



# CASTRO VALLEY FORUM

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YEAR 31

WEDNESDAY, DECEMBER 25, 2019

NO. 51

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PHONE: (510) 614-1560



A large number of energetic activists waving signs and banners filled all four corners of Castro Valley Blvd. and Redwood Road on Tuesday evening.

## Rally for Trump Impeachment

More than 200 sign-carrying activists staged a large pro-impeachment rally last week on all four corners of the intersection of Redwood Road and Castro Valley Boulevard.

Members of a number of organizations participated in the Tuesday evening demonstration, including Move-On, Indivisible, Progressive Democrats of America, Castro Valley Women's Huddle, Castro Valley Democratic Club and others. It was organized by a coalition of members from Impeach.org.

For the most part, the demonstrators were met by waves and beeps of support from motorists along the two busy thoroughfares.

The local action was part of the "Nobody is Above the Law" demonstrations that took place in more than 600 cities and towns in all 50 states and Washington, D.C. that night, a massive grassroots effort demanding that the House of Representatives impeach President Trump, and that the U.S. Senate remove him from office.

see RALLY on page 6



## 'Compassionate Hero' Commended by BART

The BART Board of Directors issued a commendation to a 22-year-old college student Thursday for her compassionate and courageous actions during and after a fatal stabbing attack on a train last month.

Sophia Humphrey, a nursing student at Ohlone College, texted police as the attack was taking place.

When the attacker fled the train at the South Hayward Station, Humphrey got out of her wheelchair, guided herself to the floor, slid to the victim — later identified as 49-year-old Oliver Williams — and, applied pressure to a wound on his neck.

Officials said Humphrey did everything she could to save William's life, holding him and

talking to him until first responders arrived.

Minutes after emergency personnel arrived, Williams was declared dead at the scene.

"She had no fear when this incident happened," said BART Board member Liz Ames. "What an honor it is to know she was there and he (Williams) did not die alone... she is a compassionate hero."

In her remarks to the Board, Humphrey said, "I know God gave me what I needed in the moment and I hope if others find themselves in a situation where they can help, that they would help."

The suspect in William's murder was arrested a short time after the attack through the combined efforts of Hayward and BART police.



BART PHOTO

Sophia Humphrey receives a commendation from the BART Board of Directors for alerting police and her attempts to save the life of a stabbing victim aboard a train last month.

## A's Buy Part of Coliseum

Participants across the country flooded social media with photos and videos from the events using the hashtag #NotAboveTheLaw.

The following evening, the House, in a historic vote, impeached the president for abuse of power and obstruction of Congress, setting the stage for an expected trial next year on whether to acquit the president or convict and remove him from office.

The next targets for many of the pro-impeachment organizations will be those Republican members of the Senate who are up fo



## Castro Valley Weather Dec. 25 - 29, 2020



Wednesday  
Cloudy, Showers  
High 53° Low 38°



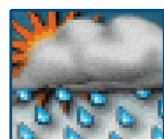
Thursday  
Mostly Sunny  
High 56° Low 36°



Friday  
Mostly Sunny  
High 55° Low 35°



Saturday  
Sunny  
High 55° Low 35°



Sunday  
Poss Showers  
High 52° Low 42°

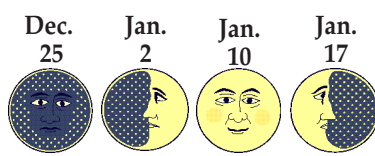
### Almanac

### Moon Phases



Sun sets at 4:56 p.m. Wednesday, rises at 7:23 a.m. Thursday.

Past Week's Rain: 00.90  
Season To Date: 04.34  
Normal To Date: 06.19  
Season Average: 21.22



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## CV SPORTS HALL OF FAME

# Noloroth Shined On the Court Playing Against Girls and Boys

*Third in a series profiling the 16 new members of the Castro Valley Sports Hall of Fame. The induction banquet will take place Sunday, April 26, 2020, at Redwood Canyon Event Center. For details, please visit [www.castrovalleysportsfoundation.org](http://www.castrovalleysportsfoundation.org).*

**By Lowell Hickey**  
SPECIAL TO THE FORUM



**Denise Noloroth Bunker**

The boys playing CYO basketball against Our Lady of Grace must have been secretly relieved when Denise Noloroth decided to add volleyball to her athletic repertoire.

From the fourth grade, when she began playing on OLG's fifth grade boys' team, until the eighth grade, Denise more than held her own with the boys on the basketball court.

But in the eighth grade she wanted to play volleyball, too, and the season conflicted with the boys' basketball season. By switching to girls' basketball she was able to play both sports.

Growing up with an older brother, Noloroth was hardly intimidated competing against boys. Their Castro Valley family home was at the end of a court and games of basketball, baseball, football and hide-and-go-seek were common.

"It usually turned pretty violent," Denise recalled, smiling.

When still in middle school, Noloroth kept statistics for the Bishop O'Dowd High varsity basketball team where her brother Dale, four years older, played. She loved the fundamentally sound system the Dragons played under coach Mike Phelps.

When it came time to enter high school, Denise chose Moreau Catholic where Phelps' brother,

Paul, was the girls varsity coach. "I went after Phelps basketball," she said.

That was the Mariners' good fortune. A four-year varsity starter, Noloroth helped lead Moreau to the Division II state championship in 1992 after finishing runner-up the previous year.

In one memorable game during her senior season, Denise and teammates Kim Manifesto (Castro Valley Hall of Fame, 2012) and Jennifer Kennedy all reached 1,000 career points on the same night.

Noloroth was named first team All-Northern California and All-East Bay her senior season, All-East Bay second team as a junior and was a first team All-Mission Valley Athletic League selection for three years (the only year she missed was her sophomore season when she was injured.)

Finishing her Moreau career with 1,100 points, Noloroth was selected to the San Francisco Examiner All-Metro team and the Alameda Newspaper Group's first team as a senior. The summer after high school graduation she joined a group of All-Stars on a basketball-playing tour to Hong Kong and mainland China.

A committee appointed by the Castro Valley Sports Foundation

recently selected Denise – whose married name is Denise Noloroth Bunker -- to the Castro Valley Sports Hall of Fame.

Noloroth accepted a basketball scholarship to the University of San Francisco and played two years for the Dons, but a bad back – an injury that first flared up in high school and caused her to miss most of her sophomore season at Moreau – shortened her college career. She transferred to UC Davis and played one year for the Aggies but the injury forced her to forego her senior season.

"I don't feel like I ever reached my full potential," she said. "Everything happens for a reason. My college career didn't turn out the way I wanted it to, but maybe that was God's plan."

Denise pointed out that her injury – an internal disc disruption – sparked an interest in sports medicine. She worked professionally in that field for 10 years after graduating from Davis.

"I could relate to my patients because of dealing with the injuries I had," she said. Although Noloroth enjoyed her sports medicine career, it didn't lend itself to raising a family so she switched to a career in teaching. She's been a teacher for 13 years and loves it.

"I love the energy of the students," she said. Noloroth Bunker currently teaches physical education and leadership at Wells Middle School in Dublin. Her previous teaching positions include Ralston Middle School in Belmont, where she coached basketball and volleyball, and Woodland High School where she was the girls' varsity basketball coach for three years.

Noloroth Bunker has a 6-year-old daughter, Kiran, and a 2-year-old son, D.J.



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PHOTO BY JULIA CASTANEDA

Redwood Christian Schools Fine Arts Department presented its annual Christmas Concert on December 9 at Glad Tidings International Church in Hayward.

## 'The True Meaning of Christmas' Concert

The Redwood Christian Schools Fine Arts department presented its annual Christmas Concert on December 9 at Glad Tidings International Church in Hayward.

The theme of the concert was "The True Meaning of Christmas," and included scenes from the movie "A Charlie Brown Christmas."

Over 50 elementary, middle, and high school band musicians opened the concert by playing such Christmas classics such as "Jingle Bells," "White Christmas,"

and, of course, "A Charlie Brown Christmas."

To highlight the strength of the combined bands, "Beethoven's Ninth" was also performed.

Royal Choir, the elementary choir led by Beverly Mayne, sang two pieces starting with "My Favorite Things" from *The Sound of Music*. Next, Rachel Fong introduced Pure Joy, the middle school choir that sang two songs. The high school choral groups, the International Choir, Concert Choir

Ladies Ensemble, and Concert Choir, followed with "In the Quiet of a Silent Night" and a swaying "Comfort and Joy."

Closing their section, all five choirs combined to perform "Christmas Joy!"

Superintendent Al Hearne concluded the evening with thanks to both Bishop J.W. Macklin and Reverend Aaron Macklin from Glad Tidings for their hospitality and support of Redwood Christian Schools.

## Eden Medical Center Seeks Volunteers

Eden Medical Center is looking for volunteers who are able to volunteer their time, talent and voice at least once a week to make a difference in the lives of patients, visitors and caregivers.

Volunteers work in the gift shop, fill the hospital's hygiene stations, run errands for various departments, put together the welcome bags for every patient who checks in, and escort patients and visitors to the Registration Desk.

They also help sending off the families of newborns.

Auxiliary volunteers benefit by shadowing another volunteer for six weeks. After a few months, volunteers are eligible to volunteer in the Emergency Department helping patients' family and friends.

Eden also offers a patient support group that allows volunteers the opportunity to talk or read to the patients.

Volunteers must be over 18 and willing to commit to at least a year of weekday service, performing one four-hour shift per week from either 9 a.m. - 1 p.m., or 1 - 5 p.m. To apply, call 510-727-3080.

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Couple's Fight Puts Both in Jail

Friday, December 20: at 1:39 a.m., a 911 call about a loud and aggressive-sounding argument sent Sheriff's deputies to a mobile home on Castro Valley Boulevard near Norbridge Avenue. There, they arrested two men from Castro Valley in their late 20s on suspicion of assault on a family member. The men both showed visible injuries but were uncooperative when questioned. Deputies took both men into custody.

### Burglar, ID Thief Caught with Illegal Drug Paraphernalia

Thursday, December 19: at 5:45 p.m., a 32-year-old man from Oakland was arrested as part of a warrant issued for his capture. Deputies report the man was previously charged with multiple counts of ID theft, breaking and entering, possession of illegal drug paraphernalia, and violating the terms of his parole. The man was hanging out at a fast-food restaurant on Strobbridge Avenue near Castro Valley Boulevard when deputies questioned him and identified him in the warrant. Deputies took the man to Santa Rita Jail and held him without bail.

### Methamphetamine Drugs

Thursday, December 19: at 2:40 p.m., deputies arrested a 52-year-old man with no permanent residence on suspicion of possession of methamphetamine drugs. The man was traveling on Grove Way near Vergil Street when deputies stopped him for questioning and discovered his stash. Deputies took the man into custody.

### Husband Flees the Scene of Assault

Friday, December 20: at 2:35 a.m., a 26-year-old man from Castro Valley was arrested on suspicion of spousal assault. Deputies responded to a 911 call about a domestic altercation and interviewed the woman who said her husband had slapped her but had left the scene. The man was later picked up on Strobbridge Avenue near Lake Chabot Road and taken into custody.

### Tax Argument Ends in Arrest

Wednesday, December 18: at 7:11 p.m., deputies arrested a 53-year-old man from Castro Valley on suspicion of assault on a family member. An anonymous call sent deputies to a home on Salem Road near Somerset Avenue to investigate a claim of sexual assault. The man said the argument had been about tax paperwork. Deputies report they confiscated several firearms at the home as permitted in domestic assault cases. The man was taken into custody.

### Wanted Man Resists Arrest

Tuesday, December 17: at 9:20 a.m., a 22-year-old man with no permanent residence was arrested as part of a warrant issued for his arrest. Deputies served the warrant at a church on Redwood Road near Modesto Street as the man had been out of compliance with his parole. The man became combative and resisted arrest. Deputies subdued the man and took him to Santa Rita Jail and held him without bail.

### Scaring Customers

Monday, December 16: at 8:08 p.m., deputies arrested a 36-year-old man with no permanent residence on suspicion of possession of illegal drug paraphernalia. A manager at a gas station on Castro Valley Boulevard near Redwood Road reported the man was banging on car windows and scaring customers. Deputies report the man was on probation for vandalism and had a pipe for smoking narcotics in his coat. The man was taken to Santa Rita Jail.

## DA Warns on Cyber Fraud

The holiday season brings a surge of online shopping, and with it, an increase in theft of valuable personal information such as credit card and bank account numbers.

The Alameda County District Attorney's Office reminds you to be cautious of scams.

Scammers often use the tactic called "vishing" where callers claim to be from trusted or reputable companies like your bank. The caller states that they need to

verify possible fraudulent charges on your behalf and ask for information such as your social security number, bank account number, password, and birth date.

Never give out personal info to a caller. If you suspect that you have fallen victim to a fraud or scam, call your bank immediately.

To learn ways on how to stay safe from cyber fraud please visit: [www.alcoda.org/cwepd/lid\\_theft\\_hi-tech\\_crime](http://www.alcoda.org/cwepd/lid_theft_hi-tech_crime)

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## The Week Ahead

4 CASTRO VALLEY FORUM  
Wednesday, December 25, 2019

**The Wednesday, January 1, issue of the Forum will be delivered on Tuesday, December 31**

### ● Wednesday, December 25: Free Christmas Concert & Dinner

Badarikashrama, at 15602 Maubert Ave. in San Leandro, invites the public to a free Christmas Concert and International Vegetarian Dinner, beginning at 3 p.m. on Christmas Day. For more information, please call Mangala or Vishnu at 510-278-2444.

### ● Saturday, January 4: "Raspberry Jam" at the Library

Interested in computer coding? Want to know what a Raspberry Pi is? Then check out the "Raspberry Jam," from 1 to 4 p.m. on Jan. 4 at Castro Valley Library — a gathering of people who share a common interest in a powerful "micro-computer" for coding that involves tinkering, coding and electronics. Whether you want to try out computer programming for the first time or hack some electronics, there's something for everyone! Some equipment provided, but feel free to bring your own project. No experience at all is necessary, but registration is required.

### ● Tuesday, January 7: Rotary Topic: The Economy

Elizabeth Laderman, PhD, economist with the SF Federal Reserve Bank, will discuss the state of our current economic affairs at a buffet lunch from noon to 1:30 p.m. on Jan. 7 at Redwood Canyon Golf Course, 17007 Redwood Road. The cost of lunch is \$15 and reservations must be made by 9 p.m. on Jan. 5, by contacting Rotary at cvrotary@iCloud.com or 510.402.5123. More information is available at castrovalleyrotary.org

## CASTRO VALLEY FORUM

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## Wednesday, December 25, 2019 Christmas Day Schedules

● **Government:** Christmas Day will be observed as a federal, state, county and city holiday on Wednesday, Dec. 25. Except for emergency services, all government offices will be closed. The U.S. Postal Service, however, will be making some package deliveries.

● **Stores, Offices, Restaurants:** Check ahead. Some supermarkets, restaurants and pharmacies may be open, but may be operating on a shortened schedule. Plan ahead for any food and medical needs. All banks and nearly all business operations, including the Forum office in San Leandro, will be closed on Wednesday.

● **Public Transit:** BART trains and AC Transit buses will operate on a normal Sunday schedule. For other transit schedules (ferries, etc.), visit [transit.511.org/schedules/holiday.aspx](http://transit.511.org/schedules/holiday.aspx)

● **Garbage Collection:** Recycling, organics, and garbage collection services by Alameda County Industries (ACI) will occur one day later for customers whose regular pick-up day falls on Christmas Day and New Year's Day and the rest of those weeks (Friday customers will have their containers serviced on Saturday). Service on Monday and Tuesday are unaffected.

Castro Valley Sanitary District offices will be closed Tuesday and Wednesday, Dec. 24-25 and Dec. 31-Jan. 1 in observance of the Christmas and New Year's Day holidays. Please call (510) 506-5821 for sewer emergencies. For information regarding CVSan services and programs, visit [www.cvsan.org](http://www.cvsan.org).

### ● Tuesday, January 7: Buon Tempo Family Dinner

Everyone is welcome to attend as Chef John Tandi and crew serves a five-course family style dinner of chicken with polenta at 7 p.m. on Jan. 7 at Mt. Tabor Hall, Transfiguration Church, 4000 E. Castro Valley Blvd. Red and white wine and soda are included, \$15 for members, \$20 for others. Happy hour at 6. Make reservations by Jan. 3 by calling 510-483-6929 (option 1). For more info about events/membership or to see how we're supporting the George Mark Children's House, see our website at [www.buontempoclub.org](http://www.buontempoclub.org)

### ● Wednesdays, Jan. 8 - Mar. 4: Workplace Communications

If English is not your first language and you want to improve your speaking and presentation skills for work, Castro Valley Adult & Career Education is offering a class in Workplace Communication and Presentation Skills on nine Wednesdays beginning Jan. 8, with plenty of practice, interaction, and support. For advanced-level English learners. \$115. Register at [www.cvadult.org](http://www.cvadult.org), click on "Learn English" and complete the interest form, or call 510-886-1000.

### ● Saturday, January 11: Social Justice Film & Discussion

The film, "Beyond the Wall" highlights the flood of prisoners returning to our streets and communities each year where they face tremendous challenges and barriers. Sponsored by the Castro Valley Community Alliance, it will be shown at 2 p.m. on Jan. 11 at the Castro Valley Library. The film vividly shows their struggles and strategies for survival beyond the walls of jail and prison. Following the screening, local re-entry experts will discuss their work and welcome your questions.

### ● Sunday, January 12: Tango Demonstration

The Castro Valley Library presents "Tango: A Lecture & Demonstration of Argentina's Traditional Dance" at 2 p.m. on Jan. 12. Jurek Mazur, from Academia de Tango Argentino, will present a multimedia talk on the roots, history, culture and etiquette of tango, with music and a special live performance. This program is in the Chabot Room, and no reservations are required. For more information call 510-667-7900, or see Events at [www.aclibrary.org/branches/CSV](http://www.aclibrary.org/branches/CSV).

### ● Tuesday, January 14: Science Lecture: Animal Intelligence

Join us for our next talk: a fascinating look into unexpected levels of animal intelligence at 7 p.m. on Jan. 14 at the Castro Valley Library when PhD candidate Julie Hui of the Anthropology Department at UC Berkeley discusses examples of animal intelligence and explores animal language studies. Are humans really the most intelligent creatures on the planet? Register now at <http://bit.ly/animal-talk>

### ● Wednesday, January 15: Creating a Secure Future

An Advance Health Care Directive lets you have a say about how you want to be cared for if you cannot speak for yourself. Learn about this important document at a free presentation by Health Insurance Counseling and Advocacy Program (HICAP) of Legal Assistance for Seniors from 11 a.m. until noon on Jan. 15 at the Castro Valley Library. Learn what the directive is, how to complete the forms and appoint an agent, and more. No registration is necessary.

# Arts & Entertainment

## CASTRO VALLEY CENTER FOR THE ARTS

*Tickets for Center for the Arts events (unless otherwise listed) are available at [www.cvcfa.com](http://www.cvcfa.com); or at the Center Box Office, 19501 Redwood Road, Thursdays and Fridays 3-5 p.m. (phone 510-889-8961), or at the Castro Valley Adult School, 4430 Alma Avenue. For the school events - prices go up at the door.*

● **"Funny Fiddle"** — Chris Pendleton seamlessly blends hilarious stand-up comedy with her virtuoso violin playing into a fresh, funny, one-of-a-kind show at 7:30 p.m. Saturday, Jan. 25 at Center for the Arts, an entertainer you won't want to miss! *For tickets (\$34-\$36), see above.*

● **Chicago The Tribute**, a group of nine musicians, create the powerful horns, rich vocals and the rockin' rhythm section needed for "Saturday in the Park," "Does Anybody Really Know What Time It Is?" and their many other legendary hits at 7:30 p.m. on Saturday, February 22 at the Center for the Arts. *For tickets (\$38-\$40) see above.*

## OTHER THEATRICAL & MUSICAL PERFORMANCES

● **"Lighten Up New Year's Eve,"** with Brian Copeland as he joins 10 of his funniest friends including Mark Pitta, Joe Klocek, Justin Lockwood, Clara Clay, Mickey Joseph, Chicago Steve, Nicole Tran, Ronn Vigh, Jann Karam and Stephen B on Tuesday, Dec. 31 at 7:30 p.m. at the Center for the Performing Arts, 2250 Bancroft Ave., San Leandro. Ends at 9:30 so you can be home or at a party when the clock strikes midnight. *For tickets (\$70 Advance, \$75 at the Door; Students \$15, \$20) visit [www.brownpapertickets.com/event/4439827](http://www.brownpapertickets.com/event/4439827) or call 1-800-838-3006.*

## ART GALLERIES, RECEPTIONS & ART INSTRUCTION

● **A.R.T., Inc. Members' Show** will be presented from Jan. 18 to Feb. 1 at the Adobe Art Gallery, 20395 San Miguel Ave. Thursdays through Saturdays from 11 a.m. to 3 p.m. Sponsored by A.R.T., Inc. and the Castro Valley School District.

● **Veterans Art Project**, a group exhibition of artwork created by local Veterans and presented by the County Arts Commission and the Hayward Arts Council, will be on view at the John O'Lague Galleria at Hayward City Hall through Jan. 17.

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

## AT THE CHABOT CINEMA 12/24 - 1/9

● **Star Wars: The Rise of Skywalker**, PG-13

*Tue 12/24 - 11:15a, 2:45p, 6:30p*

*Wed 12/25 - 11:15a, 2:45p*

*Thu 12/26 - 11:15a, 2:45p, 6:30p*

*Fri 12/27 to Sun 1/5 - 12:30p, 4:15p, 8:00p*

*Mon 1/6 to Thu 1/9 - 3:45p, 7:15p*

*Listings for the Community Calendar and A&E Calendar must be received by the Friday before publication date. Send info to: [fredz@ebpublishing.com](mailto:fredz@ebpublishing.com)*

## REGULAR GOVERNMENT MEETINGS

● Castro Valley Municipal Advisory Council (MAC) generally 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 Street.

● Alameda County Board of Supervisors meets every Tuesday at 10:45 a.m. in the Supervisors' Chambers in Oakland.

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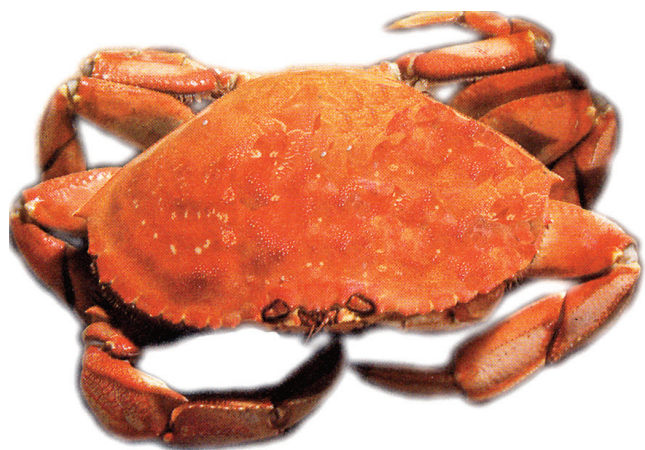
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## Get Your Claws On Some Fresh Crab!



The Dungeness crab season opens each year just as the holiday season begins, giving crab-lovers a double reason to celebrate.

It's hard to beat Dungeness crab in its plainest form, just plucked from the shell and eaten with fresh, crusty bread and white wine. But there are many other ways to prepare it, as you can see here.

In selecting a fresh cooked crab, pick one that feels weighty; a light crab has not filled out and will be less meaty. Fresh cooked crabs should have a clean, moist, bright orange shell with legs and claws intact.

### CRAB CAKES

- 1 pound crabmeat, picked free of shells
- 1/3 cup crushed Ritz Crackers
- 3 green onions (green and white parts), finely chopped
- 1/2 cup finely chopped bell pepper
- 1/4 cup mayonnaise
- 1 egg
- 1 teaspoon Worcestershire sauce
- 1 teaspoon dry mustard
- 1/2 lemon, juiced
- 1/4 teaspoon garlic powder
- 1 teaspoon salt
- Dash cayenne pepper
- Flour, for dusting
- 1/2 cup peanut oil
- Favorite dipping sauce

Be sure crab meat is picked free of shells.

In a large bowl, mix together all ingredients, except for the flour and peanut oil. Shape into patties and dust with flour.

Heat oil in a large skillet over medium heat. When oil is hot, carefully place crab cakes, in batches, in pan and fry until browned, about 4 to 5 minutes. Carefully flip crab cakes and fry on other side until golden brown, about 4 minutes. Serve warm with preferred sauce. Makes 4 to 6 servings.

### CRAB COCKTAIL

- 1/4 cup mayonnaise
- 1/4 teaspoon soy sauce
- 1/4 teaspoon Worcestershire sauce
- Few drops sesame oil
- 1/2 teaspoon wasabi paste
- 1/4-inch fresh ginger
- 1 lime, halved
- 1-1/2 cups white crab meat

Enough Chinese leaf cabbage to line 2 small plates when shredded

- 1 scallion
- 1 teaspoon pink pepper-corns

In a bowl, combine the mayonnaise, soy sauce, Worcestershire sauce, sesame oil and wasabi. Peel and mince or grate the ginger into the bowl and add the zest of 1/2 the lime. Squeeze 1/2 teaspoon of lime juice into the bowl and mix everything together.

Toss the crab in the sauce, and then finely shred the Chinese leaf cabbage, arranging a bed of shredded cabbage on two plates. Divide the crab between them, piling it into the center of each one. Finely chop the scallion and scatter over each plate, and then bash some pink peppercorns either in a pestle and mortar or put them in a freezer bag, close it and hit with a rolling pin and sprinkle these, too, over the crab cocktails. Cut the remaining lime half into wedges and put on the side of the plates for extra spritzing.

### CRAB-STUFFED AVOCADO

- 2 large Hass avocados
- 1-1/2 cups fresh cooked Dungeness crab meat
- 1/4 cup chopped celery
- 1 tablespoon chopped green pepper
- Few drops of onion juice
- 4 tablespoons mayonnaise
- 1 cup Mascarpone cheese or cream cheese thinned with 4 teaspoons of cream
- 1 teaspoon nutmeg
- Salt to taste

- Paprika
- 2 teaspoons capers
- 1 lemon, wedged into quarters

Wash the avocados in cold water. Cut the avocados in half lengthwise. Remove the seed and leave the skin on. Place the avocado on a bed of Romaine leaves with a wedge of lemon.

Mix the crab meat, celery, green pepper, onion juice Mascarpone cheese and mayonnaise together; add nutmeg, salt and paprika. Heap this on the avocado half and decorate with capers

### FISHERMAN'S WHARF CRAB PASTA

- 1 large onion, chopped finely
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 2 (28-ounce) can ground tomatoes with purée
- 3 cups water
- 1/3 cup red wine
- 2 teaspoons oregano leaves
- 2 teaspoons basil leaves
- 1/4 teaspoon red pepper flakes
- Salt to taste
- 1-1/2 pounds cooked spaghetti or vermicelli
- 2 whole fresh crabs, cleaned and cracked

Sauté onion in oil until golden. Add garlic and cook 1 minute. Add tomatoes, water, red wine and seasonings. Bring to a boil. Reduce to simmer and cook 30-45 minutes, stirring occasionally. Adjust seasonings to taste.

Serve sauce hot over cooked pasta, arranging crab pieces on top. Serves 4 to 6.

### HOT CRAB DIP

- 1 tablespoon olive oil
- 1 cup chopped onions
- 1 cup chopped red bell peppers
- 1 tablespoon minced garlic
- 1-1/2 teaspoons salt
- 1 tablespoon plus 1 teaspoon Emeril's Original Essence
- 1 pound cream cheese, at



PHOTO COURTESY OF HARD

## Santa's Visit to Sorensdale

More than a hundred students from Sorensdale Recreation Center in Hayward were greeted last week by Santa Claus and his wife, who delivered gifts to each. The Center's goal is to provide opportunities for people with developmental disabilities to achieve greater independence. Shown above are, from left, John Jacobsen, Mrs. Claus, Roger Holt, Natalie Shomon, Santa and Tony Jackson. The students had a full day of carnival games with prizes, a hot chocolate station, haircuts and manicures, a DJ Bill dance party and strolling carolers. The facility is a program of the Hayward Area Recreation District (HARD).

- room temperature
- 1 cup mayonnaise
- 1/4 cup chopped fresh parsley
- 1 tablespoon minced scallions
- 1 tablespoon fresh lemon juice
- 1 pound lump crabmeat, picked through for shells and cartilage
- 1/2 cup saltine cracker crumbs
- 2 tablespoons butter, melted
- Crackers, for serving

Preheat oven to 350°F. Heat olive oil in a large skillet over medium heat. Add onions, bell peppers, garlic, 1 teaspoon salt, and 1 teaspoon Essence. Cook, stirring, until vegetables are soft, 2 to 3 minutes. Remove from

heat and set vegetables aside.

Place cream cheese, mayonnaise, parsley, scallions, lemon juice, remaining teaspoon salt, and remaining tablespoon Essence in the bowl of a food processor; process until smooth. Transfer mixture to a large bowl; fold in cooked vegetables and crabmeat. Transfer

to a 2-quart baking dish.

In a small bowl, mix together breadcrumbs and melted butter; stir to combine. Spread breadcrumb mixture over crabmeat mixture and bake until hot and bubbly, about 30 minutes.

Serve with crackers. Yields 16 servings.

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From left, CVSan Zero Waste Supervisor Naomi Lue, Mary Dawn Elkington, Laura Bennett, CVSan Zero Waste Outreach Specialist Cole Caceres, CVSan Board Member Melody Appleton, and Dave Tussing in front of baled textiles ready for resale at St. Vincent de Paul in Eugene, Oregon.

## Wonder Where All of Those Textiles Went?

Wonder where those nearly six tons of reusable goods you set out for collection during CVSan's Textile Collection Week went?

The items, picked up by Alameda County Industries (ACI) were sent to DR3 Recycling of Alameda County, a project of St. Vincent de Paul, "St. Vinnie's," in Eugene, Oregon.

This large, nonprofit human services agency has partnered with ACI to receive and sort CVSan's reusable goods for resale and recycling.

Last month, CVSan staff and a Board member toured St. Vinnie's facilities and were "blown away" by the impressive operation.

Each CVSan reusable item sent to St. Vinnie's – furniture, cookware, books, clothing – is inspected by its staff and rated for quality.

Items that meet quality standards are resold at one of St. Vinnie's many thrift stores.

Items rated below quality standards are sent to be either recycled or *upcycled* — a process of transforming products of low value into products of higher use.

Some examples of St. Vinnie's creative upcycled products include jewelry made from old vinyl records and bags made from old tee-shirts. These products are sold at the organization's thrift stores, craft fairs, or online.

The work being done at St. Vinnie's is highly innovative. Their passion to create a circular economy, where items are resold, repurposed, or recycled instead of being sent to the landfill, will help CVSan achieve Zero Waste by 2029.

### EDEN MEDICAL

## Basket Raffle Returns

Eden Medical Center's Auxiliary is holding its annual Basket Raffle again this year with the theme, "Travel & Music."

Raffle tickets are on sale in the Gift Shop at Eden Medical Center at 20103 Lake Chabot Road and winners will be announced on Friday, Jan. 3.

Among the fantastic lineup of prizes are:

- a "Make My Day" basket with a romantic two-night stay in Carmel at Mission Ranch (previously owned by Clint Eastwood) with an added brunch bonus
- a "Try Your Luck in Las Vegas" basket, including a two-night stay at Luxor Las Vegas and roundtrip airfare
- a "Come Sail Away Under the Golden Gate" basket, including a \$200 gift certificate toward Princess Cruises
- an Oakland Symphony Tickets basket in tribute to Kaiser CEO Bernard Tyson, including a dinner at Jack London Square

Each prize also comes with a beautiful hand-tied fleece donated by a former patient of Eden Medical Center. The top three donors will receive a fleece of their choosing.

During the raffle, the Gift Shop also will have sweet plush dogs outfitted in holiday gear, available for a \$25 "adoption fee."

Every penny raised by the Auxiliary will be donated to the Alameda County Sheriff's K-9s, supporting important medical care and bulletproof vests for these high-functioning, furry officers. That's right. These K-9 officers get their own special vests to wear when they chase the bad guys.

Tickets are \$25 per arm-length (best value). For more information, call 510-727-3080 or 510-727-3081.

### A BIG GREETING FROM SMALLTOWN



The Smalltown Team wishes a happy holiday season to our amazing and supportive community! We look forward to many more projects in 2020!

## Nominations for 'Women's Hall of Fame'

Nominations are being accepted in 13 categories for the Alameda County Women's Hall of Fame, honoring extraordinary women making a difference.

The categories are Business & Professions; Community Service; Culture & Art; Education; Emerging Leader; Environment; Health; Justice; Non-Traditional Careers;

Philanthropy; Science, Technology, Engineering and Mathematics; Sports & Athletics; and Youth.

In addition to honoring extraordinary women leaders from Alameda County, the annual event raises funds for youth scholarships and supports local nonprofit community partners serving women, youth and families.

Honorees will be celebrated at the 27th Annual Alameda County Women's Hall of Fame Luncheon and Awards Ceremony in early spring.

More than 240 women have been inducted into the Women's Hall of Fame since its inception in 1993. For more information, visit: [www.acgov.org/whof/events.htm](http://www.acgov.org/whof/events.htm)

## Nominations for Planning Commission

Supervisor Nate Miley is accepting applications for appointment to the seven-member Alameda County Planning Commission. Applications will be accepted through Monday, Jan. 6.

The commission studies and makes plans and recommendations for orderly development of the county. Meetings occur on the first and third Monday of each month.

Visit [www.acgov.org/bnc](http://www.acgov.org/bnc) to complete an online application. For more information about the commission, contact Tona Henninger at 510-670-5965 or at [tona.henninger@acgov.org](mailto:tona.henninger@acgov.org).

## Rally: Historic Vote for Impeachment

*continued from front page*

Participants across the country flooded social media with photos and videos from the events using the hashtag #NotAboveTheLaw.

The following evening, the

House, in a historic vote, impeached the president for abuse of power and obstruction of Congress, setting the stage for an expected trial next year on whether to acquit the president or convict

and remove him from office.

The next targets for many of the pro-impeachment organizations will be those Republican members of the Senate who are up for reelection in 2020.

### MUSTANG CAR CLUB LENDS CHP AND SANTA A HAND



The Mustang car club, based out of Castro Valley, recently collected some 75 toys donated by generous club members for the Highway Patrol's "Chips for Kids" program. During the 35 years since the Bay Area Mustang Association (BAMA) was founded, it has supported many local and national charities. This year, Chuck Wiltens organized the toy drive to "Pay it Forward" after CHP Officer Miguel Andrade provided outstanding roadside service during a break down of Chuck's '67 Mustang. The club arranged the drop-off for the "Chips for Kids" program last week at the Dublin CHP office where the toys will be distributed to local shelters.

## CVSan's Williams Named 'Business Partner of Year'

Castro Valley Sanitary District General Manager Roland Williams, was one of six East Bay business leaders recently recognized with a "Business Partner of the Year" honor from Eden Area Regional Occupational Programs.

The Business Partner program supports Eden Area ROP's mission to prepare students for careers in today's workplace.

Williams was cited as being a pivotal partner in developing summer internships for the Engineering pathway students at Castro Valley High School for the last two years.

CVSan participates at the high school's career fairs and offers students in the Regional Occupational Program with work-based learning opportunities.



Roland Williams



# How to Help Avoid the Flu

By Dr. John Chang  
SPECIAL TO THE FORUM

A sore throat. A headache. Body aches. A persistent cough. We've all had those symptoms and it's easy to immediately chalk it up to a common cold.

But what if it's a more serious virus, like the flu?

Last year's widespread flu season was the longest in 10 years, lasting 21 weeks and infecting more than 37 million Americans.

Preliminary results estimate the flu killed between 36,400 and 61,200 people, according to the Centers for Disease Control (CDC). It also resulted in nearly 650,000 hospitalizations.

Consider these tips on how to help yourself and those around you manage the flu season.

## 1. Don't wait. Get vaccinated.

Flu season continues through the winter and well into spring. Getting a flu shot right away is a good step to help protect yourself, your family and those around you.

To find a list of flu vaccine providers near you, visit the CDC's Flu Vaccine Finder. Keep in mind that it will take your body about

two weeks after vaccination to develop protection against flu.

## 2. Avoid spreading germs.

To help avoid spreading germs, wash your hands regularly and cover your mouth (with the inside of your elbow, not your hands) when you cough or sneeze. A sneeze ejects 100,000 viral particles into the air that can travel 200 feet.

## 3. Get checked out.

If you think you might have the flu, even if you received a flu shot, call your primary care physician, visit a convenience care retail clinic or urgent care clinic, or schedule a virtual visit.

People who are very sick or at high risk for serious flu complications may be treated with antiviral drugs such as oseltamivir, commonly known by the brand name Tamiflu. Your primary care physician can assess whether an antiviral medication is right for you.

## 4. If you're sick, stay home.

If you suspect you have the flu, stay home to prevent spreading it to others. Most healthy adults may be able to infect others one day before symptoms appear and up to seven days after becoming sick.

## 5. Know your risk level.

The flu is of greatest concern for the very young, the very old or those with co-existing medical conditions. Some examples of groups at risk and the steps they should consider taking when symptoms begin:

- Pregnant women should contact their obstetricians to report their symptoms.

- People with diabetes, particularly those using insulin who develop difficult-to-control glucose levels, should contact their physician at first symptoms of the flu.

- Those with weakened immune systems should alert their physician of their flu symptoms.

- Those who are experiencing an increasing shortness of breath, especially people with chronic asthma or heart failure, should go to an emergency room for treatment.

Symptoms of a cold are often similar to the flu. Make sure you know what to look for and when it's time to see a doctor or go to an urgent care clinic before it becomes serious.

Dr. John Chang is a senior medical director for UnitedHealthcare.

# Davis Street Food Pantry Supported by \$10,000 Gift from Eden Medical Center

By Monique Binkley Smith  
SPECIAL TO THE FORUM

California is known for feeding the country. Yet on any given day, one in eight Californians don't have enough nutritious food to support good health.

The technical term for this is "food insecurity," but most people call it hunger.

This year, Sutter Health announced more than a quarter-million-dollar donation to 32 food banks, food kitchens and free pantries across Northern California and in Oregon and Hawaii, including \$10,000 to the Davis Street Resource Center Food Pantry in San Leandro.

"We're thankful to Eden Medical Center and Sutter Health's commitment to our community," said Rose Padilla Johnson, Davis Street CEO. "This will help replenish our barren shelves and support the thousands of working poor families and seniors that turn to us to help put food on the table."

The donation by the not-for-profit health network assists local groups with providing free healthy meals or bags of food to those in need.

"Strong, healthy communities begin with wholesome food on the table," said Eden Medical Center CEO Pat Ryan. "We are proud to work with the Davis Street Food Pantry to make a difference in the lives of our Castro Valley and San Leandro neighbors who experience hunger."

## Proper Diet Important to Good Health

"Hunger and inadequate nutrition can have a lifelong impact on health and wellness," said Stephen Lockhart, M.D., chief medical officer of Sutter Health. "The most common chronic illnesses of our

time — obesity, diabetes, heart disease — can be linked to diet and lack of access to healthy foods."

A balanced diet supports a host of long-term health benefits, from disease prevention to faster healing and mental wellness, but food can have more immediate implications, too.

"Food changes how some medications work in the body because you absorb your prescription differently if you are also metabolizing a meal," said Dr. Lockhart. "In the case of insulin, your dose is determined by your blood sugar, so if you don't eat regularly, you could risk having severe low blood sugar."

"On the other hand, healthy food choices and good eating habits

see EDEN on back page

# LEGAL NOTICES

FILED  
NOVEMBER 27, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By \_\_\_\_\_, Deputy  
FILE NO. 565920

## FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Health Approaches at 20891 San Miguel Ave., Castro Valley, CA 94546, in Alameda County is hereby registered by the following owner(s): Thomas Lorentzen, 20891 San Miguel Ave., Castro Valley, CA 94546. This business is conducted by an individual. This business commenced in 2011.

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

Expires NOVEMBER 27, 2024  
DEC 18, 25, 2019 JAN 01, 08, 2020  
0191-CVF

FILED  
DECEMBER 06, 2019  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By \_\_\_\_\_, Deputy  
FILE NO. 566229

## FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business: Lavender Hair & Nails Spa, Inc. at 1647 Industrial Pkwy West, Hayward, CA 94544, in Alameda County is hereby registered by the following owner(s): Lavender Hair & Nails Spa, Inc., 1647 Industrial Pkwy West, Hayward, CA 94544. This business is conducted by a corporation. This business commenced 6/13/2013.

/s/ Lavender Hair & Nails Spa, Inc.  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires DECEMBER 06, 2024  
DEC 18, 25, 2019 JAN 01, 08, 2020  
0195-CVF

# ATHLETE OF THE WEEK

## CVHS Alumnus Juan Toscano-Anderson

This week's Athlete of the Week is Juan Toscano-Anderson, a 2011 graduate of Castro Valley High School.

Toscano-Anderson plays as a forward on the Santa Cruz Warriors and is averaging 12.3 points, 8.7 rebounds, and 2.5 assists for the season. He has stepped up and boosted those averages in the last three games, though, with a game against the Raptors where he scored 12 points and had 14 rebounds, at home on Friday, 110-109.

The SC Warriors traveled to the Agua Caliente Clippers where Toscano-Anderson scored 15 points with 8 rebounds in a 115-102 win on Tuesday, December 17, and had previously visited the Northern Arizona Suns and he posted 24 points and 14 rebounds, in a 110-100 win on Sunday, December 15.



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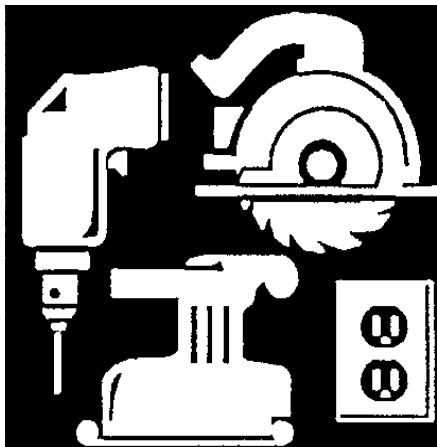
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San Leandro Times/Castro Valley Forum

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# LETTERS

## TO THE EDITOR

FREDZ@EBPUBLISHING.COM



### Questions School District's New Hires, Promotions

Editor:

I just came to notice that Castro Valley School District's administrators have been increasing their salaries a lot more than the normal 3.6% rates, and hiring a lot of new directors that are overpaid (more than private sectors). All directors that were hired during the last few years have starting salaries above \$135k a year.

Castro Valley teachers are famous for having the lowest pay salaries in the Bay Area. Teachers with 10 years experience make less than \$80k a year. I think the teachers deserve better.

I believe the directors' promotions and new hires have violated the merit system. I noticed two directors that were hired were previously principals and hardly have the experiences or knowledge of the field. They were also hired quietly without going through the normal interview/examination process.

I really hope you can bring Castro Valley residents to pay attention to the School District Administrators and possibly corrupted Personnel Commission.

—Susan Li  
Castro Valley

### December 18: Impeachment Day

Editor:

December 18: Impeachment Day.

I'm one of many, many #VeteransAgainstTrump ... trained

to know the danger the Kremlin (the Russian MOB) poses to our Republic.

December 18th is also the anniversary of the day I raised my right hand and took the Oath of Office to become a military officer atop the Campanile on the Berkeley campus.

Thank God my (now-deceased) brother recorded the moment; my hubby digitized this 4-minute clip for this milestone.

Colonel Corbett, my Air Force ROTC Professor of Aerospace Studies at Cal, brilliantly invoked the words of a Holocaust survivor and Panamanian dictator Manuel Noriega as he distinguished between taking an Oath to defend the Constitution, as we do in our Republic, and declaring loyalty to a dictator.

(We removed Noriega in the invasion 24 hours after this commissioning ceremony!)

Those who follow me on Instagram (graciela.tiscarenosato) & Twitter (@mama\_gts) see my relentless, daily support of our Constitution as a member of #TheResistance.

Watch this clip to viscerally understand *why* I care so damn much and *why* I activate my fellow citizens daily to #RiseUp.

I'm thrilled to share this video for the first time ever on #ImpeachmentDay on my Instagram feed. It's poetic timing. I have goosebumps... [https://www.instagram.com/p/B6OqDuUgV-Vc/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/B6OqDuUgV-Vc/?utm_source=ig_web_copy_link)

—Grace Tiscareno-Sato  
Castro Valley

**LETTERS TO THE EDITOR** must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit as necessary. We do not publish anonymous or unsigned letters. Email Letters to: fredz@ebpublishing.com, or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

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## Marci Caesare

Marci Caesare of Yuba City passed away peacefully surrounded by friends and family on December 6, 2019.

She is survived by her husband Tony, sons Calvin and Jason, her parents Mark and Maria Nobilo, sister Nicole Wonderlin, sister Michelle Jones, and several nieces and nephews.

Marci grew up in Castro Valley but moved out of the area within recent years. She was a Registered Vet Tech most recently at Castro Valley Companion Animal Hospital and Yuba County Shelter, and previously at Redwood Animal Hospital. Marci loved animals and did all she could to help them live healthy and happy lives.

A memorial service will be held on Jan. 18, 2020 at 1:30 p.m. at the Kingdom Hall of Jehovah's Witnesses, 650 North George Washington Boulevard; Yuba City, CA 95993.

## Michael F. Wong

August 5, 1943 - December 10, 2019

Michael passed away from pancreatic cancer at the Palo Alto VA hospice. He is missed by his wife of 46 years, Yvonne, son Brian, daughter Becky, brother Larry Wong, and family and friends. He was active in the Disabled American Veterans (DAV 77), Veterans of Foreign Wars (VFW Post 819), National Active and Retired Federal Employees (NARFE 511), VA Voluntary Services for 20 years and BMW Car Club of America since 1973. He was a Castro Valley resident for 31 years. You may email memories/photos to remembering.michael.wong@gmail.com. Donations may be sent to the VAPAHCS Oncology Department in memory of Michael F. Wong. Address: VA Palo Alto Health Care System, Attn: Voluntary Services, 3801 Miranda Ave., Palo Alto, CA 94304.

## HOROSCOPE by Salomé

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**ARIES (March 21 to April 19)** The New Year brings challenges that can change many things in your life. You need to be prepared not only to confront them, but also to deal with what happens afterward.



**TAURUS (April 20 to May 20)** You have what it takes to set your goals quite a bit higher this year. Learn what you need to know and put what you learn into your efforts. A partner offers loving support.



**GEMINI (May 21 to June 20)** In true Gemini Twin fashion, you're conflicted about a decision you know you'll have to make in this New Year. Best advice: Get the facts before you make any commitment.



**CANCER (June 21 to July 22)** A friend offers you an exciting opportunity for this New Year. Although your positive aspects are strong in most respects, caution is advised. Investigate before you invest.



**LEO (July 23 to August 22)** You can make this New Year a roaring success. Start by readjusting your goals to reflect the changes in the economy. Your den mate offers both wise and loving support.



**VIRGO (August 23 to September 22)** The New Year brings new opportunities for change. But you need to be ready to move from the comfortable status quo to the challenging unknown. It's up to you.



**LIBRA (September 23 to October 22)** Your most important New Year's resolution should be to work out problems with a family member in order to avoid continuing misunderstandings. Do it soon, for both of your sakes.



**SCORPIO (October 23 to November 21)** The New Year has much to offer the intensely determined Scorpion, who isn't afraid to take on challenges and stay with them until they surrender their rewards.



**SAGITTARIUS (November 22 to December 21)** You'll have many fine opportunities in this New Year. But be warned: Reject offers of "help." You work best when you're free to be your own creative self.



**CAPRICORN (December 22 to January 19)** The New Year offers changes that you might feel you're not quite ready for. Best advice: Deal with them one step at a time, until you've built up your self-confidence.



**AQUARIUS (January 20 to February 18)** Travel is a dominant aspect of the New Year. This could mean relocating to another city (or even another country) in connection with your education or your career.



**PISCES (February 19 to March 20)** This New Year brings news about a change you've been anticipating. You might have a problem persuading a loved one about your new plans, but he or she will soon go along with them.

## THE FORUM CROSSWORD

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### ACROSS

- Variety of lettuce
- "Eureka!"
- Book of prophecies
- Lotion additive
- Chaps
- Toothpaste container
- Anger
- Conventional
- One up?
- Western occurrence
- Leopold's codefendant
- Four qts.
- One of Monopoly's light-blue avenues
- Speech impediment
- Great noise
- Disrobe
- Female deer
- Bird of peace
- Decoration
- Finish
- Ireland
- Secular
- Servile
- Form a union
- Top
- Isn't well
- Calendar abbr.
- Prolonged sleep
- Run away
- Automaton, for short
- Slaughter of baseball

### DOWN

- Zinger
- Pelvic bones
- Nut partner
- Pvt. Bailey
- Cherub, in art
- The girl
- Picnic invaders
- Musically keyless
- Flood aftermath, per-haps
- Reed instrument
- Send a naughty mes-
- Embrace
- Billions of years
- Wilkes- --, Pa.
- Peculiar
- Brazilian tourist mecca
- Lure
- Ache aid
- Junior
- Teacher's --
- Rid of rind
- Put in a box
- Threaten
- Novelist Brown
- Unsliced bread
- Seed coat
- Owl's perch
- PC picture
- Magazine contents
- Meadows
- Menagerie

ANSWERS ON PAGE 5



# REAL ESTATE GALLERY

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## The Holiday Season Highlights the Homelessness Crisis

The most celebrated birth of all time took place a little over 2,000 years ago in a small town called Bethlehem of Judea. It is ironic it is also the most infamous homeless birth since, because there was no room in the inn, Jesus was born in a stable.

Joseph and Mary's trip to Bethlehem, even though she was full term, was to comply to a Roman demand to be counted for a census.

We still take censuses today: they are critical in helping governmental agencies implement programming to meet needs highlighted by the gathered data.

The latest census report reveals some shocking facts: the richest state in the Union, California, also leads the nation in poverty.

A quick drive around almost any part of the Bay Area will alert you to the fact that homelessness is a growing issue. 2018 numbers estimate approximately 130,000 homeless in California, almost 25% of the national total.

Homeless encampments have sprung up everywhere and cities in every corner of the state are struggling to find effective solutions.

It is no secret that the primary contributing factor statewide is the high cost of housing. Not only are existing home prices exorbitantly high, we are not seeing new homes being built at the rate required to meet increasing demands.

This is exacerbated by rampant increases in the costs of labor and materials and the fact that municipalities across the state have been steadily tightening building regulations and increasing development fees.

Factor in the mandate to begin installing solar equipment on all new homes beginning

in 2020 and some builders are concluding it no longer makes financial sense to build in California.

The Realtors of the Central County encourage you this Holiday Season to be a part of the solution. The SF Homeless Project provides a directory of nonprofit groups focusing on the crisis who need donations to meet the ever-increasing needs (<https://projects.sfchronicle.com/sf-homeless/how-to-help/>). The website allows you to sort by region so you can identify East Bay organizations that are meeting needs locally here in

the Central County.

This is the season of giving. We wish you and your families a very Merry Christmas and Happy Holidays. It is our sincere hope that you and your loved ones not only enjoy a wonderful, peace-filled season but that you also experience the joy that comes from giving to others and meeting them at their point of need.

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.

Happy Holidays from the Leslie Peterson Team!



20139 Anita Ave.,  
Unit 2, Castro Valley  
Offered at \$629,000



Come by and check out this affordable opportunity in the heart of Castro Valley, close to everything!

These 3 bedroom/2.5 bath town-home style condos (including a spacious master suite) is light and bright with vaulted ceilings, living room with wood-burning fireplace with gas starter, inside laundry and attached two car garage. Lots of storage, with both walk in closets and spacious linen closets. Fresh paint throughout with new baseboards. Kitchen includes dishwasher, electric stove, laminate flooring, dining area that opens to private, fenced yard for a garden or play area. Off street parking in addition to the garage. Close to shopping, restaurants, parks, freeway access and award-winning Castro Valley schools.

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## Prune Tree Roses Aggressively; What Do I Spray for Curly Leaf Disease?; Redwoods Would Suffer if Planted Next to Cypress, Pines

By Buzz Bertolero  
Special to the Forum

The bottom branches of my tree roses are extending out into the walkway. I'd like to prune them back so they don't interfere with the entrance to the house. How far back can I prune without damaging them?

Trees roses can be pruned back aggressively to keep them in bounds, just like any bush rose.

Before pruning, locate the point where the rose is budded to its roots. This is called the bud union. With tree roses, you could have one or two bud unions. One is close to the ground while the other is three to four feet off the ground.

The desired rose variety grows above this point. Any growth below the bud union should be removed and is referred to as sucker growth.

How much you cut the rose back is a judgment call on your part. It can be 12 inches to 12 feet, depending on the situation.

I'd cut it back to leaf buds that are pointing away from the walkway. If you strip away last year's leaves, you should find it on stems or rose canes.

In the spring and summer after flowering, you can keep the walkway accessible by pruning back these canes heavier than others.

The leaves on my dwarf lemon are a

yellowish color, wrinkled, and some are torn. I've looked online as well as in some gardening books and don't find an answer. How do I green-up the leaves and what do I spray for the curly leaf diseases?

It's common for lemon leaves to curl, turn yellow and sometimes even defoliate with the winter from the cold temperatures. So, you do not have any type of leaf curl disease that requires treatment.

Also, the ripped and torn leaves are not a big problem. The leaves can take a battering with strong winds during major storms. Just remove the severely torn ones before the flush of spring growth in February or March.

The green leaf color returns when the days get longer and warmer. I'd encourage the new growth along with the green leaf color, lemons by feeding them with citrus food monthly, starting in February or March through October.

My friends have recently built a new house in the foothills at about 4,000 feet elevation. They want to add some additional privacy by planting redwood trees alongside some existing cypress and pines. Is this the best answer to their dilemma?

Coast Redwoods would not be a good answer to this situation. After the rainy season concludes, redwoods like lots of moisture frequently much like a rose bush. Pines and cypress like dry conditions, usually surviving nicely without much water all summer long.

When planted together, one or the other would suffer.

Another issue is the cold. Redwoods like mild winters and are damaged with late-season frost. Pines and cypress have no problems with winter extremes. My suggestion would be to plant more of the existing species already established on the property.

Buzz Bertolero is an Advance



California Certified Nursery can be sent by email to [buzz@professional.dirtgardener.com](mailto:buzz@professional.dirtgardener.com) or on Facebook's website is [www.dirtgardener.com](http://www.dirtgardener.com) and questions Bertolero

## RECENT HOME SALES

### Castro Valley

21994 Cameron Street	94546: \$615,000 2 BD - 978 SF - 1947
19535 Alana Road	94546: \$675,000 3 BD - 1,341 SF - 1949
4314 Seven Hills Road	94546: \$725,000 3 BD - 1,040 SF - 1962
4275 Omega Avenue	94546: \$760,000 4 BD - 1,470 SF - 1947
20481 Summercrest Dr.	94552: \$760,000 3 BD - 1,435 SF - 1998
21028 San Miguel Ave.	94546: \$799,000 3 BD - 1,554 SF - 1948
21407 Tanglewood Dr.	94546: \$830,000 3 BD - 1,779 SF - 1960
17796 Trenton Drive	94546: \$975,000 3 BD - 2,020 SF - 1962
22041 Barnhill Lane	94552: \$990,000 4 BD - 2,126 SF - 1970
18889 West Cavendish Dr.	94552: \$1,025,000 2,078 SF - 1978
<b>TOTAL SALES:</b>	<b>10</b>
<b>LOWEST AMOUNT:</b>	<b>\$615,000</b>
<b>HIGHEST AMOUNT:</b>	<b>\$1,025,000</b>
<b>MEDIAN AMOUNT:</b>	<b>\$779,500</b>
<b>AVERAGE AMOUNT:</b>	<b>\$815,400</b>

### San Leandro

1400 Carpentier Street	94577: \$442,000 2 BD - 977 SF - 1983
1517 136th Avenue	94578: \$590,000 2 BD - 972 SF - 1947
1289 Dutton Avenue	94577: \$625,000 2 BD - 1,071 SF - 1914
14950 Lark Street	94578: \$630,000 3 BD - 1,176 SF - 1945
3709 Anza Way	94578: \$660,000 3 BD - 1,114 SF - 1954
802 Portola Drive	94578: \$692,000 3 BD - 1,158 SF - 1956
715 Arthur Avenue	94577: \$695,000 3 BD - 1,084 SF - 1942
15490 Tern Court	94579: \$700,000 3 BD - 1,471 SF - 1999
34 Dabner Street	94577: \$701,000 4 BD - 1,908 SF - 1916
15369 Bay Port Court	94579: \$760,000 4 BD - 1,663 SF - 2007
2341 Pacifica Court	94579: \$975,000 3 BD - 2,608 SF - 1999
1775 Hillview Drive	94577: \$1,118,000 4 BD - 2,778 SF - 1960
<b>TOTAL SALES:</b>	<b>12</b>
<b>LOWEST AMOUNT:</b>	<b>\$442,000</b>
<b>HIGHEST AMOUNT:</b>	<b>\$1,118,000</b>
<b>MEDIAN AMOUNT:</b>	<b>\$693,500</b>
<b>AVERAGE AMOUNT:</b>	<b>\$715,666</b>

## WEEKEND GARDENER

### Shopping for Bulbs

Summer-flowering bulbs can be planted in the coming weeks for cut flowers and garden colors in spring. You'll find a fresh crop of bulbs for gladioluses (plant at three-to-four week intervals from January through March) and begonias (set the tubers in peat moss to sprout, then put up in larger containers).

**The Esmeyer Team**

James, Rosalyn, Rachel & Jamie

Shamrock Realtors - Going Above and Beyond  
James Esmeyer, Broker Associate - DRE#01363681

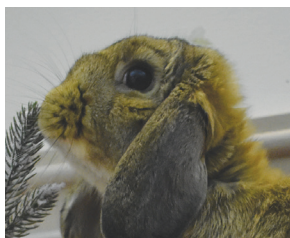
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## ADOPT-A-PET



**DOTTIE** is a sweet, albeit a bit shy, Blanc de Hotot mix bunny. She loves nibbling on chew toys and snacking on parsley and timothy hay. Hayward Animal Shelter: 510-293-7200.



**DASH** is a friendly and outgoing French Lop bunny who loves to explore. He loves basil and timothy hay. Dash is easy to handle and pick up. Hayward Animal Shelter: 510-293-7200.



**STELLA** is a 4-month-old brown tabby. She loves playing with the cat-friendly dogs in her foster home. Spayed, vaccinated and microchipped. Email: Love-allpawzrescue@gmail.com.



**MERILEE** is a 4-month-old black and white tuxedo. She'd love a home with another playful young cat. Spayed, vaccinated, and microchipped. Email: Love-allpawzrescue@gmail.com.

## FROM THE BOULEVARD

# Math and the Meaning at Christmas

*"When we have understood,  
we hear in retrospect."  
—Proust*

By Thomas E. Lorentzen  
SPECIAL TO THE FORUM

**A**s a young student at Marshall Elementary School, my ability in various subjects was good.

I liked reading and writing, inheriting an appreciation in those fields from my parents. Science was interesting, but not to me personally. I did pretty good in arithmetic, which later helped me when I worked my way through graduate school as a casino dealer in Reno.

Once I moved beyond arithmetic, however, higher mathematics produced fog in my mind. Algebra was passed, but geometry, trigonometry and calculus were beyond my grasp.

My interest was primarily in history, particularly the "mystery of history." Pretending to be a detective, I wanted to figure things

out. Of particular interest was the collapse of Europe in 1914 and two world wars and the Cold War.

The evil of the Holocaust perplexed me – wondering how the highly educated and cultured people in Europe could succumb to such turpitude.

With the passage of time, a delayed interest emerged for mathematics. It started with the awareness of a mentor, Eric Hoffer, who mastered high mathematics with no formal education. He learned algebra, geometry, trigonometry and calculus while working as a migrant farm worker and miner in the Sierra.

His mastery of high mathematics enabled him to conquer other subjects and was noted internationally for his insights and writings. His first book, "The True Believer," was published in 1951 and profiled as perhaps the most profound writing on human nature



since Machiavelli's "The Prince" in the 15th Century.

Given the verisimilitude of this view, it was Hoffer's mastery of high mathematics that enabled him to develop deep insights and produce profound writings on complex aspects of human nature and behavior.

With time, I realized that I must develop a grasp of the importance of mathematics and science to studying the human experience. It started with Newton, and his focus on gravity as a central force of the universe, which resulted in the development of calculus.

Now, many years later, with Thanksgiving behind us and Christmas return to my mind. As they do, so does the role of mathematics in our lives. In my own personal life, it makes me pause and calculate both time and meaning.

In a month I will turn 74 years of age. Using that statistic as a base point, on my birthday I will have been alive for 888 months. Calculating further, I will have

been alive for 27,010 days. Further calculations reveal that I will have been alive for 648,240 hours or 38,894,400 minutes. These are big numbers.

Yet, what stands out in my mind are not statistics. They are the moments of significance and the memories that continue to live within me.

Having a lifetime of experiences, the things that stand foremost in my mind are people and purposes that have been central to my life. They can be summarized quickly. The purposes pursued, whether achieved or not, stand out. The friends that have been genuine, stand out.

Although I have worked for notable figures, my friends from kindergarten and elementary school remain foremost in my heart. The same with the good people I have known. Their niceness and kindness cannot be traded for fame or fortune. Given the nearly 40 million minutes that I have been alive there is no doubt that my greatest wealth comes from moments and memories with good and nice people.

It is to those people, both living and deceased, that I express my gratitude for their gifts of benevolence. They are etched deeply on the topography of my life and stand with quiet dignity. They sought no credit – they simply did what was right for themselves and others. They know who they are, as I do.

As I share these thoughts with you, if we reflect, regardless of our age, we can identify those persons and the moments with them in our own lives.

Our gratitude can be expressed with a simple smile, hug or expression. This is what Christmas is about – to find the good in life and express gratitude.

Life is not about 40 million minutes. It is what we do with our time and the good we can find and share with others. This gives meaning to life and creates value.

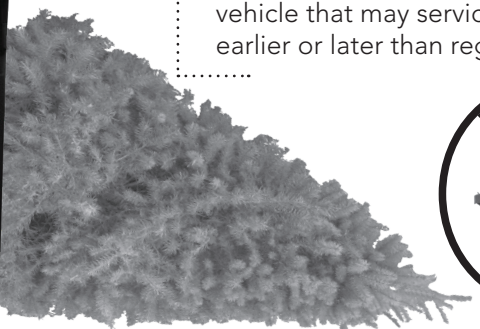
With that, a Merry Christmas to all the good people we know. And, for the others, well it really is better to be nice than naughty. Santa was and continues to be a wise man.

Tom Lorentzen lives in Castro Valley. He formerly served on the board of the Institute of Museum & Library Services and the Advisory Board to Southern Oregon University, and has served three Presidential Administrations.

## HOLIDAY TREE COLLECTION

January				
M	T	W	Th	F
6	7	8	9	10
13	14	15	16	17

- Place trees next to carts for pick-up on your regular collection day.
- Remove ornaments, tinsel, lights, nails, and stands. Cut tall trees into lengths no longer than six feet.
- Flocked trees will be collected, but not composted. Artificial trees not accepted.
- Multi-family residents: place in general collection area. Do not block access to collection containers.
- Trees are collected using a special vehicle that may service your block earlier or later than regular vehicles.



Questions? Contact Alameda County Industries at (510) 483-1400 or visit [www.alamedacountyindustries.com/cvsan/holiday](http://www.alamedacountyindustries.com/cvsan/holiday).

### OTHER HOLIDAY RECYCLING TIPS & REMINDERS:

- Recycle wrapping paper with no foil or glitter in the blue recycling cart or bin.
- Compost food scraps, uneaten leftovers, refrigerated cartons, and food-soiled paper in the green organics cart or bin.

For more Zero Waste tips, visit [www.SelectMyPath.org](http://www.SelectMyPath.org).

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San Leandro Times  
2060 Washington Ave., San Leandro

## Eden: Funds

continued from page 7

its can help regulate your blood sugar levels," Lockhart continued.

Sutter Health invested more than \$734 million in community benefits in 2018. These funds supported health education, community clinics, and traditional charity care.

Monique Binkley Smith is the Media Relations Manager for Sutter Health.