medi-Cal or other public health insurance, and not have private health insurance. The current income limit is 200% of the federal poverty level, which the county lists as $31,300 a year for one person and $64,300 for a household of four.

Under the planned changes, the limit would drop to 138% of the poverty level on April 4, 2027, to mirror Medi-Cal. Members with incomes between 138% and 200% who are enrolled on March 31, 2027, would remain covered under a grandfathering provision. Full-scope dental coverage would end July 1, 2027, with dental emergencies still covered. GLP-1 medications for weight loss would no longer be covered as of Jan. 1, 2027.

The agency's stated goals are to align HealthPAC more tightly with Medi-Cal, keep as many people as possible on Medi-Cal, support providers "in keeping doors open" and focus on the lowest-income residents.

Agency figures show HealthPAC enrollment has more than doubled this year, from about 2,850 in January to 6,092 in September. Most of the growth came from people at or below 138% of the poverty level, a group that rose from 214 members in January to 2,692 in August. Another 2,941 members were in the 138%-to-200% range in August.

Medi-Cal enrollment in the county has been falling. Alameda County Health reports 63,881 fewer residents enrolled in September 2026 than in January 2025, a 12.5% drop, and says enrollment is projected to continue declining through 2027. HealthPAC's 2026-27 budget is $31.5 million for community-based clinics and $44.8 million for Alameda Health System.

The committee is chaired by Supervisor Nate Miley, whose district includes Castro Valley. Program information is at ebpub.link/p6b8.



Monday, November 23
Family Movie Day: The Good Dinosaur
Castro Valley Library, 1:00pm
Join us at the library for a viewing of The Good Dinosaur. November is Dinovember at the Library!

Tuesday, November 24
Elephant & Piggie Party
Castro Valley Library, 1:00pm-3:00pm
Families can drop in between 1-3pm to meet Elephant and Piggie and more!

Saturday December 5
The Annual St. Gerard Women's Bake Sale will be held on Saturday, Dec. 5, from 3 to 7 p.m. at St. John's Community Center, 264 East Lewelling Blvd. in San Lorenzo. The sale will feature trinkets and treasures, a bag raffle and gift card raffle, along with delicious baked goods, and then a continental breakfast on Sunday, Dec. 6.

Wednesday December 9
Disaster Preparedness
Castro Valley Library, 1:00pm - 2:30pm
The Alameda County Fire Department (ACFD) will share steps to keep your home and family safe this winter. Learn how to prepare your home for an emergency, assemble an emergency response kit, manage your utilities after an earthquake, and more. Please Register online at aclibrary.org or call (510) 667-7900.

Sunday December 13
The Castro Valley Orchestra will present their winter concert on Sunday, December 13th, at 2 PM, at the Castro Valley Center for the Arts, 19501 Redwood Rd., Castro Valley. The program includes Gilbert and Sullivan's "The Pirates of Penzance", Luigini's " Ballet Egyptien", and Tchaikovsky's Symphony #1, "Winter Dreams." Admission is free but donations will be gratefully accepted. A reception will be held immediately after the concert to meet the musicians and other concert goers.

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By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY

Affordability a Key Factor Affecting Family Formation

By Carl Medford, CRS
Special to the Forum

AsWith Veteran's Day in the rear-view mirror, it is important to understand the impact of vets returning home after WW2. The war had ignited the incredible production capabilities of the US, propelling its economy to the leading position in the world. To house workers closer to factories during the conflict, the government incentivized the building of entire housing communities across the nation, inaugurating the development of suburban neighborhoods (eg. San Lorenzo Village).

After the war's conclusion, the government became increasingly involved. Federal programs were promoted making it easier to purchase a home including the GI bill, FHA Mortgage Insurance, the establishment of the 30-yer mortgage as the lending benchmark, legislation designed to encourage residential construction and income tax policies providing incentives to homeowners.

As a result, construction of new homes boomed and returning vets, intent on settling down and building families, got married and as quickly as possible purchased a home.

It is safe to say things have substantially changed. In 1946 the median age for marriage was 23.6, the median age for purchasing a home set at 29 with home purchase prices coming in at 2.8x the median income. In contrast, today's median numbers are significantly different: marriage age – 29.6, first home purchase age – 40, purchase price 4.6x median income. Additionally, it is estimated that 63% of the population was married in 1946 vs 50.4% today.

It is a startling difference.

Not only are fewer Americans marrying, they are increasingly waiting to establish households. The key factors include the equalization of women into the workforce, increased focus on upper education coupled with the growing burden of student debt, the soaring cost of living, increased acceptance of cohabitation vs marriage, housing affordability barriers and morphing societal attitudes towards parenthood and family formation.

The implications for real estate are no less startling. Whereas most post-WW2 home purchases were after marriage, today many, especially women, choose to buy prior to establishing long-term relationships. As affordability has dramatically declined, it is not only harder to purchase a home, but, according to US Census data, it is delaying the establishment of families and parenthood. Additionally, first-time buyers are increasingly dependent on help from outside sources such as parents and are more apt to buy a lower-priced condo or townhouse than a single-family home.

These are significant changes which have been systematic and incremental. Unless we see intervention, we can assume these trends will continue.

Carl Medford is an active licensed Realtor with Keller Williams Advisors and a licensed general contractor.

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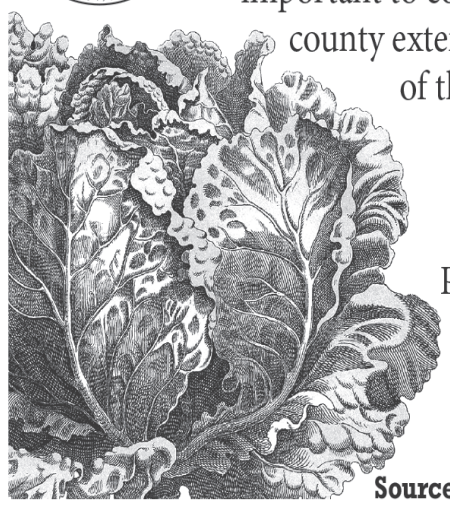
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The Garden Bug

Cold weather veggies

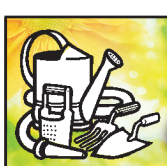


For growing vegetables in the cooler months, it's important to consult local garden authorities or county extension agents for the average date of the first hard frost in your region. Understand the growing time for each of your vegetables: is it 30 days, 60 days, 90 or more? Plant your crops at the right time so they can reach maturity **before** that killing frost.

– *Brenda Weaver*

Source: humeseeds.com

WEEKEND GARDENER



Spray

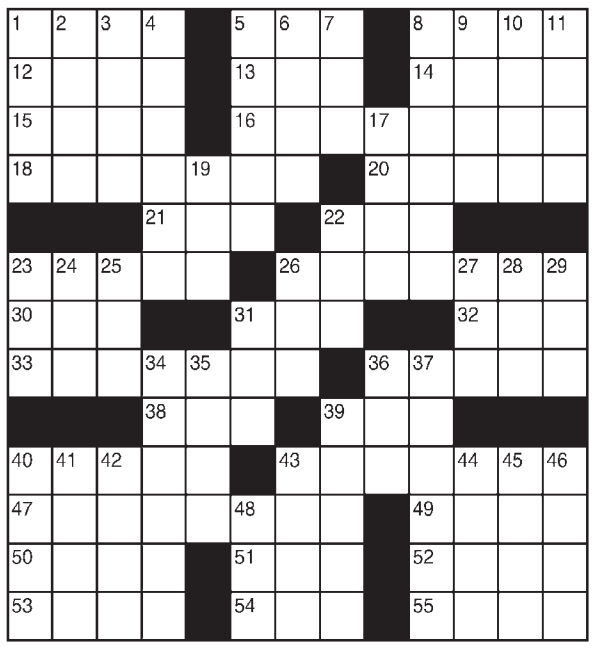
Plan your dormant fruit spraying schedule to coincide approximately with cool-weather holidays, when the rain lets up for a few days. Specific cues are the fall of the last leaves (Thanksgiving), the height of dormancy (New Year's Day) and when buds swell, but before they show color (Valentine's Day). Spraying at the precise period of bud swell is particularly important—after the blossoms open it is too late.

Mulch

Renew mulches under grapes and berries. Strawberries and blueberries benefit from loose, acid mulches such as pine needles or rotted sawdust. Raspberries and blackberries prefer hay or straw mulch.

Remove mulch from under trees back to the drip line. Bare soil can more easily absorb the day's warmth. This also discourages overwintering of disease-carrying bacteria and insects.

THE FORUM CROSSWORD



ACROSS

1 Furnace fuel
5 Arles buddy
8 Grouch
12 Words said with a sigh
13 A Bobbsey twin
14 Corridor
15 Subsequently
16 Small orchestra
18 Tennis category
20 Like a gorilla
21 Up to
22 "Ben- --"
23 Marina boat
26 "My Way" singer Frank
30 Rock producer Brian
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33 Tricky baseball pitches
36 Old photo tint
38 Hosp. hookups
39 Lincoln or Ford
40 Savory taste
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47 "The Jungle" author
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51 Joan of --
52 Not that
53 Spanish ayes
54 Salty expanse
55 Phoenix cagers

DOWN

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6 French "but"
7 Hostel
8 "Quantum Healing" author Deepak
9 Hindu royal
10 Famed boxing family
11 Humdrum
17 Mythic goat-man
19 Tipsy
22 That fellow
23 "Certainly!"
24 Singer DiFranco
25 Bamboozle
26 "Help!"
27 Bit of advice
28 Slugger's stat
29 Med. group
31 ER workers
34 Korean cabbage dish
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41 1003, in old Rome
42 Pantry pests
43 Beget
44 Diamond Head locale
45 -- arms
46 Back talk
48 Remote batteries, often

ANSWERS ON PAGE 4

Dirt Gardener: Winter Tree Care & Indoor Bulbs

By Buzz Bertolero
Special to the Forum

Q *I have a 30-plus-year-old Hachiya Persimmon tree. Its branches are very long, and the fruit grows very high up. It's a very messy time of year, with birds and squirrels knocking the fruit to the ground, and then Opossums, Raccoons, and Skunks picking at the fallen fruit. I'd really like to pick the fruit early, but I need to bring the tree back down to a manageable size to reach it. How far back can I prune it, and when?*

A Hachiya Persimmons are harvested in late November or December, when they're fully ripe and soft to the touch. You can also pick them when they're rock hard. They will ripen off the tree at room temperature.

Hachiya Persimmons are astringent, meaning they're extremely tart and bitter until they're fully ripe. They are best consumed ASAP, as the flavor deteriorates quickly. Prune Persimmons annually during the winter months, December through February, when they're dormant and after harvest season. Persimmons don't require much pruning, only enough to keep the plant in shape. However, in your case, you'll need to prune it severely to achieve the desired height. Persimmons are slow-growing trees, so they take time to recover from severe pruning, which limits yield. To preserve the crop, you could cut it back in stages over several winters. You decide how much to cut and how long it takes to reach the desired height. Always remove dead wood and rubbing or crossing branches in the canopy. Also remove branches that bend or dip down. The tree will replace these branches with new ones. New growth will shoot out from below the cut limbs, so next summer you may need to thin the new shoots if too many develop. You want the new branches to be evenly spaced.

Q *I would like to force bulbs in containers. What type of soil should I use? Should a novice gardener attempt this?*

A Forcing bulbs in containers is a gardening project for people of all ages and skill levels. It's simple and usually very successful. For home gardeners, Paperwhite Narcissus and Hyacinth are the best and easiest bulbs to force. The bulbs should still be available at your favorite garden center. Water is the primary medium; no soil is needed. Commercial growers use sand for Daffodils, Crocuses, and Tulips. Paperwhite Narcissus: You will need a shallow container and polished rocks or pebbles. Set the bulbs on the pebbles, then add water. Be sure the water level is just below the base of the bulb to prevent rot. Although the bulbs are loose at first, roots will form quickly and anchor them in the container. The container(s) can be grown in direct or indirect light.

You should see shoots developing in four to six weeks and flowers after that. To extend the bloom period, start new dishes of bulbs every three weeks.

Buzz Bertolero, an Advanced California Certified Nursery Professional, can be reached at www.dirtgardener.com or buzz@dirtgardener.com. Please make sure your spam filter allows my replies.

CROSSWORD PUZZLE ANSWERS

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LEGAL NOTICES

ABANDONMENT
FICTITIOUS BUSINESS
NAME STATEMENT
FILE NUMBER. 585900

The following person has abandoned the use of the fictitious business name: **Gourmet Micros**, at 5355 San Simeon Place, Castro Valley Ca 94552, in Alameda County. Full name of registrant is: **Raymond Wong,** at 5355 San Simeon Place, Castro Valley Ca 94552.

The Fictitious Business Name Statement **Gourmet Micros** was filed on 1/25/2022 in the county of Alameda. Original File Number 527512. I declare that all information in this statement is true and correct. (A registrant who declares as true information, which he or she knows to be false, is guilty of a crime).

This statement was filed with the County clerk of Alameda County on: top right stamp date. NOTICE - This fictitious name statement expires five years from the date it was filed on, in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state or common law (see Section 14400, et seq., B&P Code.) This statement was filed with the County Clerk-Recorder of Alameda County on 10/07/2022

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Financial Help for Care at Home: the IHSS Program

Our 90 year-old mother is frail but wishes to remain at home. She has limited financial resources, so my sister is living with her and providing care without pay. Are there any government programs that might help us hire a caregiver and give my sister some relief?

By Gene L. Osofsky
SPECIAL TO THE FORUM



Yes. There are a number of programs, but one that may be of special interest is the In-Home Supportive Services Program ("IHSS"). It is designed for persons of limited financial means who are blind, disabled or over age 65, and who are unable to live safely at home without assistance. For qualifying individuals, it provides nonmedical services such as meal preparation, cleaning, laundry, bathing, feeding, dressing, grooming, toileting, and monitoring for persons with cognitive impairments who are at risk of injury at home.It works like this: following an application, an in-home assessment is made by a social worker to determine the number of hours of care needed. This can be up to 195 hours per month for a non-severely impaired applicant and up to 283 hours per month for one who is severely impaired. Upon approval, the beneficiary then selects and hires a caregiver and the IHSS program pays the worker for the approved hours per month, currently at the rate of $22.10 per hour in Alameda County (in 2026).

Resource Limits: The program is designed for persons of modest resources who are eligible to receive Supplemental Security Income ("SSI") or Medi-Cal. To qualify, the applicant must generally have less than $130,000 in savings and other countable resources if single, and less than $292,600 if married (as of 2026). Note: for those persons with excess assets, there may be lawful strategies to accelerate eligibility without the need to first spend down the excess. Also, note that these resource caps will likely tighten as of July, 2027, absent further California legislation.

Income Limits: For persons with low monthly incomes, the benefit is available without a share of cost ("co-pay"). However, for persons whose monthly income is above certain levels (currently, above $1,836 for a single person and $2,490 for a married couple), the applicant will have a share of cost that must be paid to the worker before the IHSS program pays the balance. Thus, the program only works well for persons with low incomes, or persons with great need who are awarded hours close to the maximum. Again, there may be lawful strategies to bring countable income down to meet these income caps.

In many cases, the caregiver may hire a family member, whether a spouse or an adult child. Also, for the caregiver who works at least 80 hours per month, the program makes healthcare available at a nominal monthly premium, a valuable benefit to the worker.

If your mother qualifies for IHSS, she could hire your sister so she could receive both a modest salary and health insurance. Also, to give your sister some relief each month, your mother could split care hours, hiring your sister part-time and another caregiver for the balance of approved hours.

To find out more, call the Alameda County Area Agency on Aging at 510-577-1800.

Gene L. Osofsky is an elder law and estate planning attorney who has been providing legal services to seniors in the Bay Area for over 30 years. Visit his website at www.LawyerForSeniors.com, or call (510) 247-2555.

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Sunday Evening in Castro Valley

By Thomas Lorentzen
SPECIAL TO THE FORUM

It is another Sunday evening in Castro Valley. Rain begins to fall. The sounds are familiar from long ago. The "pitter patter" is part of the chorus that performs from the concert done through eternity from "Mother Nature." Her voice is pure. Her sounds are the same as from prior concerts in prior centuries. She is part of that thing we call "history."

History is fascinating. We are all a part of it. We are all also artists. It is the art of life that we are all engaged in with our lives. Given this perspective, art and history perform as dancers upon the same stage in which we also perform with our own lives. As I write my column for the Forum, these sounds and thoughts set the tone for the words to come.

For this column, I look ahead (as you are) to the forthcoming day of Thanksgiving. Fundamental to its purpose is to give thanks. The day comes from the history of our nation. It also comes from the art that resides within us. As mentioned in prior columns, great forms of wealth include the ability to appreciate life and to be grateful. Despite the storms that frequent the flow of history and the lives we lead, they originate within the nature of things. To find the good and to practice it is a form of high art. The same with appreciation and gratitude. Without these capabilities, we create poverty within ourselves. We also infect others with the same malady.



As I take my daily walks along the boulevard, I also inspect the sidewalks and streets. The same with the people that walk pass. For the familiar – we exchange greetings. For the unfamiliar, casual observations emerge. Those observations result in optimism. Despite the passage of time, people are still doing what people do – seek to create a life of art for themselves to live and to find the good in life rather than the bad. With Thanksgiving in mind – I express my thanks to all I know and to those that are unknown. I feel gifted with a positive outlook toward the life I have led and hope to continue doing so in the years ahead.

If I have a wish to make for this Thanksgiving, it is for all to be able to find the good in life rather than the bad. In so doing, it makes life better for all we meet and for all we do with the lives we lead. If done and if found, the ability to find and feel appreciation and gratitude becomes intrinsic. With that wish made – thanks for giving your feelings of appreciation and gratitude to others. Happy Thanksgiving!

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continued from Front

Salute and Taps in memory of our fallen heroes. Bagpiper HMC Graham Phuvanatnaranubalaph (Phu) and Drummer Gary Rude opened and closed the ceremony with "Amazing Grace."

A very special moment happened when during the playing of the military forces songs with veterans asked to stand, if able, when their song was played. During the playing of the Marine anthem, Castro Valley resident Dolores Vasquez held up the picture of her uncle, Marine Private Roque Ike Flores, who was killed in action on November 28, 1950 in Korea. He was nineteen years old.

Longtime Castro Valley Community Leader Linda Tangren shared an update regarding the old Castro Valley Library building on Redwood Road, sharing that two rooms will be dedicated to veterans as well as access to the general areas, providing much-needed support for our veterans and their families. Military Honors were also presented to Linda remembering Marvin, her late husband's service to the United States.

Ron Squires (USN) read the Veterans Day Proclamation from President Donald Trump, and Chris Bokamper (USN) read "The Watch." Billy Lawrence, the son of an army veteran and father of a marine, played Taps.

In addition to veterans and their families and community supporters, Supervisor Nate Miley and staff members Ashley Strasburg, Constituent Liason and Community Organizer, and Bob Swanson, and Peter Rosen, Board Secretary for the Hayward Area Recreation District were present.

VFW Post Chaplain Bruce Bennett opened the event with an Invocation and closed with the Benediction.

The Castro Valley Veterans Memorial Park is open year-round to the public. Five special remembrance events are held every year: Vietnam Veterans Day (10:00am), Memorial Day (9:00am), September 11th Remembrance Day (10:00am), Veterans Day (11:00am) and December 7th Pearl Harbor Day (10:00am). The public is invited. Veterans are encouraged to wear their uniforms or other clothing that distinguishes them as military veterans.

ATHLETES OF THE WEEK



UNION CITY, Calif. — James Logan High School girls volleyball head coach Matt Guzman has been selected as the 2026 CIF North Coast Section Girls Volleyball Honor Coach. He is the first James Logan volleyball coach to receive the NCS Honor Coach award since Logan's legendary coach Al Rodriguez in 1998.

Guzman became Logan's head coach in 2013 after one season as JV coach. In 13 seasons he has a 353-105 overall record, 10 Mission Valley Athletic League championships with 10 undefeated league finishes, the 2017 CIF Northern California Division 1 championship, a 2017 CIF State Division 1 final appearance and the 2018 CIF NCS Division 1 championship.

"More than the accomplishments, I'm proud of the players, relationships and teamwork that made that historic season possible," Guzman told NCS. "I believe in showing up every day with purpose, preparing at a high level and demanding the best from yourself and the people around you. Greatness comes from embracing the work and never being comfortable where you are."


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