

SENIORS **THYROID PROBLEMS ARE QUITE COMMON IN OLDER ADULTS BUT CAN BE TRICKY TO DETECT**



PAGE 6

CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 28

WEDNESDAY, NOVEMBER 16, 2016

NO. 46

INSIDE YOUR FORUM

OUR TOWN



Light Parade

Thousands show up for CV's annual Light Parade and Meet in Street event

Page 3

LIVING



Gobble, Gobble

After following these turkey recipes, you will want to give thanks

Page 5

NEWS



Election 2016

The numbers are in: CV voters cast ballots in last week's General Election

Page 9

INDEX

Classified Ads	12
Community Calendar ...	4
Crosswords	5
East Bay Living	5
Homes	10
Horoscope	5
Obituaries	14
Seniors	6
Sports.....	8
Weather	2

PHONE: (510) 537-1792



PHOTOS BY LINDA SANDSMARK

Jenny's Café is closing after nearly 25 years on Castro Valley Boulevard.

Jenny's Café to Close Its Doors After a Quarter Century in CV

By Linda Sandmark
CASTRO VALLEY FORUM

After nearly a quarter century as proprietors of Jenny's Café on Castro Valley Boulevard, Jenny and Henry Shaw are finally getting some time off.

They'll be closing up shop and retiring this week, ready to do volunteer work, travel and have some fun together.

"Our customers are like family to us," says Henry. "They're very happy for us, but very sad too. I'm really sad to leave this job, but the timing is right for us."

Jenny's Café is well-known for its delicious pancakes, specials and homey atmosphere. On weekends the place is packed, and the Shaws are a study in precision cooking and personalized customer service.

Jenny's Café started on Paseo Grande in San Lorenzo, moving after 10 years there to Castro Valley. The Shaws have lived in Castro Valley for over 30 years, and as far as they were concerned, this was the place to be.

The restaurant has been at its current location, at 2836 Castro Valley Boulevard., for almost 25 years.

see CAFE on page 11

Volunteers Sought For CV Outreach's Annual Food Drive

By Linda Sandmark
CASTRO VALLEY FORUM

The 25th annual Castro Valley Outreach holiday drive is in full swing, led this year by a group of four women. Ray Harris, who led the endeavor for 24 years, retired earlier this year to Arizona.

"We hope we can continue in Ray's footsteps and maintain all the good things he did for the community," says Sandy Rauch, who is one of the "four Musketeers" coordinating the Thanksgiving food drive and "Adopt a Family" Christmas project.

The food and gifts collected by CV Outreach benefit over 100 local families in need.

"There are four of us keeping things afloat this year, but we work together well," adds Rauch. "Ray was so dedicated to the program and he did it all by himself."

The canned food drive continues in all Castro Valley schools through Nov. 17. Food donations may also be dropped off at the Castro Valley Sanitary District office at 24010 Marshall Street. Financial donations may be sent to CV Outreach, P.O. Box 20367, Castro Valley 94546.

The four new chairpersons are Rauch, Mieke Smart, Serena Foxworthy and Robin McLean. All have been Ray Harris's "under-studies" in recent years.



Volunteers are welcome to help sort the food donations on Monday, Nov. 21 from 9 a.m. to noon at the Mormon (LDS) church, 3900 Seven Hills Road. Look for people wearing bright orange shirts — they will find a job for any volunteer who shows up.

Rauch says there have been a few changes to the program this year. The group had to rent a storage unit to hold the 400 (empty) food boxes which were formerly stored in the Harris's garage and that of another volunteer. Also, recipient families have been asked to come pick up their filled boxes if possible.

For those who can't pick up, deliveries will be made next Tuesday Nov. 22. Volunteers with vehicles are invited to come to the LDS church that day starting at 1 p.m. to deliver the food boxes. Deliveries will be made between 1 and 4 p.m.

see FOOD on back page

Castro Valley Family to Star on TV Game Show Next Week

By Amy Sylvestri
CASTRO VALLEY FORUM

Lots of people are getting together with family for the holidays soon, and a Castro Valley woman and her family will be spending next week on the most famous family game around — "Family Feud."

Jayne Gates Duran, her sons Tiger and Justin, her sister Launi, and her niece Joelle will be on the nationally syndicated program next Tuesday, Nov. 22 and Wednesday, Nov. 23, airing locally at 7 p.m. on KPIX Channel 5.

Gates Duran said she was inspired to apply because she watches the show regularly and thought her family would be a hit. It started last spring when she saw an ad to audition on television.

"It's a pretty long process to get on the show," said Gates Duran. "In April I saw they were asking people to audition by sending in a bit about your family and I sent it in and they called back and they told us to come on a Sunday to the Santa Clara Convention Center."

The show's staff asked about the family's lives and hobbies — niece Joelle

see FAMILY on page 15



Castro Valley Weather Nov. 16 - 20, 2016



Wednesday
Partly Cloudy
High 62° Low 43°



Thursday
Mostly Sunny
High 62° Low 43°



Friday
Partly Sunny
High 66° Low 52°



Saturday
Occasional Rain
High 68° Low 50°



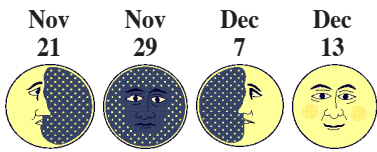
Sunday
Rainy
High 67° Low 48°

Almanac



Past Week's Rain: 00.00
Season To Date: 05.19
Normal To Date: 02.81
Season Average: 21.22

Moon Phases



Sun sets at 4:57 p.m. today, rises at 6:52 a.m. Thursday.

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PHOTO BY DEBORAH FOSDAHL, REDWOOD CHRISTIAN SCHOOLS

Harvest Day Celebration

Second and third graders enjoy their Harvest Day lunch with their parents and friends at Redwood Christian Elementary School's Harvest Day Luncheon. Three luncheons were held last Wednesday and Thursday with parents providing a wide variety of food dishes including traditional turkey, ham, dressing and pumpkin pie. The event is part of the school's core value of "Generating a Spirit of Patriotism."

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PHOTOS BY LINDA SANDSMARK

SANTA COMES TO TOWN: Mrs. Claus joined Santa and his elves in their sleigh, following more than 45 entries parading down the boulevard at this year's annual Light Parade.

Thousands Line the Boulevard For CV's Annual 'Light Parade'

By Linda Sandmark
CASTRO VALLEY FORUM

Santa came to town early this year, providing the grand finale to Castro Valley's annual Light Parade and Meet in the Street event.

Mrs. Claus joined Santa and his elves in their sleigh, following more than 45 entries parading

down the boulevard. Thousands of people cheered from the sidewalks, many sporting holiday lights and attire.

The always-popular Dancing Christmas Trees made an appearance, along with lighted floats and participants from churches, businesses, and elementary, middle and high schools.

Awards were presented by Castro Valley/Eden Area Chamber of Commerce president Al Hearne. First place for the Grand Marshal Award went to Michelle's Dance Xplosion. First place Holiday Spirit Award winner was Rowell Ranch Pro Rodeo; the School Spirit Award was won by Chabot *see PARADE on page 8*

SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • SPECIAL TO THE FORUM



Liquor Store Theft

Sunday, November 13: at 1:56 p.m., Sheriff's deputies arrested a 56-year-old man from Watsonville (Santa Cruz County) on suspicion of petty theft and resisting arrest. A store manager spotted the man walking out of a liquor store on Redwood Road near Castro Valley Boulevard with an unspecified amount of unpaid merchandise. The man became aggressive when deputies arrived on the scene. The man was taken into custody.

Driving Drunk and Drugged

Sunday, November 13: at 3:49 p.m., a 50-year-old woman from Castro Valley was arrested on suspicion of driving under the influence of drugs and alcohol. Deputies stopped the woman for a traffic citation on Castro Valley Boulevard near Nunes Avenue. The woman failed her field sobriety test and was taken into custody.

Reckless Driving

Sunday, November 13: at 9:20 a.m., deputies pulled over and arrested a 35-year-old man from Castro Valley on suspicion of reckless driving. The man was also wanted as part of an active warrant for his capture. Deputies spotted the man speeding through the intersection of Center Street and Grove Way when they stopped him. The man was taken to Santa Rita Jail pending \$10,000 in bail.

Can't Stay Away

Sunday, November 13: at 10:18 p.m., a 22-year-old man from CV was arrested on suspicion of violating a court-issued restraining order. The man also had an active warrant for his arrest. Deputies were dispatched to a business on Castro Valley Boulevard near San Miguel after the manager noticed the man hanging around outside. Deputies took the man to Santa Rita Jail pending \$20,000 in bail.

Wanted Man

Sunday, November 13: at 11:47 p.m., deputies arrested a 38-year-old man with no permanent address on suspicion of possession of illegal narcotics. The man was traveling on Redwood Road near Modesto Street when deputies stopped him for questioning. The man was also found to have a warrant issued for his capture. Deputies took the man to Santa Rita Jail pending \$2,500 in bail.

Public Intoxication

Sunday, November 13: at 12:02 a.m., a 36-year-old man with no permanent address was arrested on suspicion of public intoxication. Deputies stopped the man for questioning after a manager of a drug store on Castro Valley Boulevard near Marshall Street called to complain about a man drinking behind the store. The man failed his field sobriety test and was taken to a sobering center.

Drug Bust

Saturday, November 12: at 9:13 a.m., deputies arrested a 50-year-old woman with no permanent address on suspicion of possession of illegal narcotics. The woman was walking on Grove Way near the off ramp of Eastbound Interstate 580 when deputies stopped her for questioning and discovered her stash. The woman was taken into custody.

see REPORTS on page 11

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The Week Ahead

● Friday, November 18: 'Chinese Style' Shabbat Dinner

Please join us for our monthly Community Shabbat Dinner at 6:30 p.m. this Friday Nov. 18, and experience an authentic Chinese Shabbat meal, complete with Chinese cuisine, Shabbat stories and songs. RSVP for location at: Jewishcastrovalley.org/ChineseShabbat or 510-342-9326.

● Friday, November 18: Artful Steps Holiday Art Auction

Artful Steps, a program empowering adults with developmental disabilities to express their creativity through various media, will exhibit art at their Holiday Art Auction from 6 to 8 p.m. this Friday at the 21st Amendment Brewery, 2010 Williams Street in San Leandro. Enjoy original art, bid on the piece that speaks to you, drink craft beer and connect with local artists.

● Friday & Saturday, Nov. 18-19: Meals on Wheels Boutique

Join SOS Meals on Wheels' 3rd Annual Boutique fundraiser at the Hill & Valley Women's Club, 1808 B St. in Hayward this Friday (noon to 4 p.m.) and Saturday (10 a.m. to 4 p.m.) Shop for great handmade items and an exciting "Pick Your Prize" raffle and enjoy the food prepared by our chef. Help us serve 1,200 meals per day to seniors in Castro Valley and the surrounding area. For more info call Gerry at 483-8156 or send donations to: SOS Meals on Wheels, 2235 Polvorosa No. 260, San Leandro 94577.

● Saturday, November 19: Pets Available for Adoption

Dusty Paws Rescue will show available dogs, cats and kittens available for adoption from 10 a.m. to 1 p.m. this Saturday at Pet Food Express, 3385 Castro Valley Blvd. Lots of kittens will be there. For available animals, check www.dustypawsrescue.org

● Sunday, November 20: Panel on Gun Violence

The League of Women Voters Eden Area will co-sponsor a panel on gun violence with the Eden Area Interfaith Council at 12:30 p.m. on Nov. 20 at the Castro Valley Library. Rep. Eric Swalwell has been invited to discuss current federal gun legislation. The panel will include a gun owner. For more info, call 510-276-1631 or email: frank.burton.now@gmail.com.

● Monday, November 21: Municipal Advisory Council

The Castro Valley MAC will hold a meeting at 6 p.m. on Monday at the Castro Valley Library. For the agenda, visit acgov.org/uninc/

● Tuesday, November 22: Start Smart Teen Driver Safety Class

The California Highway Patrol Castro Valley Area will hold a "Start Smart" teen-driver safety class at 6 p.m. Tuesday, at the Castro Valley Library for new and future licensed teenage drivers between the age of 15-19 and their parents. CHP officers will talk about traffic collisions, their causes and avoidance techniques, and driver responsibilities. To register, RSVP to 510-581-9028 (CHP) or 510-667-7900 (Library).

● Thursday, November 24: Karen Gordin Turkey Swim

The Hayward Plunge Staff sets aside every Thanksgiving Day to raise money for the Karen M. Gordin Scholarship Fund. Come burn calories from 8 to 11 a.m. to make room for all that turkey, while supporting a good cause. A minimum \$4 donation is asked and all donations are tax deductible. The scholarships are given to two individuals who are currently certified lifeguards and are in school working towards their goals. The Plunge is located at 24176 Mission Blvd.

● Friday, November 25: Free Admission to East Bay Parks

The East Bay Regional Park District will waive admission and parking on so-called Black Friday, part of the national #optoutside movement which is meant to encourage the public to hit the trails, not the malls on the busiest shopping day of the year.

● Saturday, November 26: Christmas Fair in San Leandro

Do your holiday shopping from 10 a.m. to 4 p.m. on Nov. 26 during Mistletoe Madness 2016 at the Marina Community Center, 15301 Wicks Blvd. in San Leandro. All handcrafted items on 80 vendor tables, nothing imported or off-the-shelf. Santa will be there from noon till 1 p.m., so bring your camera.

● Sunday, November 27: Interfaith Salad Mixer

Register now to join your neighbors from a variety of Eden Area congregations and faith groups to celebrate our blessings and our unity beginning at 3 p.m. at Eden United Church of Christ, 21455 Birch St. in Hayward. Bring an ingredient for the salad bar reflective of your dietary practices, and bring a donation of a canned, non-perishable food item for the Alameda County Food Bank. Middle and high school students as well as adults are welcome. Registration closes at 5 p.m. on Nov. 20. Register as soon as possible at: interfaith-gratitude.eventbrite.com

● Tuesday, November 29: A Long-Term-Care Safety Net

Statistics show that 70% of Americans who reach age 65 need long-term care for about three years. Who pays for such care and what does it cost? California Health Advocates will discuss long-term care, aging in place, as well as other health care costs in retirement and what you can do to build your own safety net, at a free informational program at the Castro Valley Library on Nov. 29 at 6 p.m. in the Chabot Room.

● Day, Date: Eden Area Village

Eden Area Village is developing a non-profit membership-based neighborhood "Village" that will help people in the Castro Valley, Hayward, and the San Lorenzo areas stay in their homes as they age. Public outreach meetings are held the first Friday of each month at 2 p.m. at Hayward City Hall. Next meeting is Dec. 2.

● Saturday, December 3: Soroptimist 12th Annual Boutique

Holiday crafts, gift items, jewelry, photography, hats, garden items, stained glass, soaps & lotions, dog & cat items, baby items, cosmetics, knitted/crochet items, bake sale, raffle prizes, and more at Soroptimist of the East Bay Holiday Boutique from 10 a.m. to 4 p.m. on Dec. 3 at Hill & Valley Club House, 1808 B St., Hayward. Lunch and refreshments will also be available. All proceeds help support the goal of Soroptimist – improving the lives of women and girls. For more info, contact Donna Whitehouse at 510-924-7622 or at: rambosmom@comcast.net

● Saturday, December 3: Holiday Boutique

Corvallis Elementary School at 14790 Corvallis St. in San Leandro invites you to its annual Holiday Boutique, with crafts made by local artists, from 9 a.m. to 3 p.m. on Dec. 3. Help us help the needy families in our community by bringing in a toy, canned food item, or clean used coat to our holiday boutique. Door prize drawings every half hour. Free admission, and food and drink for sale. For more info, call Karen Webb at 510-461-2290.

Arts & Entertainment

CASTRO VALLEY CENTER FOR THE ARTS

Tickets for CFA events listed below are available online at www.cvartsfoundation.org; or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. phone 889-8961; or at the CV Adult School, 4430 Alma Ave.

● **California Beach Boys Concert**, originally scheduled for this past October 15, has been rescheduled for Saturday, March 11, 2017 at 7:30 p.m. For tickets (on sale now) see above.

THEATRICAL & MUSICAL PERFORMANCES

● **"A Christmas Carol,"** a new version set in Charles Dickens' home in 1843, comes to Chanticleers Theatre at 3683 Quail Ave. in Castro Valley Nov. 18 through Dec. 11. Performances are at 8 p.m. on Friday and Saturday nights, with 2 p.m. matinees on Nov. 27, Dec. 4 and Dec. 11. Opening night gala for cast and audience on Nov. 18, with hors d'oeuvres and refreshments. For tickets (\$25-\$10, open seating) visit chanticleers.org or call 510-733-5483. Saturday, Nov. 19, is Bargain Night with adult tickets reduced to \$18 and children \$5 for one night.

● **"Spending the End of the World on OkCupid,"** a world premier theatre production written by Jeffrey Lo, will be presented by the Ohlone College Department of Theatre & Dance at 8 p.m. on Nov. 17, 18, 19 at Smith Center at Ohlone College, 43600 Mission Blvd. in Fremont. For tickets, \$10-\$12 (parking \$4), visit smithcenter.com

● **Lost Romantic Symphonies** will be presented by the Oakland Symphony and members of the acclaimed Oakland Symphony Youth Orchestra Friday, Nov. 18, at 8 p.m. at the Paramount Theatre. For tickets (\$25-\$80), visit www.oaklandsymphony.org or call 510-444-0802.

● **"It's a Wonderful Life: A Live Radio Play"** will be presented by the Douglas Morrison Theatre at 8 p.m. on Dec. 1, 2, 3, 8, 9, 10, and at 2 p.m. on Dec. 3, 4, and 11, at the DMT Theatre, 22311 North 3rd Street in Hayward. An Opening Reception will be held on Thursday, Dec. 1. For tickets (\$27-\$29), visit www.dmtonline.org or call 510-881-6777. Enjoy the holiday classic that puts the "heart" in heartwarming.

ART GALLERIES & EVENTS

● **38th Area Artists' Annual Open Show**, open to all artists living or working or taking classes in the HARD area, is on exhibit through Nov. 19 at the Adobe Art Center Gallery in Castro Valley.

● **Hayward Arts Council Open Juried Show** (judged by Carolyn Lord) through November 17 at John O'Lague Galleria, in Hayward City Hall, 777 B Street at Watkins, open M-F 8:30 a.m. to 4:30 p.m.

● **American Pen Women**, on exhibit from Nov. 18 to Jan. 27, 2017, with a public reception at 7:30 p.m. on Saturday, Dec. 2, at John O'Lague Galleria, in Hayward City Hall, 777 B Street at Watkins, open M-F 8:30 a.m. to 4:30 p.m.

● **Prints by Bob Wolff**, on exhibit from Nov. 11 to Jan. 10, 2017, at the Hayward Senior Center, 22325 North 3rd St., Hayward.

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Tel: 510-537-1792 • Fax: 510-814-9691

Fred Zehnder, Editor & Publisher
fredz@ebpublishing.com

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

Howard Morrison, Assoc. Publisher
howardm@ebpublishing.com

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

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

Mary Florence, Advertising Sales
861-3270 mpominville4582@aol.com

Moxie Morrison, Layout Design
moxmore@yahoo.com

Linda Nakhai, Advertising Sales
lnakhai@comcast.net

Contributors:

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

Thomas Lorentzen
Winda Shimizu
Linda Sandsmark

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

Linette Escobar
Terry Liebowitz

Trevin Smith
Simon Wong

Carl Medford
Michael Singer

Submissions to The Forum

To submit Calendar listings or news stories for possible publication, send information by the prior Friday in an email, or attach a document with photos to: fredz@ebpublishing.com, or fax information to 510-814-9691.

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REGULAR GOVERNMENT MEETINGS

• Castro Valley Municipal Advisory Council (MAC) meets on land-use issues on the 2nd and 4th Mondays of the month, and holds general purpose meetings on most 3rd Mondays. Meetings are at 6 p.m. at the Castro Valley Library Chabot Room, 3600 Norbridge Avenue.

• Castro Valley School Board usually meets at 7 p.m. on the second and fourth Thursdays of the month at 4400 Alma Ave.

• Castro Valley Sanitary District (CVSan) meets at 6:30 p.m. on the first Tuesday of the month at the District Headquarters, 21040 Marshall St.

• Alameda County Board of Supervisors meets every Tuesday at 10:45 a.m. in the Supervisors Chambers at the County Administration Bldg., 1221 Oak St. in Oakland.

Just 8 Days to Go Before Turkey (and We) Get Stuffed



If you're cooking a frozen turkey this year and you haven't bought it yet, you should do that first thing. It takes about a week to thaw a turkey in the refrigerator (never thaw in room temperature). When buying, a good rule of thumb is to figure on 1 to 1-1/2 pounds of uncooked turkey per guest.

There are, of course, many ways to cook the bird, but whichever system you use, the results will be pretty much the same. In the end, it will just taste like roast turkey.

You don't need any special equipment other than a roasting pan and a good thermometer. And cooking a turkey is simplicity itself.

If you are going to stuff the turkey, you will need about a cup of prepared stuffing for each pound of bird. Do not stuff the turkey ahead of time. The stuffing goes in just before you put the bird in the oven. Leave some room for the stuffing to expand as it cooks and absorbs juices.

Preparing the Turkey

After thawing, remove neck and giblets, and wash the tur-

key inside and out with cold water. Drain well and pat dry. Brush the skin with olive oil. Mix about 2-1/2 teaspoons of salt with about 1-1/2 teaspoons of black pepper and sprinkle it evenly in turkey cavities and all over the skin. Heat oven to 450°F. If you are going to stuff your turkey, do it now. Skewer cavity openings to secure stuffing. Tie legs together and twist wing tips under the back to hold neck skin in place. If untucked, return legs to tucked position or tie together. Place turkey, breast side up, on rack in open pan about 2 inches deep.

Place turkey in oven and reduce heat to 325°-350°. Roast according to chart and meat thermometer. Roasting times can vary, depending on a number of things. Use a meat thermometer (don't depend on a pop-out indicator) inserted at the thickest part of the thigh, but not touching the bone. It should register 180°F. The stuffing should register 165°F. After the first hour of roasting, baste the turkey every 30 minutes or so with drippings (add a little chicken stock, water or wine

to the drippings if they evaporate too quickly). When skin is golden brown, shield breast loosely with light foil to prevent overbrowning.

When the turkey is done, allow it to rest for at least 20-30 minutes before carving.

SAVORY STUFFING

1-1/2 pound loaf day-old bread
3 cups chopped onion
2-1/2 cups chopped celery
1/2 cup butter or margarine
1 teaspoon salt
1-1/2 teaspoons poultry seasoning
1/4 cup chopped parsley

Tear bread into 1/2-inch pieces, or use 3 quarts plain dry stuffing; set aside.

Sauté onion and celery in butter just until tender. Add to bread along with salt, seasoning, and parsley. Toss lightly until well mixed. Place in two buttered, covered casserole dishes or stuff loosely into neck and body cavities of turkey.

TURKEY GRAVY

Turkey drippings
Giblet broth
Cooked giblets, chopped
1/2 cup all-purpose flour
1/2 teaspoon black pepper
Salt to taste

Cover giblets and neck with 3

cups water in a small saucepan. Bring to boil, cover, reduce heat and simmer for an hour or until giblets are tender. Drain, reserving broth and discarding neck. Chop giblets. Pour turkey drippings from roasting pan into 4-cup measure. Remove 1/4 cup fat from the drippings and place in a pan. Skim off and discard remaining fat from drippings. Add giblet broth to drippings to make 4 cups.

Blend flour into the pan with the fat until smooth, then add drippings and broth mixture. Cook and stir over medium heat until gravy comes to a boil and thickens. Stir in salt and pepper to taste and add giblets.

To carve, place the turkey breast up on a carving board and spoon out stuffing.

Use a chef's knife to remove thighs, drumsticks and wings. Slice drumstick holding the knife parallel to the bone. Slice in alternating cuts from each side of the bone. Slice the thigh as it lays flat on the board.

Switch to a very sharp carving knife and make a horizontal base cut across the bottom of the breast. (Don't use a serrated blade, as it tends to tear up the meat.)

Starting parallel to breast bone, slice diagonally down to the horizontal base cut. Continue slicing the breast by beginning at a higher point each time.

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HOROSCOPE by Salomé

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ARIES (March 21 - April 19): Some changes might seem confusing at first, especially to an Aries whose impatience levels are pretty shaky this week. Take it one step at a time, Lamb, and soon all will be made clear.



TAURUS (April 20 - May 20): That difficult situation you've been dealing with continues to call for careful handling. Avoid quickly made choices that might not stand up when they're finally put to the test.



GEMINI (May 21 - June 20): You still have lots of evaluating to do before you can consider making a commitment. It's better to move cautiously than to risk stumbling into a major misunderstanding.



CANCER (June 21 - July 22): A previously peevish partner offers to be more helpful with your problems. But remember: The final choice is yours. Be guided by what you feel is the right thing to do.



LEO (July 23 - August 22): As the Big Cat, you sometimes can be pretty rough on those you suspect of betrayal. The best advice is to pull in those claws and listen to the explanation. It might surprise you.



VIRGO (August 23 - Sept. 22): Your inner voice usually guides you well. But a note of caution: This is a period of mixed signals for you, so be careful that you don't misunderstand the messages you're getting.



LIBRA (Sept. 23 - October 22): Cupid's call beckons both single Librans looking for a new love, as well as couples hoping to strengthen their relationships. A workplace problem is quickly resolved.



SCORPIO (October 23 - November 21): It's been a hectic time for you, and you might want to take a break to restore both body and soul. You'll then be set to face new challenges later this month.



SAGITTARIUS (Nov. 22 - Dec. 21): It's a good idea to take a more conservative approach to your financial situation right now. Some plans made earlier this year might need readjusting.



CAPRICORN (Dec. 22 - Jan. 19): This is a fine time to move boldly into those new opportunities I promised would open up for you. Check them over, and then choose the best one for you.



AQUARIUS (Jan. 20 - Feb. 18): Congratulations. Your self-assurance is growing stronger, and you should now feel more confident about making that long-deferred decision about a possible commitment.



PISCES (Feb. 19 - March 20): You're very close to reaching your goal. But be wary of distractions that can lure you off-course and leave you stranded far away from where you really want to be.

THE FORUM CROSSWORD

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

- Wagon
- Part of MYOB
- Young fellow
- Lotion additive
- Small plateau
- Bobby of hockey
- Very hush-hush
- Shell-game item
- "A Streetcar Named Desire" role
- German artist Max
- Form of 22-Across
- One of the media
- Millinery
- Winter mo.
- Elevator name
- Past
- Whopper
- Spy org.
- Cried
- Pismire
- Dish damage
- Cabbies
- Otherwise
- Bizet work
- Online image
- Mauna
- Leading comedian
- Gun the engine
- Manitoba native
- Black, in verse
- Whatever number
- Stampeding group
- Went under

DOWN

- Long-running Broadway musical
- Greatly
- Lariat
- Magnetic flux measures
- Village People hit
- "the ramparts..."
- Work with
- Assessed
- A-one
- Belligerent god
- "Phooey!"
- Shade provider
- 2016 Olympics city
- Jockey's handful
- Help a hood
- Hee follower
- Time of your life?
- Lacking balance
- Criticism
- Midafternoon, in a way
- Fool
- Pitch
- Construction site machinery
- Hidden complication
- Eggs
- Callaloo ingredient
- Hammerhead part
- Sleeping
- Forbidden (Var.)
- Soon, to a bard
- and file
- Raw rock
- Apiace

ANSWERS ON PAGE 11

ROASTING FRESH OR THAWED TURKEY (AT 325°-350°F)		
Weight	Unstuffed	Stuffed
4 to 6 lbs.	1-1/2 to 2-1/4 hrs.	NA.
6 to 8 lbs.	2-1/4 to 3-1/4 hrs.	3 to 3-1/2 hrs.
8 to 12 lbs.	3-1/4 to 4 hrs.	3-1/2 to 4-1/2 hrs.
12 to 16 lbs.	4 to 4-1/2 hrs.	4-1/2 to 5-1/2 hrs.
16 to 20 lbs.	4-1/2 to 5 hrs.	5-1/2 to 6-1/2 hrs.
20 to 24 lbs.	5 to 5-1/2 hrs.	6-1/2 to 7 hrs.
24 to 28 lbs.	5-1/2 to 6 hrs.	7 to 8-1/2 hrs.

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Rights Upon Hospital Discharge

Q: My husband was recently admitted to the hospital following a stroke. The hospital now wants to discharge him in two days, and I believe he needs to remain longer. What are our rights? We are both on Medicare.

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

A: Unfortunately, hospitals have a strong financial incentive to discharge Medicare patients as soon as possible. Reason: Medicare pays a predetermined flat rate to the hospital based upon the diagnosis assigned at the time of admission.

Thus, if the hospital can discharge a patient sooner, the hospital makes money, and if a patient remains longer, the hospital loses money.

However, Medicare patients have rights that can and should be exercised in connection with a hospital discharge:

1) Right to Notice: Within two

days of admission, the hospital must give the Medicare patient a formal notice, titled "Important Message from Medicare About Your Rights" ("IM"), and another notice just before discharge.

This notice explains the patient's right to receive Medicare covered services, including necessary services he may need after discharge, his right to be involved in any decisions about his hospital stay, and his right to appeal the discharge if he believe it to be too soon.

2) Discharge Planning: Medicare certified hospitals must also help patients arrange care they will need after discharge and provide this information in a written Discharge Plan.

This service is usually provided by the hospital's social worker or discharge planner. However, sometimes the patient must make a specific request to be provided this service.

Upon review of the Discharge Plan, the patient has the right to ask for changes. As a part of the plan, the hospital must list nearby home health agencies and nursing

homes if those services are indicated, and must assist in arranging placement in another health facility if that is necessary.

If a suitable nursing home bed near the patient's home is not available, he has the right to remain in the hospital, covered by Medicare, until one becomes available.

3) Right to Appeal: Once the patient receives the notice advising of his discharge date, he has a right to appeal.

Caution: this right to appeal has a very short time limit and must be exercised by noon of the day before the proposed discharge. There is no exclusion for Saturdays, Sundays or holidays.

This right is exercised by telephoning the Quality Improvement Organization ("QIO") listed on the "Important Message", and asking for an expedited appeal. For California Medicare patients, the QIO is called Livanta (1-877-758-1123).

Leaving a detailed message is sufficient, but the better practice is to follow that call with a confirmation **see HOSPITAL on back page**



Thyroid Disorders In Seniors

By Jim Miller
SPECIAL TO THE FORUM

Unfortunately, thyroid problems are quite common in older adults, but can be tricky to detect because the symptoms often resemble other age related health problems.

In fact, as many as 30 million Americans have some form of thyroid disorder, but more than half of them aren't aware of it.

Here's a basic overview: The thyroid is a small butterfly-shaped gland located at the base of your neck that has a huge job. It produces hormones (called T3 and T4) that help regulate the rate of many of your body's activities, from how quickly you burn calories to how fast your heart beats. It also influences the function of the brain, liver, kidneys and skin.

If the gland is underactive and doesn't produce enough thyroid hormones, it causes body systems to slow down. If it's overactive, and churns out too much thyroid, it has the opposite effect, speeding up the body's processes.

The symptoms for an underactive thyroid (also known as hypothyroidism) – the most common thyroid disorder in older adults – will vary but may include fatigue, unexplained weight gain, increased sensitivity to cold, constipation, joint pain, muscle stiffness, dry skin and depression.

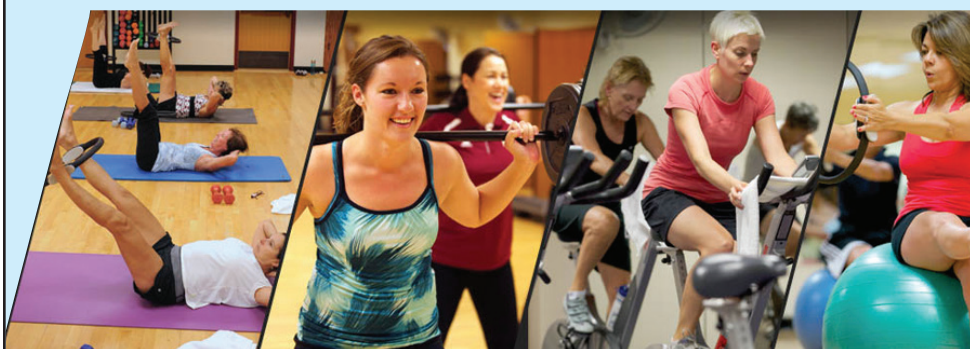
Some patients may even develop an enlarged thyroid (goiter) at the base of the neck. However, in older adults, it can cause other symptoms like memory impairment, loss of appetite, weight loss, falls or even incontinence.

And the symptoms of an overactive thyroid (or hyperthyroidism), which is more common in people under age 50, may include a rapid heart rate, anxiety, insomnia, increased appetite, weight loss, diarrhea, excessive perspiration, as well as an enlarged thyroid gland.

Too much thyroid can also cause atrial fibrillation, affect blood pressure and decrease bone density, which increases the risk of osteoporosis.

see **THYROID** on page 7

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Q&A: Tips for Long-Distance Caregivers

Q: Can you recommend any long-distance caregiving tips that can help me help my elderly father who lives in another state? He has physically declined over the past year, but is determined to stay living in his own house.

By Jim Miller
SPECIAL TO THE FORUM

A: Providing care and support for an aging parent who lives far away can be very difficult and stressful. Here are some tips and resources that can help.

When it comes to monitoring and caring for an aging parent from afar, you have a couple options. You can either hire a professional to oversee your dad's needs, or you can manage things yourself by building a support system, tapping into available resources, and utilizing technology devices that can help you keep tabs on him.

• Professional Help

If your dad needs a lot of help, you should consider hiring an "aging life care professional" who will give him a thorough assessment to identify his needs, and will set up and manage all aspects of his care. These professionals typically charge between \$100 and \$200 per hour, and are not covered by Medicare.

To find a professional in your dad's area, ask his doctor for a referral or visit the Aging Life Care Association website at AgingLifeCare.org.

• Do-It-Yourself

If your dad only needs occasional help, or if you can't afford to use a care manager, here are some things you can do yourself to help him.

✓ *Assemble a support system:* Put together a network of people (nearby friends or family, neighbors, clergy, etc.) who can check on your dad regularly, and who you can call on from time to time for occasional help.

Also put together a list of reliable services you can call for



When it comes to monitoring and caring for an aging parent from afar, you have a couple options.

household needs like lawn care, handyman services, plumber, etc.

✓ *Tap local resources:* Most communities offer a range of free or subsidized services that can help seniors with basic needs such as home delivered meals, transportation, senior companion services and more. Contact the Area Aging Agency near your dad – call 800-677-1116 for contact information – to find out what's available.

✓ *Use financial aids:* If your dad needs help with his financial chores, arrange for direct deposit for his income sources, and set up automatic payments for his utilities and other routine bills.

You may also want to set up your dad's online banking service, so you can pay bills and monitor his account anytime. Or, if you need help, hire a daily money manager (aadmm.com) to do it for you. They charge between \$25 and \$100 per hour.

Benefitscheckup.org is another excellent resource to look for fi-

nancial assistance programs that may help your dad, particularly if he's lower-income.

✓ *Hire in-home help:* Depending on your dad's needs, you may need to hire a part-time home-care aide that can help with things like preparing meals, housekeeping or personal care. Costs can run

anywhere from \$12 up to \$25 per hour.

To find someone, ask for referrals through your dad's doctor or area hospital discharge planners, or try websites like Care.com, CareLinx.com, CareFamily.com or CareSpotter.com.

✓ *Utilize technology:* To help you keep tabs on your dad and manage his care from afar, there are various technologies that can help.

For example, there are motion sensors (like Silver Mother - sen.se/silvermother) and video cameras (nest.com/camera) that can help you make sure he is moving around the house normally; computerized pillboxes (medminder.com) that will notify you if he forgets to take his medication; simplified computer tablets (grandpad.net) that provide important face-to-face video calls; and a variety of websites that can help you coordinate care (lotsahelpinghands.com) and medical information (reunioncare.com) with other family members.

For more tips, call the National Institute on Aging at 800-222-2225 and order their free booklet "Long-Distance Caregiving: Twenty Questions and Answers."

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

Thyroid: Those at Greatest Risk of Developing Disorder

continued from previous page

Those with the greatest risk of developing thyroid disorders are women who have a family history of the disease. Other factors that can trigger thyroid problems include: autoimmune diseases like Hashimoto's or Graves disease; thyroid surgery; radiation treatments to the neck or upper chest; and certain medications including interferon alpha and interleukin-2 cancer medications, amiodarone heart medication and lithium for bipolar disorder.

Get Tested

If you have any of the aforementioned symptoms, or if you've had previous thyroid problems or notice a lump in the base of your neck, ask your doctor to check your thyroid levels. The TSH (thyroid-stimulating hormone) blood test is used to diagnosis thyroid disorders.

Thyroid disease is easily treated once you've been diagnosed. Standard treatment for hypothyroidism involves daily use of the synthetic thyroid hormone levothyroxine (Levothroid, Synthroid and others), which is an oral medication that restores adequate hormone levels.

Treatments for hyperthyroidism may include an anti-thyroid medication such as methimazole (Tapazole), which blocks the production



Thyroid disease is easily treated once you've been diagnosed.

of thyroid hormones.

Another option is radioactive iodine, which is taken orally and destroys the overactive thyroid cells and causes the gland to shrink. But this can leave the thyroid unable to produce any hormone and it's likely that you'll eventually become hypothyroid and need to start taking thyroid medication.

For more information on thyroid disorders, visit the American Thyroid Association at Thyroid.org.

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

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ATHLETES OF THE WEEK



This week's Athletes of the Week are the members of the Castro Valley 18 Gold Synergy team who finished their season by winning the M&M Classic Tournament in Hayward this past weekend.

CV finished pool play on Saturday with a 3-0 record, beating Peninsula Stingrays 6-2, San Jose Twisters 6-0, and the Foster City Flash 8-3.

Beginning Sunday's single elimination for the Gold bracket, Synergy started the morning at 8 a.m. as 3rd seed, behind California Heat and

Pleasanton's Phantom Elite. CV won 10-0 in four innings against Caligold. Next they played Phantom Elite and won 4-1, moving them into the Championship game against Peninsula Stingrays, who had upset California Heat 13-2, in the semi final game.

In the Championship game, CV Synergy won 7-0. CV scored 3 runs early and added to that lead throughout the game, but it was Synergy's stellar defense that stopped all of the Stingray's scoring opportunities.

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Veterans Day 2016

Some 200 people, including many military veterans, turned out Friday at the Castro Valley Veterans Memorial to honor all of those who have served their country in uniform and hosted by VFW Post 9601 and American Legion Post 649. Formally Armistice Day, it is commemorated every year on Nov. 11 to mark the cessation of hostilities on the Western Front of World War I, which took effect at eleven o'clock in the morning—the "eleventh hour of the eleventh day of the eleventh month" of 1918.



Parade: Afternoon of Live Entertainment

continued from page 3

Elementary School; and Best Harmony Award went to Castro Valley High School Band.

An afternoon of live entertainment and food downtown preceded the evening parade. Much of Castro Valley Boulevard was closed to vehicular traffic and several food trucks were onsite. Hayward Area Recreation and Parks District (HARD) provided blow-up bounce houses for kids to play in.

Retired Redwood Christian Schools superintendent Bruce Johnson was parade announcer. He deemed the event "another holiday gem," and thanked Mel and Dayna Speed for bringing together organizations and government agencies for the festivities.





PHOTO COURTESY OF CHANTICLEERS THEATRE

Matthew Beall, C. Conrad Cady and Wayne Roadie as they appear in the Chanticleers Theatre production of Michael Paller's adaptation of "A Christmas Carol," opening this Friday.

'Christmas Carol' Opens Friday

By Georgia Lee Barnes
SPECIAL TO THE FORUM

Chanticleers Theatre Brings New Version of "A Christmas Carol" to the Castro Valley this week.

It is Christmas Eve, 1843, in Charles Dickens' home in England. Family and friends plead with Dickens to tell them a story. He agrees – but only if everyone takes part.

Adults and children scramble to find costumes and props in the attic, and so begins the famous tale of Scrooge, Tiny Tim and the Ghosts of Christmas, told in a fresh, unique way that the whole family will enjoy.

A Christmas Carol, adapted by Michael Paller, comes to life on stage under the direction of Chan-

ticleers Theatre's new Artistic Director, John Baiocchi.

The show includes music of the season and features 10 amazing cast members playing over 40 parts. The cast includes C. Conrad Cady, Safiyah Hernandez, Cole Caetano, Emma Curtin, Roger Caetano, Danielle Hills, Clarice Caetano, Tyler Brady, Wayne Roadie, and Matthew Beall.

Opening Weekend is always a special time at Chanticleers Theatre. Opening Night this Friday, November 18, includes a gala event for cast and audience after the show, featuring complimentary hors d'oeuvres and refreshments.

Saturday, November 19 is Bargain Night – with all adult tickets reduced to \$18 and children just \$5 – for one show only.

"A Christmas Carol" runs through Sunday, December 11 with performances on Friday and Saturday nights at 8:00 p.m. and Sunday matinees on November 27, December 4 and December 11 at 2:00 p.m., all open seating. Doors open 30 minutes before show time.

Tickets are available by calling 510-SEE-LIVE (510-733-5483) or online at chanticleers.org. General admission is \$25; students and seniors \$20; and children under 12 – \$10. Group rates are available, just call 510-SEE-LIVE.

Chanticleers Theatre is located at 3683 Quail Avenue in the Castro Valley Community Park. Treat yourself and your family to a special holiday experience.

Georgia Lee Barnes is publicist for Chanticleers Theatre.

ELECTION 2016

Loss, Whitaker, Lee to School Board; Incumbents Will Return To CV San Board of Directors

More than 63% of Alameda County's registered voters cast ballots in last week's General Election. The latest figures from the County Registrar's Office – where ballots are still being counted – show that 562,205 of the nearly 889,709 who were registered filled out ballots. As of Monday, about 87,000 remained uncounted.

The County voted overwhelmingly for Hillary Clinton, receiving 78.33% of the votes to Donald Trump's 14.85%. Gary Johnson and Jill Stein each received less than 2.5% of the county's vote.

Alameda County voted yes 62% to 38% on State Prop. 63 which would have abolished the death penalty, but it was turned down by a statewide 54% to 46% no vote.

The county's approval of Prop. 64 to legalize marijuana for recreational use was similar to California's 66% to 44% yes vote.

In local races, Jo A.S. Loss was re-elected to the School Board along with newcomers Lavender Whitaker and Monica Lee.

Three incumbents, Dave Sadoff, Daniel Akagi and Timony McGowan will return to the CVSan Board of Directors.

Voters in the Oro Loma Sanitary District elected Dan Walters and Roland Dias for the two 4-year seats, and Rita Duncan to the single 2-year seat.

Hayward Area Recreation District's Measure F1 passed with 78% of the vote, it needed a two-thirds majority. The \$259-million

CV School Board (3 seats)

Jo A.S. Loss 7,509 (24.90%)
Lavender Whitaker 7,307 (24.23%)
Monica Lee 5,816 (19.29%)
Tojo Thomas 5,341 (17.71%)
Suresh Gupta 4,090 (13.56%)

CV Sanitary District (3 seats)

Dave Sadoff 8,459 (30.26%)
Daniel Akagi 8,034 (28.74%)
Timothy McGowan 6,292 (22.51%)
John Maher 5,079 (18.17%)

Oro Loma Sanitary District • 4-year term (2 seats)

Dan Walters 11,701 (35.63%)
Roland Dias 10,938 (33.31%)
Diana Souza 9,953 (30.31%)

Oro Loma Sanitary District • 2-year term (1 seat)

Rita Duncan 17,633 (76.85%)
Chike Udemezue 5,129 (22.35%)

Local Vote
by the
Numbers

bond will be used to repair and modernize parks in Castro Valley and other areas of the district.

Measure F1 will be assessed at \$30 per \$100,000 of property value annually through 2028.

Measure RR, BART's \$3.5-billion bond, passed with 70% of the vote in Alameda, Contra Costa and San Francisco counties. Voters in Contra Costa County weren't as keen on RR, with only 59 percent approving it. San Francisco County approved it with 81%, which averaged out with enough to pass

the two-thirds threshold.

BART directors said the money will be used to replace 90 miles of tracks and repair damage done in tunnels, among other projects. The amount assessed will vary from year to year up to \$17.50 per \$100,000 of assessed property value through 2036.

Measure A1, the county's \$580-million affordable housing bond, passed with 72% of the vote. It will levy a property tax of about \$14 per \$100,000 of assessed property value through 2022.

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REAL ESTATE GALLERY



REAL ESTATE REALITY

By Carl Medford, CRS
Special to the Forum

GUEST COMMENTARY



Trump's Effect on the Housing Market

With the election over, it's time to cast our eyes forward to what might lie ahead in real estate, especially since our new President Elect happens to be a real estate broker.

"The last time we had real estate dealmakers as U.S. Presidents," writes Brad Inman, Publisher of Inman News, "(they) were founding fathers Thomas Jefferson and George Washington, who loved their property holdings and made sure the U.S. Constitution protected them." He further states, "That was a big deal."

While many have been extremely nervous about Trump's impact on the economy, early indicators are that the effect may

not be negative as presumed.

While interest rates have bumped up a bit since the election, the stock market crash many were predicting has so far failed to materialize. And if we've learned anything from Brexit, while there was a short-term dip, things have pretty much returned to normal.

Pundits emphasize that since there may be uncertain days ahead in the global economy, the Fed will not likely raise rates any time soon, which means we might be in for a fairly smooth transition.

Unfortunately, not much was said by Trump concerning housing during his campaign, so all we can do is speculate.

Ralph McLaughlin, chief

economist at Trulia, has an interesting take, suggesting that where you live may be key to your take on the future prospects of housing. If you live in a prosperous blue state, you are more likely to be devastated by the election's outcome and concerned about future economic prospects. This could mean delaying significant purchases (like a home), which could in turn cause a downturn in your local market.

Those in red states, on the other hand, known for less prosperous economies and lower housing prices, could be more confident and begin purchasing right away, thus pushing their market up.

Since I've already had a least one person contact me about canceling a pending transaction due to their perception of future uncertainty, McLaughlin could be correct.

The chief economist at Realtor.com, Jonathan Smoke, mentions, "If you are rooting for the economy to improve, you would hope that his background as a business person, as a real estate developer, would pave the way for more growth, more development and that would be a net beneficial for real estate."

Let's hope. In the meantime, let's put the harsh rhetoric behind and come together as a one nation.

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 at www.ccmgtoday.com.

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3627 Pine Street	94546	\$455,000	2 BD - 802 SF - 1948
21991 Queen Street	94546	\$665,000	N/A BD - N/A SF - N/A
20088 Sapphire Street	94546	\$730,000	3 BD - 1,540 SF - 1950
2527 Vegas Avenue	94546	\$535,000	2 BD - 905 SF - 1949
22004 East Lyndon Loop	94552	\$825,000	4 BD - 2,240 SF - 1998

TOTAL SALES: 7

LOWEST AMOUNT: \$455,000

HIGHEST AMOUNT: \$825,000

MEDIAN AMOUNT:

\$665,000

AVERAGE AMOUNT:

\$664,357

San Leandro

355 Lorraine Boulevard	94577	\$505,000	2 BD - 1,128 SF - 1941
1553 138th Avenue	94578	\$477,000	2 BD - 968 SF - 1947
1724 141st Avenue	94578	\$443,000	2 BD - 770 SF - 1941
1768 150th Avenue	94578	\$480,000	3 BD - 1,480 SF - 1977
1530 Fairmont Drive	94578	\$392,000	1 BD - 748 SF - 1939
16479 Liberty Street	94578	\$505,000	2 BD - 1,290 SF - 2008
1239 Cumberland Avenue	94579	\$565,000	3 BD - 1,124 SF - 1953
1474 Vining Drive	94579	\$470,000	3 BD - 1,125 SF - 1957

TOTAL SALES: 8

LOWEST AMOUNT: \$392,000

HIGHEST AMOUNT: \$565,000

MEDIAN AMOUNT:

\$478,500

AVERAGE AMOUNT:

\$479,625

San Lorenzo

451 Crespi Place	94580	\$470,000	3 BD - 1,370 SF - 2004
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Local Realtors To Lead National Organizations

Two members of the Bay East Association of Realtors will lead the nation's most prominent and influential real estate trade associations in 2017.

Bill Brown, a second-generation Realtor who started his career in Oakland and lives in the East Bay, will serve as the 2017 President of the National Association of Realtors, the largest trade association in the United States.

Sherri Souza, a Livermore-based Realtor, will serve as the 2017 President of the Women's Council of Realtors. Both were installed during the board meetings for their respective organizations recently held in Orlando, Florida.

"We are so proud of everything both Bill and Sherri have accomplished at the local, state and national levels," said Kim Ott, president of the Bay East Association. "Their service to the real estate profession starting in the East Bay is a great foundation for the important work they will do in 2017."

Brown has been active in organized real estate for more than 35

years and has served as president of the Oakland and California Association of Realtors.

Souza has been a Realtor for 15 years and is a broker/owner with Broker In Trust Real Estate. She was president of the California Women's Council of Realtors and president of the Southern Alameda County Women's Council.

— David Stark

Mortgage Rates Climb Higher

Average fixed mortgage rates moved higher last week, according to Freddie Mac's weekly nationwide survey.

The 30-year fixed-rate mortgage averaged 3.57 percent, up from 3.54 percent a week earlier.

Fifteen-year loans averaged 2.88 percent, up from 2.84 percent.

Five-year hybrid adjustable-rate mortgages (ARMs) averaged 2.88 percent last week, up from 2.87 percent the week before.



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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.

Wildflowers

Now is a good time to sow wildflower seeds for spring flowers. California poppies are a good bet for anybody's yard.



Remove all dried dirt with a wire brush, rinse and dry thoroughly. Sharpen dull tools using a whetstone or file. Sand off any rust spots with fine sandpaper and coat the metal with vegetable oil. Wipe a thin coat of linseed oil on wooden handles to prevent cracks. Store hand tools in a bucket of sand soaked in oil to further deter rust, and hang large tools after prepping for storage. Fully drain your garden hoses, repair any leaks or damaged sections, and coil and tie them for storage.

— Brenda Weaver

Source: www.motherearthnews.com

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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

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From left, Creekside student Cyanni Yao and CVHS students Kathy Yao, Shaeli Yao with Eric Yao, Superintendent Parvin Ahmadi and Creekside Principal Jaliza Eagles.

Science Olympiad Coaches Honored

Eric and Kathy Yao were honored at last week's School Board meeting for their volunteerism as lead coaches for Science Olympiad in the past two years at Creekside Middle School, and for expanding the program to Canyon Middle and Castro Valley High schools.

"Our kids love science and want a creative outlet for the exploring and understanding nature. Science Olympiad is such an outlet; it is a sport of the mind," said Eric Yao. "They not only have fun in learning science and competing, they develop lifelong skills and knowledge that benefits them in high school, college and beyond."

"Our veteran students have moved on to become leaders in the CVHS Science Olympiad Club,"

Yao continued. "We hope to foster the notion that all kids would be self-compelled to join an extracurricular STEM activity, as much as they would any other sport."

The program, which is coached by parents, was brought to Castro Valley by Garland and Bruce Dughi four years ago.

This year, 85 students in five teams will represent Castro Valley in this competition of wits against 7,600 teams across the country.

In this national competition, students compete in 23 events in such fields as anatomy, astronomy, forensics, food science, bridge building, gliders, hovercrafts and much more.

For more information about Castro Valley Science Olympiad, visit cvscience.rooby.me

Reports: Break-In; Assault

continued from page 3

Disturbing the Pasta

Thursday, November 10: at 10:17 a.m., a 41-year-old man from Vallejo (Solano County) was arrested on suspicion of disturbing the peace. Deputies were called to an Italian Restaurant on Castro Valley Boulevard near Rustic Drive to confront the man who was making loud and obnoxious noises. The man was handcuffed and taken into custody.

Medical Office Break-in

Wednesday, November 9: at 2:30 p.m., a silent alarm at a medical facility sent deputies to a doctor's office on Redwood Road near Lessley Ave. Deputies arrested two people on suspicion of breaking and entering the business as well as possession of various illegal narcotics and other drugs. A 37-year-old woman was taken into custody. Her partner, a 45-year-old man from CV, was also wanted as part of a warrant issued for his arrest. Deputies took the man to Santa Rita Jail pending \$400,000 in bail.

Domestic Assault

Tuesday, November 8: at 7:15 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Anita Avenue near Castro Valley Boulevard. There, they arrested a 28-year-old man from Castro Valley on suspicion of assault on a family member, child endangerment and destroying a cell phone intended to call for help. The man was taken into custody. The victims were treated at the scene.



Henry and Jenny Shaw are retiring after almost 25 years running Jenny's Café in CV.

Cafe: Couple to Enjoy Life of Retirement

continued from front page

"People have been sending us flowers and plants since they heard we're retiring," says Jenny. "We're going to miss everybody, but we've been working, working, seven days a week, for a long time. We work on Thanksgiving, Christmas and New Year's. We only take two weeks off a year, so it's time for a change for us."

Henry says that their two adult sons talked them into taking some time for themselves.

"They said it was time for us to enjoy life, and we took their advice. My wife is just wonderful, and she deserves a wonderful retirement," says Henry.

Jenny and Henry would especially like to thank their faithful

customers, their attentive landlords Mr. and Mrs. Croll, their employee helpers, and the Castro Valley community for all their support over the years.

The couple plans to do some volunteer cooking for the less fortunate over the holidays, then spend some time together and

hopefully do some traveling.

Henry says that a new lunch and dinner restaurant will be moving into the storefront.

"The new owners are young and full of energy," he says. "I told them, 'You don't know how lucky you are. This community is really wonderful.'"

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Celebrating 75 Years of Empowering Women

The Hayward-Castro Valley Branch of the American Association of University Women (AAUW) will celebrate its 75th year of "empowering women" at a buffet luncheon on Saturday, Dec. 3 from 12:30 to 3:30 p.m. at the Redwood Canyon Golf Club at 17007 Redwood Road in CV. The luncheon starts at 1 p.m.

Presentations will be made by Diane Curry, Curator of the Hayward Area Historical Society; Donna Mertens, AAUW California President; and Caroline Garfein, past AAUW National President at 2 p.m.

"Since 1941, our branch has

worked hard to advance the AAUW Mission of equity for women and girls through advocacy, education, philanthropy and research, throughout the communities of Hayward and Castro Valley," said Linda Slater, branch president.

"We have raised funds, moderated community forums and supported programs like Tech Trek, a summer camp highlighting science and math careers for incoming 8th grade girls," said Slater.

"We've also provided programs on women's leadership, sexual assault on campus, human trafficking, and support a legal advocacy

program for women experiencing discrimination in academia and employment," she said.

The branch provides scholarships for local college women and offers an educational program on Women in History to local middle schools.

The cost of the buffet luncheon is \$50 which includes a \$20 donation to the AAUW Funds Educational Foundation, one of the world's largest sources of funding for graduate women. The foundation provides more than \$3.7 million in funding nationally for more than 230 fellowships and grants to outstanding women and

nonprofits.

Attendees are asked to bring an unwrapped child's gift to support the Davis Street Community Center's Holiday Toy Drive.

Tickets may be purchased online via Pay/Pal through the branch website at hcv-ca.aauw.net. Reservation deadline is Tuesday, November 22 (no ticket sales at the door).

If you would prefer to pay by check, please contact Linda Slater at hcv-ca.aauw@gmail.com for the mailing address.

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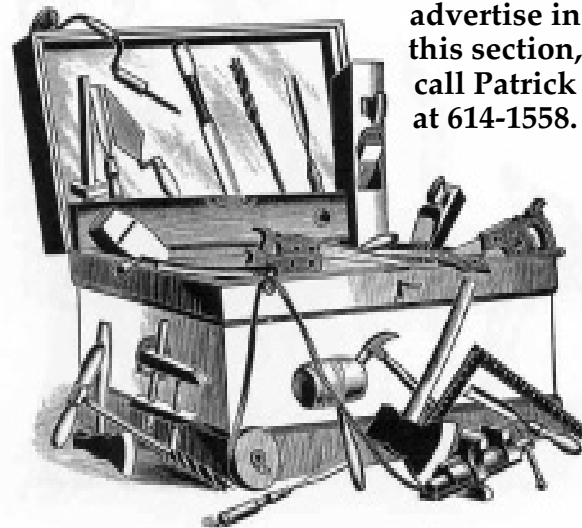
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LETTERS

TO THE EDITOR
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A Push to Accelerate Sidewalk Construction in CV

Editor:

An item regarding pedestrian safety near Stanton Elementary is on the agenda of the next MAC meeting at 6 p.m. this Monday, Nov. 21, at the library.

This informational item focuses specifically on sidewalks along Stanton Ave. and funding for crossing guards at Stanton Elementary.

Alameda County Public Works Agency has obtained design funding for sidewalks along Stanton Ave., and we are pushing to accelerate the construction process. We are also asking Alameda County to pay for the cost of a second crossing guard for Stanton Elementary. Right now this second crossing guard, essential for the safety of students walking to school, is paid for through the Stanton Parent Association.

These two requests are critical for the safety of Stanton Elementary students, and all who live on the western side of Castro Valley.

This is also an opportunity for the community to show broad support for sidewalks and other pedestrian infrastructure in Castro Valley. Together, we can ask for Measure BB funds and other County money to be invested in the safety and walkability of our community.

I invite everyone to join me at the MAC meeting to ask that all funding avenues for sidewalks be pursued.

—Rebecca Stanek-Rykoff, Castro Valley

County Wants to Replace 1 House with 7 on Center Street

Editor:

I received a postcard-size public hearing notice, in a barely readable micro font, in regards to Alameda County's intent on adopting a Negative Declaration for a proposed subdivision from one into seven lots at 19430 Center Street.

A Negative Declaration means that the proposed project will not have a significant effect upon the environment.

Not significant to whom? Isn't additional congestion and pollution from bumper to bumper traffic significant to us all? What about additional water and electricity usage? School crowding? The ever-decreasing open space and our peace of mind?

Replacing one house with seven will raise the number of vehicles by 15 on this street and onto our increasingly crowded streets and highways. Do the developers drive up and down Center, Heyer or even Redwood Road to see the traffic that we live with?

Remember when you could actually drive the speed limit on 580 towards Pleasanton? Try doing that today.

We are constantly reminded about the drought and lack of electricity, where are these additional homes going to get their water and power?

Where will the additional children go to school?

Driving around the Bay Area, it is impossible not notice all the hills and valleys being taken away by developments.

The developers don't care about our problems, they care about their profits and the county is not concerned about our issues, they care about enlarging their tax base.

These are the people who believe that building on every square inch of available land will not have a significant effect on our environment. As the little hard to read card says: Please direct your comments on the above project to: Christine Greene, Alameda County Planning Dept., 224 West Winton Avenue, Suite 111, Hayward, 94544 or Christine.greene@acgov.org or call 510-670-5400.

—Tom Patrikios, Castro Valley

A Health Insurance Nightmare

Editor:

I supported the Affordable Care Act to broaden health insurance accessibility and affordability. In my case, I enjoyed an 80% reduction in premium costs for essentially the same Blue Shield plan I previously had through private channels. Regardless of subsidy arguments, the ACA was beneficial for me.

That said, when things go wrong, they go badly. Let my tale be a word of caution and complaint.

In March, I notified Covered California to remove my wife from our plan because she enrolled in MediCare. Instead, they removed me, put me into MediCal, cancelled my policy and opened a new duplicate plan with my wife as the insured. All this was unbeknownst to me, until I was denied coverage in April when picking up a prescription.

Fast forward 5 months and 28 (yes, 28!) frustrating phone calls later, my coverage was finally reinstated in September. Then suddenly in October, Blue Shield inexplicably cancelled me again. Yet I was current in my payments.

As of today, even after 3 more conference calls since Oct. 27, they still haven't fixed it and I am still denied coverage. Unbelievable.

In my case, CC/Blue Shield administrators proved to be incompetent. They took my payments and wrongfully, by their own admission, denied me coverage benefits throughout much of 2016. Come December, I am getting off this train wreck with my MediCare enrollment. I did not choose Blue Shield as my supplemental insurer; they've lost me as a customer forever.

—Wilmer Fong, Castro Valley

Says 'New Day Has Come' for Conservatives

Editor:

I find it very disturbing that every time liberals don't get their way they act like a bunch of two year olds throwing temper tantrums that end up costing the rest of us a lot of money.

Immediately following Donald Trump's victory in this year's election, the same group as always took to the streets of S.F. and Oakland starting fires and creating all sorts of trouble. Don't they realize – or perhaps they don't care – that it is actions like this that got Trump elected?

When was the last time you saw someone in conservative business attire acting like this? Never!

This election was all about personal responsibilities. The people let it be known that they no longer want big government acting like a babysitter for the liberal establishment. Take away the far left states of California and New York Donald Trump beat Mrs. Clinton by a landslide.

With the victory of Donald Trump the message is clear: Get government off our back. Hard working tax paying Americans have been burdened long enough with the debt of those who are in this country illegally and those who would rather protest and create havoc than get a job and pay taxes like the rest of us. A new day has come.

—Chris Scott, Castro Valley

Teachers vs. BART Employees' Pay Scales

Editor:

I see CV teachers are asking for a pay raise, which is probably well deserved. I have the perfect solution. BART can pay our CV teachers at the rate BART pays their janitors, and CVUSD can pay the BART janitors at the pay scale of our teachers.

That way, CV teachers get a hefty raise (commensurate to the responsibility they shoulder), and the BART janitors get pay rates accorded professionals who possess (at a minimum) four-year college degrees and multiple professional credentials on top of that.

Win-Win, right? Especially since we just gave BART over three billion dollars we don't have.

—Stacy Spink, Castro Valley

Obituaries

CASTRO VALLEY FORUM OBITUARIES

may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209. Brief announcements are published free. For help, call Patrick Vadnais at 510-614-1558.

CANNISTRACI, Charles

HERMANN, Walter E.

READ, Margery "Marg"

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Charles "Chuck" Abraham Cannistraci

May 31, 1929 - Oct. 31, 2016 • Resident of Castro Valley

On October 31, 2016 at 7 a.m., the brightest light in our family was extinguished; leaving our world for his forever home.

Chuck was born, Carmelo Abraham Cannistraci, on May 31, 1929 in Chicago. He moved to Oakland as a teenager. He married his first wife, Betty, in 1949 and together they had six children. Between 1958 and 1963, he lost his parents, a daughter and his young wife; becoming a single father of five children. In 1986, he married his third wife, Meri Linda, and added four adult children to his brood. He retired after 37 years of service with Western Union in 1987. His retirement was spent "having the childhood he'd missed" — meeting friends for tennis, lawn bowling, golf, pool and pinocle.

He had a giving heart and willingly offered his assistance to anyone in need. His greenhouse filled with Bonzai and yard brimming with roses are a testament to his love of gardening. For nearly two decades, he played Senior League Softball, continuing until this March when he was diagnosed with ALS (Lou Gehrig's Disease). Chuck had a lifelong love of music. At the request of his granddaughter, he played Amazing Grace on the mandolin only a week before he passed away, despite having lost nearly all dexterity in his hands. Above ALL else, his greatest passion was spending time with the family he loved. He will be greatly missed!

He is survived by his loving wife of 30 years, Meri Linda Cannistraci; and his children, Debbie Cervenka, Cindy Russey, Cheryl Western, Curt Cannistraci, Kris Wright, Nikyra Calcagno, Todd Hunt, Amy Young and Neil Hunt. Together, he and Meri Linda have 21 grandchildren and 14 great-grandchildren. Chuck was predeceased by his first wife, Betty Walker Cannistraci; his daughter, Candace Cannistraci; his siblings, Martha, Turner, Mary Ruth Lindgren, Rosaria (Sadie) Perata, Salvatore Cannistraci and Caroline Smith. His surviving siblings include: Angelina Lovaglia, Frances Chiavetta, Emanuele Cannistraci, Daniel Cannistraci and Sansone Cannistraci.

A Celebration of Life will be held between noon and 3 p.m. on Friday, Nov. 18, at 3Crosses Neighborhood Church, Room 3, located at 20600 John Dr., in Castro Valley. The family is requesting that no flowers be sent.



Margery "Marg" Read

Marg touched many lives with her zest for life and loving spirit. She earned her bachelor's degree at University of California Berkeley and fulfilled her passion as an elementary school teacher. She retired from Castro Valley Unified School District in 1989. She enjoyed playing bridge, travel, the opera and cherished her friends and family.

Marg is survived by her daughter and son-in-law, Karen and Shane Heller; and 2 beautiful granddaughters. She is preceded in death by her husband, Tom; and her daughter, Laurie.

A celebration of life took place at her daughter's home on Nov. 12.



Walter E. Hermann

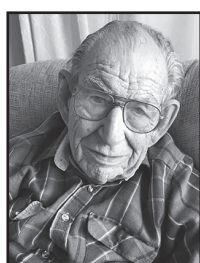
May 21, 1919 - November 9, 2016 • Resident of Castro Valley

Walt was born in Turlock, California where his parents owned a candy shop. He is survived by his children, Larry Hermann (Sharon) and Mary Lou Patterson (Don); his grandchildren, Shannon, Staci, Sara and Robert; as well as 8 great-grandchildren, Joey, Megan, Brinly, Jack, Silja, Alice, Naomi, and Walter. He is also survived by his sister-in-law, Jackie Hermann; and her children, Paul Davis, Bradley, Bruce and Lauren.

Walt built his first car at age 12. During WWII, he built B-17s and B-29s for Boeing. He later worked for the Alameda Naval Air Station, where he became a supervisor over as many as seven different departments at one time during his 33 years there.

Walt's true love was Mary, whom he met in Seattle. They later moved to Oakland and then to Castro Valley. While in Seattle, they had their first child, Larry, and while in Oakland, Mary Lou was born. They enjoyed over 66 years of marriage until Mary went to be with the Lord in 2007. He loved his family!

Walt was active in St. Peter's Lutheran Church since he was in middle school! His service will be held there today, Nov. 16, at 11:30 a.m. with a reception following. In lieu of flowers, the family asks that donations be given to St. Peter's Lutheran Church, 172 Breed Ave., San Leandro, CA 94577, in his memory.



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

Family: Appears on Popular TV Game Show Next Week

continued from front page

Joelle is an outgoing college student at St. Mary's and Jayne herself is a former 49ers cheerleader. The show wants personalities that pop on screen.

At the convention center, the Gates family were "among thousands" waiting for a turn to impress producers. About a month later, they got a post card saying the producers were interested and then after more "waiting, waiting, waiting," said Gates Duran, they got a notice to fly out to Atlanta in late July.

Even after getting flown out and put up in a hotel in Atlanta – where the game show is taped – there was

no guarantee they'd ever make it to air. There were practice rounds and a producer gave them a tip on how to stand out – they changed from dark clothes to bright red outfits so they'd make a vibrant impression.

Once they began playing, they grew close to the reigning champion family they were opposing because they shared meals and spent a lot of downtime together.

But that didn't stop the Gates family from doing their best to come out on top.

Gates Duran says she's not supposed to divulge the outcome of the game, but they did tape for multiple days.

"I'm not supposed to say if we

won or not... we did well," said Gates Duran, laughing.

Family Feud has been on the air since 1977 with several different hosts and different versions airing all over the world. It's a pretty simple game – you try to match your answers on a given question with those of 100 people who have been previously surveyed.

But that doesn't mean there isn't some strategy to it.

Gates Duran thought she would be the captain of the team and go first since she watches the show so often, but she joked that she got "demoted" when her niece proved to be an adept player. And her sons brought up the rear, anchoring the

team by coming up with less common answers when the first picks were already used up.

"I went to Target and bought the Family Feud game and for four Sundays, we practiced," said Gates Duran. "It's different when you are there on the stage, it's like 'boom' answer right now, you don't have as much time as you think you do."

In the theme of family, Gates Duran says she'll be watching with hers – she's one of 13 siblings and they are planning a viewing party when her episodes air next week.

"It was such a great experience," said Gates Duran. "They really want you to win and I thought that was so great. It was so much fun."



PHOTO COURTESY OF HAYWARD AREA REC DISTRICT

ANNUAL POOL TOURNAMENT: Advanced Bracket Winner Jake Jacoby lines up a shot (above) at the 7th Annual Rich Wicker Pool Tournament held at the Kenneth Aitken Senior Center on Nov. 1. More than 30 people participated in the double elimination tournament for beginner-advanced players. First time entry, Hans Lyth, won the Beginner Bracket and Jacoby won the Advanced Bracket for the 3rd time. Special thanks to Elaine Wicker and Michelle Korbis & family for bringing lunch, trophies and raffle prizes for the event. Everyone had a wonderful time!

Alert: Scammers Targeting Energy Company Customers

It can start with a phone call, email or knock at your door. Scammers using sophisticated tactics to steal from unsuspecting victims are targeting energy company customers.

PG&E customers have reported 2,400 scams this year, up from 1,800 in 2015, according to Laura

Wetmore, a senior PG&E manager, who said the actual number of attempts is probably much higher.

Crooks are also getting more creative, pressuring people for immediate payment or to their provide personal information like Social Security or bank account numbers.

Wetmore also cautions customers to beware of emails asking for personal or financial information. PG&E never requires a customer to purchase a prepaid debit card to avoid service disconnection.

Ask for identification before letting anyone claiming to be from PG&E inside your home. If you

feel uncomfortable, call the company's Customer Service line at 1-800-743-5000 to verify an appointment and the presence of service persons in the community. If you still feel threatened, call 911.

To learn more about how to spot scams and report it, visit www.pge.com/scams.

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Hospital: Rights Upon Discharge

continued from page 6
ing fax (Fax: 1-855-694-2929). Livanta tries to make its appeal decision within a day and will telephone its decision to the patient and the hospital. The patient's best advocate in supporting the appeal is a letter, or at least written chart notes, from his doctor.

Sometimes initiating an appeal can earn the patient a few more days in the hospital, which can sometimes be critical. Example: a patient must spend three full days in the hospital as an inpatient, before transfer to a nursing home, in order to trigger Medicare's nursing home coverage (max of 100 days).

For more information, visit www.MedicareAdvocacy.org and download a copy of its "Self-Help Packet for Hospital Discharge", or telephone: 1-860-456-7790. Alternatively, you may wish to visit our website for some helpful links.

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

ADOPT-A-PET



CHERRY is a fun, spunky 6-month-old pup who loves to play and meet new people. She's a bright girl who learns quickly. Great with kids. Info: Hayward Animal Shelter. (510) 293-7200.



MILLIE is a sweet, quiet bunny who's had a tough life and now would like to take it easy. She's spayed and ready for her loving forever family. Info: Hayward Animal Shelter. (510) 293-7200.



TINKER is a very cute, soft and fluffy kitty, about 4-months-old as of mid-October. For more information, please complete an application online at: www.dustypawsrescue.org.



SMOKEY is a laid back kitten; he did well at his first adoption event, even greeting the kittens in an adjoining cage. For more info., complete an application at: www.dustypawsrescue.org

'It's a Wonderful Life' Opens at The Morrisson Theatre Dec. 1

The Douglas Morrisson Theatre 37th Season continues with "It's a Wonderful Life: A Live Radio Play," the holiday classic performed as a live 1940s radio broadcast, opening Thursday, Dec. 1.

With clever sound effects created on stage, the show transports the audience to the small town of Bedford Falls for the timeless story of George Bailey's life, and one fateful Christmas Eve.

All the characters America knows and loves from the Frank Capra movie – George and Mary, Uncle Billy, Clarence the angel, little Zuzu, the evil Mr. Potter and dozens more will be there.

The famous film version that's aired every December is based on a 1943 short story entitled "The Greatest Gift," written by Philip Van Doren Stern.

This fantasy, which the writer said had come to him in a dream, involved a mysterious stranger who appears to a suicidal man as he prepares to throw himself off a bridge on Christmas Eve. When the man expresses his wish that he had never been born, the stranger proceeds to show him just what his town would be like if he really had never existed.

DMT's production of "It's a Wonderful Life: A Live Radio Play" is directed by Kendall Tieck



PHOTO BY TERRY SULLIVAN

Andrea Lea Martzipan, Danny Martin and Alicia von Kugelgen in "It's a Wonderful Life: A Live Radio Play" at the Douglas Morrisson Theatre in Hayward Dec. 1 through Dec. 11.

and features an outstanding Bay Area ensemble of performers: Tim Beagley (Freddie/Joseph/Announcer), Judy Beall, Kenneth Blair (Clarence), Chad Foster, Travis Himebaugh, Alicia von Kugelgen, Danny Martin (George Bailey), Andrea Lea Martzipan (Mary), Michael Sally, Eve Tieck, Dan Wilson, Kip Wixson, and the live "WBFR Foley Philharmonic" with Donald Tieck, Eve Tieck, and

Joanne Romeo.

The show will have nine performances, running through Dec. 11, at the Douglas Morrisson Theatre, 22311 N. Third St. in Hayward. Tickets (\$15-\$29) are available at 510-881-6777 or at www.dmtonline.org.

Audiences can also enjoy a special sneak peek scene from the play at the Castro Valley Library from 7-8 p.m. on Dec. 6.

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

What causes sewer blockages?

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

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

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

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

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Food: Drive

continued from front page

In addition to the food drive, Rauch says some local families have expressed the need for basic household items in good condition, such as dishes, pots and pans, utensils, and crock pots.

One family is looking for a washing machine, another a vacuum cleaner. Anyone wishing to donate these items or get more information about CV Outreach may call 510-886-1724.

Meet the Author of Biography

A book-signing will be held from 7-9 p.m. next Tuesday, November 22, at Ricky's Sports Theater, 15028 Hesperian Blvd. in San Leandro, where you can meet author Mike Freeman and purchase a copy of his new biography "Snake: The Legendary Life of Ken Stabler."

Freeman will also sign copies of this other recent book, "You Negotiate Like a Girl: Reflections on a Career in the National Football League." There is a \$7.50 fee to attend the meeting.