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VETERANS MEMORIAL  
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TODAY IS

# VETERANS DAY



# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 32

WEDNESDAY, NOVEMBER 11, 2020

NO. 46

## INSIDE YOUR FORUM

### NEWS



#### On the Rise

COVID-19 test positivity rates have been on the rise within the county

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### NEWS

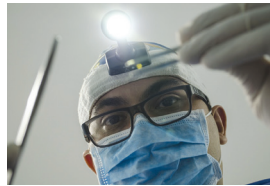


#### Election Results

See who got the most votes locally as well as statewide propositions

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#### It's the Tooth

The often-overlooked connection between oral health and opioids

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## A HISTORY-MAKING VICTORY



President-elect Joe Biden and Vice President-elect Kamala Harris addressed the nation for the first time Saturday night in Wilmington, Delaware. Their election touched off celebrations around the country including in Castro Valley. More than 80% of voters in Alameda County marked their ballots for the Biden-Harris Team. Hundreds of California politicians are now lobbying Gov. Gavin Newsom to become Harris' replacement in the U.S. Senate, but the governor says it's too early to even set a date for that decision.



PHOTO COURTESY OF THE ALAMEDA COUNTY FIRE DEPARTMENT

The Skeeter Brush Truck, at left, and Engine 6 were put into service this month at Fire Station 6 on Cull Canyon Road in Castro Valley.

## Fire Department Bolsters CV Capabilities

By Linda Sandsmark  
CASTRO VALLEY FORUM

The Alameda County Fire Department put two new firefighting vehicles into service this month at Station 6 on Cull Canyon Road. Station 6 serves the community of East Castro Valley, including the canyon area and the 580 freeway.

Both the smaller Skeeter Brush Truck E606 and the full size Engine 6 help equip firefighters to respond to medical emergencies, vehicle accidents and fires, including wildfires.

Engine 6 is a 2020 Pierce Arrow XT, whose heavy-duty construction provides maximum durability in rugged terrain.

The E606 Truck is a 2020 Ford F550 truck made of high-strength, lightweight aluminum. It is designed for use in both wildland and urban settings. Both will be housed at Station 6, 19780 Cull Canyon Rd., off Crow Canyon Road.

"What's unusual about the area around Station 6 is the urban-wildland interface," says Fire Department spokesman Brian Centoni. "The Skeeter Brush Truck is light-

er weight and can go across the many bridges in the canyon area. It's good for pumping and rolling and can go into many places that a bigger engine can't."

Centoni added that the previous engine at Station 6 was 18 years old, the oldest in the fleet. Engines are typically replaced at about 15 years.

The Fire Department wishes to thank Pierce Manufacturing, and the mechanics at ACFD's William McCammon Fleet Maintenance Facility, who helped customize the vehicles.

## New Faces Voted To School Board

By Michael Singer  
CASTRO VALLEY FORUM

Voters have added two new faces to the Castro Valley School Board and brought back one familiar face returning following last week's election.

Out of the three available seats on the Board of Trustees, the top three finishers were Dolly Adams with 10,525 (20.5%); Lavender Whitaker with 10,341 (20.1%); and Mike Kusiak 9,922 (19.3%). The new additions are expected to be introduced to the community on December 14.

Whitaker is not expected to return to her current assignment as Board President as the school board rotates leadership to ensure everyone has an equal opportunity to lead. Whitaker says she will continue to work to ensure the district supports the most vulnerable students, addressing learning loss, providing social and emotional supports, and continuing to drive towards equity for all.

"I want to acknowledge that our kids, teachers, staff, and families have been through so much this year," Whitaker told the Forum. "The impacts of COVID-19 are far-reaching and are affecting everyone in different ways."

"I want to thank everyone for speaking up and sharing their concerns and will continue to strive for a culture that is welcoming and psychologically safe for all. I want everyone to know that as we look towards whether to open schools, we will do it in a thoughtful manner based on guidance from the Alameda County Health



Dolly Adams



Lavender Whitaker



Mike Kusiak

Department and recommendations from educators."

see SCHOOL on page 6

## Rain Expected by Weekend; Chill Settles Over East Bay

The weather underwent a dramatic change on Sunday afternoon as temperatures nosedived and gusty winds tore tree branches and downed power lines.

There were lightning strikes in the East Bay hills and parts of Castro Valley were hit by brief hailstorms.

The first frost warnings of the season were posted for early Mon-

day morning in North Bay valleys and several inches of snow fell in the Sierra Nevada mountains.

Rain showers, moving down from the north, are predicted to hit the Bay Area by the end of the week, with the possibility of a wet morning commute on Friday.

The storm is likely to finally bring an end to California's disastrous fire season.



## Castro Valley Weather Nov. 11-15, 2020



Wednesday  
Partly Sunny  
High 59° Low 43°



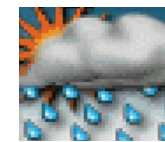
Thursday  
Partly Sunny  
High 60° Low 45°



Friday  
Showers  
High 62° Low 52°



Saturday  
Partly Sunny  
High 62° Low 45°



Sunday  
Poss Showers  
High 64° Low 47°

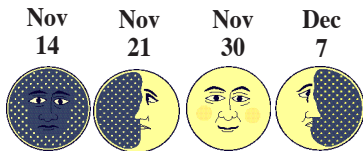
### Almanac



Sun sets at 5:01 p.m. today, rises at 6:45 a.m. Thursday.

Past Week's Rain: 00.05  
Season To Date: 00.05  
Normal To Date: 00.46  
Season Average: 21.22

### Moon Phases



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## Honoring Military Veterans

For Hope Hospice clinicians, proving compassionate end-of-life care to a patient who is a military veteran is a special privilege, and the local agency finds creative ways to acknowledge and commemorate military service.

Over the past five years, an average of nearly 10 percent of Hope Hospice patients spent many of their prime years in service to others as a member of our nation's armed forces.

Volunteer Thais Carlucci heads up Hope's Veteran Blanket Program. She procures soft fleece fabric in designs themed after four major military branches — Navy, Marines, Army, and Air Force — to make cozy lap blankets.

An American flag motif is used for patients who served in any of the other branches, such as the U.S. Coast Guard. Hope's medical social workers present a blanket in the appropriate design to the patient and family during the admissions process.

The blanket program commenced in 2016, inspired by discussion in an interdisciplinary team meeting on how Hope might honor patients with military service.

Carlucci, who has service members in her own family, suggested the idea of a themed blanket, since a comfort item is a welcomed gift.

Recently, Hope created another piece of appreciation: a special lapel pin inscribed with the message "Hope Hospice Honors Veterans." Not all patients want to or are able to wear their pin, so a patriotic stand lets families display it the bedside for visual enjoyment.



HOPE HOSPICE PHOTOS

**Veterans at Hope Hospice received fleece blankets themed after the military branch in which they served.**

Hope's Veterans Appreciation Program could not happen without the support of the American Legion Post 237 in Pleasanton. Legion member Earl Stevens, who also volunteers for Hope Hospice, was instrumental in connecting Hope with the Legion, which now annually donates funds to cover the cost of fabric.

The number of blankets needed each year varies, but Carlucci says she and other volunteers find themselves making at least 30.

"Feedback from patient families over the years has been that family members keep the blankets long after the patient has passed on, as a warm memory," Carlucci says.



**A special lapel pin inscribed with the message "Hope Hospice Honors Veterans."**

## COVID-19 Positivity Rate Rising Again

California recorded 7,212 new COVID-19 cases on Sunday, prompting the sober assessment by Gov. Gavin Newsom that things are trending in the wrong direction and that some parts of the state would be implementing more restrictive reopening rules.

The week began with more than 976,576 confirmed coronavirus cases in California, with an average of 14 deaths per day. There have been close to 18,000 deaths statewide related to the virus so far.

Although Alameda County's test positivity rate remains lower than its summer peak of 6.2%, the rate has increased in Alameda County over the past 14 days. On Oct. 26, the rate was 1.5%. As of Saturday, the rate stands at 2.0%.

The governor said in his Monday press briefing that the state is seeing a current positivity rate of 3.7%. California is conducting about 200,000 tests each day.

Hospitalization rates are also up, but the capacity to treat new patients remains good, Newsom said. The California Department of Public Health said there were

28.7% more patients hospitalized with COVID-19 than there were two weeks ago, a total of 2,902 as of Saturday.

**Castro Valley**  
Confirmed Cases = 662

**Alameda County**  
Confirmed Cases = 25,011  
Deaths = 475

**California**  
Confirmed Cases = 971,851  
Deaths = 17,977

as of November 10, 2020

## Tutoring Is Caring

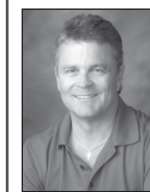


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# Castro Valley Rotarians Provide iPads to Local Nursing Homes

The COVID-19 pandemic has presented challenges to many, but assisted care facilities have been particularly hard hit.

"Nursing homes have been easily overlooked in the pandemic," noted President Gary Howard of the Rotary Club of Castro Valley. "We knew we wanted to do something to help."

Many nursing homes have had to close their doors to visitors to protect their vulnerable residents, resulting in residents being unable to have "face to face" communication with their loved ones for months.

The Rotary Club of Castro Valley recognized the need, compiled a list of interested nursing homes and is now providing free iPads to give residents a way to talk to and "see" their relatives and friends.

"Our residents will greatly benefit from these devices. As a Memory Care Community with more than 29 years of dedication to care for seniors with dementia, adaptability and creativity is in our nature," said Howard. "Now more than ever, we need tools to engage with families and friends, safely socialize, and connect with the outside world."

The first iPads were provided to Oak Creek Alzheimer's and Dementia Care Community, founded in 1991 as the first freestanding dementia care community in Northern California.



PHOTO BY TERRY CARSON

**Rotary Club of Castro Valley delivered iPads to Oak Creek Alzheimer's and Dementia Care. From left, Rotarians Todd Anglin, Gary Howard, Charmaine Brent of the Ombudsmen Service, and Elizabeth Carson of Oak Creek.**

The Rotary Club of Castro Valley hopes to provide iPads to other nursing homes in Castro Valley who have expressed interest in Castro Valley.

"We couldn't do this project by ourselves," said Rotarian Todd Anglin. "We also greatly appreciate our partners on this project: the Ombudsman Service of Alameda County, Eden Medical Center, and

several community members."

The Rotary Club of Castro Valley is currently meeting online on Tuesdays at noon. Speakers and links to their meetings are posted on their website at: [www.castrovalleyrotary.org](http://www.castrovalleyrotary.org) under Upcoming Events. The Club welcomes individuals who want to make a positive impact locally, nationally, and internationally.

## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Stolen Property and Illegal Narcotics

Saturday, November 7: at 11:10 p.m., Sheriff's Deputies arrested a 22-year-old man from Castro Valley on suspicion of possession of stolen property, illegal narcotics, and related drug paraphernalia. The man was loitering in the Castro Village shopping center on Castro Valley Boulevard when deputies approached him for questioning and discovered his stash. Deputies took the man into custody.

### Grand Theft

Saturday, November 7: at 11:39 a.m., a 28-year-old man from Castro Valley was arrested on suspicion of grand theft. Deputies stopped him for questioning at the intersection of Castro Valley Boulevard and Stanton Avenue following reports of a theft of an unknown amount. The man was handcuffed and taken into custody.

### Driving Without a License

Friday, November 6: at 3:28 p.m., deputies arrested a 30-year-old woman from Castro Valley on suspicion of driving without a valid driver's license. The woman was traveling on Lake Chabot Road near Eden Medical Center when deputies pulled her over on a traffic violation. The woman failed to produce a driver's license and was taken into custody.

### Driving Without License and Illegal Narcotics

Friday, November 6: at 12:50 p.m., a 50-year-old man was arrested on suspicion of driving without a valid license, possession of illegal narcotics, and possession of methamphetamine drugs. Deputies pulled him over for a traffic violation near the intersection of East Castro Valley Boulevard and Crow Canyon Road. The man failed to show a valid identification but did reveal his drugs during questioning. Deputies took the man into custody.

### Caught with Drugs

Thursday, November 5: at 1:59 p.m., deputies arrested a 29-year-old man with no permanent residence on suspicion of possession of methamphetamine drugs and related drug paraphernalia. The man was hanging outside a business on Baker Road near Castro Valley Boulevard when deputies stopped him for questioning and discovered his stash. The man was taken into custody.

### Family Fight

Wednesday, November 4: at 2:01 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on West Cavendish Drive near East Cav-

endish Drive. There, they arrested a 51-year-old man on suspicion of assault on a family member. Deputies took the man into custody. The victim was treated at the scene.

### Drunk, Disorderly and Violated Restraining Order

Tuesday, November 3: at 2:56 a.m., Deputies arrested a 49-year-old man from Castro Valley on suspicion of violating the terms of a restraining order, elder abuse, and public intoxication. A call about a prowler sent deputies to a home on Somerset Avenue near Stanton Avenue. There they found the man intimidating and threatening a senior citizen. The man was also found to be intoxicated. Deputies took the man into custody. The victim was treated at the scene.

### Elder Abuse and Assault

Monday, November 2: at 9:46 p.m., a 70-year-old woman from Castro Valley was arrested on suspicion of assault on a family member and elder abuse. Deputies responded to a call about a domestic dispute on Patton Drive near Wilson Avenue. There they found the woman had assaulted an older person at the home. The woman was taken into custody. The victim was treated at the scene.

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# Safety Reminder from PG&E as the Season's First Cold Front Sweeps Across the East Bay

Fall's first real cold front hit Northern California last week, causing temperatures to drop by 15 to 20 degrees and bringing a reminder to PG&E's customers to be cautious when heating their homes.

Electric heating devices, such as space heaters, are a fire hazard when not properly used or monitored. Fuel-burning appliances, such as gas furnaces, stoves and water heaters, can increase the risk of carbon monoxide when they are not working properly.

High levels of carbon monoxide, a toxic gas, can be generated by appli-

ances that are defective or improperly installed or maintained. It's also a good time of year to change the batteries in your smoke alarms and carbon monoxide detectors.

PG&E urges customers to focus on safely heating their homes as temperatures drop and offers the following tips:

Place space heaters on level, hard, nonflammable surfaces, not on rugs or carpets.

Don't put objects on space heaters or use them to dry clothes or shoes.

Keep all flammable materials at least three feet away from heating sources

and supervise children and pets when a space heater or fireplace is being used.

Turn off space heaters when leaving the room or going to sleep.

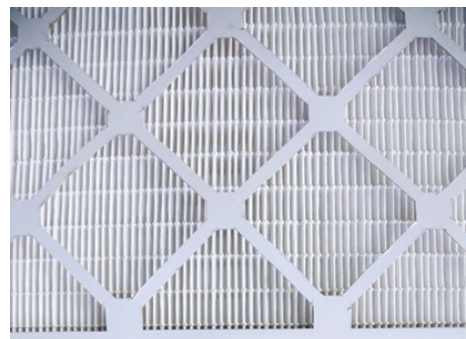
Never use cooking devices such as ovens or stoves to heat your home, and never use products inside the home that generate dangerous levels of carbon monoxide, such as generators, barbecues, propane heaters and charcoal.

Install carbon monoxide detectors to warn you if concentration levels are high. As of 2011, all California single-family homes are required to have carbon monoxide detectors. Make sure

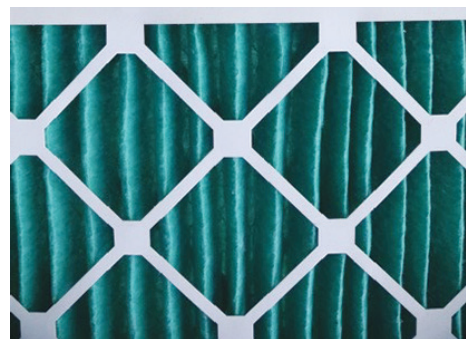
they are installed near sleeping areas and replace the batteries at least twice a year.

If using the fireplace to stay warm, make sure the flue is open so that the byproducts of combustion can vent safely through the chimney.

If customers suspect there is a problem with a natural gas appliance inside their home, call PG&E at 1-800-743-5000. A gas service representative will be dispatched to do a thorough inspection at no cost to the customer. If you detect carbon monoxide in your home, get out immediately and call 911.



The MERV-14 filter, above, compared to the MERV-8 filter, below.



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## Air Filters, UV Light on BART Show Promise

By Melissa Jordan  
SPECIAL TO THE FORUM

BART is about midway through a pilot that is testing new, denser air filters and UV light to create even safer ventilation on trains, as the region rebounds from the pandemic and ridership ticks up.

"Based on everything we've seen so far, it's looking very promising," said Ben Holland, BART Manager of Vehicle Systems Engineering.

Crews removed some of the new filters and spot-checked them for clogging. Denser filters trap more particles, up to a point; if they're too dense, they can become clogged and overload the train's operating systems. Now, Holland said, the filters are being sent out for a more scientific analysis of the amount of air pressure drop they allow.

Because coronavirus spreads through the air, such as when a person coughs or sneezes, air filtration has an important role in preventing transmission, along with vigilant mask-wearing. BART cars already have air that is very well filtered; an entire train car's air is replaced about every 70 seconds.

Filters are rated by their ability to block different-sized particles, a rating known as their minimum efficiency reporting value, or MERV, on a scale from 1 to 20. BART cars currently use MERV-8 filters, which can trap particles between 3 and 10 microns in size.

"The pilot uses MERV-14s, which can capture particles between .3 and 1 microns, which is obviously a huge improvement," Holland said. The filters weren't notably more clogged, however, and on-board tests showed good airflow. (For comparison, a human hair is about 75 microns across.)

More good news came from testing of ultraviolet (UV-C) light rods that can zap particles. The concern was that the train's motion could jostle around the rods, which are housed in the HVAC unit under the cars. So far, there's no sign of that.

"We put it over a pit, looked at the inside, and it was working just perfectly," he said. "The UV light comes on when it's supposed to. The safety features that are in place are working well."

If the good progress continues, both of these features could become standard on BART train cars in the future. Thus far, the pilot has been on legacy train cars because Fleet of the Future trains are under warranty. In consultation with the manufacturer, the goal will be to outfit all cars already at BART and to include the upgrades on the assembly line going forward.

Melissa Jordan is a BART Senior Web Producer.

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### VEGETABLE BEEF SOUP

- 1 tablespoon olive oil
- 1 pound beef stew meat, cut into about 1 inch cubes

- 1 large onion, chopped
- 3 cloves garlic, minced
- 3/4 cup carrots, diced
- 3/4 cup celery, diced
- 3 to 4 russet or Yukon gold potatoes, cubed and peeled (if desired)
- 1 (28-ounce) can diced tomatoes, with juice
- 1 tablespoon Worcestershire sauce
- 4 cups beef stock
- 1 cup water
- 2 bay leaves
- 1 tablespoon Italian seasoning
- Salt and pepper
- Fresh parsley
- Parmesan cheese
- Crushed red pepper flakes

Heat oil in a large pot. Add the steak in batches making sure not to over crowd the pan. Cook until browned on both sides, about 2-3 minutes.

Remove meat from the pan and set aside. Add to the pan the onion, garlic, carrots, celery and potatoes. Sauté for 3-4 minutes stirring occasionally.

Add the remaining ingredients as well as the steak. Bring to a boil and simmer for 25-30 minute.

Season with salt and pepper to taste and serve with fresh parsley,

cheese and crushed red pepper flakes if desired. Yields 6 servings.

### NAVY BEAN SOUP

- 3 cups (1-1/2 pounds) dried navy beans
- 1 (14-1/2 oz.) can diced tomatoes, undrained
- 1 large onion, chopped
- 1 meaty ham hock or 1 cup diced cooked ham
- 2 cups chicken broth
- 2-1/2 cups water
- Salt and pepper to taste
- Minced fresh parsley

Rinse and sort beans, then place them in a Dutch oven or soup kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 to 4 hours or until beans are softened.

Drain and rinse beans, discarding liquid. Place in a large Dutch oven or soup kettle. Add the tomatoes with juice, onion, ham hock, broth, water, salt and pepper. Bring to a boil. Reduce heat; cover and simmer until beans are tender, about 1-1/2 hours.

Add more water if necessary. Remove ham hock and let stand until cool enough to handle. Remove meat from bone; discard

bone. Cut meat into bite-size pieces; set aside. (For a thicker soup, cool slightly, then puree beans in a food processor or blender and returned to pan.) Return ham to soup and heat through. Garnish with parsley. Yield: 10 servings (2-1/2 quarts).

### TOMATO BISQUE

- 2 (14-1/2 oz.) cans diced tomatoes, undrained
- 2 teaspoons beef bouillon granules
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 teaspoon onion powder
- 1 bay leaf
- 1/4 teaspoon dried basil
- 1/4 teaspoon white pepper
- 1/2 cup butter, cubed
- 1/3 cup all-purpose flour
- 4 cups milk

In a saucepan, combine the first eight ingredients; bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes.

Discard bay leaf; press mixture through sieve and set aside.

In a large saucepan, melt butter; stir in flour until smooth. Gradually stir in milk. Bring to a boil over medium heat, stirring constantly; cook and stir for 2 min-

utes. Reduce heat. Gradually stir in tomato mixture until smooth; heat through. Yields 8 servings (2 quarts).

### CREAM OF MUSHROOM SOUP

- 1/4 cup chopped onion
- 2 tablespoons butter
- 3 cups sliced fresh mushrooms
- 6 tablespoons all-purpose flour
- 2 14 1/2-oz. cans chicken or vegetable broth
- 1 cup half-and-half cream
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 dash dried thyme
- 1/4 cup cream sherry

In a large saucepan, sauté onion in butter until tender. Add mushrooms and sauté until tender. Combine and mix flour and broth until smooth; stir into the mushroom mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. (If you're cooking for people who can't have "chunks" of mushrooms in their soup, put the thickened mixture into a blender to puree and pour back into the saucepan.) Stir in the cream, salt, and pepper. Simmer uncovered for 15 minutes, stirring often. Serves 6.

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**Sconehege™ English Tea Scones**  
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**Keto® Frozen Dessert**  
*Assorted Variety*  
**Humboldt Creamery® Frozen Organic Ice Cream**  
*Assorted Variety*

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**Lucky Dog Hot Sauce**  
*(Local Vendor)*

**Skyhill Farms Honey 100% Pure**

**Zoup! Good, Really Good® Bone Broth**  
*Assorted Variety*

**Stonewall Kitchen® New Delivery Award Winning Products Direct From York, Maine**  
**A Taste of Portugal Lupini Beans**  
*Assorted Variety*

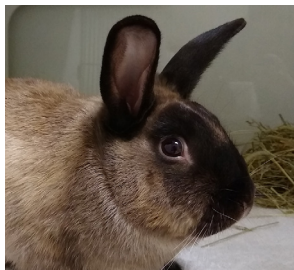
**Mina® Moroccan Preserved Lemons**

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**Bud's Egg Nog**

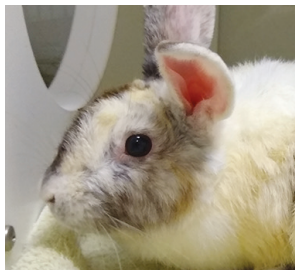
**Deli**  
**True Story® Organic Deli Meat: Chicken - Ham - Turkey**  
*Asst. Variety*



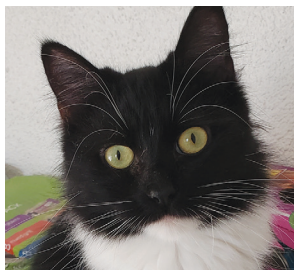
## ADOPT-A-PET



**NIMBUS** is a sweet male bunny who is laid back and quiet. He will come greet you if you sit quietly with him. He loves timothy hay and parsley. To adopt Nimbus, please call the Hayward Animal Shelter (510) 293 - 7200.



**CIRRUS** is a sweet female bunny with a beautiful tri-color coat. She is dainty and shy, but will let you handle her if you're quiet and gentle with her. She loves timothy hay and greens. To adopt, call the Hayward Animal Shelter (510) 293 - 7200.



**PIXIE** is a beautiful, medium hair 1 year old black and white tuxedo. He's a friendly with people but prefers to be an only cat. Pixie is spayed, vaccinated, microchipped and FIV/FELV negative. More info: email Loveall-pawzrescue@gmail.com.



**DRUMSTICK** is a very playful 5 month old gray and white tuxedo. He's a friendly, active boy and is happy to be an only cat. Neutered, vaccinated, microchipped and FIV/FELV negative. More info: email Loveall-pawzrescue@gmail.com.

## Sutter Executives to Speak At Women's Club Meeting

The Castro Valley Women's Club will hear from three Eden Medical Center executives — CEO Pat Ryan, Chief Medical Executive Dr. Veronique Au, and Chief Nurse Sarah Kiyoi, at the club's general meeting at 1 p.m. next Wednesday, Nov. 18. The speakers will discuss community priorities and provide an update on the hospital and how they are prepared to support COVID-19 patients via Zoom. The Public is invited to the meeting via Zoom. For more information, call 510-461-7692 by 6 p.m. next Tuesday or visit [www.castro-valleywomensclub.weebly.com](http://www.castro-valleywomensclub.weebly.com).

### VETERANS DAY SCHEDULES Wednesday, November 11, 2020

#### Observances

The expanded Castro Valley Veterans Memorial at Castro Valley Community Park, Quail Ave. and Lake Chabot Road, will be rededicated during ceremonies at 11 a.m. today. The public is invited to attend. A new wheelchair ramp and safety railing have been added to allow easier access to the new section.

#### Government Operations

All federal, state, county and city offices will be closed, except for emergency services.

#### Business Offices

Banks will be closed; stock exchanges will be open; most business offices, including the Forum, will be open under current health department restrictions.

#### Stores & Restaurants

Most will operate on their current schedules.

#### Public Transportation

BART and AC buses will be operating on their current schedules.

#### Garbage Collection

Alameda County Industries (ACI) garbage pickup will operate as regularly scheduled. Please call ACI at 510-483-1400 with billing and customer service questions, or visit ACI's website [www.alamedacountyindustries.com](http://www.alamedacountyindustries.com).

Castro Valley Sanitary District offices will be closed today, Nov. 11. Call 510-506-5821 for sewer emergencies. For information regarding CVSan services and programs, visit [www.cvsan.org](http://www.cvsan.org).

## 2020 ELECTION RESULTS

### HOW ALAMEDA COUNTY VOTED

Total Registration = 966,088  
Total Ballots Cast = 439,837 (45.5 %)  
Vote By Mail = 393,687 (40.8 %)

#### President and Vice President

✓ Joseph R. Biden & Kamala D. Harris 407,954 81.93 %  
Donald J. Trump & Michael R. Pence 80,504 16.09 %

#### 15th Congressional District (Includes Contra Costa County)

✓ Eric Swalwell 164,730 (72.8 %)  
Alison Hayden 61,380 (27.2 %)

#### Castro Valley School Board

✓ Dolly Adams 7,862 (20.6 %)  
✓ Lavender Whitaker 7,728 (20.3 %)  
✓ Michael Kusiak 7,319 (19.2 %)  
Monica R. Lee 5,743 (17.1 %)  
Sharon R. Parker 4,271 (12.7 %)  
Kristy (Dooman) Woerz 3,468 (10.4 %)

#### AC Transit District (At Large)

✓ H. E. Peeples 181,512 62.56 %  
Victoria Fierce 70,227 24.20 %  
Dollene C. Jones 37,716 13.00 %

#### BART District 5

✓ John McPartland 35,475 37.64 %  
Steven Dunbar 31,744 33.68 %  
Mike Wallace 26,843 28.48 %

#### Eden Township Healthcare District Director

✓ Pam Russo 42,255 35.69 %  
✓ Varsha Chauhan 37,390 31.58 %  
Winnie Knowles 29,204 24.66 %  
Chike Udemezue 9,326 7.88 %

#### Fairview Fire Protection District Directors

✓ Sarah Choi 2,827 32.98 %  
✓ Melissa Dimic 2,049 23.90 %  
✓ Mark McDaniel 1,933 22.55 %  
Nicholas Harvey 1,738 20.28 %

#### Hayward Area Recreation & Park District Directors

✓ Louis Andrade 40,472 32.95 %  
✓ Rick Hatcher 39,033 31.78 %  
✓ Peter Rosen 32,857 26.75 %  
Joshua E. Kelton 10,150 8.26 %

#### Oro Loma Sanitary District Directors

✓ Benny Lee 12,732 33.01 %  
✓ Paul Stelzmann 10,023 25.99 %  
Bob Glaze 8,084 20.96 %  
Dan Walters 7,650 19.83 %

#### Measure V

Yes 270,001 70.09 %  
No 115,200 29.91 %

#### Measure W

Yes 205,994 51.00 %  
No 197,906 49.00 %

#### Bond Measure X - Alameda County Fire Dept.

Bonds Yes 21,391 67.91 %  
Bonds No 10,106 32.09 %

## CALIFORNIA PROPOSITIONS (SOME UNDECIDED AS OF MONDAY)

#### Prop 14: Re-fund state's stem cell agency

Yes 7,085,881 (51%)  
No 6,802,604 (49%)

#### Prop 15: Would revise Prop. 13, allowing commercial property tax increases

No 7,318,842 (52%)  
Yes 6,802,995 (48%)

#### Prop 16: Lifts ban on affirmative action in college admissions & government hiring

✓ No 7,872,262 (57%)  
Yes 6,062,807 (43%)

#### Prop 17: Would restore voting rights for parolees

✓ Yes 8,290,811 (59%)  
No 5,790,583 (41%)

#### Prop 18: Would permit 17-year-olds to vote in some elections

✓ No 7,828,402 (56%)  
Yes 6,282,671 (45%)

#### Prop 19: Would change property tax rules for older homeowners when they move

Yes 7,085,448 (51%)  
No 6,734,108 (49%)

#### Prop 20: Would expand list of crimes with no early release

✓ No 8,561,820 (62%)  
Yes 5,212,872 (38%)

#### Prop 21: Loosens restrictions on rent control

✓ No 8,336,980 (60%)  
No 5,593,565 (40%)

#### Prop 22: Would exempt some drivers from gig-worker law

✓ Yes 8,198,547 (59%)  
No 5,821,364 (41%)

#### Prop 23: Regulate kidney-dialysis clinics

✓ No 8,893,326 (64%)  
Yes 5,021,624 (36%)

#### Prop 24: Would expand consumer privacy law

✓ Yes 7,713,916 (56%)  
No 6,075,536 (44%)

#### Prop 25: Upholds law banning cash bail

✓ No 7,656,100 (56%)  
Yes 6,062,160 (44%)

## School: Board Welcomes New Faces

### continued from front page

Adams, a teacher, lived in Castro Valley for more than 30 years and has taught in the Castro Valley Unified School District for 21 years. She has taught in both Hayward and San Ramon Valley Districts as a general education teacher in science for 8th and 9th Grade. She came to teach in Castro Valley as an independent study teacher serving students in Grade 2 through Grade 12.

Adams holds a B.S. in Physical Science in Geology and a Masters of Science as an Education Specialist. She is an active board member with the Castro Valley Teacher's Association, as well as a

past president and current treasurer for the Castro Valley Democratic Club.

She also currently serves on the Castro Valley Municipal Advisory Council where her seat will not be up for review until 2022. The by-laws of the County do not exclude her from serving on both boards.

Kusiak works as a Research Policy Manager at the University of California, Office of the President where he supports the \$7 billion research enterprise across the ten UC campuses.

He comes to the Board with nearly 20 years of service within the UC system and is a founder of Castro Valley Matters, a volunteer

and advocate for Castro Valley's schools, and a champion for political reform in the town. After taking time off during the campaign following the death of his mother, he says he is honored to have been elected to serve as a Trustee.

"I am grateful to everyone who heard my story about why I want to serve my community," Kusiak said. "The call to service is very personal to me. Schools are the heart of our community. Public schools have been transformative in my own life. I will do all that I can to ensure that our public schools are there for our children and future generations of Castro Valley families."

## CV Textile Collection

Castro Valley Sanitary District's most recent Textile Collection Week, held Oct. 5 to 9, was another huge success.

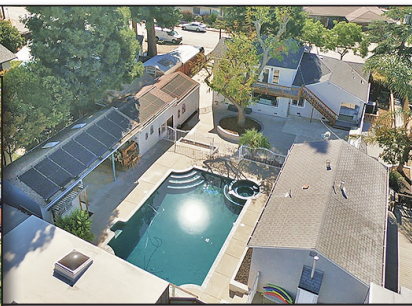
CVSan residents set out bagged textiles at the curb for collection by Alameda County Industries (ACI) on their regular collection day. A total of 20,220 pounds of textiles was collected and diverted from the landfill. The discarded textiles will be distributed for resale and recycling.

The next Textile Collection Week will occur next summer from June 7 to 11. Visit [cvsan.org/Textiles](http://cvsan.org/Textiles) for more information.



# REAL ESTATE GALLERY

**4590 James Ave., Castro Valley**  
**\$1,475,000**



Seldom Available 2 Homes on 1 Lot! Entertain in style in this updated throughout 2,112 sq ft, 4 bedroom, 2.5 bath home w/ additional detached 665 sq ft home w/own entry & address, w/1+ bedrooms, full bath, laundry, living, dining & kitchen combo w/slider to fenced deck. Features of the main home include formal living w/gas fireplace & picture window, gourmet kitchen w/ stainless appliances, breakfast bar & dining area opens to large family room w/French doors to backyard, 3 bedrooms, 1 & 1/2 bath & laundry room. Upstairs is the master bedroom suite with french doors to deck and stairs to backyard patio, wall of closets, master bath w/Jacuzzi tub and stall shower. Situated on a .29 acre low maintenance lot w/custom gleaming pool & spa w/waterfall, gated side access to 4 car tandem garage w/finished loft & tons of storage, off street parking for RV's or several cars, covered patio, bonus/ exercise room w/french doors, storage shed, barbecue & large patio. All this & so much more!



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Cathy@CathyBrent.com  
DRE #01088138  
[www.cathybrent.com](http://www.cathybrent.com)



**Kathi Townsend: 510-333-9404** / [kathi.townsend@BHSDrysdale.com](mailto:kathi.townsend@BHSDrysdale.com) / DRE #01409032  
**Wayne Licsak: 510-303-7765** / [wayne.licsak@BHSDrysdale.com](mailto:wayne.licsak@BHSDrysdale.com) / DRE #01850870  
**Linda Neff: 510-557-9185** / [linda@lindaneff.com](mailto:linda@lindaneff.com) / DRE #01495978  
**Kelly McCoy: 925-786-2681** / DRE #02095209

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## Scammers on the Rise

We called a contractor's business number to coordinate payment for a project. The person that answered identified themselves and informed us that the only way they were currently receiving payments was through Western Union. Seems there was a problem with their account and they could not process checks.

"Not to worry," they assured us. "We will give you a \$500 discount for the inconvenience."

We called the contractor directly on his cell phone and informed him that his main office phone number had been hijacked.

It seems that the coronavirus is not the only thing spreading

like wildfire; there is no end to the number of current scams. It is well-known that in the midst of any crisis, scammers rise to the occasion to sow mayhem and reap ill-gotten proceeds. COVID-19 has been no exception.

With everything online, scammers can hack into most anything that is not properly protected.

One particular scam has devastated homebuyers: hackers have been able to access email accounts and, by pretending to be title company representatives, managed to divert the buyer's down payment by providing false wiring instructions. Once the money has been wired to the scammer it is gone for good.

The buyers are out, in some cases, hundreds of thousands of dollars and, unable to retrieve their lost funds, are unable to complete their purchase. There is no happy ending in this scenario for the buyers or the sellers.

As a result of the increase in scammer activity, The California Association of Realtors has added a new disclosure to every transaction to help buyers and sellers understand the risks.

It includes the following:

"The ability to communicate and conduct business electronically is a convenience and reality in nearly all parts of our lives. At the same time, it has provided hackers and scammers new opportunities for their criminal activity. Many businesses have been victimized and the real estate business is no exception."

Our recommendations:

Never blindly follow email instructions. Always call the title company to verify the wiring information. You should also receive a written copy of their wiring instructions during your final signing – make sure the numbers match.

Ensure that all your online accounts have difficult passwords. Using personal information or dates is not a good idea – passwords should use random letters, numbers and other characters.

Above all, be extremely vigilant – a scam has the potential to ruin your life.

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.

## Winterizing Your Plant Collection

By Buzz Bertolero  
Special to the Forum

I have a beautiful, variegated coleus plant in a pot on the patio. How would I go about winterizing it from the upcoming cold temperatures? I've had no luck moving it indoors for the winter months. Would it survive outside under a shade cloth patio roof? How about leaving it out during the day and then bring it inside at night? Also, should I dig up my tuberous begonias and store them for the winter? They're currently in pots.

It's not too early to start thinking about winterizing plants. Daylight Saving Time has ended and the days will continue to get shorter and the nights much cooler.

For cold-sensitive plants such as bougainvilleas, citrus, hibiscus, and others, an application of Wilt Stop or Cloud Cover should be applied in the next several weeks.

Coleus is usually excluded from the list as many gardeners think of them as seasonal color, but they also can be sprayed. It is odd that you have had problems

moving them indoors for the winter, as suggested in many books.

I don't think the shade cloth covering will provide sufficient enough protection from the cold. So, maybe the answer is to leave it outside unless the nighttime temperatures drop below 40°F and then bring it inside.

I'd also move it close to the house to benefit from escaping heat. This should reduce the inside time frame and increase the success in over-wintering. There is no problem moving it in and out every day until spring, but it is a lot of work.

Tuberous begonias in pots are easy to deal with. First off, they are not an evergreen plant, so they do die back and go dormant so that you can over-winter them in the existing pots. With this in mind, there isn't much to be concerned about with the winter temperatures.

I'd stop watering them and let the foliage turn brown. Next, I'd place the pots in the garage or under the house's eaves until next spring when I'd start to water and feed them again.

I'd be more concerned about those tuberous begonias growing in the ground. They could rot

from the wet winter conditions. I'd dig them up and store them in an open box or paper bags for next year.

My year-old dwarf fescue lawn is steadily declining. It receives one to two hours of sun per day. I've been watering and fertilizing it regularly. What else do I need to do to improve its looks?

Fescue, dwarf or tall, doesn't grow successfully in shady conditions. One to two hours of direct sun is not enough light for it

to thrive. You'll need to oversee this area with creeping red fescue, as it's better suited for low light situations. Creeping red fescue is available by seed at your favorite garden center. It's too late to sow seed now for germination, so you'll have to wait for spring to do so.

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is [www.dirtgardener.com](http://www.dirtgardener.com) and questions can be sent by email to [buzz@dirtgardener.com](mailto:buzz@dirtgardener.com).



## Mortgage Rates Decrease Again

Long-term mortgage rates hit another record low last week, according to Freddie Mac's nationwide survey.

The 30-year fixed-rate mortgage averaged 2.78 percent, the lowest rate in the company's records which date back to 1971. A year ago at this time, the 30-year rate averaged 3.69 percent.

Fifteen-year fixed-rate mortgages averaged 2.32 percent, unchanged from the previous week.

Five-year hybrid adjustable-rate

mortgages (ARMs) averaged 2.89 percent, up slightly from 2.88 percent a week earlier.

"Mortgage rates hit another record low, the twelfth time this year, due to economic and political ambiguity," said Sam Khater, Freddie Mac's Chief Economist. "Despite the uncertainty that we've all experienced this year, the housing market, buoyed by low rates, continues to be a bright spot." Freddie Mac and Freddie Mac's blog [FreddieMac.com/blog](http://FreddieMac.com/blog).

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### RECENT HOME SALES

#### Castro Valley

|                     |   |
|---------------------|---|
| 1835 Knox Street    | 94546: \$830,000 3 BD - 1,302 SF - 1961 |
| 3162 Brent Court    | 94546: \$915,000 3 BD - 1,692 SF - 1966 |
| 3539 Arcadian Court | 94546: \$935,000 3 BD - 1,352 SF - 1959 |
| 3559 Jerald Court   | 94546: \$1,036,000 4BD-2,210SF-1954     |
| 2839 Chloe Court    | 94546: \$1,040,000 4BD-2,736SF-1991     |
| 6300 Mt Olympus Dr  | 94552: \$1,060,000 4BD-2,088SF-1987     |
| 18327 Joseph Drive  | 94546: \$1,075,000 3BD-1,730SF-1956     |
| TOTAL SALES:        | 7                                       |
| LOWEST AMOUNT:      | \$830,000                               |
| HIGHEST AMOUNT:     | \$1,075,000                             |
| MEDIAN AMOUNT:      | \$1,036,000                             |
| AVERAGE AMOUNT:     | \$984,428                               |

#### San Leandro

|                       |   |
|-----------------------|---|
| 14655 Doolittle Drive | 94577: \$453,000 3 BD - 1,060 SF - 1979 |
| 15212 Hardin Street   | 94579: \$728,000 3 BD - 1,114 SF - 1951 |
| 16669 Winding Blvd    | 94578: \$840,000 1 BD - 2,000 SF - 1972 |
| 1990 Bancroft Avenue  | 94577: \$875,000 2 BD - 2,000 SF - 1946 |
| 857 Alvarado Street   | 94577: \$3,000,000 4BD-1,353SF-1918     |
| TOTAL SALES:          | 5                                       |
| LOWEST AMOUNT:        | \$453,000                               |
| HIGHEST AMOUNT:       | \$3,000,000                             |
| MEDIAN AMOUNT:        | \$840,000                               |
| AVERAGE AMOUNT:       | \$1,179,200                             |



## Obituaries

## Tim Rosecrans

Tim Rosecrans entered into rest on October 29, 2020 at the age of 75. Tim loved being outdoors, especially biking and gardening. He was a big advocate of supporting local restaurants and businesses. He is survived by his son Tyler and wife Erin, daughter Lindsay, and his two grandsons Brayden and Camden.

## DEERCREEK

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AND  
CREMATION  
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## Barbara Ruth Myers

June 4, 1943 ~ October 26, 2020

Barbara passed away after a courageous battle with cancer with daughter Robin Elliott (Mike) and son Wayne Feagley (Delia) by her side. Born in Eden Township to Russell Myers and Barbara Jean Myers, she graduated from Arroyo High School in 1960. Her older brother, Russell, of Hayward and younger brother, Michael, of Castro Valley survive her.



Soon after graduation she went to work at Alameda Naval Air Station and worked there until 1993 when the base began to shut down. While working at the base she met some of her closest friends with whom she remained friends for the remainder of her life. Ever the professional, she became known at the base as "the sweet redhead you didn't want to cross", because she would do whatever it took to get her planes back into service.

In 1968 she moved her family to Castro Valley where she lived for the next thirty-six years. She took up bowling in 1976 to meet friends and have a weekly night out. For the next forty-three years she was a regular at Castro Village bowl where she indeed met many friends and was well liked because of her kind and gentle nature.

She loved camping with her family and friends at Orwood Resort on the delta where her family made many more friends and shared a lot of laughs. Water skiing was one of her passions. She would later recount, "I did my best skiing after enjoying a few adult beverages at the Middle River Inn", where she loved listening to country music and playing pinball.

After leaving the Naval Base, she embarked on a career as a realtor. There too she made many friends. One of her closest friends recently commented to her family, "We were horrible realtors but great friends." (Thank you, Ellie, for that laugh when we needed it most. Mom would surely agree with you.)

Being a grandma was her greatest joy in life. She showered her unending love on her grandchildren, spending every possible moment with them. She was known to her grandchildren as being a poor joke teller which would inevitably bring howls of laughter from them as she struggled to get a joke straight. This led to the creation of the family saying, "oh grandma", which never fails to produce a smile and will be repeated for many years to come.

She is survived by grandchildren Sean Moore (Emily) of Benbrook TX, Russell Feagley of Castro Valley, Shannon Moore of Carson City, Trevor Moore of Modesto, Taylor Medeiros (Connor) of Brentwood, and Kristin Feagley of Brentwood. Step-grandchildren Jake and Tommy Slakey of Castro Valley, Tony Slakey of Burbank, Steven Slakey (Claudia) of La Mirada, Mickey Slakey of Indianapolis and Bryan Elliott of Martinez. She is also survived by two great-grandchildren, Grayson Medeiros of Brentwood and Zoe Moore of Benbrook, TX.

Due to Covid restrictions, a private ceremony will be held for family and closest friends.

## LETTERS

TO THE EDITOR  
FREDZ@EBPUBLISHING.COM

## Missing Paintings

Editor:

I hope you can help me or someone in your community.

For the last 10 years, I have been searching for art work that was commissioned by Our Lady of Grace Catholic Church in Castro Valley in

1963.

My father was the artist. The art consisted of the Stations of the Cross, 15 panels each measuring 8 feet by 4 feet. This was a very large project. When the panels were completed we traveled to Castro Valley to see them

already installed at Our Lady of Grace. That was the last time we saw the stations.

I have tried contacting the Church office several times and have also left messages with the church archivist. There has been no response. On a couple of occasions, I was told there was no such art work.

How could these large panels just disappear?

By publishing this article, hopefully someone in your community knows something of the whereabouts of these Stations of the cross. I appreciate any information available.

(Editor's Note: Information sent to The Forum will be forwarded to Ms. Rodriguez.)

—Vicki Rodriguez  
Santa Fe, New Mexico

## Why Trump Lost

Editor:

So, a year ago Mr Charles Scott wrote in the Forum about how he was amazed by the liberal mind. He wanted to know how I knew President Trump would lose in 2020.

I can tell you now it wasn't the liberal mind, it was common sense. Trump's promises of a health care plan, a infra-

structure plan and getting Mexico to pay for the wall never came true. Besides that he got America out of the Paris accord and out of the World Health Organization during Covid-19.

Then there are many legal lawsuits against him that could put him in jail, beside the 17 sexual lawsuits against him.

—Jack Gayle  
Castro Valley

## Stay Healthy for 2021

Editor:

2020 has been quite a year: devastating fires (e.g., SCU Lightning Complex), violent protests and a record-breaking heat wave.

What about the COVID-19 virus?

A light shone in early November 2020: Pfizer made a 90% effective vaccine for COVID-19.

Don't throw away the masks just yet! Vaccines go through safety tests which can take years and it will not be available to everyone overnight.

A virus did not damage my gait, hearing and speech.

—Lori Martin  
Castro Valley

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## Xenie "Paula" Kollias

Xenie "Paula" Kollias was a devoted wife, loving mother, and adoring yiayia, who dedicated her life to her family, friends, and neighbors. She was extraordinarily hospitable and generous, always sacrificing her time for the benefit of others. An exceptional homemaker, Xenie brought people together through memorable dinner parties that were filled with laughter and her delectable cooking. The love she mixed into her Greek dishes made non-Greeks wish they were Greek.

Xenie was a proud central figure in the lives of her daughters, grandchildren, and the many children she raised through Paula's Daycare. She loved her little ones as if they were her own. She rejoiced when her graduates returned to her door for hugs and thank-yous even as adults.

Xenie was an avid supporter of her daughter's athletic endeavors and dedicated her life to the team, never missing a single game or match. Dressed head-to-toe in team colors, she was the loudest and most supportive voice in the stands and offered each girl inspirational tidbits to keep them motivated. She was the first to celebrate successes and lift fallen spirits.

Her glowing presence, gregarious personality, beaming smile, and infectious laugh made Xenie the most beautiful woman her family knew. A listener, a counselor, and a supporter, Xenie leaves behind a legacy of love, joy, and sacrifice.

Xenie passed away on November 5th, 2020 in her Castro Valley home surrounded by her family in prayer.

Funeral Service on Friday, November 13, 2020 at 11am. Ascension Greek Orthodox Cathedral, 4700 Lincoln Ave, Oakland, CA 94602

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. We do not withhold names. Email letters to: fredz@ebpublishing.com or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.

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| YEAH   | OLLA     | TEE   |

## HOROSCOPE by Salomé

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**ARIES (March 21 - April 19):** Your ruling planet, Mars, allows you to assume a sense of command that can help you turn a chaotic workplace situation into one that's orderly, productive and, yes, even friendly.



**TAURUS (April 20 - May 20):** Getting a relationship that's been stuck in a rut up and running again depends on how far you want to run with it. Be honest with yourself as you consider which decision to make.



**GEMINI (May 21 - June 20):** Be wary of rumors that seem to be coming from everywhere this week. Waiting for the facts before you act means never having to say you're sorry you followed the wrong lead.



**CANCER (June 21 - July 22):** A difficult personal matter might prompt you to turn to a trusted friend to help you sort through a maze of emotional conflicts. The weekend should bring some welcome news.



**LEO (July 23 - August 22):** Some of the new people coming into the Lion's life could play pivotal roles in future personal and professional matters. Meanwhile, an old friend might have an important message.



**VIRGO (August 23 - Sept. 22):** A delay in getting things moving on schedule can be a blessing in disguise. Use this extra time to do more research so you can buttress any of the weaker points with solid facts.



**LIBRA (Sept. 23 - October 22):** You might need to get involved in a personal matter before it becomes a serious problem. Also, be wary of someone offering to mediate, unless you can be sure of his or her motives.



**SCORPIO (October 23 - November 21):** Taking sides in a workplace or domestic dispute could prolong the problem. Stay out and stay cool. Then you can be friends with both parties when things settle down.



**SAGITTARIUS (Nov. 22 - Dec. 21):** A friendship has the potential to become something more, and with this week's aspects favoring romance, you might feel that this possibility is worth exploring.



**CAPRICORN (Dec. 22 - Jan. 19):** The new job you want might require you to relocate. If so, keep an open mind and weigh all the positives and negatives before making your decision.



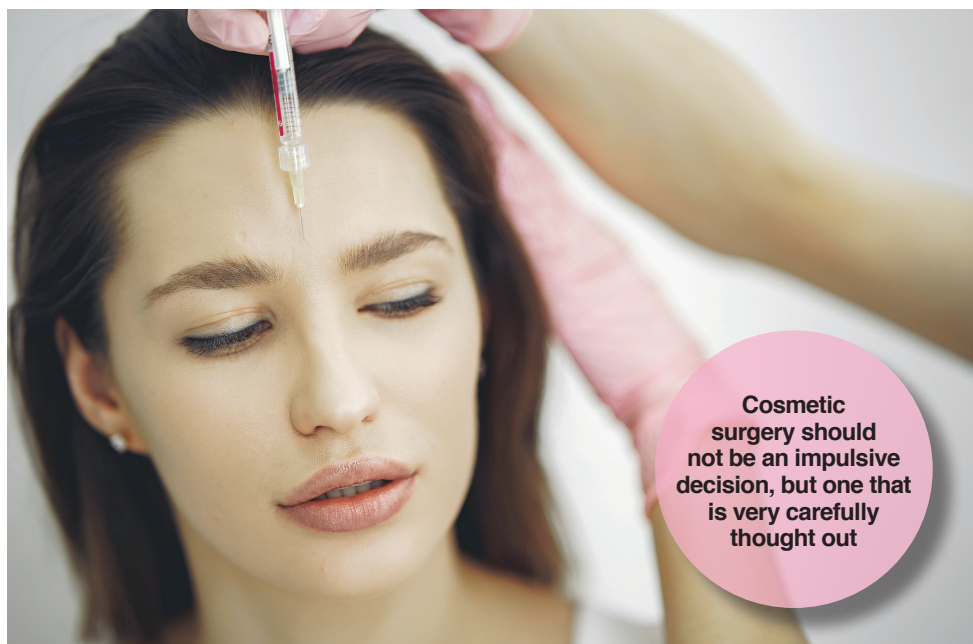
**AQUARIUS (Jan. 20 - Feb. 18):** A new relationship seems to be everything you could have hoped for. Congratulations. Meanwhile, it's not too early to get some feedback on that new project you're working on.



**PISCES (Feb. 19 - March 20):** You might have decided to get out of the fast-moving current and just float around hither and yon for a while. But you might find that the new opportunity is too tempting to turn down.

Wear Your Mask - Stop the Spread





## Authentic or Artificial: Does Cosmetic Surgery Fit You?

By Dr. Scott Miller  
SPECIAL TO THE FORUM

Beauty is in the eye of the beholder, the saying goes. But when it comes to cosmetic surgery for enhancing appearance, industry experts say social media postings of attractive people can skew a patient's perspective and expectations.

Cosmetic surgery is a personal decision that can permanently change one's appearance, so patients need to learn beforehand what type of enhancement will complement their natural look – and what might be overdoing it.

An "Instagram face" is not authentic beauty. Personalized balance and proportion are more important than stereotypical perfection standards. Patients should be asking what they should do, not what they could do.

Not every wrinkle needs to be filled or flattened. Sometimes the take is not worth the give.

Here are five tips as a guide to how much cosmetic surgery – if any – is right for you:

- *Do it for the right reasons.* Men and women of all ages choose cosmetic surgery for various reasons, and in most cases, it's a want, not a need. If they're considering doing it to please someone else, that's a red flag. If they're doing it to address something about their face or body that's bothered them for a long time, or has hindered their personal or professional life, those are good reasons.

If cosmetic surgery will make them more self-confident, great, but it's not healthy to expect that other issues in their life will suddenly fall into place. They need to have reasonable expectations.

- *Less is sometimes more.* A cosmetic surgeon's goal should be to optimize the patient's natural beauty, a look that's pleasing to the person and one that transcends trends. Sometimes patients and surgeons push the envelope and the results look disproportionate to the body.

A good partnership between patient and surgeon respects the art of less is more. Surgery has its place, and it can produce fantastic results, but there are other tools and tricks as well."

- *Don't make it an experiment.* If you want to experiment, do it with your hair, clothes, make-up and nails. But do not do it with your face. Trends in facial surgery come and go, but unlike other aspects of fashion and beauty, you usually can't go back and change a surgery.

- *Learn from what you see.* It's easy to spot some people who have had cosmetic surgery, and that's not always a good look. The best cosmetic surgery is cosmetic surgery you can't see.

Some patients say they can tell on the street when someone has had filler or a facelift, and I tell them the only cosmetic surgery you can see is usually badly done surgery. It creates an artificial look that decreases the body image.

Be on the same page with your surgeon. Patients should feel heard, and they should choose a cosmetic surgeon whose philosophy of beauty they share. True beauty is idiosyncratic and personal.

When done right, the surgery respects one's body while augmenting aspects of the body in a way that is complementary to their physique. There is no one perfect look. A cosmetic surgeon's job is to help patients reveal their best self.

Cosmetic surgery should not be an impulsive decision, but one that is very carefully thought out. It can enhance one's unique beauty, but it's not about making them look like a celebrity.

Dr. Scott Miller is a cosmetic and reconstructive plastic surgeon who earned his medical degree from the U.C. Irvine College of Medicine and is an attending surgeon at Scripps Memorial Hospital in La Jolla, Calif.

## Oral Health and Opioid Epidemic

By Dr. John Chang  
& Gary Mendell  
SPECIAL TO THE FORUM

For approximately 5 million people each year, wisdom-teeth removal is part of the rite of passage into adulthood. But for some, wisdom-teeth extraction represents a first exposure to opioids, and a recent study from Stanford University found that teens can end up in a battle with these medications after the procedure.

The consequences of the epidemic are significant. Opioids each day cause more than 130 overdose deaths in the United States, according to the Centers for Disease Control and Prevention (CDC), and the annual economic cost exceeds \$500 billion, according to a study from The Council of Economic Advisors.

In 2017, there were 2,199 overdose deaths involving opioids in California – a rate of 5.3 deaths per 100,000 persons, which is lower than the national rate of 14.6 deaths per 100,000 persons.

Painkilling prescriptions are often necessary and useful for some medical conditions. However, these powerful drugs – such as oxycodone or codeine – come with a high risk of misuse and addiction.

This is especially true for teens and young adults, in part because adolescent brains are not fully matured and are therefore more susceptible to the effects of opioids.

Given the significance of this issue, it is important to recognize the risks for young people and remind everyone about the importance of proper dental care and the often-overlooked connection between oral health and opioids. Here is information for people to consider:

- **Access Information:** Oral health professionals write 12% of all opioid prescriptions, including 54% of opioid prescriptions for adolescents, according to a United-Healthcare analysis of claims data.

While any dental procedure should involve professional advice from a dentist or oral surgeon, pa-

tients and parents should be aware of the risks associated with potential exposure to opioids following care.

To that end, parents, educators and health professionals should consider publicly available resources, such as this public service announcement and this toolkit, which includes commonly asked questions and a pain-management checklist to help patients better understand options before and after wisdom-tooth extraction.

- **Limit Supply:** Other than in extreme cases, it's important to limit prescriptions for the minimum appropriate dosage and number of days, which the CDC recommends at three days and fewer than 50 morphine milligram equivalents per day.

This is because the likelihood for chronic opioid use increases most sharply after the first few days of use, according to the CDC, and misuse or dependence on opioids can lead to addiction to powerful illicit drugs.

see OPIOID on back page

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## ATHLETE OF THE WEEK

## Jackson Morgan

Our Athlete of the Week is Jackson Morgan. Jackson lives in Castro Valley and trains with the Livermore Elite Wrestling Club.

On October 24, he competed in the first-ever "Under the Lights" wrestling tournament on the football field at Sunnyslope High School in Phoenix, Arizona.

Jackson took 1st place over top-seeded wrestlers from California, Arizona, and Colorado in the HS Varsity division at the 152 lb. weight class.



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During the holidays, many of us are busy in the kitchen cooking up delicious holiday dinners for family and friends. Whether you plan to deep fry a whole turkey or crisp up some potato latkes, be sure to dispose of your used cooking oil properly!



Follow these easy steps to recycle cooking oil curbside:

1. Pour used cooking oil in a screw-top plastic container that is no taller than 12 inches in height.
2. Place closed container next to your organics cart on your collection day.
3. Label the container "Cooking Oil."

Note: The cooking oil's original container can be used if it meets these specifications. **Oil/grease should not be poured down the drain.**

Small amounts of cooking oil (about 1 cup per weekly collection) may be mixed with food scraps, food-soiled paper, and plant debris in the green organics cart.

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## Ed's Story: Everyone With ALS Counts

Amyotrophic lateral sclerosis (ALS) is a fatal neurological disease that attacks the nerve cells. It first gained national attention as Lou Gehrig's disease, named after the famous baseball player who was diagnosed with ALS in 1939.

To date, the cause of ALS is unknown, and there is still no known cure. The disease strikes quickly, usually leading to death within 2-5 years of diagnosis.

But every person with ALS has an individual story, and understanding these stories will help researchers ultimately piece together clues about the disease.

Ed Tessaro was diagnosed with ALS in 2009. As he learned to cope with this diagnosis, he reflects, "I've never considered myself a victim of the disease, because I believe in my heart all of us have a wheelchair. In my case, it's quite literal, but with everything that goes on in my life, I realize that every family has had a crisis."

One of the things that helps him and others with ALS is reaching out for community support and resources.

"The ongoing struggle is to encourage newly diagnosed people to come in and talk about their condition. I want to help people learn about the National ALS Registry, clinical trials, and other resources that can provide support and hope."

The National ALS Registry helps gather information from those who are living with this dis-

ease. Researchers from all around the world can access the Registry data to help scientists learn more about what causes this disease.

Everyone's story is different, and everyone's piece of the puzzle is essential. The Registry has found that more than 16,000 people with ALS live in the United States. It is important to include as many people as possible living with the disease to get the most accurate information.

When patients join, it helps give researchers more information. This could lead to a better understanding of the causes of ALS, because learning more about the disease is one step further in the battle to defeat it.

If you or someone you care about has ALS, consider learning more about the National ALS Registry by visiting their website: [www.cdc.gov/als](http://www.cdc.gov/als).

—North American Precis Syndicate, Inc.

Opioid: It's Good to Ask if  
There are Any Alternatives

*continued from page 11*

• **Alternative Pain Medications:** If you or a loved one is prescribed an opioid following a dental procedure or another medical event, it's good to ask your health care professional if there are alternatives that might work for you, including over-the-counter pain relievers such as a combination of acetaminophen and ibuprofen. In many cases, these medications can be equally effective in pain management, without the risk of addiction.

• **Proper Disposal:** Approximately 70% of misused opioid prescriptions were obtained, stolen or purchased from a friend or relative, according to the CDC. That's why it's important to keep opioids in a safe place (e.g., a locked cab-

inet) and properly dispose of unused medications.

That can include returning the drugs to your pharmacy or mixing them with water and an unappealing substance, such as cat litter, before putting in the trash. If just thrown in the trash, unused prescription drugs may be retrieved and misused.

By taking steps such as these, we can help support the health of young people and address the connection between oral health and opioids. For more information about how we can work together to confront this important public health issue, visit [Shatterproof.org](http://Shatterproof.org).

*Dr. John Chang is senior medical director of UnitedHealthcare of California. Gary Mendell is founder and CEO of Shatterproof.*

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OCTOBER 15, 2020  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 573795

FICTITIOUS BUSINESS  
NAME STATEMENT

Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
Davis & Lohse Fine Cabinetry located at 35263 Fircrest St. Suite G, Newark, CA 94560, in Alameda County, is hereby registered by the following owner(s): Plastics Unlimited, Inc., 35263 Fircrest St. Suite G, Newark, CA 94560. This business is conducted by a corporation. This business commenced N/A.

/s/ Plastics Unlimited, Inc.  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires OCTOBER 15, 2025  
**OCT 28, NOV 4, 11, 18, 2020**  
297-CVF

FILED  
OCTOBER 20, 2020  
MELISSA WILK  
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ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 573923

FICTITIOUS BUSINESS  
NAME STATEMENT

Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
WynnesomeCreations, located at 4194 Krolop Road, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Wynne Kong Coughtry, 4194 Krolop Road, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced 07/12/2016.

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

Expires OCTOBER 20, 2025  
**NOV 11, 18, 25, DEC 02, 2020**  
300-CVF

FILED  
OCTOBER 27, 2020  
MELISSA WILK  
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ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 574097

FICTITIOUS BUSINESS  
NAME STATEMENT

Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
Animal Haus located at 4804 Seaview Avenue, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Suzanne Epstein, 4804 Seaview Avenue, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced 10/21/2020.

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

Expires OCTOBER 27, 2025  
**NOV 11, 18, 25, DEC 02, 2020**  
299-CVF

FILED  
SEPTEMBER 30, 2020  
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ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 573334

FICTITIOUS BUSINESS  
NAME STATEMENT

Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
The Fringes located at 2935 Massachusetts Streets, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Gretta Noe, 2935 Massachusetts Street, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A.

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

Expires SEPTEMBER 30, 2025  
**OCT 21, 28, NOV 4, 11, 2020**  
291-CVF

FILED  
OCTOBER 05, 2020  
MELISSA WILK  
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ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 573489

FICTITIOUS BUSINESS  
NAME STATEMENT

Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
Evolve Real Estate located at 19633 Center Street, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Leslie Peterson Team Inc, 20824 Glenwood Drive, Castro Valley, CA 94552. This business is conducted by an corporation. This business commenced 8/15/2020.

/s/ Leslie Peterson Team Inc  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.

Expires OCTOBER 5, 2025  
**OCT 21, 28, NOV 4, 11, 2020**  
293-CVF

FILED  
SEPTEMBER 22, 2020  
MELISSA WILK  
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FILE NO. 573178

FICTITIOUS BUSINESS  
NAME STATEMENT

Pursuant to Business and  
Professions Code  
Sections 17900-17930

The name of the business(es):  
Sanaa's Steam Cleaning Services located at 4297 Polaris Ave., Union City, CA 94587, in Alameda County, is hereby registered by the following owner(s): Abdul Alim Joyaa, 4297 Polaris Ave., Union City, CA 94587. This business is conducted by an individual. This business commenced N/A.

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

Expires SEPTEMBER 22, 2025  
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